



CAVES SURF CLUB NEWS



www.cavesslsc.com.au

November 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

- Change of Nippers Day from Sun 6th Dec to Sat 5th Dec
- LAST Proficiency Date: Sunday 20th December 8.30am for 9.00am start

Leading News & Announcements

Ski Team News

DOUBLE SKI

We have a double ski FOR SALE. It's a 2002 model Intceptor, full carbon, adjustable foot wells front and back, suits people up to 178cm and in good condition. Its sale price is \$1000 ono and it is to be offered to members of the club before it is advertised elsewhere. If you know of anyone wanting a good surf ski (still competitive) or simply a good 'lake' boat let Paul Carter know.

SKI TEAM OPEN DAY

On the 28th of November the ski team is holding an open day. Starting at 9.30am at Salts Bay, Swansea Heads. Available to all club members who want to try a ski. Come on down and give it a go! Double and single skis will be available. A BBQ of sausage sandwiches will be on.

Contact Paul Carter – 0401 799108

TRAINING

Tuesday and Thursday mornings 5:30am in Swansea Channel. (Start in Blackneds) This is fitness training and is run by Phil Moore. Sessions last for approx 1 hour.

Saturday and Sunday mornings 7:30 for 8:00am start at the surf club. The focus is on surf skills and fitness. Sessions run for 1 to 1½ hours.

Double ski training: Double skis will be on the beach on Sunday 22nd Nov and Sunday 13th Dec. 7:30am - normal training time.

NOTE: Training is available for ALL levels and abilities of ski paddlers. If you simply want to paddle on any morning you are welcome to join in.

GOINGS ON: John Gifford and Phil Rowe are currently competing in the Oceanman series. These are a series of long distance ocean races (15 -20km) and both are looking seriously fit at this stage of the season.

CARNIVALS:

4th Dec Queenscliff twilight Masters
Pacific Palms (early dec??)

Golf Day

(Check out the flyer at the end of this month's newsletter). The golf day is one of the biggest fundraising events for the club each year, please support your club by forming a team of 4 and attending what

is always an extremely enjoyable day. If you can't form a team, contact Kel or Brendan and they will be able to put you in a team. If you haven't played before, it's an "ambrose" format, for those of you non-Tiger Woods type golfers that means after everyone on your team hits, you get to go and hit your next shot from the best of the 4 shots! Players of all abilities and addition skills are welcome. A common greeting on the day is "burglar...!". We need a 'SPONSOR' for one of the holes. Cost is \$300 per hole. If you know of anyone who can sponsor please let Brendan or Kel know. (PS Anyone interested in forming a 'ski' golf team on the day? CBSLSC rules mean a paddle counts as one of the allowed clubs!)

Benefit Night

Rick Boertje was a much loved local legend who tragically died suddenly leaving behind a young family. Rick was a mate to many club members and locals, his brother Dave and family are club members still. There will be a benefit night for Rick Boertje's family on Saturday 28th November 2009 at the Orana Hotel starting at 6.00pm. \$10 cover charge. Whether you knew Rick or not, please come along and support a worthy cause on what will be a brilliant night. With feature acts like AC-DC, Metallica and Nirvana cover bands. It'll be one to tell the grandkids, you won't want to miss out!

Club Captain's Update



PROFICIENCY → December 20th is the LAST day of proficiency. You MUST be proficient by 31.12.2009 otherwise your membership will cease and you will lose all access to the club, it's facilities and it's equipment. You will not be able to compete nor patrol. If you are not proficient and not able to attend this date please contact Lifesaving Education Manager Tracey Dawkins or Club Captain Richard Pembroke to assist you with other possible arrangements.

- Patrol Hours – the club website and the club notice boards have a list of the patrol performance of all members. Remember, for active and reserve active members you must complete a minimum of 25 hours or 12 hours respectively in each calendar year to be able to retain your membership (and to compete if you so desire).
- 100% Patrol Attendance – if you are an active members and complete all your rostered patrol hours (or get a substitute and complete a make-up patrol) you will be rewarded at presentation night with a 100% Patrol Attendance award.
- Year To Date Statistics – With our emphasis on prevention there have been 156 preventative actions and fortunately no rescues this season. First Aid has been rendered to 11 people.
- NEW Uniforms – All members of SLSA will this season be given a new uniform and are required to hand in their old one. While still yellow and red, this new uniform has a slightly different look and feel to it. Based on feedback so far, a point to make is that ladies they are a very small make... fellas you must have really built up muscle mass over the winter... Your Club Captain will be distributing a new uniform to each member over the next few weeks.
- 4WD ATV – the club will soon be taking delivery of a brand spanking new Yamaha Rhino 4WD ATV. We will be inducting eligible patrol members per patrol in it's use. To drive the ATV you must hold a valid current drivers license (no L's) and have been through a club induction in it's use. No breaches of this will be tolerated!
- Radio Communications – At the start of this season, Hunter Branch SLS (with the assistance of Central Coast SLS) introduced a radio SURFCOM which is a centralised command center for surf lifesaving. This is a great step forward that will deliver a one stop shop to request assistance, guidance, recording of statistics. A



couple of clubs are experiencing reliability problems with the coverage and Caves are one of them. SLS NSW will be installing a very expensive repeater station at Redhead that will alleviate the problems we are experiencing, until then we will continue to contact SURFCOM using the phone in the tower.

- **Club Communication** – For reasons of efficiency, cost savings and results, in addition to the website, notice boards and newsletters the club has decided to use SMS and email as a means of communicating important information and reminders to club members. Please be aware that these are generated using “Surfguard” and you cannot reply to them (*your reply goes no-where...*). If you want to reply, please call the contact mentioned in the SMS/email (if in doubt, contact your Club Captain).

Training and Education - Awards

- Tracey Dawkings is already kicking off another squad, if you are interested in gaining your bronze or SRC, please contact Tracey on 0409712370.



Competitors please remember that this season SLSA will not allow members to compete if they have accumulated no-show hours (ie. did not attend their patrol or get a substitute), so to avoid a massive disappointment, ensure that you attend your rostered patrols.

Are you interested in keeping up with all the Surf Life Saving News, Events and Stuff?

Caves Beach SLSC (Club) www.cavesslsc.com.au

- For all club related information including newsletters, news and event information, patrol rosters and teams, juniors (nippers), education and training courses, proficiency dates, sponsors, etc.

SLS Hunter (Branch) www.huntersurflifesaving.asn.au

- If you would like to join the e-newsletter mail out from Hunter Surf Lifesaving, please email to info@hsls.org.au with the subject title of 'PLACE ME ON THE MAILING LIST'. This e-newsletter keeps you up to date with everything in our branch including Lifesaving, Surf Sports (carnivals), Education & Training courses, and much more.

SLS NSW (State) www.surflifesaving.com.au

- For the weekly news and information go to this website then take the links to *Members > Club Mail*
- A comprehensive collection of surf life saving information and material is available here. Includes Lifesaving, Surf Sports (carnivals), Education &

Training courses, Coastal Watch (SURFCAMS; Surf, Beach & Weather Reports), SOP's.

SLS Australia (National)

www.slsa.asn.au

- Similar to State but targeted at a National level. Includes Fact Sheets, Circulars, Bulletins, changes to Surf Sports rules and regulations, stacks of stuff.



Supporters of Caves Beach SLSC

Please support those who support us

Independence Investments

Garry Lunn
Ph: 0409 453 064

Swansea RSL

Enquiries Ph: 4971 1329

Bob Jane T-Marts Newcastle West

Ken Bonwick: 4969 2255

Mercury Outboards

Ken Evans: 9997 3175

Site Worx

Bruce & Sharon Ferris Ph: 49712 000.

Dowlings Real Estate Swansea

Shanti Page & Tony Rich Ph: 49 716 000

Sandvik

Dave MacDonald Ph: 49 242 100

Psyborg Multimedia and Design

Dan Borg 0414 914 087

Neptune Wetsuits

John Rigby Ph: 0439 401 680

Caves Beachside Resort

Brett Jaegar 49 711 532

Hamilton IT Consulting

Barry Roberts
Ph: 0414 789 387

Swansea Shipwrights and Boat Company

Ian Marsh 49 721 709

Swansea Surf

Daryl Tonks: 4971 4422

Impact Trophies

Howard & Kathy Sanders: 4947 7508

Lakeside Air Conditioning

Dave Colhoun Ph: 49 720 224

Wide Horizons Photography

Glenn and Shirley Cook: 4929 6883

JAM Tuition-Music for life

Jamie Martens:

Bobs Lawn and Garden Care

Bob Walker : 4971 2879

Delta Electricity

John Koller

Eastlakes Electrical

Murray and Fiona Davies
Ph: 49 722 023

Swansea Retravision

Brett Rutledge

Coal and Allied

Swansea Automotive Service Centre

Michael and David 49711348



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

If you would like to become a sponsor of the club please contact
Garry Lunn on 0409453064.





11th Annual Charity Golf Day

INVITATION

Caves Beach Surf Club invite you to attend our Annual Charity Golf Day

Player: \$ 50.00 incl. GST:-

- 1 playing position in the field
- Sausage sizzle all day
- Refreshments on the course

Date: Monday 14 December 2009

Venue: Belmont Golf Course

Registration: From 8:00 a.m.

Start: Shotgun 9:00 a.m. sharp

Format: 4 Man Ambrose

Contacts: Kel Thomson - 49711340 or 0408664686
Brendan Curran - 49712223 or 0437864816

Hole Sponsorship: \$300.00 incl. GST

CAVES BEACH SURF CLUB