



SURF, SUN 'N' SAND



President's update

Some of the committee and I recently attended the LSV annual conference. This is now run over two days and is broken into a variety of sections and workshops. It is a great chance to connect with other clubs and understand what new initiatives lie ahead from a state perspective. You will see some changes roll through various sections of the club as a direct result of increased knowledge and state-wide changes.

The move to automation of paperwork and process is clearly on the agenda at all levels within lifesaving with the administrative burden on clubs being recognised. We operate within a high risk environment and as such at times, the compliance may seem overwhelming, but we only need to look out to sea on any given day and realize what we do at times is literally life and death.

William Fleming – Director of Life Saving – is in the final stages of preparing our patrol roster, so stay tuned for that one. A working bee is schedule for October 12th and if everyone can spare even just one hour to assist in any way we would all be very grateful. We need to take pride in what we have. Everything we own has been purchased by volunteers tirelessly raising much needed funds so the more care we give TSLSC property the more respect we pay to each other.

The annual Bronze Camp course has been locked in for the week before Christmas and a group of exceptional trainers and facilitators are planning a way, between study and work. Education is a core strategic pillar for TSLSC so if you are not aware of how to enrol in courses or find what is available head to LSV members Training Anywhere (<https://mt.lsv-from-anywhere.com.au/login>) to check it out.

Finally a huge thanks to our cleaner Kevin Rielly who sadly is leaving us as he is relocating to QLD with his family. After meeting members at a swimming club and joining TSLSC, he and his family have caught the lifesaving bug big time and will be members at Burleigh. We thank Kev for his tireless work around the club and wish him all the very best.

Tiffany Quinlan, Club President



Club News

We are starting to reach the busy preparation part of the new season ahead. Competition training is in full swing and it is great to see more members around the club. Youth Squad kicked off the first Sunday of the month and started well with some board rescue training for the up and coming SRC course.

The club gear inspection is on the 3rd of November so we hope to have all the boxes ticked at the working bee on the 12th of October.

I would like to welcome life member William Fleming to our committee team as director of life saving. It is fantastic to have someone with such an extensive background in lifesaving on board. Looking forward to working with you mate.

I hope to see as many of you as I can at the working bee this coming weekend to help prepare for the coming season.

Cam Mercer, Club Captain

For the Calendar

- October 11..... Beach Kitchen | iL Matto
- October 11-13 ... Teen SRC
- October 12..... Club Working Bee
- October 13..... Beach Kitchen | The Stoop
- October 13..... Nippers Begins
- October 18..... Beach Kitchen | iL Matto
- October 20..... Silver Medallion Course
- October 20..... Beach Kitchen | The Stoop
- October 27..... First Aid Course



COMPETITION ROUND UP

Director of Competition – PETER QUINLAN



As the season draws closer training has most certainly begun. Please make sure you keep up to date with all training schedules that are published each month in advance via TeamApp. Also refer to the Club's main calendar on the website, torquayslsc.com.au/events.

This year we have included training for Beach and R&R, so I encourage you all to get involved. Youth Squad is run by Cam Mercer, our Club Captain and is a standalone program once a week that sits outside normal competition training however, anyone wishing to compete in carnivals should attend the sessions applicable to them being under 14/15 as advertised.

A reminder that when using club equipment it must be returned in the condition you found it. If you accidentally damage anything please let us know as we have recently discovered a number of long boards with minor damage that are now out of action until repaired.

Final housekeeping: please do not jam board shed door open. The door closes for security reasons and it is critical you allow it to close whilst in the water. Wrist bands are available at the office if anyone needs one. You can pay on line and arrange to collect. Anyone interested in competing at the endurance champs in Mornington in November please email competition.tslsc@gmail.com. Entry fees have again increased by LSV so fees are now \$31 per carnival.

Finally membership fees are now due. If you are 15 years or over you must have a bronze medallion to compete. The annual Bronze Camp will be run the week before Christmas so sign up by emailing info@torquayslsc.com.au. See you in the water.

Boat Report – ROD COSTA



The VSRL Youth Forum for this season was held on Sunday 6th Oct at Point Roadknight with approx 40 young rowers in attendance from Port Campbell, Torquay and St Kilda clubs. It was fantastic for Torquay to have 21 of the 40 rowers in attendance. More than half of the total.

Past President and St Kilda sweep Matt Culka orchestrated a terrific day starting with a talk by the Torquay Pirates. The rowers then broke into work groups for various activities followed by tuition on the ergos by the pirates.

After that it was time to hit the surf and all enjoyed mixing up the crews and allowing some newbies to have a go at sweeping. Josh Whitty caught the "wave of the day" and smiles all round when Will Popovic caught his first wave. Despite the strong winds we were able to head towards Anglesea and find some shelter. It was a fun session in the small shore break and provided some great drone footage taken by Jackson Mc Caffrey (Check out [surfboataerial](https://www.instagram.com/surfboataerial) on Instagram).

I would like to acknowledge that the day would not have worked without the Pirates. They completed the introductions, took groups, ran ergo sessions, mentored on the beach and swept crews to facilitate extra crews and opportunities. Our young sweeps Jackson Costa and Pat Spinazzola were also in attendance also and played a major part in the day.

Looking forward to our first hit out and season opener at Port Campbell on Sat 30th Nov where there will be short course racing followed by a BBQ and drinks at the club afterwards. The day will be held to honour the Powell's who tragically lost their life whilst performing a rescue earlier this year.



NIPPER NEWS

Director of Junior Development, Matt Henderson

With our first session for the season on Sunday October 13th, the Nipper Sub-Committee has been busy planning some new improvements for the season. Firstly, we have pulled together a roster to make it easier for everyone to volunteer some time over the season to either help set the beach up or back down, assist with the BBQ or sign up for water safety. It is the Club's expectation of Nipper families to roll up your sleeves and volunteer as much as possible. I am hoping this gives us a better level of comfort that we have the resources we need to run every session, and makes it easier for our parents to plan their time.

We are also adopting the new LSV NipperApp, which enables real time sign in / out of our nippers, immediate access to emergency contact details, and age manager resources. This App is really easy to use and will simplify many administrative tasks and also improve our risk management processes.

Finally, we have decided to stop investing in glass nipper boards due to the cost of purchase and repairs. To fund the purchase of more foam boards, all the current glass boards have been advertised for sale within the section. Going forward, Nippers wishing to ride glass boards will need to have their own. So with all this preparation, we are very excited for the season to begin thanks to our major sponsor Hayden Real Estate, and look forward to seeing old and new friends on the beach!

Proudly sponsored by

HAYDEN



YOUTH SQUAD FOCUSES ON LIFE SAVING

The Youthsquad has been created as a means of providing a lifesaving pathway for all under 14 and 15 members. This is a stand-alone program providing all members in this age group with a community and will meet once per week to practice a range of skills from Resuscitation to board skills and first aid amongst other things.

If any under 14/15 wish to compete in any discipline they need to participate in the relevant training programs on offer. We encourage all 14/15 to attend the youthsquad program every Sunday at 8am conducted by a range of members and led by Club Captain Cam Mercer. There will be no session Sunday October 13th due to SRC training. Like all programs you must be fully financial to participate.



TSLSC FOUNDATION SUPPORTS YOUR CLUB

The TSLSC Foundation Inc. was established in 2015 to work in conjunction with the TSLSC and Jack Harris Trust to provide valuable financial resources to ensure the continuity of our service to the community.

For further information or to make a donation to the TSLSC Foundation email foundation.tslsc@gmail.com



CONGRATULATIONS GOLD MEDALLION MEMBERS

Undertaking the "Gold Medallion" is no easy feat. The award enables work as a paid life guard and is one of the highest qualifications in surf life saving. As such the testing and assessment process is rigorous commencing at the application stage. To have another 4 young adults qualify with this award is wonderful for our club. All 4 come from different backgrounds but over time have built a passion around life saving and just love being at the club and with their friends. Life saving has now provided them with opportunities for employment but more importantly, valuable life skills that will remain with them always. Congratulations to the latest graduates your club is proud of you!



MEMBER TRAINING

We are planning our training calendar for the year, liaising with our neighbouring clubs to share resources. This month we have the Silver Beach Medallion and Provide First Aid courses scheduled. We encourage members to enrol through Members Training Anywhere for these courses.



PROVIDE FIRST AID HLTAID003

When: October 27, 9 - 5pm

Where: TSLSC Main Hall

Who: All financial members

Register: bit.ly/TSLSCProvideFirstAid

Note: Blended Learning, face-to-face & online



SILVER MEDALLION BEACH MANAGEMENT

When: October 20, 9 - 5pm

Where: TSLSC Main Hall

Who: Current & Future Patrol Captains

Register: bit.ly/TSLSCTraining



PAPARAZZI NEEDED!

We are looking for a media student or budding photographer to help with ongoing photos/videos throughout the season. Additionally we'd be keen to use a drone to capture content from time to time. If you can help, email marketing.tslsc@gmail.com.





FIRST AID DUO

Thank you to Katrina Sinfield and Mick Bajada for stepping into the First Aid Officer role as a job share. This important job enables our patrollers to feel assured their first aid supplies are always stocked and current. We are lucky to have two members with medical backgrounds to keep an eye on this.

Meet Katrina

We moved from Geelong to Torquay 18 mths ago, and I immediately joined Ruby, to start Nippers with the u12s. We're originally from Gippsland and I wasn't fortunate enough to do Nippers myself and had to learn to swim around Inverloch, the 90 mile beach and Wilsons Prom which was challenging, therefore I wanted to ensure Ruby was competent in the water if we are living by the sea. We also joined the club to meet the locals and give back to the community. Last season I did my SRC and I look forward to patrolling with Ruby this year when she completes her award. When I'm not at the club I'm working at the hospital in the operating theatre and in one of the specialists rooms. It's an interesting and exciting job which I love.



Fun fact – we have a small cavoodle called Pickles who will often be seen with the u12 girls who have affectionately called her their 'therapy dog' at the beach carnivals to calm their nerves. We love being a part of the club and its great community spirit, I'm excited for the season ahead!

Meet Mick

I'm a Paramedic Educator for Ambulance Victoria which involves coaching/mentoring other paramedics whilst on duty. Also training the state's air ambulance & regional paramedics. I have a keen interest in remote/wilderness medicine and I can combine paramedic skills and outdoor mountaineering interests on the job.



I love everything outdoors, but mainly spend my time surfing, helping out in the water at Nippers, mountain climbing, camping, fishing, skiing, and just spending time with the family at the beach or in the mountains. We've just done 3 months camping around Australia which was amazing! We joined the nippers program at TSLSC as a family a couple of years ago. We love the fact that the kids learn so much about water safety, as well as the competition. And it sets them up for a lifetime of community service skills. I also completed my Bronze last year which was great, and we love the social aspect, spending much of the summer around the club with family and friends.

The season ahead – We've got 3 kids, but this is the last year where they'll all be together with the oldest one in under 13s, the youngest is in U9s, so it's also the first season they've all been in the water. It'll be busy out there!

IRB NEWS



Welcome Vaughan Furniss as our IRB Manager for the second season, tell us a bit about yourself!

Like most members, I have a strong affiliation with the ocean. I have spent most of my life around either power boating or sailing and surfing, my local break growing up was Manu Bay, Raglan, NZ.

We joined our local lifesaving club Beaumaris so my kids had safe access to the ocean and beaches, learnt and understood how to read currents and conditions. From there I got my Bronze (then other awards), was responsible for IRBs and was Club Captain. Life saving is my community service, a way of giving back my ocean experience to a new generation as well as keeping others safe in our aquatic environment.

Is it true you have raced IRB's before?

Not quite, but I have a deep knowledge of engines, fluid mechanics and reading ocean conditions. That's why I am keen to assist in setting up a race team for Torquay (don't tell Kelly)!

What brought you to Torquay?

Family and access to the ocean. We have been visiting Torquay since 2003. We saw a documentary about soldiers returning from Afghanistan with PTSD and how surfing helped their alpha and beta brainwaves as a natural calming agent. The same positive effect was found for Asperger and ADHD sufferers. So, I spent a summer pushing my son into waves to teach him to surf – presto we got our son back. In early 2018 we took the step to relocate to Torquay and haven't looked back. Moving to Torquay has also enabled me to return to my surfing roots.

If you are not in the water what are you doing?

Aside from family time, working in Melbourne and housework, I am pretty much doing things to keep myself fit for when I am in the water. Cycling, mountain biking, snowboarding and walking our two huskies - Kelly says I can't sit still!!

IRB Update

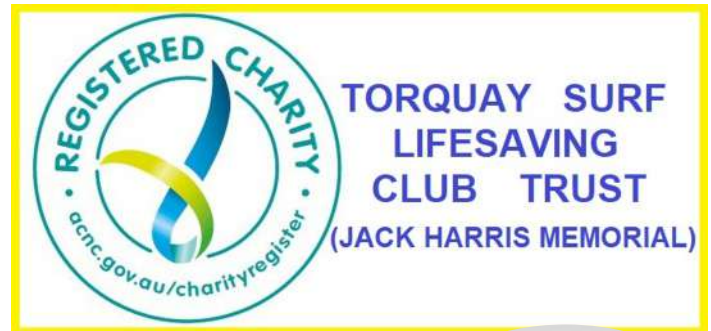
- Two new outboards were delivered 21st September!
- The Achilles hull damaged last season has been repaired and returned to the Club and ready for action for the forthcoming season
- Our new Thundercat Gen III should be delivered in March/April
- We are seeking a grant to replace the ATV (the current ATV is under repair)
- We are hoping to establish a IRB race team for 2020



SPONSOR NEWS

It's been a busy month in marketing, welcoming back our sponsors and introducing new partnerships. As we all move on from winter sports, we turn to beach activity so our club becomes the focus of businesses looking for communication channels and opportunities to continue their community involvement. As one of the biggest Vic Clubs, with fast growing junior section we have an abundance of opportunity to offer.

Thank you to the ongoing support of The Jack Harris Memorial Trust



Spotlight Opportunity – 2019 BEACH PATROL SPONSOR

See your brand on the beach every day from December until Easter as the official Beach Patrol Sponsor, with large format branding on our patrol shelter and cold weather apparel. This unique GOLD SPONSOR opportunity is the pinnacle of brand communication with thousands of beach goers over the summer period.

To discuss further email marketing.tslsc@gmail.com.



WELCOME SPONSORS...

INTRODUCING GRAND SLAM PHYSIOTHERAPY

It's so refreshing when have the opportunity to welcome a new sponsor on board who not only realises the benefits for their business, but genuinely wants to be a part of our Club community. From the moment we met Ben and Belinda from Grand Slam Physiotherapy we knew it was a partnership that was going to work for all of us! These guys are leaders in sports physiotherapy and are committed to optimising treatment outcomes using innovative and individualised treatment techniques to achieve goals. Thank you for your support this season, we look forward to seeing you on the beach and in our Club gym! Check them out!

www.grandslamphysio.com.au/



**GRAND SLAM
PHYSIOTHERAPY
TORQUAY**

INTRODUCING TORQUAY ANIMAL HOUSE

The Torquay Animal House team are big supporters of our Surf Coast community and we are very excited to welcome them beachside! While we don't have accurate numbers on our furry and feathered members at our club, anecdotally we're an animal loving bunch! And, many of us have been very grateful for the genuine and caring service provided by the team of vets at the Big Yellow House on the highway! We look forward to welcoming you to lifesaving and our great Club, there was some talk of some of you guys doing your bronze medallion (we may hold you to that!).



TORQUAY ANIMAL HOUSE
VETERINARY CLINIC & HOSPITAL



BEHIND THE BAR WITH TOD

Todd Walker has been working in Hospitality for the past 20 year, the last 8 or so in Port Douglas. He's always headed south as often as he can over the ski season, and he's just finished up at Mount Buller, now making his way to Torquay to take up his new position of TSLSC Bar Manager over the Summer Season.



You'll see him every Friday Night and Sunday Afternoon serving at the Bar during the Beach Kitchen sessions, and helping Janet out with Functions.

Here's some insights to get the conversation started for when you next head down:

Describe yourself in 3 words
Creative, Energetic, "Beer-Expert"

What's your favourite bar you've worked in?
The Central Hotel which is the oldest and most acclaimed hotel in Port Douglas

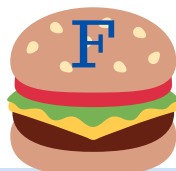
What are you most looking forward to about your Summer in Torquay?
Being at a beach that is safe from crocs and jellyfish

When not behind the bar....
I love going on adventures and enjoy creative arts

Something only a few people know about you....
The only board I can't ride is a surf board.

Thank you to Frenchy & Team!

From your club mates, a big thank you for all the work Frenchy and his BBQ team do at our First Friday Drinks. Enjoy your self-imposed break, it's your turn to enjoy your club over summer – we look forward to seeing you on the other side of the BBQ!



FUNDRAISING NEWS



Beach Kitchen is HERE!

Off the back of the amazing support we received from both The Stoop and iL Matto last season as Club Sponsors, we're excited to announce that these restaurants are partnering with us to launch the "Beach Kitchen" every Friday Night and Sunday Afternoon.

Commencing Friday 11th October, iL Matto will be serving delicious Italian meals every Friday Night from 6-8pm, with the bar open 5-9pm. Then on Sundays the bar will be open from 3-8pm for us all to take the best view in Torquay, with The Stoop cooking up their famous Burgers and other favourites from 4-7pm.

Bring your family and friends, and follow our Facebook Page @TSLSCBeachKitchen for all the updates on menus & music schedules. Also keep an eye out for the Volunteer Schedule. This is only possible with the help of all members, so get involved and sign up for a kitchen or bar shift soon!

Lanie Conquest, Director of Fundraising

CLUB WORKING BEE

We need all hands on deck to help!



OCTOBER 12 FROM 8.30AM

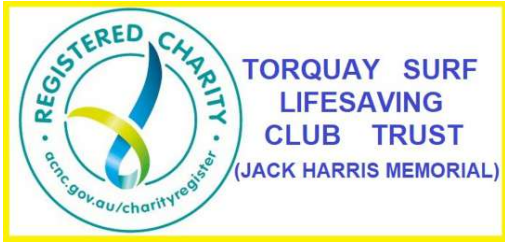
Time to get the club house sparkling for the season ahead – all help big or small is appreciated, there are jobs for everyone. Gardening, cleaning, fixing, building, materials supply, your club needs you! Check the list and find something you can help with.

If you have any specialty skills or equipment please contact John Mercer 0412 342 346



2019/20 SPONSORS

PLATINUM PARTNERS



Surf Coast Times™

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TORQUAY COMMUNITY ENTERPRISE LTD.



GRAND SLAM PHYSIOTHERAPY TORQUAY

SURF COAST Finance

THE STOOP



TORQUAY ANIMAL HOUSE VETERINARY CLINIC & HOSPITAL



FRIENDS OF TORQUAY



Beach Kitchen

@ Torquay Surf Club

Kick-off This Friday 11th October

Friday Nights
by iL Matto
5-9pm

Sunday Sessions
by The Stoop
3-8pm

THE STOOP

TORQUAY

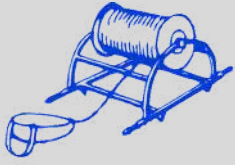


iL MATTO



TORQUAY S.L.S.C.

TSLSC LIFE SAVING AND SURF SPORTS TRAINING OCTOBER



	NIPPERS	YOUTH	SENIORS
MON		Cosy Corner 5.00 - 6.00pm Board with Zeb	Cosy Corner 5.00 - 6.00pm Board with Zeb
TUE			TSLSC 5.00 - 6.00pm Ski with Tim
WED	U8 - U13 Front Beach 5.30 - 6.30pm All events	TSLSC 5.00 - 6.00pm Board with Nick	TSLSC 5.00 - 6.00pm Board with Nick
THU	U11 - U13 TSLSC 5.00 - 6.00pm Beach Training	TSLSC 5.00 - 6.00pm Beach with Dennis	TSLSC Ski with Tim Beach with Dennis 5.00 - 6.00pm
FRI			
SAT		TSLSC 7.30 - 9.00am Iron with Zeb	TSLSC 7.30 - 9.00am Iron with Zeb
SUN	U8 - U13 TSLSC Beach 9.00 - 10.30am All events 11 - 12pm / R&R	TSLSC 8.00 - 9.00am Youth Squad 11 - 12pm R&R	TSLSC 11 - 12pm R&R

Nippers – Matt Henderson – nippers.tslsc@gmail.com

Youth – Cam Mercer – theclubcaptain.tslsc@gmail.com

Seniors – Peter Quinlan – competition.tslsc@gmail.com