

NORTH AVOCA NEWS

28/09/2023



PRESIDENT'S REPORT

September 23rd proved to be a busy day in our calendar and perhaps a landmark of great things to come this season.

It began with the raising of the flags ceremony at Terrigal SLSC, where our rookies and several committee members represented our club with pride. Shortly thereafter the flags were raised at our home beach. Well done to Josh Duggan and the team for getting the flags up, patrol teams and gear up and running.



North Avoca SLSC is proudly Supported by:

FONA'S

Kim Jackson/Scott Farquhar & Family
The Estate of Juleen High
The Carusi Family
The Clitheroe Foundation
The Freedman Foundation
The Petre Foundation
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Pesteco
Pestguard Termite & Pest Control
Platinum Physiotherapy
Smith Construction
The Agency

MAJOR SUPPORTERS

Breakers Country Club
Central Coast Council
Hollydene Wines
SLSCC, SLSNSW, SLISA
NSW and Federal Governments





Finally the day was topped off as we also hosted what is likely to be a traditional annual event, "NASLSC Season launch celebration" evening. The night was a great success, with a diverse crowd from active members, youth, nippers, associates, sponsors and guests in attendance.

Those that attended would have noticed our function room has now been decked out with new carpet and our bar has a new fresh menu.

I am also excited to announce that our gym will be undergoing a renovation the week commencing the 16th October. The facility will be closed this week and reopen to active members the week afterwards.

A big thank you to our FONA's and sponsors that continue to support us as we strive to maintain our ultimate goal in our Aquatic environment: Zero preventable deaths between the flags.

Last year on the central coast there were 8,332 members, 604 rescues and 42,600 preventative actions. North Avoca played a big role in this space and continued financial support is paramount to the initiatives that happen behind the scenes to bring this to fruition.

I look forward to seeing you all on the sand, in the water and between the flags.

Stay safe

Kim Findlay
President
president@naslsc.com.au

OFF THE SAND - Vice President Update

Since taking on the Vice President role I've been taking the time to talk to a lot of you, also in reading the feedback from the recent member survey. I've heard very clearly that you want the club open more for SIPs and other events (on back of Matilda's event successes), so rest assured we have some great ideas in the pipeline for the months ahead - from movie nights, to a Six Strings craft beer tasting event, live music, BBQ events, Xmas parties and much, much more. Stay tuned on facebook, Insta and the newsletter for more information! It's your community and your club, so I really value and appreciate your continued feedback on how we can make the club an even better space for all to enjoy! Email me anytime at vice-president2@naslsc.com.au for ideas, suggestions, lend a hand or even to sponsor an event of your own to raise funds for the Club.

SURF CLUB ENVIRONMENTAL SUSTAINABILITY

A full review of the Clubs environmental impact and practices will be conducted in the coming months. From gaining a baseline of our existing carbon footprint, we want to set targets for improvements across all areas - including waste management, water and electricity usage, also education programs to implement for members. Any member who is passionate about our environmental responsibilities, or has experience in this sector, are encouraged to contact me to look at ways you can offer support by emailing vice-president2@naslsc.com.au

NEW BAR MANAGERS APPOINTED

Geeb Smith and Peter Waugh have been appointed the Club's new Bar Managers effective immediately. Both have been working behind the bar for some time now so this has been an extremely smooth transition. Thanks to both Peter and Geeb for stepping up! We'd also like to acknowledge and thank Rick Parson's for his two decades in the role prior and will look to formally acknowledge Rick for this at the end of the season.

CALLING ALL BAR STAFF VOLUNTEERS

If any members hold a current RSA and would like to volunteer to work behind the bar on Sunday SIPs, I'd love to hear from you. The Club can also consider requests to cover the cost of RSA in return to committing to the roster (approx 1 shift a month), something our youth may be particularly interested in. Please contact me at Vice-President2@naslsc.com.au to discuss further.

Rod Hutchinson
Vice President
vice-president2@naslsc.com.au

Renewal of Registrations are now due

We are asking all our existing members to renew their membership online via their Members Portal.

https://members.sls.com.au/SLSA_Online/modules/login/index.php#

Renewing your membership involves two steps;

1. Renewal of Membership (or family membership)
2. Making Payment – active kids vouchers (AKV) are welcome.

Please ensure that you do both steps as the office can not endorse your renewal without both being completed.

If you need assistance with renewing your membership, please email office@naslsc.com.au

Special General Meeting

Will be held at the club Monday 16th October 2023 commencing 7.30pm. The purpose of the meeting is to adopt the 2022/23 Audited Financial Statements. The meeting notice and the Financial Statement can be found in the club document library accessed via your members portal.

Position Vacant

The Management Committee position of Director of Member Services has become available. Interested members can email admin@naslsc.com.au for a Nomination form. Alternatively, a form can be found in the club document library. Nominations close 9th October 2023, 5pm.

Gym Use and Fob Access

Reminder that the gym is for the use of North Avoca SLSC members only. All members must be financial for the current season. Only active (patrolling) members have access to a FOB key. A review of all FOBs will be undertaken next week and those members who are not financial for the 2023/24 season or are not active (patrolling) will have their FOBs deactivated. If you are eligible and would like a FOB key, please email Sharon at office@naslsc.com.au Please take the time to read the North Avoca SLSC Gymnasium Code of Conduct further down in the newsletter. Breaches of the Code of Conduct may result in your FOB being deactivated.

Penny Smith
Director of Administration
admin@naslsc.com.au

Lifesaving

The season has begun and we made it through the club's first patrolling weekend. Well done to patrols 10,3,1 & 5 for starting the season. Given the time and year, beach numbers were low, though we did have a missing child that thankfully was found safe and well.

Upcoming patrols are:

Sat 30/9 - 2(AM) & 4(PM)
Sun 1/10 - 6(AM) & 7(PM)
Mon 2/10 - 8(AM) & 9(PM)

Sat 7/10 - 3(AM) & 10(PM)
Sun 8/10 - 4(AM) & 1(PM)

Sat 14/10 - 7(AM) & 2(PM)
Sun 15/10 - 5(AM) & 6(PM)

Sat 21/10 - 9(AM) & 8(PM)
Sun 22/10 - 4(AM) & 3(PM)

Just a reminder that the mandatory elearning needs to be completed for the 2023/24 season. Log onto elearning in your members portal, go to the training library and select

1. 2023 Skills maintenance
2. 2023 Bronze Medallion or SRC Skills Maintenance - whichever is applicable.

Requals can be performed on patrol and we are organising some dedicated requal days, dates pending.

If you have any question regarding your patrols, please contact me on lifesaving@naslsc.com.au

Josh Duggan
Director of Lifesaving
lifesaving@naslsc.com.au

Education

Bronze/SRC/SRC to BM upgrade Courses – Dates TBC
Please forward any questions or express interest by contacting education@naslsc.com.au

SLSCC Education Calendar – Branch have now released their education calendar for the season. Please click on the link below. If you wish to register for any of these courses please email Sharon office@naslsc.com.au

<https://slsc.com.au/gwswp/2023-24-slsc-calendar/>

Dean Clatworthy
Director of Education / education@naslsc.com.au

Nippers

Welcome back to the 2023/2024 Nippers season and a huge welcome to all our new families and nippers. We hope you all had a great winter and have been keeping up your skills.

It was great to see so many of you at the Haven last Sunday for Proficiency. Just a reminder, proficiency Swims must be completed before your nipper can participate in any SLS Carnivals or North Avoca SLSC organised training. For those of you who couldn't make it last weekend, the U6, 7 and 8 years age groups can have your child's proficiency swim completed at their learn to swim class and have the NA proficiency document completed – see attached. For our 9's to 14's who are yet to complete your ocean swim this will have to be completed at the first day of Sunday nippers or subsequent board training. If a nipper is not proficient, they require a 1:1 water safety ratio which the club cannot always guarantee and therefore the nipper may have limited water activities.

Each age group has a 'whats app' group for communication, if you are not yet a member of your child's age group, please reach out, as all information is provided to the parents via the 'whats app' group.

Nippers is just around the corner and we thought it important to introduce the JAC team for this coming season:-

JAC – John Avis
Assistant JAC – Megan
U6 – Gemma Davey – Anyone else interested please do not hesitate to reach out and discuss further.
U7's – Danni, Byrne and Stuart
U8's – Chris and Eve
U9's – Dan and Kat
U10's – Matt and Peta
U11's – Kim and Scott
U12's – Jackie and Iain
U13's – Paull
U14's – Megan and Elise

BBQ Manager – Lisa
Uniform Shop Manager – Jaimie
Social Media Manager – Kel
Event Manager – Scott R

Important Dates:-

Nippers Starts: Sunday 8th October –
U6-7's – 9am start
U8's and above – 9:30am

Training starts: Tuesday 10th October – Training to remain on a Tuesday and Thursday this season for U9 – U14. Training to predominantly take place at the Haven, however surf conditions pending, may be moved to North Avoca. Training to commence at 4:15 for a 4:30 start in the water. Nippers **MUST** have their name marked off **BEFORE** and **AFTER** training.

Training is a great way to be introduced to gentle surf, develop skills and push limits. We encourage all our proficient nippers to attend.

MUST HAVE:- Pink rash vest, Goggles, Wetsuit (until the water warms up) water, sunscreen and training caps

Your child MUST have completed the proficiency swim to participate in training.

First Carnivals:

U12 – Open – 21st October 2023
Nipper Carnival – 29th October 2023

Water Safety:

In order for all water activities to take place it is essential for the club to have sufficient water safety, which requires you to have either your SRC or a current Bronze medallion. Without sufficient water safety, our water activities cannot take place. The more help the better so if you are considering helping out this season, the club is looking at running another Bronze Medallion course early in the season, dates yet to be set. Please let your age managers know if you're interested.

Looking forward to a great season, See you on the 8th October!!

John Avis
Director of Junior Activities
nippers@naslsc.com.au

Megan
Assistant JAC
nippers2@naslsc.com.au

Surf Sports

2023 Events

- Coolangatta Gold 14-15th October
- Beach Stormer Series
 - Round 1: 21st October @ North Steyne
 - Round 2: 4th November @ Coogee
 - Round 3: 18th November @ Merewether
 - Round 4: 9th December @ North Cronulla
- Sydney Water Surf Series
 - U8s- Masters: Board, Swim, Ski, Iron, Sprints, Flags
 - Round 1: 21st October @ Warilla
 - Round 2: 4th November @ Kiama Downs
 - Round 3: 18-19th November @ Bulli
 - Round 4: 25th November @ Wollongong
- Tradies One Club Surf Carnival
 - 28th October @ Wanda
- Coffs Craft Carnival
 - Board, Ski and Iron Events
 - 25th November
- NSW Interbranch Champs
 - 2-3rd December @ Fingal Beach

Masters Training Schedule

- Wednesday 5:30am @ The Haven (board)
- Thursday 5:30am @ The Haven (board/ski)
- Sunday 6:30am @ North Avoca (board)

Please reach out if you are interested in any of these events.

Cheers,

Kane Hennessey
Director of Surf Sports
surfsports@naslsc.com.au

Youth

Save the Date – SLSCC Youth Day for all U13 – U19s Saturday 25th November 2023. Further information will be released by SLSCC shortly.

Nominations are now open for the SLSCC 2023/2024 Newcastle Permanent Youth Programs for Central Coast Youth Members.

· U15 Youth Leadership Development Program for Central Coast Youth members.

Interested members are to complete the online Nomination **Form by Wednesday 11th October 2023.**

Circular-1581-Newcastle-Permanent-U15s-Leadership-Development-Program.pdf (slscc.com.au)

· U17 – U19 Youth Leadership Program for Central Coast Youth members.

Interested youth members are to complete the Nomination **Form by Sunday 1st October 2023.**

Circular-1582-Newcastle-Permanent-U17s-U19s-Youth-Leadership-Program-2.pdf (slscc.com.au)

We have a youth WhatsApp chat group set up. Any of our youth who would like to be added please reach out.

Bailey Green

Youth Representative Committee

youthdevelopment.coordinator@naslsc.com.au



SAVE THE DATE
SLSCCYouthDay
SATURDAY 25TH NOVEMBER 2023
ALL U13 TO U19 MEMBERS
APPROXIMATELY - 9AM TO 3PM
VENUE - TO BE CONFIRMED



North Avoca SLSC Gymnasium

Code of Conduct and Rules

1. The gym is for the use of North Avoca SLSC members only, members must be financial for the current season.
2. Active members only have a key, other members are welcome with an active member. Keys are NOT to be lent out.
3. Members using the gym MUST be over the age of 16 and accompanied by an adult if under 18 years.
4. Each time you use the gym please write your name and the date in the Gymnasium Sign In/Sign Out Sheet. The Gymnasium Sign In/Sign Out sheet is located inside the gym near the chin up bar.
5. Use hand sanitation on entry and exit.
6. Always use your own towel for hygiene purposes
7. Use cleaning products provided to WIPE EQUIPMENT BEFORE AND AFTER USE.
8. Maintain social distancing of 1.5m.
9. No smoking, food or drink (other than water bottles) is permitted in the gym. Use your own drink bottle.
10. Do not remove equipment from the gym without supervisor approval.
11. Follow correct operating instructions for all equipment.
12. Lifters must use collars on every set and must not drop weights on floor.
13. Lifters must use spotters on all moderate to heavy sets.
14. Ensure that you lift only what you can comfortably manage.
15. Move weights from the racks to the bar ONLY. Do not leave weights on the floor.
16. Return all equipment to its allocated position and keep it tidy.
17. Gym users must dress appropriately at all times.
18. Appropriate shoes must be worn with laces tied at all times.
19. If you are on your own, or the last person in the gym, switch off all electrical equipment on leaving.
20. If you are the last person in the club ensure that the club is alarmed and locked.
21. Remove any damaged equipment from use and report to office@northavocaslsc.com.au
22. If you are injured whilst using the gym, please notify Kim Findlay president@naslsc.com.au

REGISTRATION PROCESS

New Members



Please refer to below procedures and useful links to assist you with your registration.

New Member Registration Day – Sunday 17th September @ North Avoca Surf Club, 3 – 5pm

For new members to register online,

- NEW members can join here: <https://sls.com.au/join/>
- For Nippers a Parent is required to join and their registration must be entered first, you join as a FAMILY
- YOU MUST DO BOTH REGISTER and PAY for the office to endorse your membership
- Active kids vouchers MUST be submitted at the time of your REGISTRATION
- New members please email office@northavocaslc.com.au a copy of your ID (eg. Birth certificate, driver's license or passport)
- Follow the link to the user guide – Joining for the First Time

<https://www.manula.com/manuals/slsa/join/1/en/topic/accessing-join>

Please like our FB pages for further information regarding our season, North Avoca Surf Club and North Avoca SLSC Nippers, or visit our website www.northavoca.com.au

REGISTRATION PROCESS

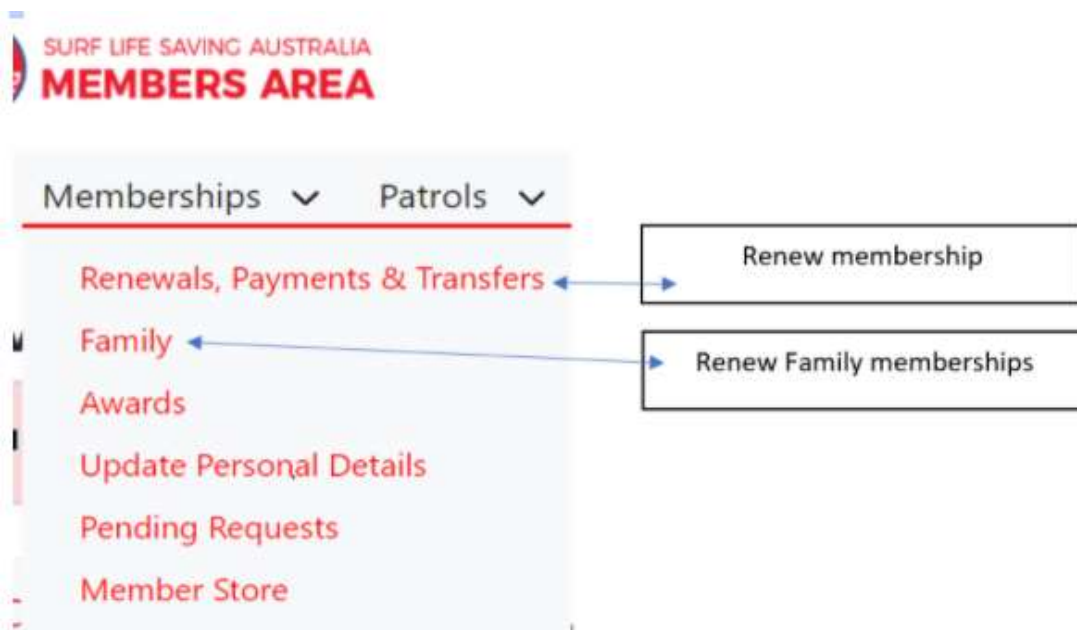
Renewing Members



Existing Members

We are asking all our existing members to renew online via the **SLSA Members Portal**

- Log on to your Members Portal <https://members.sls.com.au/SLSA Online/modules/login/index.php>
- Go to the Membership tab dropdown and follow the prompts
- In most cases family groups have already been created, renew as a family by selecting Family in the drop down. Family groups can be created, added to or changed, refer to below user guide
- Active kid's vouchers can be used. If you are paying an Active-Patrolling Family or Active-Nipper Family membership please email voucher to the office and pay the balance via your portal
- **Ensure you complete the payment section – Membership is NOT complete without payment**



- Follow the link to the Renewal guide:

<https://www.manula.com/manuals/slsa/members-area/1/en/topic/memberships>

Email office@naslsc.com.au if you require assistance



NIPPER PRELIMINARY EVALUATION SWIMS

Name: _____ DOB: _____

Age Group for 2023/24 Season: _____

Recommended depth of safe aquatic environment - 1metre

AGE GROUP	PRELIMINARY EVALUATION (Non-Competition Evaluation)	DATE ACHIEVED
U/6	Back or front float for a minimum of 5 seconds, recover to stand. Submerge to touch the bottom with hands. From a standing position in waist deep water, perform a front glide (1-2 metres) and recover to stand.	
U/7	Back or front float for a minimum of 10 seconds, recover to stand. Submerge to touch the bottom with hands. From a standing position in waist deep water, perform a front glide (2-3 metres) and recover to stand.	
U/8	Back or front float for a minimum of 15 seconds, recover to stand. Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres)	

Please note that U9 - U14's are required to complete an ocean competition evaluation if they wish to participate in carnivals and training

Name of Assessor: _____

Signed: _____