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○ AUTUMN

○ 2024

SAWTELL

s/lsc



Message from the President

Sawtell SLSC is located on the lands of the Gumbaynggirr Aboriginal people, who are the Traditional Custodians of the lands and waters from which the Club operates. Sawtell SLSC pays our respects to the Traditional Custodians and their Elders past and present.

It has been wonderful to see so much positive activity around the Club. The committee are busy doing their thing behind the scenes. Patrols and Nippers have been looking great.



As we come to the end of the season and the AGM will be coming up in June, I'd like to remind you about the opportunities to get involved in the leadership of the club. Managing the Club is a big job for our committee, and we welcome anyone willing to take on a role. If you are considering getting involved in some way, please get in touch with me or one of our friendly committee members.

I would like to thank The Armidale School for their donation for the purchase of a Ski ergometer. We love the partnerships we have with TAS, and we look forward to them joining us for the ocean swims.

President

Sean Golding



DATES

○ | **COFFS COAST
OCEAN SWIMS**
7 April : Jetty Beach

○ | **AUSTRALIAN
TITLES**
13 – 21 April
Sunshine Coast QLD

○ | **IRB DRIVERS
COURSE**
May: Sawtell

○ | **SENIORS
PRESENTATION
NIGHT**
11 May: Sawtell

○ | **SAWTELL SLSC
AGM**
June: Sawtell

○ | **NORTH COAST
BRANCH AWARDS
OF EXCELLENCE
EVENING**
15 June

Message from the Club Captain

Well, we have nearly completed yet another busy season at Sawtell Surf Club ... Most of us only have 2 or 3 patrols left before we hang up the red & yellow for another 5 – 6 months, before we can celebrate the successful season that was!

Perfect timing to start thinking about off season training and any additional skills you would like to require before the 2024/25 season commences.

This leads me to continue to discuss patrol frequency ...As many of you may recall, we use to have a strong Club of 12 patrolling teams. This meant patrols came around less often. Unfortunately, as happens in life, we had a few members move from the area, or leave the Surf Club movement. We lost a few key skill requirements and as a result, were required to drop down to 10 patrol teams to ensure we could meet patrolling obligations.

My desire has always been to return to 12 patrolling teams. This would result in all of our patrolling members having to patrol less often, as we would be rotating between 12 teams.

So, this is where I need your help For a patrol to be operational, we are required to have the following key qualifications as absolute minimum:

Silver Medallion Beach Captain (patrol captain) qualification

Advanced First Aid

IRB Driver & Crew

Courses in all these areas are either being run now, or will be running over the off season. Other Clubs are running courses if you have missed our IRB crew (which is being run now and is a pre-requisite to IRB driver) and of course, the Branch will be running several courses. Please please please consider... I am available to talk to, as is your patrol captain and of course our Chief Training Officer, Andrew Martin.

The Club will provide mentor and support on an ongoing basis to anyone who takes on a patrol captain position and has not held that previously should they require it.

We are also all need to be proactive in spreading the word about the benefits of patrolling for your community, the team environment and the awesome culture that exists within our Club and patrolling teams. If we can all encourage friends, work colleagues, and family members to become involved, gain their bronze medallion and join a patrol team, the Club as a whole benefit.

I am also considering having a meeting for all patrolling members at the end of the season to debrief on the year that was... pls stay tuned for more information in that regard.

Enjoy the balance of the season, I am sincerely appreciative of all your efforts and look forward to celebrating the end of the season with you all.

Cheers

Shelley Lantry 0438 518 103



Clubcaptainsawtellspsc@gmail.com

Message from Chief Training Officer

Our Current bronze course is underway, the last one for the season, we wish them the best for the upcoming exam. We will have a bronze information session in September at Sawtell Surf Club with the Bronze course starting in early October.

Over the break, we are looking at doing a first aid course in June and ART course in July. If you are interested in one of these courses, please let me know ASAP we need a minimum number of 8 for these courses to run. These courses are open to all members Patrolling members free, all other members \$30.

Looking to help out within the club but don't think patrolling is your thing how about you become a Bronze trainer?

Please see the link for Expressions of Interest to become a Training Officer in your club.

<https://form.jotform.com/240828594975878>

The link will close on Sunday April 14

Andrew Martin
0419 485 401

trainingsawtellslsc@gmail.com

COFFS COAST OCEAN SWIMS

As members would know the Coffs Coast Ocean Swims, an event managed by your Club, is upcoming on **Sunday 7 April**. This event showcases to the public the ability of a Club such as ours to organise a well-regarded event.

As of 27 March there are 205 online entries (96% of whom have an address outside the immediate area) with a further 159 entrants coming from The Armidale School. For TAS, this event is part of a school award called the Triple Crown in which students have to complete various challenge events including the Coffs Coast Ocean Swim and the Tour de Rocks cycle classic from Armidale to South West Rocks. The Coffs swim is also mandatory for those TAS students doing their surf lifesaving with us as Sawtell SLSC. TAS is also using this year's event to promote mental health awareness with the message "it is OK to say you are not OK", and swimmers will wear blue caps as part of the school's Blue Week, tying in with the Blue Tree Project.

bluetreeproject.com.au

WOMEN IN POWERCRAFT

We are lucky enough to have some amazing women in our club and within the NC Branch. Shelley has been nominated to run the Women in Power Craft IRB Crew and Drivers course. The course started at Sawtell with participants from Sawtell, Woolgoolga, Minnie Water and Bellinger Valley North Beach.

The participants will achieve their IRB Crew or IRB Drivers award in a specifically designed, women-only training course, supported by SLSA. This isn't about equality of outcome, but equality of opportunity. The Power craft space is not for everyone, and certainly not for every woman. Females operate differently in an IRB – technique and mental wellbeing is everything and this needs to be trained differently. We can make a difference by offering the women in our movement the same opportunities to gain these awards, in a safe environment.

The power of women training together is huge, and participants will be part of a supportive group of like-minded members who will assist each other through the course and become champions for each other.

RECOGNITION

Congratulations to Kerry Clancy on receiving a OAM (Order of Australia Medal) award for service to Surf Lifesaving for being the first female branch president.

Congratulations to our Life Member Steve Kelly on becoming Sawtellian of the Year 2024. Well-deserved with all your contribution to the Sawtell SLSC and Sawtell Rotary Club.

Congratulations to Steve Foster on receiving his 15 years National Medal.

The National Medal is awarded to individuals on behalf of the Governor-General of Australia, His Excellency General the Honourable David Hurley AC DSC (Retd) and recognises long and diligent service in organisations that are dedicated to protecting life and property at a degree of risk to their member.

Nipper News

NIPPERS OUT AND ABOUT

Sawtell Nippers have finished a very successful season. Thank you to all of the Age Managers, Committee Members, Coaches parents and carers who have contributed to our Nipper program.

Presentation Day was held on Sunday 26 March with the following Nippers nominated for the prestigious Sabrina Tisdell Award:

U8 - Ava Taboada-Groom U12 - Sonny Smyth
U9 - Kearns Hoy U13 - Coen Groth
U10 - Josh Gibson U14 - Isaac Ryan
U11 - Milla Powell

These Nippers will be invited to attend the Club Presentation evening on May 11 where the winner for the 2023/2024 season will be announced.

Uncle Barry also provided a Welcome to Country at Presentation Day and we thank him for performing this ceremony for Sawtell Nippers.



NIPPER CARNIVALS

There were twelve Nippers who also attended the State Age Championships at Queenscliff Surf Life Saving Club. Sawtell Nippers were extremely competitive with many making finals of their individual and team events.

Notable top 10 results were:

U10 boys relay team - Max Herbert, Lachlan Herbert, Luke Doust - second

U14 male surf swim - Saul Easman - fifth

U14 male board race - Isaac Ryan - sixth

U14 male board rescue - Saul Easman and Isaac Ryan - fifth

U14 male Cameron team - Saul Easman, Isaac Ryan, Archie Peters and Hendrix Lewis - seventh

U11 female board rescue - Milla Powell and Brooklynn Graham - eighth

Photo credits to Leanne Elkins - thanks for taking and sharing the photos you took!

Four Nippers still have one carnival to compete at - Youth Aussies on the Sunshine Coast. We wish Saul, Isaac, Hendrix and Archie all the very best in both their individual and team events.

See you on the beach!

Tiffany Easman, Chairperson JASC



PARTNERSHIP WITH THE RURAL FIRE SERVICE AND NSW WATER POLICE

The RFS has teamed up with Surf Life Saving NSW to conduct aerial beach patrols along a 100km stretch of coastline from Red Rock to South West Rocks in the state's north.

The Coffs Harbour based RFS helicopter and crew have on board a volunteer Lifesaver to look out for rips and dangerous surf conditions, isolated swimmers, and other threats such as sharks on busy days.

Aerial patrols commenced and have run twice a day from Coffs Harbour on Saturdays, Sundays, and public holidays during the warmer months.

NSW Water Police joined in with having a visit down at the Urunga Branch carnival and some very lucky bronze members got the opportunity to go on aboard and check out their boat and the coastline. Thanks to Coffs Harbour Water Police for allowing us to have a look at your operations.



SAWTELL RAINBOW PATROL AND NIPPER MORNING

Thank you to all who helped to support the Sawtell's Patrol and Nippers Rainbow for the Rainbow Beaches Lifesavers with Pride event.

We look forward to being an inclusive and diverse club.

This event promoted that everyone is welcome at our beach and that we promote a welcoming and inclusive environment for members of the LGBTQIA+ community.

○ COMMUNITY | ○ PLANNING | ○ PROFICIENCY

Our Club, a place to Belong, Grow and be Safe

www.sawtellsurfclub.com.au

PRESENTATION NIGHT

Sawtell SLSC invites you to the 2023/24 annual presentation.

We would love for you to join us to celebrate the 2023/24 season.

Venue: our own Sawtell Clubhouse Auditorium

Date: Saturday 11 May 2024

Time: from 5 pm

Tickets must be pre-purchased

\$25 per head for Members

\$40 per head for non-members

Bring your own Beverages

Children 4-10years - half price

/under 4 years - free

RSVP by **26 April 2024**
to Fiona **0409 207 965**
or socialmedia@sawtellsurfclub.com.au
or Sarah **0422 138 943**

Preferred method of payment via EFT to:

Sawtell SLSC Account

BSB 533-000 Account No: 32819611

>> Please include your name & number of tickets as reference <<



SENIORS



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JUNIORS



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MANY THANKS