

NORTH AVOCA NEWS

29/02/2024



PRESIDENT'S REPORT

I took great pride this month in learning that our core business of lifesaving and patrolling the beach continues to excel both locally and beyond the North Avoca red and yellow flags. This was evident on the 26th of January when one of our long-standing active patrol members Nathan Emmerson put his skills to the test at Toowoan Bay. Nathan assisted our friends at Toowoan Bay when an emergency response was initiated shortly after a group of swimmers were swept 300m out to sea with a rapid change in conditions. Unsurprisingly Nathan was first to offer assistance and coordinated what ended in a successful mass rescue. Well done, Nathan!

Team North Avoca have also welcomed a new cohort of bronze medallion holders who have now transitioned into active patrols. Thank you to the patrol captains and team members who have facilitated this process.

Meanwhile, the competition end of the season is now in full swing, and our team have represented us with both pride and talent. Congratulations to the team who competed at the recent branch championships. Each day was full of many successes that I am so proud of. Individual and team achievements were plentiful and there was a wonderful sense of team spirit and sportsmanship buzz across the day. Amongst the teamwork and competition success was one of my proudest moments of the season where we celebrated junior life saver of the year (JLOTY) winner Remy Avis. The commitment, hard work and natural skill set required for this accolade is much respected in the lifesaving community. Well done to Remy and the whole team and good luck at the upcoming state age championships.

As the committee begin preparations for the end of the season, 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 presentation.

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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GOLD SPONSORS

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Enliven Housing
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**

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

Please forward your nominations to
president@naslsc.com.au no later than the 18th March.

Kim Findlay
President
president@naslsc.com.au

Lifesaving

Only 2 months left of patrolling. Where has the season gone!!
Congratulations to the new patrolling members who have just completed their bronze - Mark, Andrew, Peta, Fab, George and Amy. I'm sure that your new patrols will definitely be glad to have you.



Our new Patrolling members - Andrew and Mark



Some of our patrolling families celebrating the commencement of SLS Rainbow Patrol Weekend

Upcoming Patrols

2/3/24 - AM 3 PM 1

3/3/24 - AM 4 PM 8 (changed)

9/3/24 - AM 5 PM 10

10/3/24 - AM 9 PM 7 (changed)

16/3/24 - AM 1 PM 6

17/3/24 - AM 2 PM 3

23/3/24 - AM 5 PM 4

24/3/24 - AM 8 PM 10

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.

Just a reminder that the lights and sirens on the truck can only be used on the beach in an emergency and not the road. Also - no one can travel in the tray (back) of the truck unless it's an emergency situation.

Have fun patrolling!

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

Education

Our next BM course will be commencing in mid-April. If you missed out on the first course and would like to obtain your Bronze Medallion award, 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.

<https://forms.gle/kjxFys84We8HRqx99>

Chris will be running an ART Course for those members that already hold the pre-requisite HLTAID011 on the 26th and 28th March (TBC). A separate email will be sent to these members.

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

Good luck to our IRB crew and driver course participants doing their assessments this weekend. Building the skills of our patrols.

Education Team

education@naslsc.com.au

The Australian Institute of Disaster Resilience (AIDR) Volunteer Leadership Program for 2024.

This program equips emergency sector volunteers with the skills and confidence to grow as leaders. It is an experience that is immersive and collaborative, bringing together volunteers from different organisations and agencies to build knowledge and share experiences with each other. The program explores practical leadership frameworks through interactive learning, and participants gain both self-awareness and an enhanced ability to understand and contribute to their organisations.

AIDR has published the 2024 Volunteer Leadership Program dates and locations on their website [here](#), noting that there is currently one NSW location listed (Port Macquarie). We encourage current and aspiring volunteer leaders to submit an application. All applications will need an organisational endorsement, and this can be obtained by emailing me directly on cbevis@surflifesaving.com.au.

Access to online application form:

<https://afac.eventsair.com/vlp2024/2024-vlp-application-form/Site/Register>

Access to organisation endorsement form:

https://www.aidr.org.au/media/10060/vlp-endorsement-form_2024.pdf

Surf Sports

I hope everyone has enjoyed the season so far. February has been a fun month for our Youth and Masters competitors. First up was the Branch Carnival at Ocean Beach on the 10th and 11th.

Shout out to Karl Woodward for stepping up and flying the North Avoca flag solo at the Masters Carnival, managing to get a 1st place in Flags and 3rd place in Beach Sprint. Well done mate.



Karl Woodward Masters Branch Medallist

The Youth rocked up with good numbers and had a great day. Results are still being finalised in Live Heats, but I hear that they represented our Club amazingly.

On the 17th we completed the water events for Club Champs (after being postponed due to rough conditions previously). We were faced with challenging conditions again, but they were manageable this time, so the competitors present on the day went to work and dominated. Overall results and the race for Club Champion will be close in a few categories as the strengths in either water or sand became apparent. A highlight for me was watching our Grandmaster competitor, Shaz, tackle the tough conditions in the Board Race and do exceedingly well. She was greeted with a hearty, and we'll deserved round of applause from everyone present when she arrived back on the beach.



Special thanks to Josh Duggan for putting his hand up to Official again and running things smoothly. A great day was had by all.

We are a stone's throw away from State Champs starting, so I'll be back with updates soon. With that said, good luck to all of our State competitors.

That's all from me for now.

Cheers

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

Youth

On the 17th and 18th we had 21 one of our wonderful North Avoca youth attend a leadership camp at the surf club.

The camp started off with some ice breakers lead by our facilitators. To finish off the afternoon, the participants hopped in the IRB's and were driven down to Avoca where they got the opportunity to jump off mugs and get a ride on the jet ski.

Before dinner the participants were put into three teams where they worked together to conduct two separate search and rescue scenarios where they had the opportunity to practice search skills, teamwork, and radio communication.

After dinner we had Lachlan Copen, the youth manager from Central Coast Surf Life Saving volunteer his time to run a trivia night with the three teams and a fourth facilitator team all competing for the prize. This was an awesome experience and a massive thank you for Lachlan for running this.



The Sunday morning kicked off with patrol where the participants got more time in the IRB, participated in first aid scenarios, and got to do a rock off at the North Avoca point which finished the camp.

The program was a massive success. Thank you to all the participants for being so well behaved and we hope that you had heaps of fun. A massive thank you to all the facilitators and an extra special thank you to Victoria Copen, the lead facilitator of the Branch U15's leadership camp who gave her time over the whole weekend to share her extensive experience in surf lifesaving with the kids and the facilitators.

Facilitators: *Kale Puata, Grace Green, Emma Duggan, Lachlan Duggan, Bailey Green*
Guest Facilitators: *Victoria Copen and Lachlan Copen*

On the 11th Feb we had 12 of our Youth attend the U15 – Open Branch Carnival at Ocean beach. We had a lot of fun competing, both individually and as teams. Our great results saw us take out 4th overall in the points score. Thanks Shaz and Josh for officiating.



U23 March Past Gold Medallists

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

Nippers

What a huge month February has been!

Branch Championships were held at Umina Beach on the 4th of February. Firstly, we wanted to say huge congratulations to all our North Avoca nippers that competed at the carnival and represented North Avoca proudly.

Lots of great news to share from Branch. First a huge Congratulations to our very own Remy Avis. Remy competed against numerous representatives from other Central Coast Surf Lifesaving clubs and was assessed across multiple disciplines in Surf Life Saving. At the Branch Championships, Remy was announced as the Surf Life Saving Central Coast Junior Life Saver of the year. Congratulations Remy.



Junior Life Saver of the Year – Remy Avis

Our incredible March Past Team continued to dominate on the beach and again were rewarded for all their hard work and dedication with a much deserved Gold medal. Congratulations Team.

It was a great day on the beach and a huge thank you to all our Age managers, water safety, officials and families who assisted on the day supporting our nippers. Congratulations to all our nippers, we had some fantastic results in both individual events and team events.



After two postponed dates, we successfully completed our club champs on Sunday 18 February. Club champions for all age groups will be announced at the junior Presentations night. But I must say, all nippers involved were champions on the day. A special thanks to Brodie D, Layne P and Emma D for manning the IRB on the day.



On Saturday 24 February we had our what has become an annual Aqua Splash. This was also our presentation day for the U6 and U7's and the last nipper day of the season for our U6, U7 and U8 nippers. Everyone had a fantastic time, adults and nippers, we thank everyone for making an effort to come along on the day despite the horrible weather. Thanks to all the parents who helped throughout the day.





This Sunday, 3 March 2024 is the final nippers for the 2023/2024 season for the U8-U14's. This is also the final day as a nipper for our all grown up under 14's. Please come along and help us celebrate the final day as a nipper for our 14's.

State titles kick off for the U/9's and U10's next Thursday 7 and 8th March and the 8 to the 10th March for our U11, 12's, 13's and 14's at Queenscliff Beach. All competitors have now been presented with the new state uniform and must I say, we will be the best dressed club on the beach come next week. We have 37 nippers who will represent the club. Wish all our competitors the best of luck.



Sunday 3 March – first board return day. If you are not competing at state, can you please return your board to the club on this day. Board returns starting from 11am. In the event that your board requires repairs, please ensure these repairs are completed prior to the board being returned.

Junior presentation night is locked in for the 11 May 2024, we look forward to seeing you all there. Further information to come.

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

SLSCC - Performance Mindset and Habits Workshop

KaMana is a program that empowers female athletes and active women to build confidence and reach their potential

Performance Mindset and Habits Workshop with Lizzie Welborn

Sunday April 7th at North Avoca SLSC
 11am - 1pm
 Open to all girls aged 12 and above
 Cost: \$20
 Food included at the end of the workshop

This interactive workshop explores:

- The importance of goal setting
- The impact of our mindset towards goal setting
- Building resilience when faced with obstacles
- High performance habits that can be incorporated into your weekly routine eg, sleep, recovery and time management
- It will leave you feeling inspired that you can achieve your dream goals

www.kamanacommunity.com

Bar – Open New Extended Hours

Our bar will be open Sundays from the new commencement time of 4pm – 7pm, commencing this Sunday 3rd March.

Perfect timing for the start of the NRL season. Come on down and watch the game on the big screen. Enjoy our great view, bring your friends. We have on hand menus from local restaurants who will deliver. Enjoy an easy Sunday dinner.



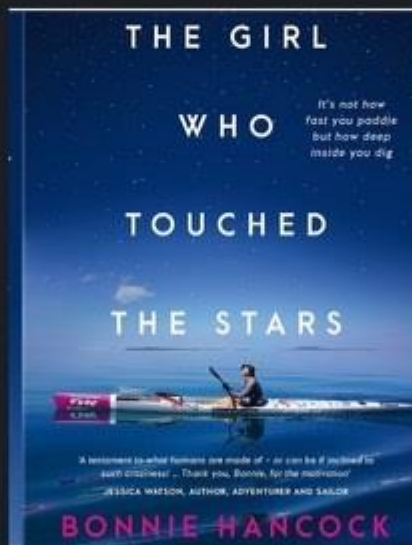
Have your RSA card and would like to help the Bar out at Sunday SIPs, contact Geeb via barmanager@naslsc.com.au We would love for you to come join our wonderful, friendly team.

Cheers
 Geeb Smith
 Bar Manager



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/)