

NORTH AVOCA NEWS

29/12/2023



A big thank you to all our members who patrolled on Christmas Day. Our beach was well covered with 44 of our members patrolling during the day.



If you venture to the beach these holidays, please take the extra time to walk or drive to a patrolled beach and swim between the flags. If life savers cannot see you, they cannot help you!

Upcoming Patrols:

AM Patrol - 9:00am - 1:30pm

PM Patrol - 1:30pm - 6pm

Sat 30/12 - 2(AM) & 4(PM)

Sun 31/12 - 7(AM) & 8(PM)

Mon 1/01 - 3(AM) & 1(PM)

Sat 6/01 - 9(AM) & 5(PM)

Sun 7/01 - 10(AM) & 6(PM)

Sat 13/01 - 4(AM) & 7(PM)

Sun 14/01 - 1(AM) & 3(PM)

Sat 20/01 - 8(AM) & 2(PM)

Sun 21/01 - 5(AM) & 10(PM)

Frid 26/01 - 6(AM) & 9(PM)

Sat 27/01 - 4(AM) & 7(PM)

Sun 28/01 - 3(AM) & 1(PM)

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

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Hotel Gosford

North Avoca General Store

Pesteco

Platinum Physiotherapy

Smith Construction

The Agency

MAJOR SUPPORTERS

Central Coast Council

SLSCC, SLSNSW, SLSA

NSW and Federal Governments

What is happening in January & Save the dates!

Race One Iron @ Wamberal Sun Jan 7th:

This is an optional event for the more advanced nippers seeking a challenge. Participants should be able to negotiate typical Wambi surf conditions and continuously swim minimum 300m/board 400m. If unsure contact your age manager. <https://www.surflifesaving.com.au/wp-content/uploads/sites/2/2023/11/Race-One-Junior-Iron-Person-Event-Flyer.jpg>

Nipper Board Training Resumes:

Tues Jan 9th @ 4:15pm and will then continue Tues and Thurs to the end of season.

Rookie Challenge 12/1/24:

2pm @ Ocean Beach. If you are part of this team refer to Elise or Megan for more details. If you around come and cheer the team on.

Terrigal Carnival 14/1/24:

To start back in 2024, we have a carnival at Terrigal for the U8-U14's. Please let your age managers know if you wish to attend. All participants must have completed their Surf Ed and competition proficiency swims. Nippers for the U6 and U7's will recommence on the 21/1/24.

Kids Empowerment Workshops:

20/1/24 at NASLSC: more information coming via your age group chats.

Normal Nippers resumes in the New Year - 21/1/24:

U6-U7 start 9:00am.

U8-U14 start at 9:30am

Club Champs:

Our one and only club Champs for the U8 – U14s is scheduled to be on the 28/1/24. This is your chance to get your name forever on the North Avoca Honour boards as club Champion! Club Championships is our own North Avoca carnival. To be eligible for Club Champion you must have 60% attendance, have completed your Surf Ed and competition proficiency swim and do every event at the Club Championships Day. The nipper with the best points score across all events will be announced the club champion at the end of season presentation.



Youth – Grand Masters Club Champs will also be on the 28/1/24. More details forthcoming.

Branch Championships:

Nippers 4/2/24 at Umina Beach

Masters Saturday 10/2/24 at Ocean Beach

Youth to Opens Sunday 11/2/24 at Ocean Beach.

This is the carnival where we want as many competitors as we can there, to fly the North Avoca flag. This event is for Central Coast clubs only and is the big local event. Presentation for nippers at the club after. This is what we have been training for!!

NA Youth Camp

Saturday 17th Feb to Sunday 18th Feb 2024

Watch out for the expression of interest form.

Nipper Fun Day - 24/2/24:

We are off to Aquasplash again for another fun day of nippers at the Gosford water park. Information on this will be out in the new year.



State Championships Nippers 7th -10th March 24:

This is the big one, and one that North Avoca has always had a strong attendance at. If you're thinking of going to State, talk with your age managers ASAP. We normally stay as a group at Narrabeen NRMA lakeside caravan park and have a fantastic few days of team building. You need to get in quick for this though.

State Championships Masters 13th -14th March 24

State Championships Youth/Open 15th -17th March 24

Social Days:

We have some great social events planned for January. See the following flyer for details. Bring your family, bring your friends. Everyone is welcome. These are wonderful opportunities to enjoy great company, awesome food and wine, all while listening to fantastic music and looking at the best view around.

Reminder that the office is closed until Monday 15th

January 2024. Please refer to our web page

www.northavoca.com.au for the contact details of our Club Management Committee



Summer Sips

12 JANUARY 2024
GOLDEN
GOZLEME & ELLA
POWELL
6 PM

19 JANUARY 2024
SWEENEYS PIZZA &
JANE GERMAIN
6 PM



27 JANUARY 2024
MOOBI BURGERS,
MR GOATY
GELATO &
ETHAN BECKTON
6 PM

