



TORQUAY SLSC

# SURF, SUN 'N' SAND

November 2020

## President's Update



*Change is the only constant. We are all living and doing things like we never dreamt we would, the surf club is no different. Whilst we are super excited to be able to slowly open up the club again, it will not be the way it was sadly but with that, there are always positives. The social distancing and hospitality rules mean the members bar is currently non-operational but the positive is we have been forced to think laterally and created a wonderful outdoor bar that we hope will attract customers to our lush lawn and protected back yard to socialize with friends.*

*We are pleased to see the boat section back in action again with many protocols around hygiene and cleaning of equipment. The seniors have adjusted well to the new way of training and we know that like us all, they are just glad to be back. The next challenge is our Nipper program which due to its huge size is a monumental challenge but the team are working hard to offer a program.*

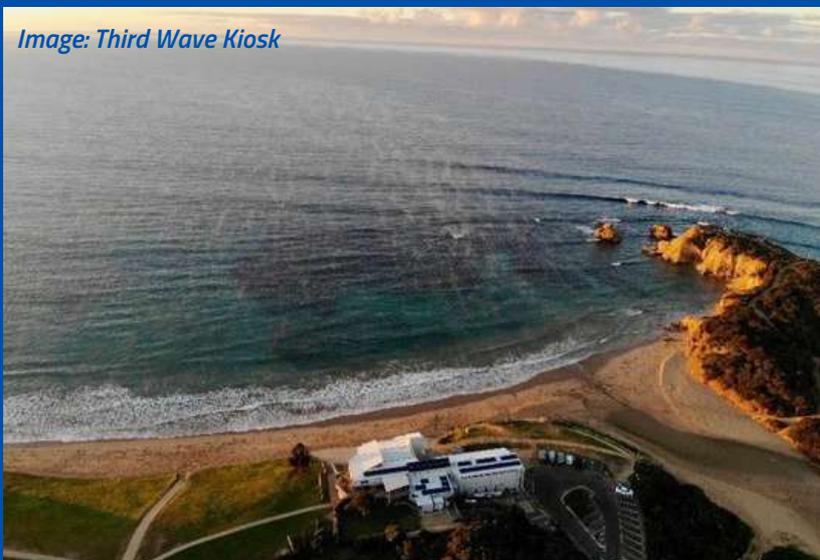
*We have booked in SRC and bronze courses which are fully subscribed due to again, limited numbers. We are super excited to have Abbey Harman step into the role as Chief Instructor.*

*So as you can see we are making real progress in getting ready for the season. Patrols will look different but are critical and more to come on that one. So thanks to everyone involved in working so hard to get any sort of activity back at the club and a huge thanks to our valued members for their patience and understanding.*

*Things will be different for sure but we are all in it together.*

**Tiffany Quinlan, Club President**

Image: Third Wave Kiosk



## Club News.....

Well the season is fast approaching so things are starting to get busy around the club.

It is great to see Friday nights back on at the club with our new outdoor bar built by my dad John Mercer thanks dad.

The club gear inspection is next weekend getting ready for patrols to commence late November. Life Saving Training squad (youth squad) has been on hold due to restrictions but I am happy to say that we will begin on the 22nd of November, see later article for details. Comp training has started too and it is great to see boats, boards and skis on the water.

Looking forward to seeing you all around the club

**Cam Mercer, Club Captain**



Do you have your TSLSC bumper sticker?

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

## For the Calendar

- Friday night drinks - EVERY FRIDAY
- Nippers kicks off - Nov 18
- Port Campbell Boat Carnival - Nov 28
- Re-qual dates Nov 28, Dec 5, Dec 19



# LIFE SAVING

Let me summarise as briefly as I can what I think is going to happen. As you all know, in the current environment the rules can change anytime. In fact the quality we need most is the ability to adapt and change quickly and make the best of what we are given.

The following key facts, all of which could change, is what I expect to happen:

- Patrol season: Saturday 28 November 2020 to April 2021, Patrol roster must manage effectively the fact we need to clean between changes of patrols, so we are working on half days and full days to see what is possible.
- As soon as I know patrol makeup and re-qualification dates/times I will email you and text if we can. Please make sure your contact details are up to date on the LSV portal.
- There will be masks and other protective equipment needed whilst we are doing patrols. Social distance will be critical, and keep in mind the greater risk is not on patrol managing the beach but in talking and socialising with people before and after patrols. Keep that in mind please.
- LSV has issued a standard operation procedure for this COVID19 affected season, I will provide a summary prior to patrols commencing.
- Enrolment numbers have been affected by COVID19 uncertainty, so we will aim for smaller patrol groups but still the same number of patrols as last year - 10 separate patrols.
- Be prepared for re-qual, you will do your theory online, and must book to do the session at Torquay. No registration, booking re-qual and completion of theory means no attendance on the day (Mandatory directive from LSV).
- We are capped at 12 people per re-qual session but intend to book multiple sessions in a given requal day, to manage the numbers. As soon as we can lock in dates, we will inform you ASAP.

Examples of changes for patrol in this coming season:

- Social distancing of 1.5m and maximum of 2 people in the tower at 1.5m distance.
- Patrol shelter social distancing rules apply In the all-terrain vehicle (ATV) face masks must be worn by driver and passenger
- IRB does not need face mask in a rescue but ideally should be used for basic water events

I have mapped out the patrols, captains and vice captains and will be emailing and ringing shortly to gain your support for these most critical roles. Many thanks in advance! Also, thanks everyone, see you at the beach very soon, summer is coming. Oh, and be safe out there!

**William Fleming, Lifesaving Director**

## COVIDSafe update

Since the last update, there has been steady and significant progress from LSV in releasing guidance and materials to support expansion of the various operational aspects of the Club in the COVID-19 environment.

As mentioned elsewhere, we're now in a position where seniors training has been underway for a number of weeks. Group number limitations imposed by DHHS and LSV have posed challenges in structuring and managing training sessions but we remain hopeful of easing of those restrictions in coming weeks to enable larger group sizes to train together.

Lifesaving Training Squad (former Youth squad), Boats and Nippers are also set to commence training in the near future in line with recent LSV directions. Lifesaving operation preparations for the upcoming patrol season commenced last month and are well advanced. LSV has released extensive guidance on the subject which is currently being reviewed at club level, with both feedback and implementation activities underway.

With the recent further easing of restrictions in regional Victoria, the Club was permitted to open the bar and outdoor area for members for the first time since the COVID situation arose. The opening followed stringent preparations with regard to hygiene and cleaning as well as compliance with both number and spatial limitations.

The following rules currently apply and members should take the time to familiarise themselves with them:

- Don't attend the Club if you are feeling unwell.
- Use hand sanitation on entry and exit.
- QR code must be scanned upon entry for contact tracing purposes.
- Maximum group sizes of 10.
- Masks must be worn on entry to and around the club, but can be taken off while seated at your table.
- You must remain seated at all times apart from ordering and using the bathrooms.
- Keep your distance (1.5m apart) and maintain good hygiene (hand washing, hand-sanitizing etc).

As everyone is aware, the COVID situation and restriction levels are constantly under review and subject to change. Within the guidelines set down by LSV and relevant government authorities, the committee is working hard to implement all the necessary protocols and processes to enable the club to operate as fully as possible. For more information on COVID and its impact on club operations, you may like to visit Lifesaving in the COVID-19 Year prepared by LSV.

We will keep you updated on further developments as they arise.

**Kate McCardel, COVID Officer**



We have a name!  
**PROJECT HAYSTACKS...**

We all know it, we all love it, and our great club looks out onto it every day. It is a part of our history, it's a part of every day, and we hope it is there for a long into the future! Just like TSLSC!

Over the last few weeks we have hosted four focus groups to discuss key project design areas to ensure we obtain a holistic view of the current and future needs of all aspects of our Club. Sport, Education, Hospitality and Lifesaving, critical areas of our club.

The participation and feedback was fantastic and some great ideas were shared. Next step in the process is to establish a **sub-committee** to drive Project Haystacks and to consider all the feedback to create the project brief for **fmjt Studios** to begin to design what our future clubhouse will look like.

Stay tuned for future updates..



# MEMBERSHIP

As we move towards a better understanding of how the upcoming season will look, it was exciting to welcome members back to the clubhouse last Friday evening.

Although the weather was cool and breezy, the rain stayed away, allowing those in attendance to make full use of the new tables and seating in the back garden and our fantastic new outdoor bar. Big thanks go to John Mercer for all his hard work in creating a new servery area from the existing kitchen annex. In the current COVID environment, with hospitality being encouraged to focus predominantly on safer outdoor service, this is great way of enabling us to make the best use of one of the club's great assets – our large open air space - which is looking better than ever this year, thanks to gardening and maintenance works carried out over Winter by Rob Gervasoni. Further improvements for this area are planned so watch this space!

I'd like to encourage those members who are yet to renew their memberships to do so. While there's no doubt that the Summer ahead will be very different to previous ones, we are committed to offering as much as possible for our members. We also look forward to welcoming back our Melbourne-based members as soon as they are able to come to Torquay. The outdoor bar and garden area will be open each Friday from now on from 5-9pm, with expanded operations planned for over the Summer holiday period.

I'd like to encourage those meWe look forward to seeing you around the club.

**Scott McCardel**  
**Membership Director**





# HAYDEN nippers

What a relief to finally announce our return to Nipper training on Wednesday 18th November! (*see below*)

We are opening up under the Clubs training plan which is the reason for the maximum group sizes of 10. On current financial member numbers, all age groups except one have under 20 nippers, so by running two sessions a week of 10 week, the vast majority of our Nippers should get at least one session! We are very hopeful of group sizes increasing to 20 in early December when LSV release their Nipper Program COVID Safe Plan which we will need to comply with under our Summer Holiday Program. As soon as they do, we'll be adjusting our arrangements.

There has been an amazing level of interest in the Summer Holiday Program from potential new members, so if you have friends and family that are keen to participate encourage them to renew or sign up before they miss out!

There is going to be quite a few logistical changes this year, so keep an eye out for TSLSC club emails advising of these. There will be a new session pre-registration process, changes to Nipper Age Cap, sign- in procedures, changes to Club Board usage and we'll need to be creative with how we run our social and celebration activities too!

Unfortunately, we have experienced another disappointment this year, having to cancel the Lorne Training Camp. The value proposition to families was likely to be low so we are now looking forward to bringing it back next year.

We do have some more good news though, with the release of our planned Summer Holiday program dates. How we are going to structure the program is not yet finalised, but we do intend to run on these days and in these time windows, so you can mark your calendars now! (*see below*)

With the weather starting to warm up and improve, I'm looking forward to seeing you down the beach and at the club...

**Matt Henderson**

**Director of Junior Development**

Note the Surf Sports Training Program schedule is likely to change as Government restrictions and the aligned LSV COVID Safe Plan stages change.

Training will commence Wednesday 18 November and continue until March. The training schedule is as follows:

### Wednesday all Age Groups @ TSLSC

- U8, U9, U10s: 5.15pm – 6.00pm
- U11, U12, U13s: 6.15pm – 7.00pm

### Sunday all Age Groups @ TSLSC

- U11, U12, U13s: 8.30am – 9.15am
- U8, U9, U10s: 9.30am – 10.15am

Training will be in maximum groups of 10 nippers per age group until further notice, but we anticipate this group size to increase to 20 reasonably soon!

- The TSLSC Summer Holiday Program (SHP) is yet to be approved by LSV, so session times are indicative and are subject to change depending on logistics and restrictions.
- Times are expected to remain early morning to avoid congestion with public beach users.
- The Welcome Event, Nipper Disco and SHP Presentation will be subject to mass gathering restrictions and as such are tentatively scheduled at this stage.

Planned dates and times for the 2020/21 **Summer Holiday program** are:

Saturday Dec.26 2020	Welcome Event 4pm
Sunday Dec.27 2020	Session 1 8am-11am
Monday Dec. 28 2020	Session 2 8am-11am
Tuesday Dec.29 2020	Session 3 8am-11am
Wednesday Dec. 30 2020	Session 4 8am-11am
Thursday Dec.31 2020	Session 5 8am-11am
Friday Jan. 01 2021	<b>REST DAY</b>
Saturday Jan 02 2021	Session 6 8am-11am
Saturday Jan. 02 2021	NIPPER DISCO (TBC)
Sunday Jan. 03 2021	Session 7 8am-11am
Sunday Jan. 03 2021	PRESENTATION 11.30-1PM (TBC)



# URBAN ELEMENTS A HUGE SUPPORT!

Long-time supporters of the Torquay Surf Life Saving Club, Urban Elements Landscapes have joined the list of 2020/21 season supporters, with so many members of the club and community to benefit.

We are very fortunate to have many club sponsors from within our own member community, and Urban Elements Landscapes run by the O'Toole family is no exception, as great supporters for every one of their nine years of membership.

Established in 2000, Urban Elements Landscapes provides a wide range of landscaping services across the Geelong, Surfcoast and Bellarine Peninsula. This season we are excited to have them on board as major sponsors of the Youth and Senior Competition team as well as founding sponsors of our Starfish Nippers program.

A sponsorship that nurtures the inclusiveness of lifesaving through the Starfish program and endeavours to find a place for everyone through the engagement of competition for our Youth and Seniors. And, we are certainly lucky to have them on board.

We encourage our members to show their support for our sponsors by considering "UE Landscapes" for their future projects, they can do everything from laying paving and decking, planting mature trees, or water features. The team covers a broad range of services and strives to offer customers a complete outdoor package at the best price.

Thank you Curt and Kylie!

Head to - <http://www.uelandscapes.com.au> - to see their portfolio.



Peter Quinlan  
Director of Competition



# competition

With training now in full swing and the easing of restrictions, it is possible that we could be training as one group by the end of November. Numbers and energy levels at each session are still strong and our coaches are putting a lot of variety into the training sessions.

Tentative plans are being organized for a 'COVID 19 regulated' carnival to run at the end of November with a number of regional clubs. We are planning to have photos and results in the next report if we can get this off the ground.

A number of boat crews are also back in the water. A big thanks to our COVID 19 Officer, Rod and the sweeps Pat and Jackson, for all their work in making this happen.

# boat crews

Its Official, we are now returning to the Boats after a long winter. Some of our Regional crews have had their COVID induction and their first row since February. Please remember to scan the QR code and remember to follow the instructions as detailed on the checklist and in the induction.

Our first scheduled carnival for the season is at Port Campbell on Sat 28th November followed by Lorne on Sat 9th December. The majority of carnivals this season will be run by VSRL. One payment of \$75 (\$50 for U19s) will secure your place for all 6 carnivals, VSRL & ASRL membership. You will also receive a new race top and peak cap. Hopefully all goes to plan and we can enjoy a great season.

Look forward to catching up with you all, especially our metro crews who get the chance to begin their campaign shortly.

Rod Costa  
Boat Captain  
(0409023452)





# MEMBER TRAINING & EDUCATION

Thank you to Abbey Harman for accepting the role of Chief Instructor for our club. This will make such a great impact to our commitment to provide a holistic education framework for our members, recognised as one of our key strategic pillars.

It's certainly refreshing to have someone take on such an important role after growing up through the club. Read the People of TSLSC to learn more about your new Chief Instructor. Abbey's first priority is to plan out our SRC Course and non-residential Bronze Camp under some very different conditions this season. Abbey and her team of trainers have designed some great new innovations for these programs.

Expressions of interest for trainers and water safety have been called for, if you can help out, send the team an email to [training.tspsc@gmail.com](mailto:training.tspsc@gmail.com).

## Starfish NIPPERS



Well what a year!!! I hope all the members of the TSLSC community have stayed safe during these times.

It is with great pleasure and excitement that TSLSC is going to run the Starfish Nipper program again over the Summer Holiday Program

The Starfish program helps children who don't fit the standard nipper program gain surf awareness and most of all have fun at the beach. It is a program that was started at ASLSC many years ago. The program relies on a one on one ratio for helpers to Starfishers.

We are seeking interest from participants and helpers so that we can meet the requirements to run this program. We are also keen to have another Starfish program sponsor on board, if your business can help please contact: [sponsorship.tspsc@gmail.com](mailto:sponsorship.tspsc@gmail.com). The format is yet to be finalised, but it will be similar to last year's program where we had activities on the same days as the traditional Summer Holiday Program. We ask that any families who may be interested in participating advise the club as soon as possible so numbers can be finalised. We also ask that any members who would like to help out also advise ASAP so we can make sure the 1-1 ratio can be maintained.

Feel free to make contact for any further information on the club webpage or search Starfish nippers.

**Curt O'Toole**  
Starfish Nippers Co-ordinator

# Re-qualification

We are limited to certain numbers per session and require social distancing increased hygiene and many other variables.

Please read carefully as there no room this year for people just to turn up, you will be turned away .

- All Torquay sessions will be uploaded as in previous years to the training anywhere app.
- Please book into only one session and note once you are booked that place cannot be given to anyone else. To withdraw requires LSV to process cannot be done at club level so if you cannot make it please advise ASAP,
- You must complete the online theory and bring with you to your elected requal proof you have completed that. Sadly no proof no requal,
- You will be required to scan a QR code upon entry sanitise ( etc etc ) the dry land component will consist of a demonstration of CPR and first aid by the assessor. You will be tested on your signals then take all your belongings and head to the water area where you will complete the run swim run,
- Upon completion of the run swim run you will be asked to leave straight away and the next group will be arriving,
- Requals for IRB driver and crew will be theory only. Please complete the theory and bring evidence to the bronze requal and provided to the assessor who will sign off,
- Those wishing to requal ART please note that the first session on each day is reserved for ART and bronze please sign up to one of these to requal this award,
- Please note if you qualified your SRC last season you need to enrol in a requal.
- If you hold an SRC and have enrolled to undertake the bronze course this season you do not need to requal.

We thank you yet again for your patience and understanding.

Any inquiries to [training.tspsc@gmail.com](mailto:training.tspsc@gmail.com)

**November 28**  
**December 5**  
**December 19**



# sponsorship

## NEWS



We continue to receive fantastic support from our returning sponsors after a particularly difficult 6 months for everyone. We are still on the look out for further support to enable some of our key programs to return to some normalcy. Please reach out if are in a position to support.

We are very fortunate to welcome a **new sponsor** Big Block Solutions who have great plans for a revamp for our website. Kris Kyle and family are members of our club and have a great understanding of the important role our club plays within the community. BBS are providing a holistic digital solution for our website, critical as we plan for future fundraising for Project Haystacks.

Stay tuned for more!

Sarah O'Dwyer – Director of Marketing



It's like welcoming back an old friend! The support our club has received over the years from the ARMSTRONG Mt Duned community by Villawood Properties has made such a difference and we are thrilled to have them back on board for the 2020/21 season. With many of our members living within the iconic and expanding Armstrong community, it's the perfect partnership, and one we continue to cherish. See you guys on the beach!

We are so pleased to welcome long time sponsors, Barwon Valley Smallgoods back to our club community. Another great story where active members become financial supporters. And, as many members will know, their Christmas hams, turkeys and other goodies are an essential item for the table this festive season. Time to get online and put your order in. Thank you to the ongoing support of the Batties family. Click the CHRISTMAS HAM to order!



# Life Saving Squad

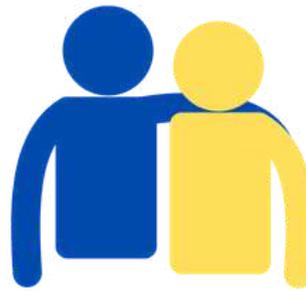
We are pleased to announce the Lifesaving Training Squad (previously Youth Squad) is ready to kick off. We have had a delayed start due to the strict COVID guidelines, but don't worry, we will definitely catch up, with a fun season ahead.

LTS is all about learning new and building on existing lifesaving skills, in a fun and supportive environment. We will swim, paddle, try out new skis, and learn about the IRB and rescue techniques, which will provide a great foundation for the upcoming SRC course.

Make sure you have previously registered for LTS by completing the EOI form, and all participants are financial members for the 2020/21 season. As per all TSLSC training sessions, we ask all members to help us to adhere to our COVIDSafe protocols (explained at session).

We will have our first session Sunday November 22 from 8am - 9am (and Sunday mornings thereafter), at the first session, we will hold a short information session (on the beach) before hitting the water. For those of you who have mals already, bring them along, and everyone must wear a hi-vis rash vest at all times during the session (these can be any branded hi-vis).

See you on the beach.



## Check in with a Club Mate

### The Dell's Return from Paradise!

We are back!!! Bloody hell sorry we came back running round like a bandit with masks.

*Caught up with some more past members of TSLSC on our travels. Some of our older members may be interested.*

*John Wadling, who has been Lifeguarding on the Sunshine Coast for 40 odd years was one of the great Torquay ski paddlers before heading north.*



*Val & Tim Colley. Val was one of the early nipper managers & was first aid officer for many years. She still patrols at Marcoola on the Sunshine Coast. She spent 11 years as Administration Officer at Mudjimba SLSC. Tim was a member of the A grade crew for several years winning a Victorian title.*



*Bill Scott who coach our Gold Medal winning Under 19 R & R Team just recovering from a knee replacement. Still involved with Maroochydore SLSC march past team and judging R&R at State & National level.*



**Alan Dell**



# from the ARCHIVES

## Club History Snippets!

### Why are the club's colours royal blue and gold?

Many foundation members were also members of the Melbourne Swimming Club, whose colours were royal blue and gold.

Ainslie Walker, an employee of a wool buying company that was transferred from Sydney to Melbourne prior to the 2nd World war, joined the Melbourne Swimming Club and enticed many members (all males) to explore the many ocean beaches in Victoria and have a go at surfing. After exploration from Portsea to Lorne they were attracted to the reliable 'point' surf at Torquay, hence the connection to TSLSC.

### What happened to TSLSC after the 2nd world war?

The abandoned Life Saving Club on the front beach (Cosy Corner) was stripped of its materials and re-purposed to build the original club house. This timber building was part of the Royal Life Saving Club from the 1920s.

Then, on January 4th 1946 after lunch, the inaugural meeting with 75 attendees, was held at the Palace Hotel Torquay to form the Torquay Surf Club. There were representatives from the local Shire, Foreshore Committee, Improvement Association, campers and local surfers.

The proprietor of the Palace Hotel, Mr. Clive Evans, was duly elected as the first President, Mr Ainslie 'Sprint' Walker as Club Captain and Mr Lindsay Bock the Secretary.

Because 'Sprint' Walker had been an established member of both North Steyne and Manly Surf Life Saving Clubs, he put forward a motion to change the name to the Torquay Surf Life Saving Club which was actioned three weeks later.



Pictured L to R - Ainslie 'Sprint' Walker (1st TSLSC Club Captain), Clive Evans (1st TSLSC President),

### Olympians, Australian National and Masters Champion club members?

- There have been 28 members who have represented Australia in Olympic competition. (listed in our last annual report, [CLICK HERE](#))
- Peter Milburn has won the most number of Gold Medals from a Victorian club at the National Championships with 9 medals.
- Life Member Tony Strahan, has won the most gold medals at Australian Masters level, with 14 medals in the 50 yrs - 64 yrs categories in Surf Races and Rescue Tube Races between 1993 to 2005.
- Life Members John Russell, Peter Milburn, Brian Whiting, Maurie Rayner, Cliff Goulding, Peter Doak and Naantali Marshall have all represented the Australian Surf Life Saving Teams Internationally.
- Boat crew who represented Australia in NZ .Scott Tannahill sweep & coach, Sonia Heath, Sylvie Withers, Jessica Kelleher, Sophie Robson.

**Tony Fraser**  
Club Historian

# the PEOPLE OF TSLSC



## ABBHEY *hardman*

I joined the Torquay Surf Lifesaving Club in the summer of 2010/11 starting out in nippers. When I turned thirteen, I gained my Surf Rescue Certificate (SRC) after completing the SRC camp, so I could patrol.

The training programs offered by the club provide great opportunity to challenge yourself, to form lasting friendships and to gain valuable experience in various surf lifesaving disciplines. Not only has it provided me opportunities to extend myself within the club and on patrol, I've been pleasantly surprised by how applicable many of those skills and qualifications learned from my years of participation in club programs and activities have been to professional life.

I'm currently employed as an Intern Radiographer at The Alfred Hospital, a job that I absolutely love, and I've found the knowledge and experience gained from Summers on the beach as a volunteer surf lifesaver have been invaluable for both my University studies and my career.

I have been an active patrolling member for almost 10 years now and involved in the training of bronze camps for almost 6 years. I've recently transitioned into the role of Chief Instructor where I hope to create a new approach to the education, training and development of the next generation of volunteer surf life savers.

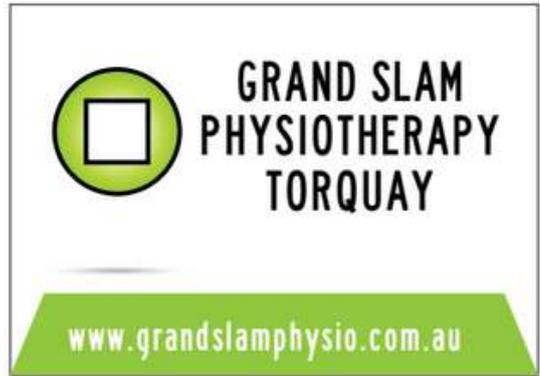


I love training because of the kids. The look on their faces at the end of camp when you give them a certificate and their patrol uniform. You can see in their smile how excited they are to jump on a patrol with their friends and put their new learnt skills into practice. I train because it's not only my way of giving back to the club and community that afforded me so many opportunities, but also to ensure that future volunteer surf life savers and program participants are given similar opportunities and experiences that I was provided when I was starting out.

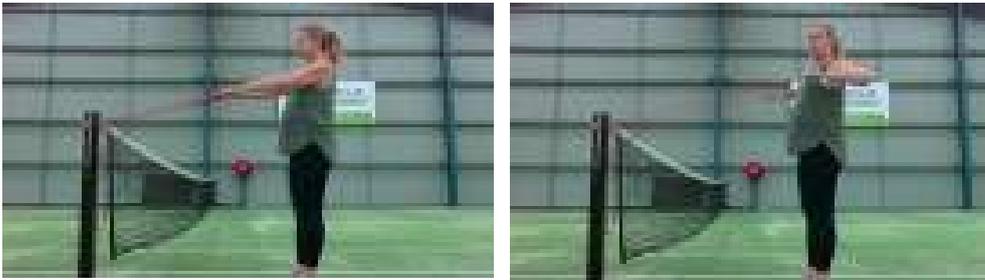


# BULLET PROOFING YOUR SHOULDERS FOR SWIMMING

with Grand Slam Physio



Shoulder injuries account for a vast majority of swimming related injuries. Therefore, resistance band exercises should be a staple to complement your swim training to not only decrease your shoulder injury risk but also improve your performance. As a physiotherapist who is well aware of the issues that arise from following the black line, the following exercises are important to take your swimming to the next level. In the clinic, these are often the areas we see deficits:



**Scapular control/stability:**  
As this is the link between your shoulder and trunk, controlling scapula (shoulder blade) movement can ensure safety throughout your stroke. Eg. The high row. Perform 2-3x 12-15 reps



**Rotational control of the shoulder:** Swimming requires good rotational control of shoulder, therefore it is important to not neglect this area. E.g.

- Shoulder external and internal rotation with arm elevated: 2-3x12-15
- Shoulder external rotation with arm elevated: 2-3x15



**Shoulder Internal Rotation**



**Incorporating kinetic chains and core stability:** These exercises aim to transfer energy from the strong legs and core through to the arms. E.g. Plank to single arm row 3x12

Building strength and stability not only in the shoulder but also in the core and kinetic chain is super important to get you swim fit and ready. Have a go and let us know if you have any issues!

About the author: Jesse Castillo is a keen swimmer and physiotherapist at Grand Slam Physiotherapy. Jesse works at both the Torquay and Geelong clinics.

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



PLATINUM PARTNERS

# Surf Coast Times

## TORQUAY

HOTEL • MOTEL



GOLD PARTNERS



SILVER PARTNERS



BRONZE PARTNERS



FRIENDS OF TORQUAY

