



# Scarboro Surf Life Saving Club "ECHO" CLUB NEWSLETTER

## PRESIDENT'S PEN ~ Jody Ballard

As we head towards the pointy end of the season with Junior, Senior and Masters State Titles just around the corner we have a competition packed few weeks at Scarboro SLSC.

This Sunday will be the hotly contested Club Champs starting 8:30am sharp, so don't be late as Tanya has been known to get Sunday racing underway; I have seen a few stunned Life Members turn from a casual stroll to a run to ensure they don't miss the start. With all racers off go this week so don't miss out.

Next weekend will see Scarborough Beach hosting both the Surf League (Sat) and a Senior Carnival (Sun). Details of the events being run for the Senior Carnival can be found [here](#). Entries close Wednesday 5 February so speak to your Area Captain to get yourself registered to compete. We are also looking for volunteers to assist with the setup and pack down of the Senior Carnival if you are available then please let us know as we will need everything from truck drivers to canteen helpers on the day.

I'm currently enjoying a mid-season break with visiting UK friends in Bali so will sadly miss out on the excitement of Club Champs this weekend, but look forward to getting back down the beach on my return from my break in a week's time.

See you down the beach in a week.

Jody

**JODY BALLARD | President | Scarboro SLSC**  
(E): [president@scarboro.com.au](mailto:president@scarboro.com.au)

ECHO : Edition # 637

30th January 2020

### CLUB OFFICE HOURS:

#### Administration & Functions:

Monday: 8.30am – 2.15pm

Tuesday: 9.15am – 2:15pm

Wednesday: 8.30am – 5:00pm

Thursday: 8.30am – 5:00pm

Friday: 1.30am – 5.30pm

E: [adminofficer@scarboro.com.au](mailto:adminofficer@scarboro.com.au)

E: [Functions@scarboro.com.au](mailto:Functions@scarboro.com.au)

#### BAR OPEN on FRIDAY NIGHTS

5:00pm to ±9:30pm

Office Telephone # : 9341 1011



### IMPORTANT DATES 2019/20 SEASON:

#### FEBRUARY 2020:

**08/02/2020:** U10+u11 Nipper Clinic Scarborough Beach

**09/02/2020:** Little Nipper U8+U9 Carnival Leighton

**09/02/2020:** Senior Carnival Scarborough Beach

**15/02/2020:** R&R Championships Mullaloo

**15+16/02/2020:** Nipper Metro qualifiers U10-U13

**29/2+1<sup>st</sup> March:** Masters States, Country States Boats

short Course Ocean Beach Denmark

#### MARCH 2020:

**8/03/2020:** Little Nippers Champs Sorrento

**14/15/3/2020:** Nipper States Scarborough Beach

**7/3/2020:** Surf league Rnd3 Sorrento

**21/03/2020:** First Aid States City of Perth

**22/03/2020:** Champion Lifesaver & Patrol City of Perth

**28/29/3/2020:** Senior States Scarborough Beach



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With the Australian Surf Life Saving Championships taking place from the 18-26<sup>th</sup> April 2020, please see below for the event dates so you can book your trip:-

**EVENT DATES:**

- Australian Youth Surf Life Saving Championships (North Burleigh) - Saturday 18 and Sunday 19 April 2020
- Australian Surf Life Saving Championships Ocean Swim (Burleigh Beach) - Sunday 19 April 2020
- Australian Masters Surf Life Saving Championships (Broadbeach) - Monday 20 and Tuesday 21 April 2020–
- Australian Open Surf Life Saving Championships (Broadbeach) - Wednesday 22 to Sunday 26 April 2020

There are a number of new events added to the program this year including the Beach Relay Race and 1km Beach Run to all three Championships and the 75+ years age category added to the Masters Championships. All information can be found on the [SLSA Circular 36](#).

It's a great opportunity to experience the Aussies and it's also during WA school holidays (10th-27th April). A great location to combine it with a holiday too.

Please contact me at [watercaptain@scarboro.com.au](mailto:watercaptain@scarboro.com.au) or call me on 0437249026 to discuss.

## SWIM ~ BOARDS ~ IRONS: Warren Jones

Scarboro had a successful small contingent at the country carnival with **Riley Somers** 2nd overall 2km run, **Phoebe Jones** 1st U17 board, 2nd U17 2km run, **Amy Jones** 5th board, **Warren Jones** 3rd open surf race. Thanks to Maria Ingram, Damian and Liam O'Donnell for water safety.

**Alice Harwood** had a busy 3 days competing in Qld for WA. Alice placed 4th in the Youth Cup and made finals in the surf race, a great experience!

Good luck to those in the **Trigg Island Sundowner** this **Saturday** and don't forget **Club Champs** on **Sunday**. The next carnivals are **Surf League Scarborough Beach Saturday 8th February** and a **Senior Carnival at Scarborough on Sunday 9th February**. **Belt** and **R+R State Champs** are on **Saturday 15th February at Mullaloo**. Please let me know if you'd like to enter.

**Masters State Champs** are **Saturday 29th February at Denmark**(the long weekend).

Only 7 weeks until State Champs so now is the time to crank up the training.

Ironman training continues on Tuesdays but we'll now start at 5.45am.

Board training is on Wednesdays and Fridays 5:50-7am and Sundays 8-9am. Everyone is welcome - U14 to Masters. A reminder that Krackas are only to be used during club training sessions, Sonics and the new green soft top Bennetts can be used by club members at other times. Please wash and put them back in the racks and report any damage.

Focused strength and conditioning training is available for swim/board/ski competitors and those interested in competing on Thursdays at 6:30pm in the gym-shoes/towel are compulsory.

Sunday mornings we'll be having a handicapped board race for points at 9am followed by the club swim at 9:30am.

Warren Jones

Warren Jones | Water Captain | Scarborough SLSC E: [watercaptain@scarboro.com.au](mailto:watercaptain@scarboro.com.au) (M): 043 724 9026

# SUNSET TERRACE – BAR ROSTER – Sharon Walshaw

Please see bar roster below for the next few weeks. If you are unable to make your shift please try and organise a swap and thank you for your generosity in volunteering your time, it does not go unnoticed 😊

Bar Assistance	Fri 31/01/2020	Fri 07/02/2020	Sun 09/02/2020	Fri 14/02/2020	Sun 16/02/2020	Fri 21/02/2020
J. Young		N/A		X	X	X
J. Neal						
D.Thommo						
G. Stephenson	X					
B. Welch						
B. Morrissey				X		
N. Darch					X	
P. Watson						
M. Burgess						
C. Dickson					X	
E. Goddard		X				
C. Paridis						X
P. Finnegan		X				
R Thompson					X	
P. Cooper			X			
C. Harry						
M. Gribbon					X	
G. Smith						
J. Coe				X		
C. Van Heeren		X				
J. Shuster	X				X	
T. Ince			X			
Belinda Kuster					X	
Michele Bistrup	X					X

Sharon Walshaw

Sharon Walshaw | Functions Co-Ordinator

[functions@scarboro.com.au](mailto:functions@scarboro.com.au)

## News from SLSWA....more info on these topics can be found on the SLSWA website

**40 Years of Women in Surf | 2020** - In looking to acknowledge this significant milestone we would like to celebrate with all West Australian women in surf clubs. We are looking for photos, videos and stories from across WA to be showcased as part of activity planned this year. Items can be emailed to [Christine Cougan](mailto:Christine.Cougan@slswa.com.au) or USB's etc. can be delivered to the Surf Life Saving WA offices in Balcatta.

### Sport & Development

**SUNSMART NIPPER CLINIC (U10 & U11) with PHIL CLAYTON** - Saturday, 8 February, Scarborough Beach, ahead of the SunSmart WA Surf League. Registrations close 9pm Tuesday, 28 January. Clubs to register individuals via [SEMS](http://SEMS.com.au).

**AUSSIES 2020 | TIMETABLES** - Saturday 18 - Sunday 26 April, Broadbeach SLSC and North Burleigh SLSC. Timetables have been released and can be found [here](http://slswa.com.au).

### Education & Training

**FREE | First Aid Training** - SLSWA is offering all current members the opportunity to complete their **Advanced Resuscitation** (HLTAID007) course for free, **Saturday, 1 February** at Surf House, Balcatta (8am-4pm) and their **Provide First Aid** (HLTAID003) **Saturday, 15 February** at Surf House, Balcatta (8am-5pm).



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# Nippers Country Carnival-Smiths Beach Yallingup-Heath Wright

Saturday the 25th January marked the very first Country Carnival at Smiths Beach for Nippers and what a fun day we had. With a smaller than usual bunch of competitors, we attacked the 2-3 foot shore dump with great enthusiasm.



The swell was up and there was plenty of action left, right and centre. Scarboro, of course, handled the tricky conditions with no problem, as we are a surf beach and we eat waves for breakfast. Hayden, Logan and Hamish showed the way for the under 8 boys while Mia and Emme dominated the under 8 girls.

Zoe was a standout in the under 9 girls, while Lila, Coco, Jess, Kiara and Olivia B showed how it is done in the under 10 girls. Owen and Xavier were going great guns in the under 10 boys with all the team getting fantastic results.



Well done to Ruby B on some great performances and showing her quality while Aiden in under 13's does what Aiden does best, winning races and leading from the front. A massive thanks to all the parents for making the trip down to support the kids and the club. We all had a great time, including the catch up on Australia Day at Gracetown and I can't wait for next years country carnival. Go Team Scarboro.

**Heath**



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SHARON LONG CHARTERED ACCOUNTANTS



Rotary Club of Scarborough

# WANTED

## For 2020/21 season Junior officer and Assistant Junior Officer

*This is a fabulous opportunity for you to get involved in your wonderful surf club.  
You will be provided with support and a handover from the incumbent officers.*

Your combined duties will include (but not limited to):

### Administration

*Prepare Nipper Annual calendar (including Registration Day and organise the end of season functions)  
Attend and report to Club Competition Meetings and SLSWA meetings  
Liaise between SLSWA and Nipper team re policies and events  
Liaise with local clubs (i.e. Jacko Day)  
Liaise with other club committees and office bearers as required (Inc. special event, risk management)*

### Finance and Resources

*Prepare and manage annual budget, purchase and maintain equipment  
Supervise setup and pack up weekly*

### Human Resources

*Recruit and Manage Age Group Managers, Coaches and Nipper Crew  
Organise water safety weekly and officials and water safety for carnivals  
Liaise with Education Officer to deliver Nipper Parent Education Courses*

### Communication

*Facilitate Nipper Team Communication processes  
Update Team App and prepare ECHO article weekly  
Respond to parent queries and feedback  
Annual Report  
Report to Surf Sports Director*

### Competition

*Support and manage coaches and oversee competition matters (entries, selections, equipment availability etc.)  
Promote and manage Pool Rescue training and competition during winter*

These are very rewarding positions, you are helping children and promoting happy healthy lifestyles. We have lots of documentation to handover to get you started. Our AGMs work as a team and this team is incredibly supportive of each other. You will be welcomed with open arms.

Please email [juniorofficer@scarboro.com](mailto:juniorofficer@scarboro.com) or speak to Nicole or Belinda on the beach if you have any questions or if you are keen.



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## **"BOATIES Notice - BOARD" – Trent Woodyard [boatcaptain@scarboro.com.au](mailto:boatcaptain@scarboro.com.au)**

### Denmark Carnival

Country Championships, Masters State Championships and Surf Boat Short Course State Championships to be held on 29<sup>th</sup>Feb, 1<sup>st</sup> March long weekend at the beautiful Ocean Beach.

There is accommodation available at the **Ocean Beach Caravan Park** which provides easy access to the event via a short walk or drive and plenty of parking for gear and vehicles. With a large Masters contingent and 5 surf boat crews already confirmed, we encourage all Masters competitors to fly the Scarborough colours and book campsites early.

There will be an organised get together on Saturday night for all Scarborough competitors and supporters.

### Boats

We currently have Open Men, Reserve Men, Open Women, Reserve Women, Masters Women, U19 Women, and a second development U19 Women now in the boat. This is a great outcome for the future of Surf Boats at Scarborough and we will continue to build on this with a Masters Men's and U19 men to hopefully hit the water shortly.

We will be **hosting** two carnivals on the 8<sup>th</sup> (**Surf League**) and 9<sup>th</sup>(**full carnival**) February at our beach, so if you are available to assist with setting up, being an official, or anything else, please let me know.

Trent Woodyard

Trent Woodyard | Boat Captain | Scarborough Surf Life Saving Club

(E): [boatcaptain@scarboro.com.au](mailto:boatcaptain@scarboro.com.au)



## **"STARFISH NIPPERS" – Ali Nielsen [StarfishNippers@scarboro.com.au](mailto:StarfishNippers@scarboro.com.au)**

This week there was a real buzz down with the starfish Nippers, as all the kids were keen to get stuck into the weeks activities, as well as celebrating Australia Day down at the beach, which was really special! The morning began with flags, were the Starfish Nippers had the opportunity to develop their understanding of this particular discipline on Surf Life Saving.

Amelia was especially quick on the sand to get her flag, well done superstar! We all then went down to the water, where the kids had the opportunity to hit the surf and catch some waves on the boards. Selena was excellent at her paddling skills, and catching the waves all the way to the beach, Selena you were a star! Matthew loved catching the waves on the rescue board, and a special mention to Pete Riley, for taking him out the catch the barrels!

I am especially proud of Amy, who had great fun, standing on the water's edge, getting her feet wet and jumping over the waves, fantastic work! We also had the opportunity to practice our swimming abilities, where the Starfish



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nippers practised the body surfing skills, special mention goes to Finn, who practised his fantastic kicking and bubble blowing skills.

Andre was amazing at working on his confidence for going into the water, keep up the fantastic work superstar!

Once again, a massive shout out to all the volunteers who came down and helped out with the running of the program, you guys were all legends! Looking forwarding to having all of your support again this week!



Ali Nielsen

Ali Nielsen | Starfish Nippers | Scarboro Surf Life Saving Club(M): 0422 563 800  
[StarFishNippers@scarboro.com.au](mailto:StarFishNippers@scarboro.com.au)

## RACE SECRETARY – Channell Tanya

CLUB CHAMPIONSHIPS THIS WEEKEND 2 FEBRUARY AT 8.30AM

Come and join the fun and healthy competition this weekend from 8.30am.

It would be great to see competitors in all age groups and of all abilities give it a go so I look forward to seeing a great turnout for the day. The following championship events will be held, dependent on numbers, swim, beach sprints, beach flags, 1km run, board race ski race, iron man/woman and tube race. The order will be determined and advised on the day. It should be fun!



On the weekend we held our usual points swim and runs, results for first across the line were:

**Surf Race** - 1<sup>st</sup> Stuart Aubrey, 2<sup>nd</sup> Tom Edrich, 3<sup>rd</sup> Brian Goddard

**1km run** – 1<sup>st</sup> Jose Desfosses, 2<sup>nd</sup> Cam Buchanan, 3<sup>rd</sup> Peter McDonnell

**Sprints** – 1<sup>st</sup> Ben Johnson, 2<sup>nd</sup> Stefan Dellac, 3<sup>rd</sup> Don Johnson

Well done to everyone who had a go and I look forward to Sunday's club championships, see you there!

Tanya Channell

Tanya Channell | Race Officer | Scarboro SLSC



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## *Scarboro SLSC Sundowner*

*Sunday February 9<sup>th</sup> 2020 from 2.00pm*

**Scarboro** is hosting a full Carnival so come down and support our competitors and your club.

There is sure to be some great racing!  
We look forward to seeing you upstairs in the bar from 2.00pm to catch up on the days racing.  
BYO nibbles and don't forget as a member you may invite 5 friends to join you.

Cheryl Harry

[socialofficer@scarboro.com.au](mailto:socialofficer@scarboro.com.au)



## **EDUCATION OFFICER – Belinda Kuster [educationofficer@scarboro.com.au](mailto:educationofficer@scarboro.com.au)**

### Nipper Rescue Certificate (New and annual re-assessment) - Limited places must RSVP (Education) [Updated]

Date change of 3rd session to **2<sup>nd</sup> February 2020 at 6.50am**. As some of you have requested a Feb date please find this last option for this season. Meet at Training room. Re-assessments meet on beach with a water safety vest on at 8am.

Purpose:

The Nipper Rescue Certificate is a water safety and rescue award for the provision of water safety for SLS Nipper Activities. It is designed to enable a large range of parents/guardians to be engaged by Clubs to formally assist in improving the delivery of Nipper water based activities and create potential pathways to lifesaving operations such as beach patrols or carnival water safety Requirements .

- Manual Handling & OSH requirements
- As per SRC requirements Surf Awareness
- As per SRC requirements Recognise safe beach zones
- 200m Ocean Swim Time frame of 6 minutes
- Demonstrate Aquatic Rescue
  - with a Rescue Tube
  - with a contact tow
- Signals (see Image)
  - Assistance required
  - Attract attention
  - Remain stationary



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SHARON LONG CHAIRPERSON ACCOUNTS OFFICER





- Go to the right and left
- Return to shore
- Proceed further out to sea
- Pick up swimmer

**Proficiency Requirements:**

Please indicate if you are new or completing your re-assessment. Your start time will be 7.30am.

To maintain currency members who hold a NRC will need to undergo an annual proficiency test incorporating a 200m Ocean Swim in 6 minutes, a tube rescue and demonstration of signals (those listed above). This proficiency test will need to be recorded on SurfGuard as per other proficiency testing such as SRC and Bronze.

**Course Delivery:**

Course length estimated at 2 hours (dependant on group size and prior knowledge/abilities).

Candidates must be current SLSWA club member.

Belinda Somers

**Belinda Somers | Junior | Scarboro Surf Life Saving**  
[bsomers1999@gmail.com](mailto:bsomers1999@gmail.com)