



TORQUAY SLSC

# SURF, SUN 'N' SAND

October 2020

## President's Update



*Progress!! It is wonderful to see some of our senior competition team finally out training. The beaming smiles says it all. It's a start and we continue to work on getting more and more of the club open during these crazy times within the many, many guidelines around Life Saving . As we have said so many times, what the new normal looks like continues to evolve, but rest assured the Committee continues to do everything within its power to allow members to access their club.*

*Scanning QR codes, sanitising and face masks seem to be here for the foreseeable future.*

*Thanks to those who took part in the recent club development survey. We received some great feedback and ideas so thank you.*

*These will be collated and fed into the workshops to be run in the upcoming weeks. These workshops will be divided into four key areas and participants will be required to continue to work with the project team on a number of factors specific to the given area.*

*In recent months we have welcomed back many of our sponsors and some new ones as well. Please support these businesses as they support us. Without them the season was looking pretty grim. Some exciting fundraising initiatives are being planned as each section takes ownership of at least one activity.*

*So for now, enjoy the change in season, the welcome warmer weather and keep a close eye on club communication as we share changes as they happen.*

**Tiffany Quinlan, Club President**

image: @qikshotz



## Club News.....

Great to see members renewing, if we can take anything from our current situation we know how important it is to belong to a community and we can't wait to get that vibe happening again around the club.

Big changes ahead for the Youth Group, it has become such a big and important part of the pathway for future lifesavers, you can read more on p6.

We are working on getting ready for gear inspections in the lead up to our patrolling season, which will be a little different this year. We are going to need all hands on deck for patrols.

Thank you to all involved in our COVIDSafe plans, the adjustments have been massive, but we are well prepared.

I'm looking forward to seeing our Melbourne members again, we hope we can see you soon!

**Cam Mercer, Club Captain**



Do you have your TSLSC bumper sticker?

Contact [membership.tspsc@gmail.com](mailto:membership.tspsc@gmail.com) to organise.

## For the Calendar

- 2020/21 Memberships due
- Training & Education calendar coming
- October re-qual with LSV
- Teen Bronze Course/Camp Dec 10-18
- SRC during December

KEEP UP-TO-DATE AT THE CLUB CALENDAR >  
[WWW.TORQUAYSLSC.COM.AU/EVENTS](http://WWW.TORQUAYSLSC.COM.AU/EVENTS)



# LIFE SAVING

Hello everyone, even in winter I am missing paddling and visiting the beach, even now in Melbourne the Bay is off limits. What's happening this coming season?

Good question, probably no one knows. Life Saving Victoria has been doing its best to release plans and information, but it too, lives in a world of uncertainty.

With lots of communication and effort from our President and supported by the committee we are getting information as it comes, and planning and preparing for what looks to be a fair bit of paperwork and a different patrolling year. What I know in the life saving section to date is that we will have a patrol season with the following dates as provided by LSV:

**Commencing:** Saturday 28 November 2020

**Finishing:** Sunday 18 April 2021

The most recent circular indicates full patrols for Torquay as opposed to observational. However, we will have to wait and see what sort of numbers and type of patrols we'll be running based on advice from LSV, who rely on what the Victorian Government allows.

For those based in Melbourne LSV are running re-quals from head office in Port Melbourne. These are slightly different to normal and limited to groups of 12 however great way to get it done as numbers will be limited everywhere so follow the link to enrol >> [ENROL LINK](#).

We have been reviewing all things patrol and thanks to those who have offered ideas and suggestions. Patrolling is our core purpose and we need to ensure you as a valued member see the benefit and enjoy providing a vital community service.

Please talk to your friends and everyone you know from Torquay and check they have paid their memberships and we have their names so detailed planning can start on the patrols for this year. We need as many people as possible in these challenging times.

Thanks everyone, see you at the beach very soon, summer is coming. Oh, and be safe out there !

**William Fleming, Lifesaving Director**

## COVIDSafe masterplan

We've been working hard behind the scenes to prepare for a return to lifesaving and re-opening the Clubhouse in a COVID-safe manner while we waited for LSV to release their guidance and roadmap.

LSV has now provided a COVID Safe Master Plan template for clubs to work through at their own pace and determine the level of operations they will be able to provide.

The Plan has seven operational sections which are being released gradually by LSV. As each section of the Plan is opened up, the COVID Safe Coordinators will work through the supporting documents with the Committee and relevant section heads to enable sign off to occur.

Our preparation has stood us in good stead as we have been able to quickly work through the first four sections of the Plan released by LSV. This has allowed us to recommence training for Youth/Seniors Competition training in accordance with strict conditions relating to group size limits, contact tracing, hygiene/sanitising requirements and social distancing.

Members may have noticed new COVID Safe signage which is appearing around the Clubhouse. These are currently focused in the area around the equipment sheds where training has recommenced. These provide important health and safety advice and also contain a QR code which must be scanned upon entry to the facility (for contact tracing purposes). Further information will be provided to members regarding these requirements as we move closer to re-opening the Clubhouse facility.

We are waiting on the remaining three sections of the COVID Safe Plan to be released by LSV so that we can review, sign off and implement the requirements.

These relate to:

- Lifesaving Operations, including patrols.
- Development Programs, including Nippers.
- Events & Hospitality.

At this stage, we don't have firm dates as to when these will be released but we'll be providing further updates as more information becomes available.

We are very grateful to Quay Clean who have generously donated two hand sanitiser units for club use. The preparation for a COVID Safe club incurs many costs that will need to be funded as usual through donations, sponsorship and grants. Every little bit counts.

We are committed to keeping all members of the club safe, and we thank you for your support and understanding.

**Kate McCardel, COVID Officer**





# HAYDEN nippers



Peter Quinlan  
Director of Competition

## competition

Hopefully, most of you have read the recent email providing an update on plans for our Nipper program this year. Despite lots of discussions and pre-planning, we are still in a state of flux until we receive the relevant LSV COVID Safe Plan which will provide us the critical details we need on group sizes, modified events and concurrent training protocols. We'll then be in a position to properly design our Surf Sports Training Program, Lorne Training Camp and Summer Holiday Program. I appreciate your patience so far, hang in there!

In addition to a delayed start, the season has been impacted by having to cancel our U6 and U7 age groups (due to parent supervision requirements creating crowds) and LSV cancelling our much-loved Cosy Corner Carnival.

On a positive note, thank you to everyone that has completed our new Nipper registration form, we've gathered some great information from that to assist planning and targeting of volunteer roles, and we already have over 140 nippers registered via this process!

I've been speaking to many of you around the beach as our kids have been free surfing, and it's been fantastic to see the kids paddle all through winter and really develop their relationship with the ocean, and whatever our season looks like, I know it's going to be great one!

See you in the surf.

**Matt Henderson**  
Director of Junior Development



Torquay SLSC becomes the first club to return to official training!!

The Senior section are incredibly thankful to the tireless work by club member Kate McCardel who put the club COVID Safe Master Plan together. We are training under restrictions and are unable to train as a group, but it feels great to be out there with our team mates.

This is the first of a number of steps to open up the rest of the club as restrictions begin to ease across the state. Early indicators from Life Saving Victoria is that competition may commence in January 21. We will continue to train and prepare the team for competition for this season.

We welcome a number of new U/14s to the group and hopefully there is a few more still to join. If you are interested in joining the team training please email me on [competition.tslsc@gmail.com](mailto:competition.tslsc@gmail.com).

**We train Tuesdays and Thursdays starting at 5.00pm.**

Numbers are strong and with a number of transfers into the club, the section is poised to have another great season of competition when it commences.

**And, we are going to certainly look like a team to contend with, thanks to Urban Elements Landscapes as our competition rash vest sponsors. Thank You!**

## MEMBER TRAINING & EDUCATION

To support operational members currently under the heaviest restrictions and unable to access their clubs, LSV has put on a schedule of 40 new award / skills maintenance sessions to be delivered in the four weeks of October. The sessions are available at no cost to operational members and delivered out of the LSV State Office with the support of the public training, supply chain and people teams. Follow this [LINK](#) for more info.

We are in planning for this season's SRC and youth Bronze course. Unfortunately, our inaugural Bronze Camp, may revert to a daily attended course with accommodation possibly not permitted. We will evolve our plans as the COVID journey continues. **For those interested in SRC (turning 13 by course date) or youth Bronze award course this season, please email, [training.tslsc@gmail.com](mailto:training.tslsc@gmail.com) by **October 16 to reserve place.****

## boat crews

As the COVIDSafe plan from Life Saving Victoria evolves, we hope to find out a date our boat crews can return to the water. Unfortunately, due to social distancing, team training in shared craft has not yet been permitted.

Many of the local based crew members have been seen keeping up their water fitness, paddling on racing mals or jumping on surf skis.

We look forward to seeing the boats glide through the waves on the Surf Coast again soon.





# sponsorship NEWS

We are quite simply blown away by the generosity of our returning and new sponsors for the 2020/21 season. Their generosity and passion for helping us to get our club open and ready to run education, training and community programs is impressive.

There is still a lot we need help with this season, so our focus on creating new sponsorship relationships, welcoming back our returning partners, exploring grant opportunities and seeking donations continues.

Some examples of areas we need help with include:

- Education equipment (we need many sets of everything to enable training in a COVID compliant environment)
- Foam training mats for Lifesaving Training Squad
- Hospitality equipment (we are going to be relying on our bar/food for fundraising this season)



Every sponsorship partnership we have is bespoke and is focused on delivering value to both parties. Some partners are seeking brand exposure, others are looking for communication opportunities and many are motivated to be aligned with the strong community-focused brand of the TSLSC. Whatever your business needs, we can tailor a program to maximise your goals. It's all about long term relationships, not the short term gain!

If your business has the capability to support via a sponsorship season, we'd love to meet with you! Contact the team on [sponsorship.tspsc@gmail.com](mailto:sponsorship.tspsc@gmail.com).

Sarah O'Dwyer – Director of Marketing



Surf Coast Times is with us every step of the way...A huge thank you to the team at SCT for supporting Torquay lifesaving for another season, we love having you as part of our member community. We couldn't do it without you!



Urban Elements Landscapes are almost as synonymous with the TSLSC as the belt & reel, and we absolutely love that they have stepped in to help our growing Youth & Senior team this season. We are so lucky to have you on our team!



# New Name Same Squad BUT WITH MORE...

The TSLSC Youth Squad was a huge hit last year among our Under 14 and 15 members. Aimed at developing lifesaving skills, such as experiences with different craft, navigating around the first aid room and providing a pathway for new patrollers, the Youth Squad was successful in creating a fun, social and safe environment for young members to find their place at the club.

Keeping Youth Squad separate to competition training was a deliberate plan to encourage those members wanting to develop skills, without necessarily competing, engaged in lifesaving. As it turned out, pretty much everyone who participated in Youth Squad attended at least one carnival last season, which is testament to the nurturing environment that was created.

And now it's time to change it up again! Youth Squad is getting a new name, and we hope to add a new dimension to it too! Firstly, Under 14s and 15s are also called Youth in the competition space, so it often caused some confusion with the fact that we had Youth Squad and Youth/Senior Competition training. While kids can move between the two, there was the risk that communications were getting confused.

So, now we are called **Lifesaving Training Squad** (LTS, previously known as Youth Squad). The social, fun and non-competitive environment remains unchanged, young members can (and most will) participate in LTS and Competition training, or they can choose to just do one.

AND, while LTS is still for Under 14 and 15, later this season we would like add another dimensions to it, an opportunity for any age members who are new to lifesaving and would like to develop their skills for patrol to join a session. This could be parents who have just obtained their bronze or those wanting to train up towards their bronze. And, kids don't worry the oldies won't be in your session, they will be kept separate, with the focus for all sessions being the social aspect – training with friends.

Expanding our youth program is just another way the TSLSC is focused on education, inclusiveness and finding a place for every member.



## Check in with a Club Mate

A phone call can make all the difference! We need to stick together even when we're apart...

**How have you stayed connected with Club Mates? We'd love to hear your stories and pics! Is it via Zoom catch ups, exercising together, out in the water, or just the old fashioned phone call?**

Great to see Life Member Alan Dell catch up with previous club member Kevin Rielly in the sunny north!



*'Caught up with at Burleigh Heads Surf Club for an ale while son Sean was training with a group well over 60 members. Sean is training very hard and word is he is in for a great year. He is competing in a endurance event at Maroochydore within the next few weeks.'*

Sean did pretty well at the Qld Endurance Champs on the Sunshine Coast. Silver medals in both U19 4 km Board & 10 km ski events.



## REGISTER Lifesaving Training Squad

To help us plan within our COVIDSafe commitment, youth are required to pre-register an expression of interest to be involved in the new Lifesaving Training Squad.

[Register HERE \(click\)](#)



# from the ARCHIVES

## THE LEGENDS

An aptly named group who competed for our great Club which then really was the strongest, competitively, "on planet earth" for our sport. This was proved without doubt when "The Legends" went to the USA in the 6th and 7th decades of the 20th century and beat the Californian Life Guards at Surf competition.

Also at the Aussie Championships in 1970 at Ocean Grove, they not only won the Gold Medal in the Ski Teams Relay, but also second team won bronze. Not bad with 300 plus clubs competing.

These super competitors were:

Gold, Maurie Rayner, Peter Duffin & John Duffin.  
Bronze, Michael Hayden, John Hayden & Peter Hayden.

Prior to the Australian Championships Torquay had up to 7 ski teams competing in Victoria Carnivals.

Highlights of some of these past champion Torquay competitors:

- Peter Milburn: Aust. Championships, Gold medals 9 , Silver 6 , bronze 6 Vic. Championships, 11 Gold Medals.
- Maurie Rayner: Aust. Championships, Gold medals 3 ,silver 3, bronze 2. Vic. Championships, 9 Gold medals.
- Stephen Taylor: Aussies, Gold medals 4 , silver 6. Victorian Champion 15 Gold medals.
- Chris Nicoll: Aussies, Gold medals 4 ,silver 2 , bronze 1.
- Peter Duffin: Aussies, Gold 4 ,silver 3, bronze 2 . Vic. Titles , 12 Gold.
- Cliff Goulding: Aussies, 4 Gold, 1 silver , 1 bronze. Vic. Titles 9 Gold

Every one of these guys made an excellent contribution to the success of our club over many years.



*Original Torquay's 'Legends' gathering:*

*L to R: Peter Milburn, the late Maurie Rayner, Stephen Taylor, Chris Nicoll, Chris Harris, Dick Clements, Cam Seward.*

*Middle row: Ray Brewin, Peter Duffin.*

*Front Row: Dick Garrard, Frank Plan , Cliff Goulding, Paul White , John Elgin.*

This photo was taken at Peter Milburn's home on the Gold Coast QLD at a reunion in 2020. It must be noted that the late Maurie Rayner (back row) was also the physical training coach at the Fitzroy Football Club and also the Geelong AFL club.

Maurie was well known on the sporting side of Surf Life Saving. Dying at the young age of 56 from bone cancer, he certainly left a legacy. After retiring from competition he opened two gyms. The second in Geelong with well known football coach Tom Hafey, the fitness coach at AFL club Geelong. His next project was building a Health Resort at Bellbrae which was successful for many years. Eventually moving north to a warmer climate at Potts Point where his widow Gwen lives presently. Daughter Kim Crane, an Olympian with the Australian Hockey Team, is now the National High Performance Director of Surfing Australia. Preparing the team to compete in the Olympic Games as an introductory sport. Hopefully in Tokyo 2021.

To all our past champion competitors from the present day members, we salute you.

**Tony Fraser Club Historian**

# the PEOPLE OF TSLSC



LENNOX  
CASSIUS  
JUDE  
ERIKA  
JONAH



We live in Melbourne but spend as much time as we can at our house in Breamlea.

Jude has always been involved in water sports so we wanted our kids to grow up to be smart and confident in the ocean. We started off with Nippers at Bancoora but were hoping for a competitive team and one that had a holiday program so that the kids could make friends in the area. Our kids have made amazing lifelong friends and so have we.

The club is the perfect mix for us as a family. It's competitive, friendly, professional and most importantly fun! We dread Sunday afternoons or that last day of school holidays when we know we won't see our TSLSC friends until the next time we're down. We always tell people holidaying on the Surf Coast, to consider becoming involved with the club because it is an inclusive and welcoming environment for people who aren't local to the area. After nearly 8 years of 'gabbing' at carnivals and nippers camps there's not much people don't know about the Hellstrom/Allan crew but if anyone on patrol ever needs a translator, Erika is pretty handy with French, Italian and Russian. And Jude has swum to Rottnest Island 3 times solo, around Manhattan and across the English Channel in a team.

# william

## POPOVIC

### How did you first become involved at TSLSC?

Growing up I really had no clue about surf lifesaving, all I knew was to swim between the red and yellows because it is safe. To be perfectly honest, when I was a kid I used to hate the beach. I used to think "I don't like sand, it's coarse and rough and irritating and it gets everywhere." Later in high school, I rowed on the river representing

my school for a number of years until one day our coach (Davis Kontelj) asked us if we had ever heard of surfboat rowing? That weekend he took us down to 'Fishos' for a row.

After we caught our first wave I never looked back, and gradually we convinced the entire river crew to transition to surf boats. Because you must attain a bronze and earn a number of patrol hours to compete, I was thrown into TSLSC bronze camp in 2016. Thanks to the welcoming nature of the instructors and my fellow bronxies I had a really good time.

During camp I loved the opportunity to expand my skill set in things like First Aid and CPR, and this helped me to realise my life goal of becoming a paramedic (something I am currently studying at university). Because I enjoyed bronze camp and patrolling so much I went on to attain my silver and gold medallions at ALS camp, giving me the opportunity to work for LSV as a beach lifeguard and I have done this during the past 2 seasons.

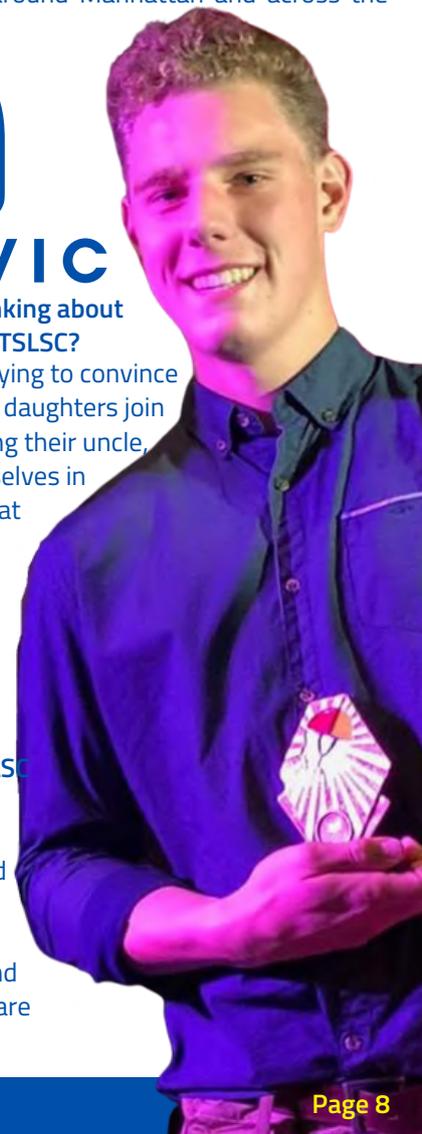
### What would you tell people thinking about getting involved in lifesaving & TSLSC?

Funnily enough I am currently trying to convince my cousin to let his three young daughters join the club's Nippers program. Being their uncle, I never want them to find themselves in strife in the water and I know that nippers will help them develop their surf skills and knowledge.

Also I hope that my nieces involvement in TSLSC will keep them healthy, physically and socially as it has done me.

### What do you love about the TSLSC community?

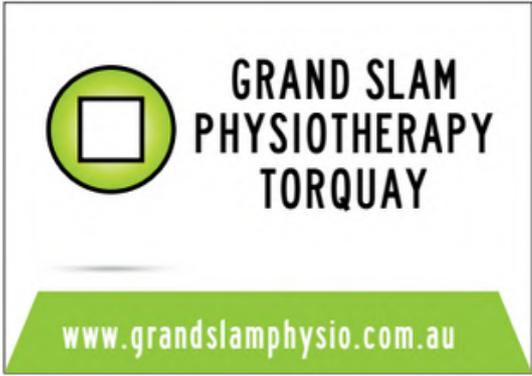
At the surf club I find everyone approaches you with a smile and has a story to tell you, and I love that. I feel the reason so many people at the surf club are so kind and welcoming is because they are genuinely good people.





# MAKE YOUR RUNNING HOT WHILE THE WATER IS COLD

with Grand Slam Physio



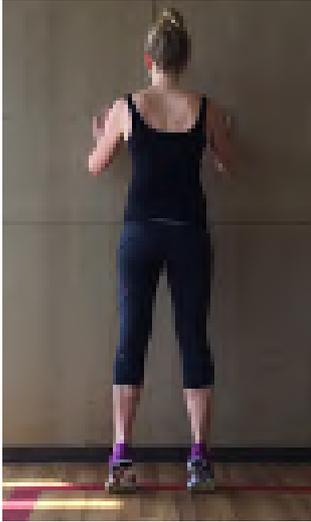
Although spring is upon us, and beach running is a great way to build fitness whilst enjoying the outdoors and our amazing picturesque beaches. However with the soft and loose surface the leg muscles and in particular calf muscles have to work extra hard.

Some benefits of beach running include:

- Builds stability and strength – The uneven surface requires stability from the core muscles
- The leg muscles have to work hard to push on the loose sand – Improves balance and coordination:
- Balance receptors and coordination is required to maintain form Improves running technique – The body works harder to maintain a good and efficient technique

From the extra work required from the calf and hamstring muscles, they can get tight and sore. To prevent injury you should perform some calf raises to increase strength and stretch/mobility exercises to reduce muscle tension.

If you have any queries or would like further information please contact us at Grand Slam Physiotherapy on 52772151/ info@grandslamphysio.com.au or book an appointment online at [www.grandslamphysio.com.au](http://www.grandslamphysio.com.au)



**Exercise One:**  
Calf raise

- Standing with legs hip width apart in upright posture
- Maintain foot posture putting pressure evenly over all toes and rise onto toes
- Lower with control, repeat
- PROGRESSION: Progress to putting more weight through one leg until able to do single leg calf raise

Frequency:  
Sets & Reps: 2x 15-25 reps; Per Day/Week: perform 3-5 x weekly



**Exercise Two:**  
Bent knee calf raise

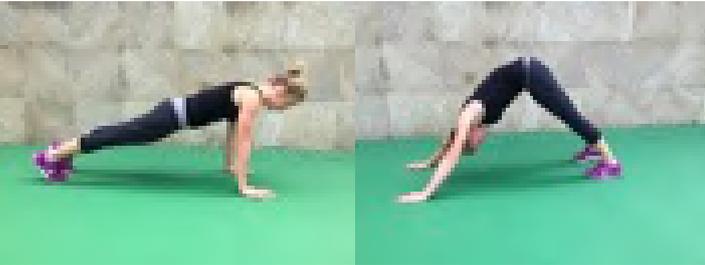
- Standing with legs hip width apart, bend knees and keep bent throughout exercise
- Maintain foot posture putting pressure evenly over all toes and rise onto toes
- Lower with control, repeat
- PROGRESSION: Putting more weight through one leg until able to do single leg calf raise
- PROGRESS exercise or if you have access to weights machine performing seated calf raise

Frequency:  
Sets & Reps: 2x 15-25 reps; Per Day/Week: 3-5 x weekly

**Downward Dog**

- From plank position, push through arms, bend from hips keeping neutral spine and lower heels to ground to feel stretch through arms, back of legs and calves

Frequency:  
Hold for 30-60 sec and repeat 2-3 times, perform daily



**Foam roller/ massage ball self release**

- Prop on elbows and massage calf muscle
- Work way up hamstrings at back of thighs
- Can also use massage ball to massage glut muscles which can also get tight with running

Perform for 2-5 minutes until muscle releases, should not cause pain after performing

