

# NORTH AVOCA NEWS

30/09/2024



## **PRESIDENT'S REPORT**

The flags are up and the season is now officially underway.

I was proud to join our newest rookies and rookie coordinator Jackie Sproll at the official raising of the flags event on Saturday morning. Each year I attend this event I am acutely reminded that this is the future of our club and the lifesaving movement at large. North Avoca had the largest group of rookies in attendance again this year, which speaks volumes for our future.



It was certainly a busy and action packed 24 hours that coincided with the Gotcha4life 24-hour row and our annual Season launch event at our home club.

NASLSC prides itself on embracing the ideals of inclusivity and diversity within our community and membership. This includes supporting initiatives that resonate with our members such as the gotcha4 life 24-hour row fundraiser. We feel the event has the capacity to bring communities together to build their mental fitness. It fosters wonderful social connections and deeper conversations, while at the same time having fun, getting physically fit and raising money for a good cause.

North Avoca SLSC has once again showcased itself as a place where people have come together and jumped

## **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 Webb Family**

### **GOLD SPONSORS**

**365 Assist**  
**Central Coast Orthodontics**  
**Sprout ELC**

### **SILVER SPONSORS**

**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**  
**SLSCC, SLNSW, SLSA**  
**NSW and Federal Governments**

onboard with this initiative that strives to build better communities through mental fitness gains

It was also my absolute privilege to formally unveil our newest Honor boards on Saturday night. This is quite a prestigious and significant accolade afforded to members who have exceeded in volunteerism over several years at our club.

A huge congratulations to Keiren Paull, Jackie Sproll and Les Sinfield.

Jackie will also be representing our club at the national awards of excellence later this month - good luck Jackie:)

I look forward to great things to come this season. Stay safe and swim between the flags.

Kim Findlay  
President  
[president@naslsc.com.au](mailto:president@naslsc.com.au)

## Special General Meeting

On the 21<sup>st</sup> of October 2024, commencing at 7.30pm a Special General Meeting will be held at the North Avoca SLSC. The purpose of the meeting is to adopt the signed Audited Financial Statement for the Year End 2024. This document is available to view in our Club document library, accessed via your member's portal.

Megan Miller  
Director of Administration / [admin@naslsc.com.au](mailto:admin@naslsc.com.au)

## Education

Interested in helping out your nipper's group by doing water safety? How about joining a patrol? Our next bronze medallion course starts soon! If you are interested please fill in [this form](https://forms.gle/nm93Tjvq8DKKDkwP6) (https://forms.gle/nm93Tjvq8DKKDkwP6) to RSVP to the info session (and first lesson) on Wednesday 23rd October, 7:15 pm at the club.

Some SLSCC branch education courses members might be interested in:

- Provide First Aid. Sat 26th October OR Sat 16th Nov OR Sun 1st March - Tuggerah branch Office
- Gold medallion. Sat 7th December - Wamberal SLSC
- SMAR. Sat 12th - Sun 13th April - North Avoca SLSC

For more information about any of these courses, including any prerequisites, please contact me using the education email address.

Kat Dwyer  
Director of Education / [education@naslsc.com.au](mailto:education@naslsc.com.au)

## Lifesaving

Saturday was the start of the patrol season. Unfortunately, North Avoca lived up to its reputation and the beach was closed both days due to the weather and surf conditions. The patrol roster is out, and all patrolling members should have received notification from their patrol captains. If there are any issues or questions - please contact me.



The upcoming patrols are:

5/10 Patrol 6  
6/10 Patrol 7  
7/10 Patrol 5

12/10 Patrol 3  
13/10 Patrol 4

19/10 Patrol 8  
20/10 Patrol 2

26/10 Patrol 10  
27/10 Patrol 1

This year's skills maintenance is currently available on your eLearning portal. It is also recommended that all patrolling members also complete the sexual harassment and child safety modules.

See you all on the beach

Josh Duggan  
Director of Lifesaving  
[lifesaving@naslsc.com.au](mailto:lifesaving@naslsc.com.au)

## Surf Sports

Firstly, I would like to congratulate our IRB team who wrapped up a very successful IRB season with very respectable results at the World IRB Championships, held at Kurrawa Beach QLD earlier this month. North Avoca was the only team representing the Central Coast. Well done team!



The surf season is now underway, and the surf sport calendars have all been finalised.

### October

12 to & 13th - Coolangatta Gold: North Avoca have a women's masters team entered in this iconic event. We wish Kim, Evelyn, Elise and Narelle all the very best for the event.

19th October - the U12-Open carnival will be held at Terrigal. Please be sure to connect with your Age Manager to coordinate entries.

19th October - Mona Vale is hosting a Masters Carnival on the 19th. If you're interested in attending, please let me know.

26th October -If you're new to surf sports, the Toowoomb Bay Mini Carnival is a fantastic introduction to surf sports. SLSCC will also be facilitating Live Heats training at this carnival for officials. Please speak with your Age Manager for more information.

### November

2nd November- this year sees the return of the Board and Ski Series. This is a fantastic participation event for U14 to Masters.

If you plan to compete or have your children compete in any carnivals this season, we need you! We cannot run carnivals without water safety and officials. Please connect with your Age Manager to learn more about the official's course or how to help with water safety.

Masters training is also in full swing. If you're interested in joining the group, here are the details. All active members welcome:

Wednesday – 5.30am start @ Haven – Board  
Thursday – 6.00am start @ Gosford pool – Swim  
Sunday – 6.30am start @ North Avoca – Board

Keep an eye out for more sport information as the season progresses.

Cheers,

Narelle Duggan  
Director of Surf Sports  
[surfsports@naslsc.com.au](mailto:surfsports@naslsc.com.au)

## Youth

We will be continuing with afternoon and Sunday training sessions for our youth, and I am hoping to have a strong attendance at these sessions.

Our first session will kick off this Tuesday 1<sup>st</sup> October at 4.15pm at the Haven.



I have created a What's App group for NASLSC Youth and their parents to provide information on upcoming events and the season. If you haven't yet joined, please reach out for the link. All U18 members must have their parents' permission to join which can be forwarded to myself via email [youthdevelopment.coordinator@naslsc.com.au](mailto:youthdevelopment.coordinator@naslsc.com.au)

Elise Avis  
Youth Development Coordinator  
[youthdevelopment.coordinator@naslsc.com.au](mailto:youthdevelopment.coordinator@naslsc.com.au)

## Nippers

Thank you to all the families who braved the colder weather and completed their proficiency swims. For those of you who missed it, I will be available at the start of Tuesday's training.

### Important Dates.

Tuesday – Board training at the Haven from 4.15pm

Thursday – Sand training at North Avoca from 4.15pm

Friday – Board training at the Haven from 4.15pm

Sunday 13th October 9.30am – Sunday Nippers program commences for all age groups.

Friday 1<sup>st</sup> November - Halloween Disco, more details to be sent out soon!

**Uniform Shop will be open on Sunday 13<sup>th</sup> October.  
Board Hire will be available on Sunday 13<sup>th</sup> October.**

### Education

Bronze Course information session commencing, Wed 23rd October 7:15pm.

### Come & Try Nippers

Scheduled for Sunday 27<sup>th</sup> October - One day only.

This is an opportunity for NASLSC to showcase surf life-saving activities and the Nipper program to interested children and their parents in a taster format, without obligation.

At the conclusion of the activity, children and their parents will be offered the opportunity to register as a NASLSC club member.

### Child Safe Review

To protect our youngest members and their photos (as much as we can online), a new NASLSC Nippers Facebook Group has been created.

This is a **closed** group.

The current Nippers Facebook Page will not be used for communications following Week 1 of Nippers, Sunday 13<sup>th</sup> October.

To transition across from the Facebook page to the Facebook group, Members will need to request access via the link;

<https://www.facebook.com/groups/546764367782419>

The member's current registration and involvement in the Nipper program will be confirmed before access is approved by admins.

Looking forward to a great season ahead!

Dan Luongo  
Director of Junior Activities (JAC)

[nippers@naslsc.com.au](mailto:nippers@naslsc.com.au)

## Member Services

### Gotcha4Life 24 Hour row

Last weekend the NASLSC participated in our very first Gotcha4Life 24-hour row. And what a 24 hours it was. The event kicked off at 5pm Friday with our club president, Kim who was joined a short time later by Maz from MMM Central Coast. Gold Sponsor Simon Deall from Central Coast Orthodontics, joined in and completed two large time slots to help the team along. The Kariong Mountain High School took the reins with a lengthy stint on the rower, with some interesting transitions. Our IRB team took the night shift, with dancing, singing, a musical or two, followed by some healthy rowing competitions. What a night!



The NASLSC masters rowed into the sunrise and were tagged out by Little leaders, Bryson Buyers Agents, and Mitre 10, Kincumber.

NSW Ambulance took part, a huge thanks to our very own Chris Bowden for stopping by.

The MMM Roadies were out the front with games and give aways and also jumped on to complete some time of the rower.

We were beyond honored to have the founders of Gotcha4life Gus and Vicky Worland attend and meet the team. They were overwhelmed with the support of our inaugural event, and they loved the team spirit within the club.



1pm saw silver medalist Para Olympian Dylan Littlehales take the reins and teach our rookies a thing or two, whilst we watched Dylans silver medal winning paddle at the 2024 Paris Para-Olympics. Dylan was so generous with his time and brought along his silver medal to show everyone. Thankyou Dylan for supporting our event.



The rookies and GUNS took control from there, before Local MP Adam Crouch joined in. By this time, we were into the final hour of the row, and let's just say delirium had absolutely kicked in. The final hour had it all, more dancing, singing, unconventional rowing and lots of laughs and fun.

We cannot thank our members, community, and small businesses enough for participating in and supporting the event. The event raised \$4,100 for Gotcha4Life.

Gotcha4life's mission is to inspire and enable people to take action to build their mental fitness and the NASLSC, its members and the community are very proud to be supporting them on their journey.

A special shout out to:-

**MMM Central Coast**  
**Kariong Mountains High School**  
**Little Leaders**  
**Bryson Buys Agent**  
**Mitre 10 Kincumber**  
**Harris Farm**  
**Six Strings Brewery**  
**Fitness First Erina**  
**Gee Recovery – Erina**

If you would like to make a donation, please go to:-  
<http://24hourrow.com.au/team-na->

For all the fun shared throughout the event and further information, please take a look at the event page:-

<http://www.facebook.com/events/s/north-avoca-slsc-gotcha4life-2/2862327570591081/>

We look forward to seeing you all next year.

### Season Launch

We celebrated the opening of the season on Saturday evening, with Mad Macks Food Truck, Spoon Bay Gelato, Hollydene Wine tasting and the amazing Ethan Beckton. Whilst the weather wasn't favorable, it was great to see so many familiar faces celebrating this coming season.

### Halloween Disco – Friday 1<sup>st</sup> November

The NASLSC will again be hosting another Spooktacular Halloween disco for the kids filled with Thrills, chills, and a few surprises. Last year's event was a huge success and we can't wait to do it all again.

Get your costumes ready and save the date.

Whilst the kids party the night away, the bar will be open for the grown-up.

This is a community event, everyone welcome.

Cara Portese  
Director of Member Services  
[memberservices@naslsc.com.au](mailto:memberservices@naslsc.com.au)

### **Club Calendar**

Can be found on our web page (subject to change)

<https://northavoca.com.au/club-calendar/>

## ***Return and Earn***

North Avoca SLSC is now registered as a Charity with Return and Earn. Making it even easier to donate your cans and bottles to help our Club's fundraising efforts.



It is simple. Click on the link below to download the app.  
<https://returnandearn-app.com/login>

Then when at the depot

1. Open your Return and Earn app AND search for North Avoca under the "CHARITIES" menu
2. Press on its tile, scroll down and select 'Set as payout'
3. Scan your app at your local Return and Earn machine or automated depot (using Tag and Drop)
4. Return your containers and press "TRANSFER" on the machine screen or follow the steps on the Tag and Drop screen at an automated depot.

100% of the refund will be donated to our Club. Can't get to the depot, no problems - Contact Sharon at [office@naslsc.com.au](mailto:office@naslsc.com.au) to organise drop off at the Club.

Every little bit counts.

## ***Gym – Repair of our Bike***

A big thank you to BIKEWORX at Erina who kindly donated a new seat for our bike in the gym.

All patrolling members over the age of 18 years can apply for a FOB pass to the gym. Please email [office@naslsc.com.au](mailto:office@naslsc.com.au) to make enquiries.



## ***Bar Open***

This season we are trialing sips on a Friday evening from 5pm to 8pm. Bring your family, friends and nibbles or order some dinner to the club. We can't wait to see you all there. What better way to kick off the weekend.



# REGISTRATION PROCESS

## Renewing Members

### Existing Members

Existing members can renew online via the [SLSA Members Portal](#)

- Log on to your Members Portal <https://members.sls.com.au/SLSA Online/modules/login/index.php>
- If you are renewing as an individual, then select ‘Renew membership for North Avoca’
- If you are renewing your family membership select “Renew membership for a Family Group”. See below for example. **Ensure you are logged into the parent’s portal, not the child’s.**



- In most cases family groups have already been created. Family groups can be created, added to or changed, refer to below user guide for assistance or email [office@naslsc.com.au](mailto:office@naslsc.com.au)
- From your Family Group Details table, under Action, select – ‘Renew Memberships’. See Below example

### My Family

#### FAMILY GROUP DETAILS

Create Family Group

Family Group Name	Number of Members	Organisation	Primary Contact	Status	Action
Rutherford	4	South Maroubra	Yvette Rutherford	Approved	View/Edit Renew Memberships Make Payment

- Tick the box next to the name of each member you wish to renew. See below example.

Season: 2024/2025

	Member ID	First Name	Last Name	DOB	Membership Status	Membership Category	Season
<input type="checkbox"/>	4095227	Trent	Rutherford	12/03/1999	Active	Active (18yrs and over)	2023
<input type="checkbox"/>	3660048	Yvette	Rutherford	06/05/1966	Active	Active (18yrs and over)	2023
<input checked="" type="checkbox"/>	5992006	Tim	Tam	01/01/2016	Active	Probationary	2023
<input type="checkbox"/>	5678614	Sammy	Burgess	05/05/1983	Active	Active (18yrs and over)	2023
<input type="checkbox"/>	5628610	Purple	blue	01/01/1999	Active	Active (18yrs and over)	2023
<input type="checkbox"/>	5545386	Adam	Baum	06/06/2004	Active	Active (15-18 yrs)	2023
<input type="checkbox"/>	6010962	Etraihu	Testing	25/12/1990	Active	Active (18yrs and over)	2023
<input type="checkbox"/>	5734454	Feedaa	Alterna	25/09/2011	Active	Junior Activity Member (5-13 years)	2024

Submit Cancel

- Payment for a family group
  - The Primary member is to select from the drop-down box the relevant Family Group Fee. Below is an example and will vary to the options you see. If you are unsure of your family group fee, contact the office.

Please select your desired Joining Fee(s) from the options available below:

Mum Test

\$215.00 - Other - 1 Nipper Family Group New Joining (Not Patrolling) ▼

\$50.00 - Active (18yrs and over) - New Bronze Candidate 18yrs +

\$50.00 - Award Member - New Award Candidate

\$80.00 - Associate - New Associate Fee

\$80.00 - General - New Membership

\$80.00 - Community Member - Membership Fee

\$215.00 - Other - 1 Nipper Family Group New Joining (Not Patrolling)

\$290.00 - Other - 2 Nipper Family Group New (Not Patrolling)

\$315.00 - Other - 3+ Nipper Family Group New (Not Patrolling)

Previous

- For the remaining family members select \$0.00 – Other – Included in Family Group. For example,

Please select your desired Joining Fee(s) from the options available below:

Mum Test

\$215.00 - Other - 1 Nipper Family Group New Joining (Not Patrolling) ▼

*One Parent must be registered as general member. One parent will have an undertaking to do Age manager or water safety or Carnival Official*

Nipper Test

\$0.00 - Other - Included in Family Group ▼

Previous

- Unfortunately, due to government changes Active kids' vouchers CANNOT be used when submitting your registration online
- For an individual, select the relevant individual fee from your drop-down box.
- **Ensure you complete the payment section after submitting your renewal – Membership is NOT complete without payment**

Follow the link to the Renewal guide:

<https://www.manula.com/manuals/slsa/members-area/1/en/topic/memberships>

Email [office@naslsc.com.au](mailto:office@naslsc.com.au) if you require assistance



# REGISTRATION PROCESS

## New Members



Please refer to below procedures and useful links to assist you with your registration.

New Member Registration Day – **Sunday 15<sup>th</sup> September @ North Avoca Surf Club, 9 – 12pm**

For new members to register online,

- NEW members can join here: <https://sls.com.au/join/>
- Join Surf Life Saving Club – Select North Avoca SLSC
- **For Nippers a Parent is required to join** and their registration must be entered first, you join as a **FAMILY**
- Give your family group a name and follow the prompts through to completion

### Which service would you like to join?

I would like to join

- Surf Life Saving Club
- Other SLSA Organisation

The club I want to join is

North Avoca SLSC ▼

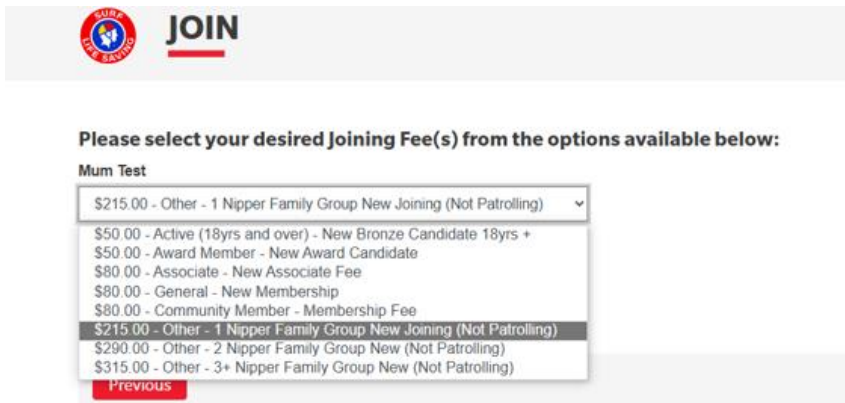
I want to join


- An individual
- My family

Give your family group a name

- **YOU MUST DO BOTH REGISTER and PAY** for your membership to be successfully submitted

- Payment for a Nipper family group
  - The Primary member is to select the relevant Nipper Family Group Fee. For example



 **JOIN**

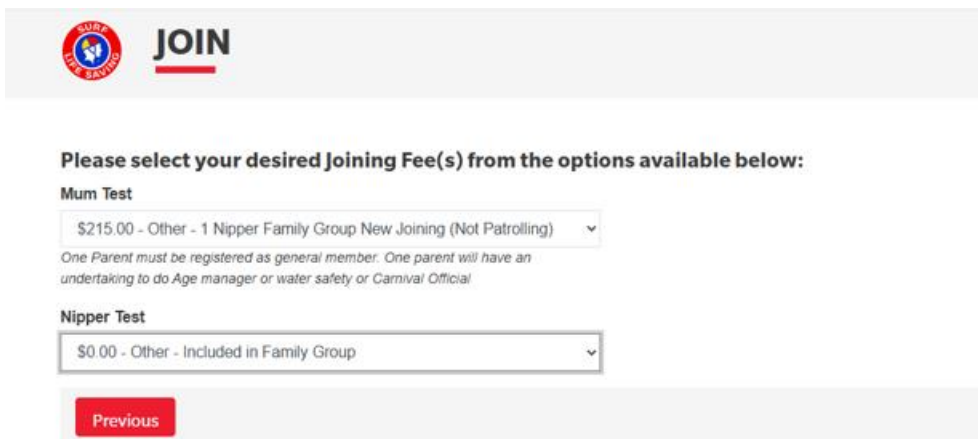
**Please select your desired Joining Fee(s) from the options available below:**


Mum Test

- \$215.00 - Other - 1 Nipper Family Group New Joining (Not Patrolling) ✓
- \$50.00 - Active (18yrs and over) - New Bronze Candidate 18yrs +
- \$50.00 - Award Member - New Award Candidate
- \$80.00 - Associate - New Associate Fee
- \$80.00 - General - New Membership
- \$80.00 - Community Member - Membership Fee
- \$215.00 - Other - 1 Nipper Family Group New Joining (Not Patrolling)
- \$290.00 - Other - 2 Nipper Family Group New (Not Patrolling)
- \$315.00 - Other - 3+ Nipper Family Group New (Not Patrolling)

**Previous**

- For the remaining family members select \$0.00 – Other – Included in Family Group. For example,



 **JOIN**

**Please select your desired Joining Fee(s) from the options available below:**

Mum Test

- \$215.00 - Other - 1 Nipper Family Group New Joining (Not Patrolling) ✓

One Parent must be registered as general member. One parent will have an undertaking to do Age manager or water safety or Carnival Official

Nipper Test

- \$0.00 - Other - Included in Family Group ✓

**Previous**

- Unfortunately, due to government changes Active kids’ vouchers CANNOT be used when submitting your registration online
- New members please email [office@northavocaslsc.com.au](mailto:office@northavocaslsc.com.au) a copy of your ID (eg. Birth certificate, driver’s license or passport) – **Your Nipper will not be able to commence until their age is verified.**
- Follow the link to the user guide – Joining for the First Time  
<https://www.manula.com/manuals/slsa/join/1/en/topic/accessing-join>

Please like our FB pages for further information regarding our season, North Avoca Surf Club and North Avoca SLSC Nippers, or visit our website  
[www.northavoca.com.au](http://www.northavoca.com.au)