

NORTH AVOCA NEWS

30/11/2023



PRESIDENT'S REPORT

I am excited to formally welcome Hollydene Estate as our newest Silver sponsor. Joining Denair, Highgrove bathrooms and 365 Assistance in our valued silver sponsors and Sprout Learn Play Thrive and Central Coast Orthodontics as gold sponsors. Thank you for your support.



Hollydene Estate have been a long-term supporter of our club, so it is wonderful to have them formally coming on board as a sponsor. Keep your eye on the bar as we have also upgraded to their award-winning premium wine selection.

In the youth space it's been a busy month with the successful launch of the Nipper competition season as well as North Avoca leading the way across the branch in youth education and engagement initiatives. Child protection programs and governance practices have also been a key priority with the goal of compliance as well as ensuring we are doing our best in keeping our members safe. Thank you to all involved in this roll out.

In the education space the team have kicked off a packed Bronze course, new awards and requals are near complete and our brand new adults surf skills programs is underway. We are still looking for a Director of Education to help the team with "all things education". If you are interested in getting involved in this area of the club, please reach out.

A big thank you to our North Avoca crew who patrolled a full day at the Lakes SLSC on the 11th November. One like minded community helping out a fellow light-minded community in need.

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
The Redman Family
The Webb Family**

GOLD SPONSORS

**Central Coast Orthodontics
Sprout ELC**

SILVER SPONSORS

**365 Assist
Highgrove Bathrooms
Denair Australia
Hollydene Estate Wines**

BRONZE SPONSORS

**Accom Property
Baily Constructions
Beachview Bookkeeping
Central Coast Luxury Homes
Coast Realty Terrigal
Enliven Housing
5 Star Swim School
Hotel Gosford
North Avoca General Store
Pesteco
Platinum Physiotherapy
Smith Construction
The Agency**

MAJOR SUPPORTERS

**Central Coast Council
SLSC, SLNSW, SLSA
NSW and Federal Governments**

Be sure to check out the social events coming up in January, aimed at bringing our community together over the holiday period.

Stay safe and swim between the flags.

Kim Findlay
President
president@naslsc.com.au

Director of Administration

In addition to our regular Sunday Sips - 5pm-7pm weekly throughout the season (except for Xmas Eve and NYE when the bar will be closed), we have put together some fantastic events over December and January as part of our Super Summer Sips Series to make the most of our fabulous views! Please come down and bring your friends. Here's a taster of what will be on offer, with more details to follow in the next newsletter and on the socials.

Friday 1 December - 6pm Christmas movie night "The Christmas Chronicles" - snow cones & popcorn available - and the bar will be open.

Saturday 16 December - Come and join us for our Club Christmas Party. There will be a visit from the big man in Red. Nippers will be a twilight event commencing at 3pm. Patrol members are welcome to bring along their children or grandchildren, regardless of whether they participate in nippers. The bar will be open and a BBQ on offer.

The following Super Summer Sips dates will feature live music/entertainment, food truck, a new fresh menu in our Bar and loads more. Save the dates, you don't want to miss out on these exciting events! Keep an eye on socials for details.

Friday 5 January

Friday 12 January

Friday 19 January

Saturday 27 January - the Voice finalist Ethan Beckton playing, Moobi Burgers food truck, and Hollydene Estate wine tasting event!

Kind Regards,

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

Lifesaving

The patrolling season is progressing well with our usual mix of great days, beach closures due to huge surf and wet weather patrols stuck in the tower. It seems that the main incidents we have had recently are dislocated shoulders with patrol 2 having a dislocated shoulder on two consecutive patrols and patrol 3 also having one on the same day as patrol 2.



The Lakes SLSC Patrol 6 members would like to give a MASSIVE thanks to the North Avoca crew (Grant Woods, Kim Findlay, Scott Robards, Dan Luongo and Cara Portese) who came up and helped recently with their patrol whilst their other members were helping with a carnival. We can't thank you all enough!! Clubs helping Clubs out.

Just a reminder that all the requals must be completed by the end of the year so please make this a focus while on patrol.



The ART requals were held this week on Monday (27th) and Thursday (30th) - Thankyou Tim Pittolo (Terrigal), Chris Bowden and Jodie Walker for helping run these sessions. The mandatory skills maintenance can be found in your elearning portal, and the ATV assessment forms can be found in your patrol box. Please contact me if you have any issues with any of these.

There are 6 patrol rescue boards that have been fixed to use as training boards, instead of the newer rescue boards used for patrol. They are stored in the horizontal board rack near the ski trailer. Please feel free to use these boards for training purposes.

There has been a new facebook page generated for patrol swaps. Please search North Avoca Patrols Groups to get access to this page.

Christmas Day Patrol

The Christmas day patrol roster is being sorted. Please let me know if you are available to help patrol on Christmas day. Whether you can come for 1hour or more - all help is appreciated. Let me know your preferred time and I will sort out a roster for the day.

Upcoming Patrols are:

Sat 2/12 - 7(AM) & 4(PM)

Sun 3/12 - 6(AM) & 8(PM)

Sat 9/12 - 1(AM) & 9(PM)

Sun 10/12 - 10(AM) & 5(PM)

From the 16th Dec the patrol hours will change due to the school holidays

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

PM Patrol - 1:30pm - 6pm

Sat 16/12 - 3(AM) & 2(PM)

Sun 17/12 - 4(AM) & 7(PM)

Sat 23/12 - 8(AM) & 1(PM)

Sun 24/12 - 9(AM) & 6(PM)

Mon 25/12 - **Volunteers**

Tues 26/12 - 5(AM) & 10(PM)

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

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

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

Have fun patrolling!

Josh Duggan

Director of Lifesaving

lifesaving@naslsc.com.au

Education

Bronze Medallion (BM) Course – Commencing

When – Tuesday 5th December

Time – 7.15pm

Where – NASLSC

Course material has been emailed to participants. If you have not received or wish to be added to the course, email Sharon at office@naslsc.com.au

SRC to BM Transition Course Complete

Last weekend we held the last of our assessments for the SRC to BM transition course. We are proud to report that we now have 13 new bronzes amongst our patrol teams. Congratulations to you all. We look forward to supporting you on your surf lifesaving journey. A big thank you to Chris Bowden for giving up his time to run this course.



SRC to BM Group

Surf Rescue Certificate (SRC) Course

The first of their lifesaving awards for our 13 year old nippers is now well underway, with assessments to be finalised next week, to ensure we meet our December deadline for competitive purposes.



SRC Group

Requals

Reminder that all requals need to be complete and in Surfguard before your proficiency expires on the 31st December 2023. Please have complete well before the 24th Dec, to allow time to be entered into the system. From the 1st Jan 2024 active members cannot patrol until they have completed their proficiencies.

A big thank you to Josh Duggan for organising the ART requal sessions. Thank you, Tim, Chris and Jodie for conducting.

SLSCC Education Calendar – Please click on the link below. If you wish to register for any of these courses, please email Sharon office@naslsc.com.au

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

Education Team
education@naslsc.com.au

Child Safe Commitment

Change Rooms

We are updating our change room policies to be compliant with Surf Lifesaving Australia's Child Safe Policy (available here [Child Safe Policy](#)). Can all members please note the following:

1. Children must be supervised by a parent or carer when using the club changerooms.

This means at a minimum parents must remain within earshot of the change room. Please don't send children up to use the change rooms on their own whilst you stay on the beach.

2. Adults, please don't undress in front of children.

If you are using the change rooms at the same time as children, you can shower in your swimwear and change under a towel (just as most of us do after training at Terrigal Haven).

Evelyn Dwyer
Child Safe Coordinator
childsafecoordinator@naslsc.com.au

Surf Sports

The Surf Sports season is in full swing!

These four incredible women took out first place in the Coolangatta Gold Women's team event in their age category. This event took over 5 hours to complete and they smashed it!!!

23 km ski- Kim
3.5km swim - Narelle
6.1km board - Evelyn
9.2 km run- Elise



They were supported by Shaz who was responsible for handling the ski and board transitions, and Em who paddled next to Narelle on her swim leg. Such a tremendous effort from these women and a true inspiration for our club!

Our Nippers are off to a great start with another awesome Teams Carnival at Avoca last weekend however, not much happening this month for our Masters competitors apart from committed training in preparation for upcoming Branch and State.

With that said, Club President and Masters Coach, Kim Findlay, had a very successful launch with the Adults Surf Skills Program. There were about 26 eager participants, majority being nipper parents, including some of our newest Bronze Medallion crew that are using this as a chance to upskill. Many of parents walked away from this session with a new appreciate of the skill of our young nippers. Well done to all parents, you are great role models for our kids.



If you're interested in becoming more confident in the water, this course is running for 8 weeks and is a great starting point. Touch base with myself or Kim for more details.

That's all from me. See you all on the beach soon.

Cheers,

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

Youth

On the 4th and 5th of November, 4 of our rookies attended the Surf Life Saving Central Coast U13-U14's rookie development program. We also had 4 members of our youth attend as youth facilitators over the weekend. Massive thanks to Brooke, Kale, and Ella (along with myself) for giving up their time to mentor our youth members. The program was held at Copacabana SLSC and was a massive success. Our rookies had a lot of fun and were provided with the opportunity to further develop their lifesaving skills as well as being provided with knowledge of future opportunities arising for them in the lifesaving space.



Recently, on the 25th of November, Surf Life Saving Central Coast held a Youth Day for all branch youth members in which many of our young lifesavers were in attendance. The day was a massive success. There were several workshops that we got to participate in, both youth participants and facilitators. Two of these workshops were run by senior members of our own club. On behalf of the youth, I would like to say thank you to Jeremy Veness, Matt and Jackie Sproll for running these workshops and giving up their time to help the central coast youth.



In December, we have the branch U15's leadership camp on the 16th and 17th and the second session for the U17-U19's youth leadership program at Umina on the 10th.

If there are any questions about what our youth have been up to or have coming up, please contact myself or the NASLSC office for more information.

Bailey Green
Youth Representative Committee
youthdevelopment.coordinator@naslsc.com.au

Nippers

Our U6 and U7s would like to give a big shout out to our silver sponsor – Denair Australia who have sponsored our new body boards. These boards are a great size for our youngest nippers and a great opportunity to introduce boards in a safe and fun way. Thank you Denair Australia!



Last weekend Avoca SLSC hosted a SLSCC Team Carnival. North Avoca had 80 representing the club from under 8's to under 14's. A huge congratulations to all competitors who attended and a big thankyou to all the parents and age managers who assisted on the day.

The BIG news of the day - North Avoca Nippers came a staggering 2nd place in the points for the carnival. Great work Team.



After a cracking last season, winning gold at Branch and bronze at State, our March Past team were in good form yet again - winning gold at the Avoca team Carnival. Our team will continue to train 2 sessions/wk as we eye off Branch Gold and moving up the podium at State.



Saturday 16th December is our last Nippers for 2023, but definitely not the least. This is a twilight nipper to commence at 3pm, followed by a special visit by the big man himself and the Club Xmas party in the hall. Age managers will provide parents with more information regarding gifts.



Nippers will return for u8-u14's carnival on the Sunday 14/12/24. All nippers u6-u14 will start the new year at the club on Sunday 21/1/24 with training to start back 9/1/24.

John Avis
Director of Junior Activities
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Megan
Assistant JAC
nippers2@naslsc.com.au



NORTH AVOCA SURF CLUB PRESENTS



CHRISTMAS MOVIE NIGHT!!!

**01ST
DEC**

**CHRISTMAS
CHRONICLES
SHOWING @6PM**

Kids can bring a pillow and something soft to sit on!

SNOW CONES AND POPCORN AVAILABLE TO PURCHASE

Bar will be open for adults from 5pm

EVERYONE IS WELCOME TO COME AND KICK OFF THE
CHRISTMAS SEASON WITH US!!