

NORTH AVOCA NEWS

31/01/2024



PRESIDENT'S REPORT

Happy new year everyone.

I hope you all had a wonderful holiday period with friends and family.

Thank you so much to the record number of volunteers who patrolled on Christmas day. It was so good to see so many members giving up their time to do what we do best with their surf club family.

"The club feels good". This is what I am continuing to hear as we turn the halfway point of our season. What a way to start the new year with the launch of January summer sips. In this 3-event special we have truly opened our doors to the whole community, with a clear message that everyone is welcome.

The events have helped bring our club and community together while simultaneously precipitating record bar sales and vital fundraising that helps secure our future. Thank you to everyone who came along and supported the event. Keep an eye on the socials for our next event coming up late February.

I have had several enquiries from people wanting to get more involved in the club. Fantastic! Please reach out if you would like to come on board in some capacity including getting involved in any upcoming club projects.

As we near the competition end of the season I'd like to wish our branch and State teams good luck in their training preparations as well as reaching their personal and team goals in competition. It has been a true pleasure coaching you and watching you all develop your skills and team comradery this year.

I hope you all enjoy the rest of the season. Stay safe.

Kim Findlay
President
president@naslsc.com.au

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Director of Administration

Reminder that Club Management Committee meeting minutes can be viewed in our Clubs document library, accessed via your members portal. The minutes of the last meeting will be uploaded in the next few days.

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

Education

The education team are excited to announce that we have completed our first Bronze Medallion course for the season and now have 6 new active members joining our patrol teams. Congratulations to all.

A big warm welcome and thanks to Narelle and Josh Duggan who have joined our education team, teaching board and tube rescue techniques and helping participants improve their ocean swim and board paddling skills.



The education team will be meeting next week to organise our next BM course. 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.

<https://forms.gle/kjxFys84We8HRqx99>

Education Team
education@naslsc.com.au

Lifesaving

Patrols are running well, just a reminder for those that have yet to complete their eLearning that it must be done. The school holiday times finished last weekend so patrols will go back to being 9-1pm and 1-5pm

Upcoming Patrols

3/2/24 AM 8, PM 2
4/2/24 AM 6, PM 9

10/2/24 AM 10, PM 5
11/2/24 AM 1, PM 4

17/2/24 AM 7, PM 3
18/2/24 AM 2 (youth), PM 8

24/2/24 AM 10, PM 6
25/2/24 AM 9, PM 5



Have fun patrolling!

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

Child Safe Commitment

28 of our young members attended North Avoca SLSC's first Kids Empowerment Day. Kids learned about Surf Lifesaving's Member Protection and Child Safe policies, what behaviours are "ok or not ok" in our surf club and how they can speak up if they have concerns. They also had a focus group where they shared their ideas and vision for our club- and had a lot of fun along the way. Facilitators were blown away by the kids' engagement and understanding. Here are some comments from the young people who attended the workshop "Member protection means we take care of the people in our club" (10 year old) "Our club cares about kids because kids are special" (8 year old) "If you're feeling scared or unsafe at the surf club, you should go to somebody you can trust" (7 year old)

"100% of attendees enjoyed the games and the opportunity to give their feedback about the club. 96% answered positively that as a result of the workshop "I know things I can do if I feel unsafe at the surf club" with 88% saying "I could explain the rules to other kids at nippers and tell them where to get help if they were not safe".

Our next step will be to edit the video of our young members explaining child safe concepts so that this can be used to educate the rest of our nippers, and to share the findings of our kid's feedback session with the club's management committee.



Thanks to all the helpers that put it in a massive effort that made this day such a great day for the kids.

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



Youth

Recently, we had four of our youth attend the Central Coast U17-19 youth leadership camp and two attend the U15 support operations day in Sydney. Both programs were a huge success with lots of positive feedback from the youth and the facilitators.

The U17-19 leadership program ran from the 18th - 21st of Jan. Participants had the opportunity to build teamwork skills through completing challenges and a search and a rescue in their groups. Both these activities were a lot of fun and even had the facilitators involved, competing against each other.

The U15 support operations day included a visit to the state operations centre at Belrose where participants had the chance to conduct a radio check with their beaches on the surfcom channel. We also visited the Lifesaver 2-1 Westpac helicopter base and the Surf Rescue 30 base and got the chance to listen to representatives.

Upcoming is the North Avoca youth camp at our own surf club on the 17th and 18th of Feb. This weekend will give our youth amazing opportunities to build relations through other age groups, develop their skills, and gain confidence outside their comfort zones. Please complete the attached jotform by Monday 5th of Feb.

If you have any questions about any youth-related matters, please email me.

Youthdevelopment.coordinator@naslsc.com.au

Jotform for Youth Camp:

<https://form.jotform.com/233536742450859>

The NASLSC Youth Camp Circular has been posted in our Youth Chat. Please email me if you need a copy.

Reminder U15 – Open Branch Carnival is on Sunday 11th Feb. Please ensure that you have let me know by Tuesday 6th Feb 9am if you are competing. I need to enter you before the entries close.

Bailey Green

Youth Representative Committee

youthdevelopment.coordinator@naslsc.com.au

Surf Sports

I hope the New Year has started off with positive momentum for you all.

I'm sure you've all noticed, the vibe around the club has been buzzing with all the action from Nippers and the Sips events. That same vibe was carried into the Masters/Youth Club Champs on Sat 28th January. Due to some heavy surf conditions, we decided to put the water events on hold for another day however, there was plenty of action and rivalry to be had on the sand! Age categories covered on the day included u15s, u17s, u19s, Masters, Grandmasters. The three sand events contested were the beach sprint, flags and the marathon (2km).

Age group/overall champions will be decided once the water events are done however, male and female Club Champion for the beach events are confirmed!

Congratulations...

Marathon- Joey Dwyer and Elise Avis

Beach Sprint - Steve Brown and Kim Findlay

Flags - Jet Avis and Kim Findlay

I'm looking forwards to seeing this rivalry continue into the water.



*Coming up...

- Masters Branch is on Saturday 10th Feb at Ocean Beach. Entries close 7th Feb 9am.

- U15 to Open Branch is on the Sunday 11th Feb at Ocean Beach

- State kicks off for Masters on 13th March at Northern Beaches. Entries close 31st Jan. We have a dedicated female crew heading down.

That's all from the Surf Sports scene for now.

See you all on the beach,

Kane Hennessey

Director of Surf Sports

surfports@naslsc.com.au

Nippers

Club Championships – Unfortunately we were unable to run our club championships last Sunday due to conditions being unsafe for all nipper age groups, except for the U/8's. Club Champs has been rescheduled for Sunday 11th February 2024 commencing at 9am. Normal nippers for U6 & U7 also commencing at 9 am on this day.

State Championships – State Championships this year is again being hosted at Queenscliff Beach, Thursday 7 – 10th March. We have 40 competitors from the U9 – U14 age groups registered to attend. Under 9's and 10's will compete on the Thursday and Friday with our 11's, 12's, 13's and 14's competing on the Friday through to Sunday. If you have any questions re state, please do not hesitate to reach out to your age managers. The state uniform has been ordered and we are eagerly waiting on its arrival. Please remember to book your accommodation if you haven't already.

Branch Championship – Is this year being held at Umina Beach, this coming Sunday 4th February 2024. The program for the day is yet to be set, the age manager will keep you updated. The Branch Junior Life Saver of the year is being announced at the Branch Championships at. We would like to wish out JLOTY nominee Remy Avis from our Under 14's and all our competitors on the day the very best of luck!!! Please don't forget, skull caps, pinkies, competition bands, sunscreen, and water!

Training – Last day of nipper training will Be Thursday 8th February 2023. Training will only continue for those competitors participating at State Championships.

Last day of Nippers – Aquasplash

The final nipper's activity for the season will again take place at AquaSplash at the Gosford waterfront. This has been a fun filled event for the past few seasons which parents, nippers and especially coaches and water safety have enjoyed.

When: Saturday 24th February 2024

Time: 9am and 10am

Cost 1 session - \$25

2 sessions - \$45

Cost includes a free BBQ Bacon and Egg roll

NOTE: Any child participating aged between 5-9 years old will need an accompanying adult over 16 years if age with them. Ration 1 adult to 2 children.

Under 6 and 7's will have their presentation on this day.

Tickets can be purchased through the below link:-

<http://naslsc.com.au/product/aquasplash-2024/328?cp=true&sbp=false&q=false>

We will require some helpers for the BBQ on the day. Further information to come.

Summary – Upcoming dates for the Calendar: -

- Club Champs – U9's – U14's - Sunday 11th Feb
- Branch Championships – Umina Beach – Sunday 4 February
- Board Training to cease for all nippers except state competitors from Thursday 8 February
- Last day of Nippers for 2023/2024 season – Saturday 24 February - Aquasplash – Gosford Waterfront
- State Titles – Queenscliff Beach – Thursday 7 – Sunday 10 March
- Nippers Presentation - *****



As nippers starts to wind down for the season, a huge Thankyou to all our volunteers, coaches, age managers, water safety and parent helpers, nippers could not go ahead without you, THANKYOU

John Avis

Director of Junior Activities / nippers@naslsc.com.au

Megan

Assistant JAC / nippers2@naslsc.com.au

[SAVE THE DATE – 6TH APRIL 2024 for](#)

[“An Evening with Bonnie Hancock”](#)

[Yes Bonnie is back.... Watch this space for details.](#)

