

NORTH AVOCA NEWS

28/03/2024



PRESIDENT'S REPORT

Wow! What a big month.

It was so wonderful to see such fantastic numbers in participation as well as competitive results from State age through to State master's championships again this year. We came home with 2 Medals in the nipper's space and 4 from master's competition. It was no surprise that Team North Avoca wore their colours with pride and represented us with the upmost of sportsmanship. Well done! Thank you for the age managers, water safety and officials that supported our team in this space.

Please also take the time to see some feature stories that have been submitted below showcasing some of the things our members are doing outside of surf. Keep them coming!

There is still plenty going on at the tail end of the calendar.

Please join us for our annual Easter door knock appeal. Over the Easter long weekend we will venture out to the local community with a goal of raising funds that help us better equip ourselves in our core business of saving lives on patrol.

For those travelling over the weekend have a wonderful break, stay safe, swim between the flags, and drive carefully.

We also have tickets still available for the advanced screening of Bonnie Hancock's documentary. See below flyer. Tickets can be purchased here: <https://square.link/u/OzhyfFqd>.

Senior presentation night is on the 18/5/24. This evening is a celebration of our members accomplishments over the course of the season. It is an opportunity to congratulate our peers and have a great night before we wind down over the winter period. Tickets will again be heavily subsidised by the club and will be available up until the 4th of May and can be purchased here <https://square.link/u/CrnYl3o>

North Avoca SLSC is proudly Supported by:

FONA'S

**Kim Jackson/Scott Farquhar & Family
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The Carusi Family
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5 Star Swim School
Hotel Gosford
North Avoca General Store
Pesteco
Platinum Physiotherapy
Smith Construction
The Agency**

MAJOR SUPPORTERS

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

Winter Nippers is back by popular demand! This program is a great opportunity for kids to further develop their skills over winter as well as build confidence for next season.

- This will be a 10 week program commencing 9am Sundays from the 28/4/24.
- It is available for ocean proficient nippers from U9s and up.
- The focus will be on surf skills.
- Sessions will be held at North Avoca, Haven as well as some pool-based sessions where entry fee will be required. Location TBC each week via the what's app group you will be added to once registered.
- Please find link to registration.

<https://square.link/u/YBMKyVXh>

As mentioned in our February newsletter, I'd like to call on nominations from our entire membership base for our major club award winners. This year we will be adapting a new process where nominations will be welcomed from our whole membership. These nominations will subsequently be objectively assessed and advised upon by an independent panel before presented at our Senior presentation.

The categories are:

Club Person of the Year
Patrol Person of the Year
Patrol of the Year
Rookie of the Year
Associate of the Year
Service Award
Youth Lifesaver of the Year
Youth Volunteer of the Year
Youth Athlete of the Year

Nominations are closing shortly! Please forward your nominations to president@naslsc.com.au no later than the 18th April.

Kim Findlay
President
president@naslsc.com.au

Lifesaving

Our last month of Patrols

29/3/24 - AM 7 PM 2

30/3/24 - AM 6 PM 9

31/3/24 - AM 3 PM 1

01/4/24 - AM 4 PM 5

06/4/24 - AM 10 PM 8

07/4/24 - AM 2 PM 7

13/4/24 - AM 9 PM 6

14/3/24 - AM 5 PM 3

20/4/24 - AM 1 PM 4

21/4/24 - AM 7 PM 2

25/4/24 - AM 6 PM 10

27/4/24 - AM 8 PM 9

28/4/24- Patrol Captains and Youth

As the season approaches a close, we are finalising our Senior presentation slide show. It would be awesome if we can feature all our patrols on the night. Please take some photos during your remaining patrols and email to office@naslsc.com.au. Thanks patrol 7, you are all over this!



SLSCC is holding an innovation workshop looking at "What can clubs do differently to take pressure off its members".

If you have any suggestions, please email me on lifesaving@naslsc.com.au with your ideas. Each club must present one idea at the workshop - but all ideas are welcome.

Have fun patrolling!

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

Education

Our next BM course will be commencing:

Tuesday 23rd April, 7pm NASLSC.

If you haven't yet registered, please click on the below link, and complete the expression of interest form. The course runs for approximately 6 weeks, with 1 dry and 1 practical wet session each week. Thank you to those that have already completed the form, further information will be emailed in the following week.

<https://forms.gle/kjxFys84We8HRqx99>

Congratulations to our 13 new ART award holders, who completed the course this week. A big thank you again to Chris for all the time he volunteers and gives to our Club.

Additional HLTAID011 first aid and ART courses are in the planning.

Congratulations to all our new IRB crew and drivers who recently passed their assessments.

Drivers

Emma Duggan

Mark Lahey

Crew

Jet Avis, Joey Dwyer, Truman Green, Georgia Tomlins, Angus Walker and Karl Woodward

Education Team

education@naslsc.com.au

Youth

Recently we had several of our youth complete their crew certificate and one complete their drivers. This is a significant accomplishment, and we would like to congratulate them on receiving these awards.

This has resulted in the IRB racing team receiving some brand-new members which supports the ever-growing team and allows us to bring more teams to carnivals. It also allows for some family crews at the carnival with Lachlan, Emma, and Josh Duggan and Bailey and Truman Green.

Congratulation to those who completed their awards, and we wish the IRB team the best of luck with their upcoming season.

Bailey Green

Youth Representative Committee

youthdevelopment.coordinator@naslsc.com.au

Surf Sports

The Surf Sports season is almost done.

March saw the North Avoca team head south to Queenscliff for the NSW State Championships - one of the biggest events on the Surf Sports calendar!

We had 6 Masters competitors representing NASLSC - Kim Findlay, Sharon Tull, Narelle Duggan, Evelyn Dwyer, Elise Avis and Cara Portese. Despite the high level of competition and challenging surf conditions, the ladies were able to snag some great results:

* 3rd in Sprint Team (Kim, Shaz, Cara, Elise)

* 3rd in Taplin (Kim, Ev, Narelle)

* 4th in Swim Team (Kim, Ev, Narelle)

* 2nd in Ski (Kim)

* 3rd in Board (Kim)

* 4th in Flags (Kim)

* 6th in Flags (Cara)

* 4th in Swim (Kim)

* 4th in Iron Person (Kim)

Well done and shout out to Shaz and Cara for medalling in their first State Champs appearance 🏆

Special mention also to Josh Duggan for stepping in as North Avoca's Official.

If you are interested in getting amongst the action next season as either a competitor and/or an official, reach out to me at surfsports@naslsc.com.au

Our IRB team are in full swing with their training, getting ready for a massive season ahead. First competition round is the 11th and 12th May at Collaroy, with the season extending through to State, Aussies and finally World's in early September. We look forward to sharing their results as they come in.

That's all from me for now.

Cheers

Kane Hennessey

Director of Surf Sports

surfsports@naslsc.com.au

Nippers

It's almost a wrap for the 2023/2024 Nipper season! This year's State Championships had hundreds of competitors competing in a wide variety of events. This year we had a huge 40 nippers in attendance. It was great to see so many yellow and black caps running around the beach, having fun with friends, and giving all the events a go. And as thought, we were by far the best dressed club on the beach.

Huge congratulations to our State Medallists, Hamish and Ed, for their tremendous achievement of placing at the State Championships!!

Hamish was North Avoca Surf Clubs first medallist of the weekend, taking out 1st place in the U12s male 1km sprint. Hamish maintained his title of State Champion in this event, after winning 1st place last year!!!

Ed and Hamish then went on to take out 2nd place in the U12s 2 x 500m sprint relay. What a dynamic duo! Well done boys.....we are so proud of you!!!



State Medallists - Ed Veness and Hamish Shorter

We would like to acknowledge these North Avoca kids who made it to the finals in the below events, placing in the top 8 in finals gains points towards our clubs overall total.

-  Pippa - 8th U12s flags
-  Joe, Hamish, Ed - 8th U12s Board Relay
-  Ollie - 5th U12s Surf Race
-  Tiz - 6th U11s Iron Person
-  Tiz - 8th U11s Board Race
-  Ed - 4th U12 1km beach run
-  Ed - 7th U12s Flags
-  March Past Team 4th

Congratulations to Tiz, Jax, Casper, Louie, Sonny, Ollie, Remy, Lacy and Pippa who also made a finals event!!!!

Board Returns – we still have a number of boards that are yet to be returned. If you are still in possession of a club board, please contact your age manager and organise a time for the board to be returned. All board repairs need to be completed prior to return.

Winter Nippers – This is a great program within the club, which aims to keep the nippers skills up over the winter and increase their confidence. This is a 10 week program commencing 9am Sunday 28 April 2024 and is for proficient nippers (from the 2023/2024 season) from U9's and above. This year, the program will be focusing on surf skills, and will be held at North Avoca, Haven and we are looking at including some technique sessions in pool. If you have any questions, please do not hesitate to reach out. Please register with the below link:-

<http://square.link/u/YBMKyVXh>



Nipper presentation has been set for 11 May, please save the date. We cant wait to see you all there and celebrate our 2023/2024 season. More details to come

Again, we cannot thank all our volunteers, families, water safety and age manager for all their commitment this season, our program wouldn't be the success it is without you.

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

NORTH AVOCA AT THE OLYMPICS!!!!

Ella Beere who has been a member in our club for many years starting as a Nipper is soon to become the Club's FIRST OLYMPIAN.

Ella has just been selected to represent Australia in the Paris Olympics taking place later this year.

Ella is a member of the K4 rowing team and may also be in the K2s.

She certainly is the Clubs first and only Olympian.

CONGRATULATIONS to Ella and to Nikki and Jeff whose support has made it possible.



Nikki, Ella and Jeff

Wonderful achievement

Patrol 9 and North Avoca SLSC are really proud of and congratulate Cathy Donnet on a fantastic achievement.

Cathy recently travelled to NZ to compete in the Annual Tarawera Ultra Trail run. A mere 163km.

Cathy finished 2nd in her age group, 15min behind the winner in 30 hours and 38 min. Cathy is a legend !!!!



Cathy and her support team

Easter Door Knock Appeal

The Easter Bunny is coming to North Avoca again!

On Easter Saturday, 30th March, the Easter Bunny will tour North Avoca with our Door Knock crew, raising much needed funds for our Surf Club.

All Patrol teams and nipper age groups have been allocated Streets for collection. Certain age groups and patrol teams will door knock during the Easter Bunny tour, on Saturday. All other age groups and patrol teams will door knock during your patrol, or a time confirmed with your patrol captain or age manager over the Easter long weekend. Please contact your age manager or patrol captain if you are unsure.

All collectors must be in full uniform (patrol or nipper gear). Packs and POS square readers will be ready for you in the office, you will need to collect prior to heading out. Please also take the time to read POS instructions, notes for collectors and Child Safe guidelines prior to heading out.

Everyone is welcome to meet at the Club after the Easter Bunny tour at 3.30pm and join in the fun of the Easter Egg Hunt and have photos with the Easter Bunny!

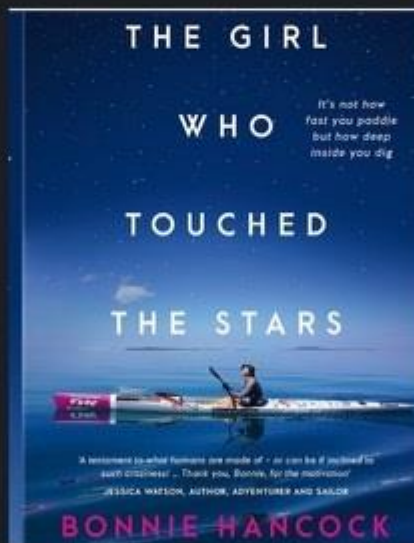
We thank you for your time volunteering and participating in our Annual Door Knock Appeal. This is one of the Clubs major fundraisers and ensures that the club is well funded with necessary equipment to provide life saving services and the resources to educate and support all our members and community.





EVENING WITH BONNIE HANCOCK

EXCLUSIVE ADVANCED SCREENING OF HER
HIGHLY ANTICIPATED DOCUMENTARY 'DIAMOND
OF THE SEA.'



DATE: SATURDAY 6TH APRIL 2024
ARRIVAL: 5.30PM
COMMENCEMENT: 6PM
LOCATION: NORTH AVOCA SLSC
**COST: \$44 PER TICKET INCLUDES CANAPES
AND DRINK ON ARRIVAL**
DRESS: SMART CASUAL

TICKET SALES
[HTTPS://NORTHAVOCA.COM.AU/EVENTS/](https://northavoca.com.au/events/)

Bar – Open New Extended Hours

Our bar is open Sundays from the new commencement time of 4pm – 7pm (with exception of Public Holidays).

Come on down and watch the Sunday footie game on the big screen.

Have your RSA card and would like to help the Bar out at Sunday SIPS, contact Geeb via barmanager@naslsc.com.au

We would love for you to come join our wonderful, friendly team.

Cheers

Geeb Smith

Bar Manager



Now open every Sunday from 4pm - 7pm.

(Public Holidays excluded)

Feel free to bring your own nibbles, meet up with friends, sit back and enjoy the great views with others in our local community.

The Easter Bunny is coming to North Avoca!

The Easter Bunny is visiting our suburb as a part of the North Avoca SLSC annual Door Knock.

When: Easter Saturday 30th March

Time: 2pm to 3.30pm

Where: Check out the stops below

Hop along to one of the Easter Bunny stops, take a photo with the Easter Bunny, eat an Easter egg and make a taxable donation to North Avoca SLSC!

All donations over \$2 are tax deductible

Stop	Stop Location	Stop Time
1	Corner of Bradleys Road & Beachcomber Parade	2pm
2	Corner of Bradleys Road & Lakeshore Drive	2.15pm
3	Reserve on Lakeshore Drive near Duncan Road	2.30pm
4	Playground at corner of Surf Rider Avenue & Easter Parade	2.45pm
5	Corner of Tramway Road & Lake Street	3pm
6	Corner of View Street & North Avoca Parade	3.15pm
7	North Avoca Surf Life Saving Club	3.30pm

Donations can also be made via our website at <https://northavoca.com.au/donate/>

