



Scarboro Surf Life Saving Club "ECHO" CLUB NEWSLETTER

PRESIDENT'S PEN ~ Jody Ballard

On Tuesday evening the Board met and endorsed Dana de Bondt as our new Director of Surf Sports. Dana joined the Club in the 2018/19 season having transferred to WA with her job, prior to hitting the beach at Scarborough Dana had been an active Club member within Victoria for 14 years.

With a background in both beach operations and surf sports, Dana was a natural choice for the Board when we commenced our search for a new Director last month. Having competed in beach sprints and flags, before transitioning into surf boats and IRBs Dana will bring a wealth of knowledge and fresh thinking to surf sports at Scarboro SLSC.



Competitive in her own right Dana has competed at States and Aussies across all her disciplines, represented both VIC and WA State Teams at the Interstates, and medalled at Aussies too.

The Board looks forward to working with Dana as we head into the pointy end of the season for surf sports with Junior, Senior and Masters State Titles just around the corner.

Good luck to the Scarboro Sunsets, swept by Mark Irwin, who are off to Mollymook NSW to compete in the [2020 ARSL Open](#) this weekend.

Jody

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

ECHO : Edition # 639

13th February 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

E: Functions@scarboro.com.au

BAR OPEN on FRIDAY NIGHTS

5:00pm to ±9:30pm

Office Telephone # : 9341 1011

EARLY BIRD ENTRIES CLOSE FOR AUSSIES
TOMORROW- FRIDAY 14TH FEB.

IMPORTANT DATES 2019/20 SEASON:

FEBRUARY 2020:

15/02/2020: R&R Championships Mullaloo

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

29/2+1st 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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Little Nippers – Competition & Training News- Heath Wright

Sunday 9th February saw the Scarborough Under 8's and 9's descend to Leighton Beach for the 4th round of the Little Nipper Carnival Program. Scarborough Surf Club take notice, as we are sitting on a gold mine of talent! We had 37 little legends hit the sand and water and at the end of the carnival the positive feedback from not only our parents, but the age group managers from other clubs was remarkable. Our kids are not only on time, they listened to all instructions, followed the rules and above all gave it their very best effort.

There were plenty of stand out performances in boards, swims, flags and beach sprint. There were also some fantastic personal best efforts especially from some of the kids who were racing for the very first time. Thanks to all the parents who were involved in helping with age groups and thanks to Deb, Chenoa and Simon for officiating. A very special thank you to Cohen Hinkley from the under 15's who volunteered his time to support the kids competition and be an official for us which we really appreciate! Also thank you to Belinda Somers, for her wisdom in all things surf that she kindly passes on to us.

This group of kids are spectacular, happy and talented and I really enjoy watching them grow and improve each week. We also have a fantastic group of parents as well who we would be lost without all their support and enthusiasm. I can't wait to see how we come together as a group to perform in the State Titles next month.

Nipper Board Training Saturday's and Thursdays

The weather has been amazing each week for our board training sessions held at river for the Under 8's, 9's and 10's each Saturday at 3pm. We are lucky enough to have Kristy and Graham run a new session and join us for the Under 6's and 7's age group with a large turn out of kids having a great time and learning new skills. With less than a month until State Titles this is a great way to improve your child's board paddling fitness and technique plus have a load of fun after meeting new kids. All are welcome, see the TEAM app for more info.

In addition we are also running a board training session, Thursday mornings from 6am - 7am for Under 10 - Under 13 Nippers at Scarborough beach. This is a great way to get an edge on your competition and fine tune your board paddling skills.

Thanks

Heath Wright

Heath Wright | Little Nippers Competition Officer | Scarborough SLSC

“STARFISH NIPPERS” – Ali Nielsen StarfishNippers@scarboro.com.au

The conditions were a little bit trying for the Starfish Nippers at the beach this week, never the less we still made the most of each of the activities we did! We have started to teach both the kids and their parents some basic signals which they may need to know and use whilst they are at the beach. This is also a great way to provide some of the parents an insight into the world of Surf Life Saving and the key information we learn and use whilst down on the beach! The kids had the opportunity to participate in an obstacle course which provided them with the opportunity to develop both their fine and gross motor development, which is fantastic.



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The Starfish Nippers have also been learning the event of flags, this week we progressed to lying down and practising the traditional flag start. The kids all had a great time, lying down in the sand and getting all sandy! Once again, a big shout out to all of the volunteers who came down and helped out with the running of the program- Legends!

Ali Nielsen

Ali Nielsen | StarFish Nipper Co-Ordinator | Scarborough Surf Life Saving Club

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Board, Ski & Swim – Warren Jones watercaptain@scarboro.com.au

Good luck to those competing in the RnR, belt race and Rescue Tube Rescue State Champs at Mullaloo this Saturday. We still need 4 line persons to pay out for the belt swimmers, please let me know if you can help out.

Masters State Champs are Sat 29th Feb at Denmark (the long weekend). Please let me know asap if you want to compete and which events.

Only 6 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 | Water Captain

watercaptain@scarboro.com.au



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SUNSET TERRACE – BAR ROSTER – Jeff Young

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

Jeff Young

Jeff Young | Bar Manager
jdvserv@bigpond.com

Ski Scribbles-Grant Stephenson- Skicaptain@scarboro.com.au

There were exciting times in the shed last week with the arrival of our two new Interceptor double skis.

They certainly look the part with the snazzy Scarboro paint job and here's hoping they carry our paddlers to glory soon.



Scarboro was ably represented on the weekend by some of our younger paddlers in Jane Harwood and Dylan McKenner. They were a credit to the club and definitely are heading in the right direction with their training. Great to see.

Training is going well on Tuesday and Thursday mornings and improvements are becoming obvious in the squad. It really shows what regularity and intensity can do if you commit to the programme. Our younger crew especially progressing nicely.

Paddle back this Friday will be hotly contested again I am sure. No paddle back last week but the week before we had some lovely runs back from City Beach and the rivalry, (looking at you Volker), is always fun to be a part of. This Friday the trailer leaves Scarboro 5.30pm. **Hi Vis and PFD are essential.**

The club ski trailer is filling up fast with entrants for the State Masters in Denmark at the end of February. If you think you might like to come down and represent your club on a Ski let me know.

Grant Stephenson

Grant Stephenson | Ski Captain | Scarboro Surf Life Saving Club
skicapain@scarboro.com.au



Boaties News from, Mollymook, NSW

The Scarboro Sunsets have arrived in Mollymook with their Scarboro Surf Boat. It was a long night on the plane and 4 hours of driving, needless to say we are very excited for Racing tomorrow! The racing is being streamed live on You Tube or on the Team Navy ASRL facebook page.



Micky G – Youth Development Officer

Hi Guys Micky G here.

As many of you know, Willo and I have been involved in the Hawaiian Ride for Youth (HRFY) for many years to raise awareness and funds to **STOP youth suicide** in WA. We are usually support crew for the cyclists - who ride from Albany to Perth – some 680 kms over five days (ouch) stopping at pre-arranged schools to impart positive mental messages - along the way.

Well this year I am back on the bike (after 12 years) with my daughter Belle for her third ride. We'll ride 5,000 km in training beforehand (we did 210 kms last weekend). We have pledged to **raise \$10,000 between us** – I know right!!!

HRFY raises money for Youth Focus a WA Not-for-profit organisation that provides free uncapped, professional counselling services to teenagers/young adults - who are at risk of self-harm and suicide. Suicide is the single biggest preventable cause of death among our young – metro, regional and especially remote.

In WA 383 died by suicide in 2018 – an average of one per day (ABS, Causes of Death, 2018). Research indicates that a whopping 85% of Australians know someone who has died by suicide. It is unacceptable and preventable and with your help, we can reduce this tragic epidemic. Anyone can find ourselves in a low mental state, having someone to talk to, is often the difference between being here and being ... well ... you know what!

If you would like to donate (tax deductible) please go to

<https://www.rideforyouth.com.au/2020/riders/mick-girando/> or

<https://www.rideforyouth.com.au/2020/riders/isabelle-girando/>

Thanks in advance

Micky G

Micky G | Youth Development Officer | Scarborough Surf Life Saving Club



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