

SURF, SUN 'N' SAND



TSLSC CLUB NEWSLETTER | August 2019

President's update

A motto that I love is "the only person you need to beat is the person you were yesterday". As we are deep in planning for the fast approaching season this feels very appropriate. Whilst last year was good in many ways there is always room for improvement.

A key focus during the "off season" is to provide opportunities for all members to remain connected to the club until the water warms up. A united club is a strong club and we are working on ways to break down perceived barriers. The cross fit sessions being run every three weeks, thank you to our amazing sponsor CrossFit Bells Beach, is just one example of this. These sessions are open to all members under 13 and above. It is great to see a real cross section (pun intended) attend these and work on core fitness.

Each section is forming sub committees which are critical to ensure the workload is shared and people feel that they can help with whatever time they have. So please don't stand back and wait for others to raise their hands. It really is rewarding and we need each and every member to contribute in some way.

The committee recently undertook some Governance training. This is a continuation from a program started last year and vital for all Directors to understand their roles and responsibilities from a legal and compliance perspective. LSV have made significant changes to the training programs and a forum was held in conjunction with Jan Juc recently to ensure as a club we are across these changes and what improvements we can make to our offering.

So it's all go behind the scenes. If anyone feels that they would like to help but don't know how or who to approach please just let us know and we will be in touch. Stay warm.

Tiffany Quinlan, Club President

Club News

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The winter chill has kicked in so things are pretty quiet around the club. There are still a brave few from the morning crew getting in for the morning swim and training is just getting started for the next season. So with this quiet period it is time to work on the club to get it into shape for the season ahead. I am looking specifically at the gym. We are looking for members to help refurbish the gym on the 10th of August at 9am, removing all equipment from the gym, pulling out the old carpet, re-painting, and new flooring. Lots of the current equipment is for sale, let me know if you are interested. Looking for help to move the heavy equipment with pallet jacks etc. The more hands the quicker we can get the gym looking amazing.

I am also heading up the youth squad this season. The intention of the youth squad is to act as an orientation for youth (age 13 to 15) to all things lifesaving. This is a difficult balance and it is work in progress, will continue to adjust to ensure we retain this group of members who are the future of lifesaving. The primary purpose of the Youth Squad is to act as a platform for your kids moving into the senior ranks of the club. Importantly, we want to create an inclusive community for this youth group and develop some valuable lifesaving resources. We are looking for expressions of interest for parents/coaches who would like to be involved in any capacity. If interested please email me theclubcaptain.tslsc@gmail.com.

Cam Mercer, Club Captain

For the Calendar

Aug 10 - Gym Working Bee

Aug 11 - Members' Cross Fit 4pm

Sep 6 - First Friday Club Drinks



COMPETITION ROUND UP

Director of Competition – PETER QUINLAN



With only a few more weeks to go to the end of winter and with many of our competitors close to finishing up their winter sports program, our thoughts now turn to ramping up board and ski training over the next few weeks.

With some of our older competitors already braving the chilly water with Saturday morning board training at Cosy and Ski training on the Barwon River during the week, we are hoping to see increased numbers over the coming weeks.

You will have noticed that we have advertised for expressions of interest for both Beach and R & R competitors, these are still open and if you wish to know more, send us an email to competition.tslsc@gmail.com. For those who have submitted an expression, we will organize a meeting in the next few weeks to go over the proposed training schedule for the up and coming season.

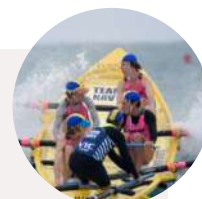
A midweek board session will be added to the training program in August, we will let you all know when and where through Team App.

Also watch out for the next CrossFit session which we will notify you also through TeamApp.

With the 2019/20 Carnival program already released, we don't have to travel far to carnivals this season and there are a number of gaps during the season in which we will add some of our interclub events. Cam Mercer our Club Captain will now oversee the Youth Squad and will be in contact with you very soon.

Well there's plenty on the go with the boat section. Our newest sweep Pat Spinazollo has been busy with his U19 girls crew "the Honeybadgers". Jacko and Scott Hastie also have some new faces, so a warm welcome to all. It was great to see 5 Torquay boats at Fiso's before the AGM. All enjoyed a Frenchy burger in the park after the session. Our coaches and sweeps are preparing their training programs for the season and hitting the surf at least once a week. The carnival program is now out and we can look forward to our first carnival at Point Roadknight on Sunday 24th Nov. Other dates to pop in your phones are proposed training camp at Woolamai, Phillip Island on the 11/12/13th October and Port Campbell mini carnival Sat 30th November in memory of Andy & Ross Powell. Looking forward to another great season of Surf Boat Rowing.

Rod Costa, Boat Captain



Beach and R&R Training

Information has recently been published to members requesting Expressions of Interest for competitors in Beach and R&R events. The Director of Competition is co-ordinating specialist coaches for these areas, so make sure you have registered your interest at competition.tslsc@gmail.com. Beach events include competing in beach runs, flags and relays. R&R is a competition based on the simulated rescue and resuscitation of a patient from the surf using the traditional belt and reel. It combines swimming, resuscitation skills, marching and drill with teams judged against set criteria, with teams of 2, 5 and 6 members.





NIPPER NEWS



Hi members, I'm really stoked on my appointment as Director, Junior Development and am looking forward to working with nipper families and our broader members to deliver an exceptional Nippers program, and developing exciting and engaging pathways for our Nippers to become long standing members of our club and outstanding members of the community.

My family have been members of the club for six years, joining when our son Harris tried out nippers during the Summer Holiday Program, needless to say he, and we, loved it! He's now in U13s this season, with our girls Cara and Emma in U11s and U9s respectively. I finally did a few patrols last season, and my wife Daphne sits on the Risk and Audit Committee, so in a reasonably short period of time we have become deeply involved in the club. I was one of those parents that just preferred to be in the water when Harris was doing his nipper session, so rather than burn snags on the BBQ, I put my hand up to Age Manager and also be the Age Manager Coordinator for a few seasons. I have found that being involved in the Nipper section and the club has been extremely rewarding, helping kids catch their first waves is priceless, and we have built strong friendships with amazing people. Time on the beach and in the surf is always time well spent, so the balance to our lives that the club provides is invaluable.

First up, I'd like to thank Tiff and the Committee for a warm welcome and making the transition to Director relatively easy! My immediate priorities are establishing the Nipper Section Sub-committee and the procurement of rash vests and paddle boards. For the longer term, I have three key objectives for our Nipper section and throughout my term will constantly anchor myself and the subcommittee to these.

We need to provide a pathway for future lifesavers through life saving skill development and surf sports, bring families and friends together in community service, and foster an appreciation and respect for the ocean and natural environment.

As you are all aware the Nippers section has grown significantly in recent years, so the key measure of success for us is retention rates, because if

Nippers are coming back we are doing the right things! There are two areas of focus this year that will be critical to our success and provide an opportunity for all to assist in any small way they can, and exhibit the culture and character of TSLC. On the beach, I plan on leveraging the depth of lifesaving skills and experience within the club to develop a coaching program for our Nippers. Off the beach, we need to harness the diverse skills of our nipper families to share the load of running such a large program in the short term, and build the capability within the section to continue delivering high quality nippers programs for the next 5- 10 years and beyond. I look forward to seeing you on the beach or in the water.

Matt Henderson, Director of Junior Development



FROM THE ARCHIVES...

Anthony George Strahan was granted the Order of Australia Medal on 10th June 2019 for his superlative contribution to Surf Life Saving. It all began when he joined our club in 1961 starting with participation in patrols, competition and committee management including Swimming Manager, Competition Director and later as Treasurer in 1965 and 1966. With his ongoing dedication and service to the TSLSC, Tony was elected to Life Membership in 1992. His sons David and Simon, while enjoying their success and having fun as Nippers, father Tony became totally involved, as many of us do! Superintendent Junior Activities Board, Competition Panel, Competition Sectional Referee, Chief Referee and Junior Activities Board, from 1986 to 1992. He then received a Citation of Merit from World Life Saving in 1993. With his outstanding contribution to Life Saving in this state, Life Saving Victoria awarded him Life Membership in 2002. In addition to his world title at Lorne in 2006, Tony has won 14 individual Masters Championship Gold Medals at the Australian SLSA Titles. Closer to home, he has come first in the Lorne Pier to Pub on 15 separate occasions in different age and sectional groups.



Prior to competing in the surf, Tony Strahan contributed to Swimming Victoria on various committees and represented Australia at the Commonwealth Games in Perth 1962. He was part of the Gold Medal team winning the 4 x 220 yd relay in World Record Time.

FUNDRAISING – WE NEED YOU!



We're deep in planning for a big Fundraising Season over Summer and looking for volunteers to join our Sub-Committee. Thanks to Rob Gervasoni and Tim Altman who have already put up their hands, but there's room for plenty more! We need more hands on deck to lead the range of events we have in store for Members and the community.

Specifically we'd love a musically minded co-ordinator to manage our Music Program. We're looking to schedule a range of Buskers, paid Musicians and Open Mic sessions, and would love someone with an interest to take the lead. We'd also love some more crew to help lead our social events – Sunday Sessions, Fish Friday, our 75 th Anniversary Celebrations and plenty more.

If you have experience, an interest in co-ordinating these sorts of activities, or just keen to be involved, please join us. We will have a volunteer schedule, and I encourage all members to think about doing 'their bit', many hands make light work. If you have an interest and willingness to be involved, please get in touch – clubfundraising.tsllsc@gmail.com.

Lanie Conquest, Director of Fundraising





LIFE SAVING

Hi all, I hope everyone is enjoying their winter activities, whether that's on the sporting field, up at the snow, over in sunny Europe and everything in between. It's important everyone keeps their skills up over winter, so keep swimming, running and enjoying your sports to stay fit to patrol! At the moment we are reviewing the patrol rosters from the past few years to identify strengths, weaknesses and opportunities for future growth.

Courses are currently being offered by LSV in First Aid, CPR and ART both in Melbourne and on the coast and I encourage you all to take up the opportunity to upskill. Details available in the dates section of the newsletter. I'd also like to congratulate all members who participated in last year's patrol audits, we finished in the top half of the state which is a good result. Congratulations also to all members who have been successful in obtaining spots on LSV's Advanced Lifesaving (Gold Medallion) Camp. Stay tuned for more exciting updates!! See you in the surf.



Pat Spinazzola, Director of Lifesaving

MEMBER SERVICES...

With the new season upon us it is great to see so many renewals of membership coming through. Just as importantly we are delighted to see new members joining our Club each week. We will be conducting a tour of the Club for new members at the first Friday of the month drinks on September 6th. Tours will also then be run on Sunday mornings from October (after each Nippers session) depending on demand and availability.

We are always looking to improve the benefits and rewards available to members across a range of companies and products. If you or your business would like to be involved in our membership rewards program by providing special offers or discounts to Club members, we would love to hear from you. This provides a great opportunity to increase your business profile and exposure as well as drive patronage. Contact membership.tslsc@gmail.com if you would like to be involved.

MEMBER PROTECTION OFFICER

email – memberprotection.tslsc@gmail.com

Members' Bar looking good!

After being dealt some severe punishment from our coastal winter, the Members' Bar was re-opened for the First Friday Club Drinks last Friday. With new flooring, thanks to Ed Beacham, and new windows organised by John Mercer, members and friends can once again come together each month – an important event in maintaining our club's inclusive culture.



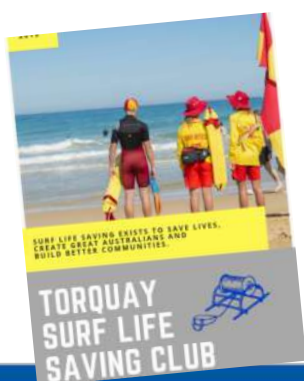


SPONSOR NEWS

Connecting with last season's sponsors and meeting new partners to chat about the successes from 2018/19 and the exciting plans for 2019/20 is a very rewarding part of the Marketing role – I get to talk about all the great things about this club and the amazing community of members!

Sponsorship means so many different things to different people. For some it's about having the opportunity to partner with an iconic community service, their philanthropic contribution. For many sponsors, aligning their brand with the lifesaving culture is important, along with the value in being able to speak to a large section of the community. Some are after brand visibility, others prefer to be behind the scenes. Whatever your motivation we can create the bespoke value proposition to tick your boxes, and to keep our club operating at its best – protecting visitors to our beach and ensuring the sustainability of lifesaving long term.

We are very proud to officially announce our returning sponsors so far for the new season – Surf Coast Finance, Kings Funerals, Basebuild Constructions (under a partner brand name), and Great Ocean Pools. With many more currently in discussion and about to be announced. I look forward to sharing the sponsorship news through Facebook and Surf Sun n Sand as they come on board.



MEMBER EDUCATION

TSLSC's three strategic priorities for this season are Community – Education – Re-development. As part of the commitment to provide education opportunities for members, to continue to nurture our life saving culture, we are planning a full calendar of training. This month we are profiling an important course – Introduction to CPR – which can be undertaken by any member from 12 years up. If we have enough members interested in running these additional courses, we will schedule dates.

Please register your interest by emailing info@torquayslsc.com.au.

HLTAID001 Provide cardiopulmonary resuscitation

Emergencies can happen at anytime and anywhere and can impact you or somebody you care about. Learning vital lifesaving skills and techniques can make a huge difference in somebodies life and it is vital that Victorians have the skills and knowledge to be able to confidently take control of potentially life threatening emergencies until professional assistance arrives.

Life Saving Victoria's CPR training course will equip candidates to act quickly and confidently in an emergency situation. The course focus includes casualty assessment, one and two person CPR, choking, situation management and emergency services communication.

Course prerequisites

This course requires a reasonable level of physical fitness. It is recommended that candidates are **12 years in the calendar year** they undertake the course.

Course duration > 3 hours face to face

