

## President's Update

### Tiffany Quinlan

With daylight saving having started we can almost smell summer. I have been assured it's going to be a hot one, so fingers crossed. Patrols are coming together well, despite not being clear on the Covid restrictions. A huge thanks to those that have volunteered for the most critical role in the Club – Patrol Captain. Without these volunteers we simply do not exist.

The Redevelopment Project is pushing ahead despite all the obstacles thrown at us. Meetings have been held with all relevant governing bodies to start consultation with very positive feedback. We will be sharing more in the coming months. Funding continues to be the primary concern and we welcome anyone with connections or ideas on how to assist in funding the inevitable shortfall. We hope to have available a 3D Model for viewing once restrictions are lifted.

It's great to see so many people around the Club just please remember to check in using those QR codes. The bar opened last week with restrictions, but we are determined to get people back connecting as soon as possible. Our Functions Director has some great initiatives for the summer period so watch this space.

Requels are coming up soon so make sure you are keeping fit and healthy ready to get back to doing what we love. The requal is likely to be a similar format to last year - small groups and observations of resus techniques with the compulsory run swim run. For now, stay safe and check in on a club mate.

Ash Hughes Photography



## MEET the TEAM



### MATHEW BLAIR BOAT CAPTAIN

I first joined Torquay SLSC in 1989 and finished my bronze not long after. I spent many summers on patrol and rowing as well as paddling boards and dabbling on a ski. In winter we had a very active IRB team and even hosted Aussies at Torquay.

In my late twenties I left Australia to travel and live overseas where I met my wife and began a family.

I made a comeback to rowing and surf lifesaving when we returned to live in Western Australia and my kids enrolled in nippers. We returned to Victoria 6 years ago and I spent a couple years rowing for Anglesea before a seat became available in a Torquay boat and I jumped at the chance to return to my original club.

I'm looking forward to building on the great work done by previous Captains and getting every member in a boat at some stage. It's not as bad as everyone says, some even enjoy it.

## Memberships

The Club Office Manager, Michelle is available to provide guidance for new membership and renewals. Michelle is onsite in the office Tuesdays and Wednesdays for membership inquiries.

### For the DIARY

- Oct 22 | Club Bar Open
- Oct 24 | Surf Boat Come & Try date at Fishos
- Oct 29 | Club Bar Open
- Oct 30 | State Team Selection Jan Juc
- Oct 31 | Nipper Family Membership Early Price Ends
- Nov 5 | Club Bar Open
- Nov 12 | Lorne Nipper Camp (& Club Bar Open)
- Nov 19 | Club Bar Open
- Nov 26 | Club Bar Open

# Around the Club

Julian Sweeney, Club Captain

Summer is quickly approaching and hopefully the end to COVID lockdowns. We all look forward to seeing the smiling faces of our existing and new Melbourne members that have endured longer than hoped lockdowns than our regional members. Regardless of the lockdowns the Club is in great shape and ready to take on the new year.

One of the more exciting projects we have been working on in the off season has been developing a plan with Grant and Nikki Matthews for the newly named youth squad 'Torquay Rescue'.

'Torquay Rescue' will be a place to learn and fine tune important lifesaving skills and maintain aquatic fitness at the best club on the Surf Coast. Plus, there will be plenty of fun, challenges and adventures! This group is non-competitive and open to U14, U15 and U17 members who hold a current SRC/Bronze award or are enrolled in a course this season.

Grant and Nikki have generously offered to mentor this group of young aspiring lifesavers. Both Grant and Nikki have an amazing history when it comes to all things Surf Life Saving including Nikki winning a gold medal last year representing Torquay SLSC at the Australian Surf Lifesaving Titles. The 'Torquay Rescue' participants are in great hands.

This year is going to be a huge year for our great Club so I look forward to seeing you all at the beach.



# COME & TRY

## social row!

All members welcome.

**Absolutely no experience required.**

No need to book, just turn up with bathers and a thermal or wetsuit top. We will take you thru everything you need to know to start rowing boats. **Look for the TSLSC tent on the beach.**

**When: Sunday October 24, 9 - 10am**

**Where: Fishos Beach**

**Any questions: [boats.tspsc@gmail.com](mailto:boats.tspsc@gmail.com)**



# FORSALE



Brian Beck is selling these two items, both are brand new and built by Brian! Contact Peter Doyle for more details: 0438 612 568



# TORQUAY RESCUE

needs a sponsor!

email: [sponsorship.tspsc@gmail.com](mailto:sponsorship.tspsc@gmail.com)



**MEMBER PROTECTION OFFICER**

email : [memberprotection.tspsc@gmail.com](mailto:memberprotection.tspsc@gmail.com)

# COMPETITION NEWS

**PETER QUINLAN**  
Competition Director

## youth & seniors

Another stuttering month of competition training occurred in September due to the Covid lockdown. Hopefully we have seen the back of this, and we can now move ahead with a bit more certainty for the season ahead.

Some fantastic numbers have been turning up regularly for training and we can't wait to start competing again which should be around mid-November starting with the Endurance Championships to be held on Saturday November 13th at Cosy Corner.

We welcome Mat Blair as the new Boat Captain for season 2021/22. Mat takes over from Rod Costa who held the role for a number of years. Rod will still be actively involved with the section with his current roles at both VSRL & ASRL. Rod was great sounding board for me, in particular navigating the Club's way through all the compliance and logistics in getting our boat craft and boat teams to the Aussies. He will no doubt provide Mat with the same assistance.

Last month the boat and craft section lost one of their favorite supporters in Ed Beacham. He was always popping in at carnivals especially at Vic and National titles cheering on all Torquay competitors. He will be sadly missed by all.



## boat crews

After the ever-changing COVID restrictions have lifted, we are finally able to get back in the boats and start our season. We have several new crews getting organized in addition to our returning rowers which should put a crew in most divisions this year.

Lots of work is going on in the background to ensure equipment is ready for competition as well as social use, we can't wait to open up the Section for the "come and try days" as well as social rows for those members not wanting to commit to a crew.

We had a "New Sweeps Qualification" weekend last weekend which will provide the necessary manpower to facilitate our plans.

Planning for the christening of the new Torquay Hotel boat is underway so make sure you get along to that when things are finalised.

If you have any questions, queries or just want to chat please feel free to contact me anytime.

**Mathew Blair, Boat Captain**



**SUMMER NIGHTS**  
— AT TSLSC —

21 22

**We've got a great summer of events planned at TSLSC, including The Gypsy's Lunchbox serving up some burger love and other exciting meals, Boxing Day through to January!**  
**Stay Tuned!**




# NIPPER NEWS

The nipper season started successfully on October 10th as planned.

Unfortunately, in accordance with the LSV activity guide, we will continue to be running with limited group numbers and split times. Whilst the numbers for the first 2 sessions were quite restrictive, by successfully implementing our Covid safe plan and with consultation with LSV we were able to demonstrate our ability to run a program that ensured the safety of ourselves and our community. This has meant that we have been given approval to significantly increase the number of participants for future sessions.

For any families who participated in the program last season everything will be very familiar. The covid environment means we have to implement quite a structured program that I think works quite well and is likely to be continued with minor modifications in seasons moving forward.

For all new members please make sure you have downloaded TeamApp and have requested membership to the correct age groups - this is the main communication method for info and will be the mechanism we are using to register for each session.

Thank you to all those who have filled out the nipper registration form. We need support and participation from all families to deliver the best nippers experience - especially officiating and water safety at carnivals. Carnival participants are limited by the amount of officials and water safety we can provide, so in order to field the largest team possible we need as many parents as possible to commit to these roles. The program can not run without these vital roles filled.

Please do not hesitate to touch base with any committee members or your Team Manager for further information on how you can help.

## MATT CARMICHAEL Director Junior Development

This season volunteering in such a capacity will be the best, and possibly only, way to get up close to the action as it is likely that spectator numbers will be limited, both at training and at carnivals.

It can be intimidating getting involved initially, but once you do it is extremely rewarding and you will find the club and fellow members supremely appreciative and supportive.

As mentioned last month nipper numbers are running strong with over 322 nippers signed up already! We are looking forward to a bumper season managed in a covid safe manner in accordance with all LSV guidance to keep everyone safe and happy on the beach!

Remember nippers can only join in sessions if they are financial members so please ensure everything required for your family membership is finalised prior to participating!



### Getting ready for the Life Saving season

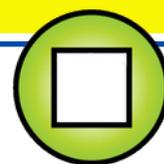
Pre-season training is essential in preparing the body for optimal performance and injury prevention. Key points to get your body ready & set your program:

- Increase load by 10% each week to avoid overload and injury
- Incorporate endurance, fitness, strength, flexibility and power into program

#### PRE-SEASON PROGRAM

- Aerobic/Cardio fitness
- Strength Training
- Flexibility
- Power

We are Sports & Exercise Physiotherapists and ASCA trained strength and conditioning coaches who can individualise your program to meet your needs.



**GRAND SLAM  
PHYSIOTHERAPY**  
TORQUAY



## LSV VACCINATION UPDATE

To comply with the latest Victorian Government roadmap, LSV has identified that members, employees, industry and community partners, contractors, and visitors need to be vaccinated against COVID-19 by **October 26th** to be able to:

- attend an LSV or club facility in person,
- deliver an LSV or club service, or
- participate in an LSV or club activity in person.

This extends from our emergency services role to our community sports and recreational activities, and to the training and customer service areas of our operations.

Exemptions will apply as per the Chief Health Officer directions, and we will support those with a valid exemption to continue to participate in lifesaving in a safe, inclusive, and practical way.

TSLSLSC will be accepting membership applications from unvaccinated members. Such members will be unable to attend an LSV or club facility, deliver an LSV or club service, or participate in a club or LSV activity under the current Government roadmap.

Further information on LSV's vaccination position and how it will be managed has been detailed in a comprehensive FAQs document.

Thank you for your ongoing support in lifesaving and for your understanding throughout the ever-evolving circumstances of the pandemic.

Contact [vaccinations.tsllsc@gmail.com](mailto:vaccinations.tsllsc@gmail.com) to discuss individual memberships with a TSLSLSC representative.

**TSLSLSC Committee**



How good is our new hydraulic lift for our IRB motors! We can't wait to get this into action for the season. A much safer way to move these motors around.



Yet again we are looking down the barrel of a very hot summer and heavily populated beach. We will need every active member to patrol this season as always as it lightens the load. We sent out an email allowing members to identify preferred days and patrols that they would like to be on. If you have not completed this please do so before 15th October. There is no guarantee but we will certainly try and accommodate where we can.

Substitutions last year were a real problem. We fully understand that life happens and from time to time you need to swap roster. It is critical that you notify your patrol captain. Not turning up means we could be short on necessary skills and literally puts the community at risk. You will be contacted by your patrol captain once rosters are finalised on how to communicate necessary changes and how to find a substitute.

Award requalifications are likely to take the same format as last year. Group numbers will be limited so please check your email and the socials to ensure you are on top of the dates when released and book early. Don't forget you must complete the online section PRIOR to attending the requal.

We have had feedback on members wanting to reintroduce the patrol comp which we are currently exploring. If there are any members who would like to volunteer to help put this program together please email [info@torquayslsc.com.au](mailto:info@torquayslsc.com.au) and we will be in touch.

New patrol tops have been issued to the club. When you attend your first patrol we will ask you to bring in your old one and we will issue you a new one on the day. If you registered on line and selected a size that has been allocated.

There is lots happening and you will start receiving a great deal of communication in the coming weeks. We look forward to seeing you on the beach and once again thanks to all our patrolling members - we value you.

**LOCAL SUPPLY**  
PLANT-BASED EYEWEAR

**FAGG'S MITRE 10**  
BELMONT TIMBER TradeCentre  
MITRE 10

# sponsorship NEWS

Sarah O'Dwyer  
Director of Marketing

The 21/22 sponsorship fund is already streets ahead of previous years, and that is a huge compliment to the great work our club does in the community and the wonderful members we have on our side!

We are excited to have a new partner on our side this season - Local Supply - supplying all our valuable patrollers with free sunglasses for those (hopefully) hot summer patrol days!

Welcome back to long term supporter Faggs Mitre 10, here to support our patrollers again, always great to have you on our team.

Hopefully you've had time to check out our brand new website, built by Big Blocks Solutions. The site has been specifically designed to showcase our club and all the wonderful work we do. And, make it easier to find information!

Thanks to the team at Grand Slam Physiotherapy we have a wonderful member offer during the season, and also some training tips each month. Don't forget to mention the club when you book!

We always get asked 'send me your sponsorship packages'. Well we work a little differently at TSLSC, so our response is 'what's important to your business?'. Each sponsorship discussion is bespoke, every package is tailored, and we work really hard to deliver individual value - and that's why we have so many long term sponsors partners! We have some exciting new sponsors to announce over the coming weeks, so stay tuned!

**We want to buy our very own FINISHING ARCH, and we'd love a name on it! Is your business in a position to sponsor this purchase? You'd look good on this!**



10% MEMBER DISCOUNT  
20% TSLSC DONATION (with every member visit)

GRAND SLAM PHYSIOTHERAPY TORQUAY

TO BOOK  
PH. 5277 2151  
www.grandslamphysio.com.au



### SPONSORSHIP TEAM HELP

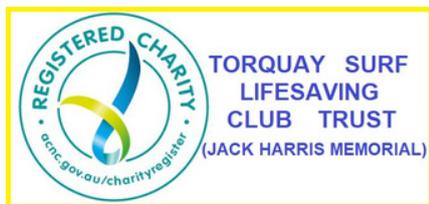
We are calling out for help with our sponsorship program. Meeting new sponsors, looking for opportunities and managing relationships. If this sounds like you, we'd love to know!  
email: sponsorship.tslsc@gmail.com

# OUR SPONSORS

2021/2022

## PLATINUM PARTNERS

# Surf Coast Times™



## GOLD PARTNERS



## SILVER PARTNERS



## BRONZE PARTNERS



## FRIENDS OF TORQUAY

