



CAVES SURF CLUB NEWS



www.cavesslsc.com.au

January 2009

Whats On

See the web site for this and much more at:

www.cavesslsc.com.au

- **Club Meetings** are held the 3rd **Monday** of each month at 7 pm
- Accommodation meeting 2010 Australian Titles: Sunday 31.5.09
- Presentation night: Saturday 20.6.09
- Annual General Meeting Sunday 12.7.09
- CBSLSC 80th Anniversary September 2009

Leading News & Announcements

Accommodation 2010 Aust Titles

A meeting has been arranged for the competitors and supporters of CBSLSC who wish to attend the Australian Surf Life Saving Titles at KURRAWA on the Gold Coast in March 2010. This meeting will be to discuss accommodation. The club has secured a limited number of rooms at a motel in Broadbeach. The club **MUST** make ALL bookings as the motel has been instructed to only deal with one designated person from our club. That person is Brett Main. The rooms are in the clubs name and therefore are being treated as a group booking. As you would appreciate approximately 10,000 competitors attend these titles so accommodation needs to be sorted early. There will be criteria by which the rooms will be allocated. You will be required to decide on the times you want the accommodation, how many people will be staying in your room and the style of room required.

The meeting date will be:

Date: Sunday 31st of May 2009
Time: 10am sharp
Location: CBSLSC

Attendance is a must if you wish to secure your accommodation.

Any questions please contact Brett Main 0423021907.

Trespassers / Thieves

We have had instances of youths from the area that are utilising the club and its facilities for their own purposes. It must be stressed that the club and its facilities are for club members only. We have had equipment stolen and vandalised and I am sure some of the instances may be related.

If you see anyone in the facilities that should not be there please ask of them what their business is. I am sure you would not let people not known to you walk around your house. Above all, treat the club and its facilities as if it was your own.

Any incidents of this type should be reported to the committee ASAP.

Unsafe Acts by members/public

Young members have been witnessed by senior club members using a "wet stick" to turn the shower timers off and back on again, so as to avoid having to wait a

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couple of minutes to have another shower... The switches were installed as part of an energy/environmental project to utilise rainwater and an appointed contractor to meet Australian standards did the installations.

These two senior members discussed with the children concerned the potential electrical dangers and the hazards that exist.

I am asking all members to discuss this practice with all their children to educate them of the dangers of this practice.

We are currently investigating ways to prevent this behavior.

As always any questions please contact me.

Thank you for your assistance.

Thanks to Beach patrols

Thanks to our entire beach patrol members who so proudly and successfully patrolled our beach this past summer. Our patrol members are the backbone of the club and without them we would cease to exist. We tend to forget with our competition and Junior Activities that none of this could happen if the club did not and was unable to patrol the beach. Thanks to all those people involved in supporting our patrolling members. Patrol Members who achieved 100% patrol attendance and of course the most efficient patrol will be awarded at our annual presentation night.

Competition

Congratulations to all our competitors over the summer period. We again achieved excellent results at NSW and Australian titles and indeed the Branch championships.

Many of our competitors won and placed in the top three of their disciplines at many carnivals and local series.

Our Junior Activities "nippers" excelled once again, culminating in the entire team gaining a top 10 finish at the NSW Age Championships for 2009. Thanks to our Junior Activities Manager Dave Walker and his team of age supervisors and coaches. We are closing in our best ever position of 7th in NSW very quickly.

As our summer competitors take a few short weeks off training and competition our IRB team are mobilising for their competition in the 3 months of winter. I am sure

that we wish them all the best for season and hopefully be again NSW champion club.

80th Anniversary of Caves Beach SLSC

We will be celebrating Caves Beach SLSC's 80th anniversary in September 2009. Arrangements have not yet been finalised but anyone wishing to be involved in an organising committee will be most welcome. Many who remember and attended the 75th can relate to the great days we had celebrating that occasion.

Please contact Brett Main 0423021907 if you wish to part of and shape our history.

Annual General Meeting

The ANNUAL GENERAL Meeting will be on Sunday July 12th at the clubhouse. The time will be 10am sharp.

All positions will become Vacant as per the club constitution. There is nomination process that must be followed. This process can be seen on the club constitution that is on the club web site.

An extract from the nomination form has been attached to give you an idea of the positions that must be filled if the club is to run successfully and efficiently.

Lets not fall in the trap of having 20% of the people doing 80% of the work.

I would call for people to think very serious about becoming an active participant in the running of the club. It is an exciting time with many projects up and running to progress our club.

Nominations are not required at this stage, more information will be issued at a later date. At this stage just think about "HOW CAN I HELP"

Further information can be obtained from Brett Main 0423021907.

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Catering/ Restaurant/ liquor licence.

Many thanks to all our members who patronised and utilised the club facilities during the summer months. The catering and new bar management has been a huge success and brought much needed funds back the club. Every cent of profit is directed back into the club, the members and its facilities.

We are looking at ways to market and improve the system in place. The Executive committee have set a schedule for continuous improvement and will not rest until we have the best possible product for the club, its member and the community.

A huge amount of time has been directed towards this project of self-sustainability for CBSLSC and I thank everyone and all involved. This structure that we have embarked upon is cutting edge and indeed we have had many visits from clubs in NSW asking members of the Executive how did we do it and would we share our methodology with them. The Central Coast Surf Life Saving Branch CEO has also visited our club and wishes to structure all his clubs in the CC the same as ours. This is indeed a feather in our cap for the members who have had the foresight, drive and determination to make it all happen against some minor obstacles along the way.

We do however ask for any input from members now the first stage of implementation is complete. We would like any interested members to come onboard as a "steering committee" and progress the marketing of the facility. Members with any input would be welcome as well as anyone with professional marketing and management skills. Please contact Darryl Hadfield 0409180931, by the end of May 2009 if you wish to part of this exciting time.

The GYM

The gym is now the proud owner of two new rowing machines. These machines cost approximately \$4000 and were purchased with the small gym fees paid by members who utilise the CBSLSC gym. Sales of the two old machines were also put towards these purchases.

Our treadmill has been out of service for some time due to the incompetence lack lustre attitude of the company that we purchased the machine from. Our gym coordinator has had many, many lets say colourful discussions with the company in relation to after sales and service. A new machine will be budgeted for and hopefully purchased in coming new season.

The gym has always had the ideal of "continual improvement" and will always adhere to that policy.

I have had repeated complaints about members using the gym and leaving the weights and equipment strewn around the room. IF YOU USE, IT PACK IT AWAY!

Remember the gym is NOT A CHANGEROOM after hours or in winter. NO sand or water in the gym at any time.

Caves Winter Board Training 2009

When: Starts Sunday 26th April 2009

Where: Caves Beach (Meet at surf club)

Time: Start promptly at 10.00am.
10.00am to 10.30am Strength & Dry Land (Wear training clothes and joggers)
10.30am to 11.45am Board Training (Endurance)

Who: All board competitors

Focus: These sessions will be to provide current board paddlers with a good endurance base for the summer season next year.

These sessions will also be used to increase the skills of u/9 and u/10 competitors looking at competing in the upcoming year.

Training will be structured to cater for all that attend with coaches designated to various groups.

For further information speak to Phil Moore on 0407 511 919.

Comments returned to CBSLSC about the annual Ocean swim

I really enjoyed swimming in the Caves Beachside Resort Ocean Swim yesterday and thought it was very well organised.

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There was a friendly atmosphere and a good feel to the whole event.

After enjoying this swim so much I'll be diving in for many more ocean swims from now on, with the Caves Beach SLSC annual ocean swim being a permanent fixture on my calendar.

Wanted to drop you a quick note and congratulate you, the organisers and the Caves Beach SLSC for running such a great event today. The numbers were strong, the event ran smooth and it was great to see so many people out and about enjoying the event – well done.

Thanks for the opportunity to be involved. Hope you made good \$\$\$ to support the Club's ongoing operations.

From our perspective we are looking forward to building on this event in terms of a relationship with you and your Club.

Declaring my Novcastrian bias, Caves Beach put on another great event and fantastic day. Organisation - impeccable. Everything you need to/want to know is published on their website. They publish a timetable, which they stick to, thanks to a well-organised crew and timing system, and a tried and true formula.

Organisers of other swims should take note from this event. They have it all covered. They even know when to turn on a bit of swell.

The venue is fantastic - You swim out in the shelter of the Spoon Rocks breakwater. The course is dead easy to follow, and the starters' instruction of counting five buoys then hang a left towards the beach, so simple to follow. You get the chance to show off your body surfing prowess on the inward journey, combined with a dash up the beach.

A nice touch this year, was the custom drink bottle, having replaced the finishers medal. Then you are treated to music, food, great atmosphere, and yet another "sense of achievement".

In harder economic times, the entry fee is on the mark, not having been propelled upwards by the trend set by others.

My only disappointment, not enough people get outta Sydney to do this great swim.

We had a terrific day at Caves Beach, right down to the big set that came through and knocked the peloton about as they crossed the bombora on the way into the beach. Band on the grass under the pines, free barbie,

beautiful water (no bites of any kind or size), and a bit of fun with the sea along the way. A top day.

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Supporters of Caves Beach SLSC

Please support those who support us

Independence Investments

Garry Lunn
Ph: 0409 453 064

Rafferty's Resort on Lake Macquarie

Ph: 4972 5555

Swansea RSL

Enquiries Ph: 4971 1329

Bob Jane T-Marts Newcastle West

Ken Bonwick: 4969 2255

Mercury Outboards

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Newsletter & Caves website produced & maintained compliments of Barry & Annette, Hamilton IT Consulting

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Swansea Retravision

Brett Rutledge

Caves Beach Hotel

Bill Saddington

Justin Norris Swim Academy

Justin Norris

Dynamic Propulsion

Swansea Automotive Service Centre

Contact Michael & David on
4972 1122 or 4971 1348

**If you would like to become a sponsor of the club please contact
Darryl Hadfield on 0409 180931 or 497 20735**

**Our Major
Sponsors**



1. EXECUTIVE COMMITTEE
- President
 - Vice President / Club Manager
 - Hon. Treasurer
 - Hon. Secretary
 - Education Manager
 - Club Captain
 - Junior Activities Manager
 - Competition Manager

2. STANDING COMMITTEES
- Constitution and Rules Committee*
 - House and Building Committee
 - Judiciary Committee
 - Ladies Committee
 - Life Membership and Honours Committee
 - Meritorious Awards Committee
 - Patrol Judiciary Committee
 - Selection Committee

3. MANAGEMENT COMMITTEE
- Clothing Coordinator*
 - Club Competition Coordinator
 - Fundraising Coordinator
 - Gymnasium Coordinator
 - Golf Day Events Coordinator
 - Hall Manager
 - Licensee
 - Life Saving Coordinator
 - Life Saving Equipment Officer
 - Major Events Coordinator
 - Ocean Swim
 - Minutes Secretary
 - O.H.&S. Coordinator
 - Publicity Officer
 - Registrar
 - Beach Sectional Captain
 - Board Sectional Captain
 - I.R.B. Sectional Captain
 - Ski Sectional Captain
 - Surfboat Sectional Captain
 - Swim Sectional Captain

- Social Secretary
- Sponsorship Coordinator
- Trophy Coordinator
- Youth Development Coordinator
- JA Competition Coordinator
- JA Equipment Officer
- JA Recorder
- JA Superintendent
- JA Under 6 Age Supervisor
- JA Under 7 Age Supervisor
- JA Under 8 Age Supervisor
- JA Under 9 Age Supervisor
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- JA Under 15 Age Supervisor

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RSL Club



Caves Beach Surf Life Saving Club

Annual Presentation Night 2008 - 2009

Venue: Swansea RSL auditorium

Date: 20.6.09

TIME: Doors open at 6pm,
Meal will be served at 6-30PM
The presentation will commence at 7pm

Meal: 2 courses (main + dessert)

Cost: \$25.00 per head (*covers meals, and entertainment*)

Refreshments: at RSL club prices

Entertainment: live entertainment

Come and share a night of entertainment and laughs at our annual presentation night. Awards will be presented to honour our outstanding members both patrol members and competitors. Anyone who has gained a SURF LIFE SAVING AWARDS this season will be presented with his or her SLS awards also. It is very important that we support each other so **ALL MEMBERS** their guests and families are welcome.

Tickets can be purchased from Brett Main (49710641, 0423021907)

Last day for ticket sales will be 12.6.09

***** Ticket numbers are strictly limited so please book and pay early*****

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