



SURF SUN & Sand

MERRY CHRISTMAS





Important Dates

Upcoming Events

Keep up to date with what's happening at the club! Don't forget to check the Club Facebook page or the Torquay SLSC Website for events and updates in case there's any changes or new items that pop up!

- 26 DEC** SUMMER HOLIDAY PROGRAM NIPPER MEETING 12 NOON TSLSC
- 26 DEC** SKILLS MAINTENANCE IRB CREW SILVER MEDALLION IRB DRIVER COURSE
- 27 DEC** BRONZE & ART SKILLS MAINTENANCE SRC ADULT COURSE COMMENCES
- 28 DEC** NIPPERS SUMMER HOLIDAY PROGRAM
- 6 JAN** COSY CORNER NIPPER CARNIVAL **VOLUNTEERS REQUIRED**



Want your photo or artwork on the cover of Sun Surf & Sand? Email your graphics through to marketing.tslsc@gmail.com

Remember the artworks have to be original and belong to you. We also need them in a format suitable to be blown up to A4.

We'll feature your name as the creator and/or photographer and include your contact details so that people can reach out to you.



Christmas isn't just a day, it's a frame of mind.



Valentine Davies

Bar Now Open! Bar Now Open!

It's been a long time between drinks. But the wait is over! Every Friday Evening and Each Saturday Afternoon the Bar is Now Open!

This season the Members Bar, Outside Decking and Beer Garden are all going to be open and provide the perfect place to enjoy a drink, friends and good times.

Stay tuned for some exciting news and events that we'll be hosting in our private little slice of paradise.

The club uses the proceeds from the bar to help fund our programs. It's also a great place to bring and make friends.

If you had access to a bar and drinking area as great as ours, wouldn't you be mad not to use it?!?

Bring your friends! Bring your family!

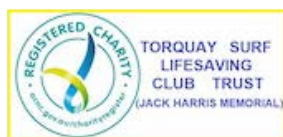
Let the Good Times Roll!



FABULOUS SPONSORS

Platinum

Surf Coast Times



Gold



Silver



Bronze



Friends





Julian Sweeney
President

President's Report



Our successful group of 2022 SRC participants ♡ ♡

December has supercharged our run towards the new year. The club has come together as one and started to achieve and show others around us how great 'we' can be.

As all clubs coming out of 2 years of COVID we will face some hurdles, but if we stay united and embrace each other for our differences, we will achieve and celebrate great moments together.

We have so many great people within and around our club. The time and effort that we invest in each other shows the love and passion we share that makes Torquay Surf Life Saving Club great.

Whether it be a nipper learning to paddle a board for the first time or a senior competitor winning a race at the state titles we will all celebrate as one these momentous occasions.

At this time of year we celebrate family and the love and joy it brings to us all. Whether your family is large or small or everything in between I hope you all have a safe, healthy and memorable Christmas and a Happy New Year.

I have a few more thank you's before I sign the year off; thank you Mick Sheahan and Bill Johnson for helping us equal. Thank you Tiffany Quinlan and Sarah O'Dwyer for running the SRC course. Thank you Susan Noonan and your crew of capable instructors for running the Bronze Course. Thank you to the nipper committee, thank you to the competition team coaches and last but not least 'THANK YOU' (yes you) as 'YOU' make the Torquay Surf Life Saving Club truly great!

I look forward to seeing you all around the club and down the beach this summer.



The all terrain beach access wheelchair making beach access possible for more all!



Members of the 2022 Bronze requa



Club Captain's Report **Grant Matthews**



It's time for all of us to earn our keep. Patrol, patrol, patrol!!! A big shout out to Mat Blair. Mat has been our hardest working member leading into December. Putting together patrol rosters, planning for SRC, bronze camp and skills maintenance.

Can I also ask for a standing ovation for Billy J. "Long live Billy". Bill is the cornerstone of all things surf life-saving and Torquay SLSC. "We love you Billy". And of course, all the members that support Mat and Bill.... That's what clubbies do.

**SUMMERTIME
AND THE
LIVINGS
EASY!**

I wish everyone a safe and Merry Christmas. It's a time for a bit of R&R, rest and reflection. Give the world a gift of a better version of yourself, no matter what.

Congratulations to all our new lifesavers! 'We are all here on earth to help others, what on earth the others are here for I don't know'. WH Auden

Torquay Rescue's Road to Nowhere trip landed on the beaches where it all started, Manly and North Steyne. A weekend of patrolling, training, and making friends was amazing. Nikki and I are now planning Torquay Rescue Road to Nowhere 2 and some other yet to be announced events for 2023.

**And we're not little children
And we know what we want
And the future is certain
Give us time to work it out
We're on the road to nowhere**

Song by Talking Heads



MERCH MERCH MERCH

We know everybody is excited about Torquay SLSC Merch! We're well on the way to restocking inventory in the Merch Store! Stay tuned for more updates via the website & Facebook!

WEAR THE COLOURS PROUD!

Want to show your support to the Club? Looking for brand exposure & brand affinity that's second to none? We're always looking for ways to engage in partnership agreements that bring benefits to both you and the Club. Drop a line to info@torquayslsc.com.au and we can get the ball rolling!



**PROUDLY SUP-
PORTING TORQUAY
SLSC!**

**COME & TRY IT
AT THE CLUB!**

THE BEST SHOULDER EXERCISES FOR SURF LIFE SAVING



GRAND SLAM
PHYSIOTHERAPY

Whether you're paddling, swimming or diving for a flag, your shoulders are getting a workout! The risk of suffering from a shoulder pathology is therefore increased due to repetitive rotational loads through the shoulder. Thus, it is important to train these muscles to ensure adequate strength and stability. Evidence-based literature supports the use of open chain and closed chain exercises below 90 degrees elevation for overhead athletes suffering from shoulder pathology (Wright et al., 2017).

3 great exercises to add into your strength program are:

1. **Low row** – assists with upright posture and strengthening posterior deltoid, trapezius, rhomboids and latissimus dorsi muscle groups.
2. **Row at shoulder height** with scapular setting – at 90 degrees abduction and increases deltoid activation.
3. **External rotation** at 90 degrees abduction – increases teres minor and infraspinatus muscular control and strength.

It is recommended to complete a minimum of 2-3 sets with 8-15 reps at least 4 days per week to achieve muscular strength endurance adaptations.



LOW ROW



90 ° EXT. ROTATION



ROW AT SHOULDER
HEIGHT



Lifesaving Update Mat Blair



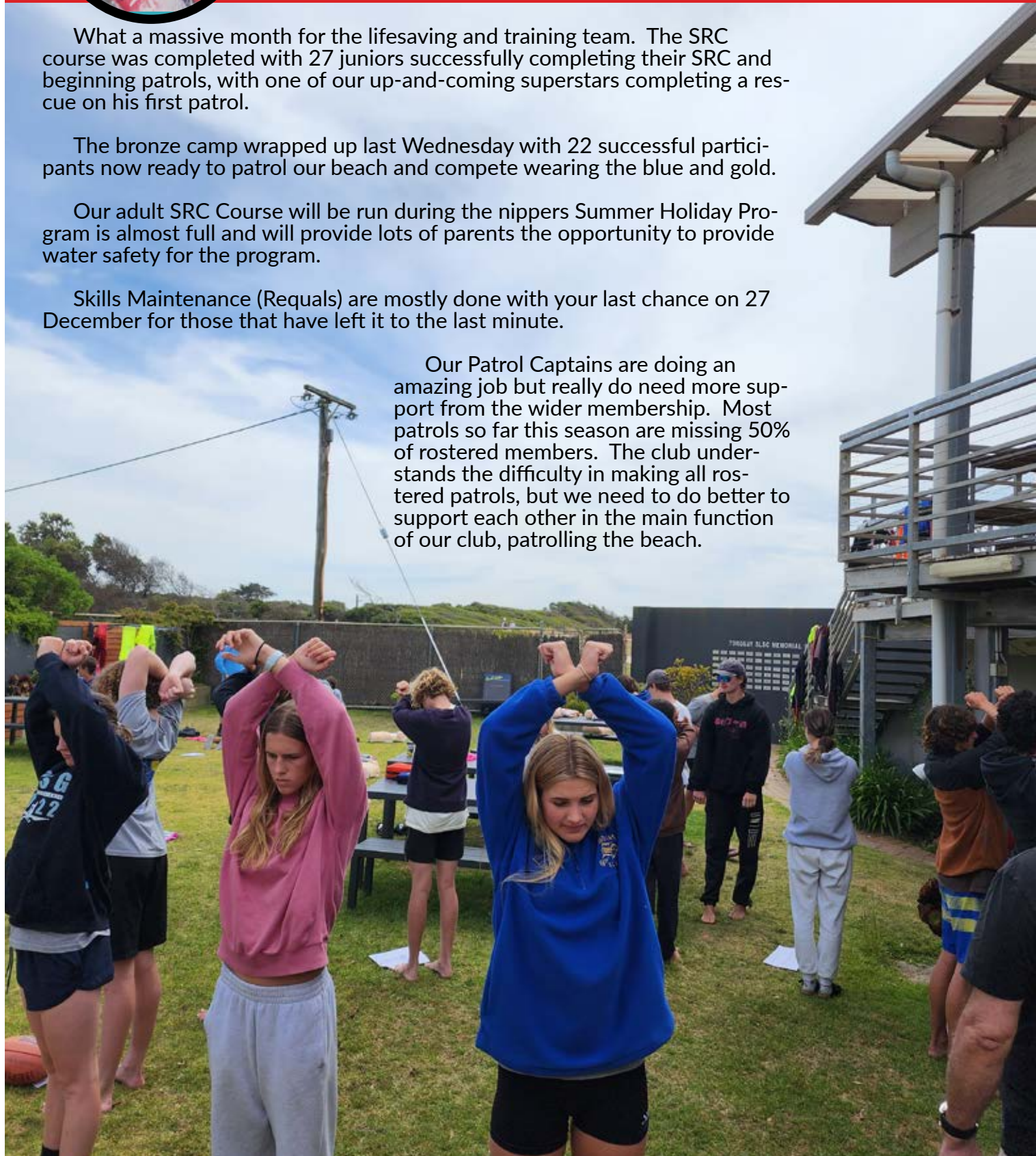
What a massive month for the lifesaving and training team. The SRC course was completed with 27 juniors successfully completing their SRC and beginning patrols, with one of our up-and-coming superstars completing a rescue on his first patrol.

The bronze camp wrapped up last Wednesday with 22 successful participants now ready to patrol our beach and compete wearing the blue and gold.

Our adult SRC Course will be run during the nippers Summer Holiday Program is almost full and will provide lots of parents the opportunity to provide water safety for the program.

Skills Maintenance (Requals) are mostly done with your last chance on 27 December for those that have left it to the last minute.

Our Patrol Captains are doing an amazing job but really do need more support from the wider membership. Most patrols so far this season are missing 50% of rostered members. The club understands the difficulty in making all rostered patrols, but we need to do better to support each other in the main function of our club, patrolling the beach.



MERRY CHRISTMAS

HAYDEN

SUPPORTING THE LOCAL COMMUNITY

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hayden.com.au

Picture Takers & Memory Makers



WE'VE CREATED A PUBLIC IMAGE FOLDER FOR YOU TO UPLOAD IMAGES ABOUT TEAM TORQUAY AND CLUB LIFE.

UPLOAD YOUR IMAGES AND WE'LL USE THEM FOR SOCIAL MEDIA, SURF SUN N SAND AND CLUB EVENTS.

NOTHING HELPS SET OUR SOCIAL MEDIA APART FROM OTHER CLUBS THAN AWESOME AND FUN PHOTOS! WE'RE ALSO LOOKING TO CREATE SOME COLLAGES OF HISTORIC MOMENTS IN RECENT HISTORY.

IF YOU HAVE ANY PICTURES FROM EVENTS OR CARNIVALS WITHIN THE LAST 5 YEARS OR SO, PLEASE UPLOAD THEM SO THAT WE CAN CONTINUE RECORDING THE SPECIAL MOMENTS THAT MAKES US ALL TORQUAY.

HERE'S THE LINK AND THE QR CODE AS A SHORT-CUT!



WWW.BIT-LY/TORQUAYSLSCPICTURECLUB



Marketing **Damian Chappell**

It's been a hectic couple of weeks since the last SSS and we've pulled out all the stops to get you all this edition prior to Christmas! We're working with our fabulous sponsors to bring some more excitement to the club in the coming weeks, and we'll be peaking just in time for Jim Wall Iron and the influx of visitors to our little piece of paradise.

In particular we're really looking forward to a big Surf Coast Times Jim Wall Iron this season. The event will take place on 8 Jan 2023 and it would be great to see you all come down and join in the fun! It should be a stellar event. It's going to be epic to watch competitors from the Surf Coast and even further afield battle it out on our beach.

In even bigger news, draught beer has returned to the club! That's right. Tod has everything up and running so Friday and Saturday drinks at the club are now even better. Speaking of beer, we also have a great new light beer that has been donated to us by Recreation Brewing - all proceeds from the sale of this beer goes directly to the club.

We still have spots available in our Starfish Nippers program, so if you know of any families that might like to take advantage of our fantastic water awareness program for children with special needs, please get them to contact the club.

We've got members with super big hearts ready to give the kids the time of their life this summer.

We've had 2 weekends in a row with some amazing weather - let's hope that Summer is finally here, and we can kick into a 2023 that's full of sunny days, big swell and great friends. If you get a chance to pop into the club on a Friday or Saturday, be sure to say "Hi!" and hang around to tell some tall tales and have a few laughs.



TEAM TORQUAY

INVESTING IN THE FUTURE
OF TORQUAY SINCE 1945.



Surf Coast Times



FREE spectator event

IRON EVENT TORQUAY SURF CLUB

FROM 12.00PM
January 8, 2023

SWIM – SKI – BOARD – RELAY



U13, U15, U17, OPEN
PRIZES & TROPHIES

ENTRIES

jimwall2023.eventbrite.com.au





Nipper News **Matt Carmichael**

Hello everybody.

It has been fantastic to see the nippers down at the beach, and despite the less than ideal weather and water conditions we have been getting a great turnout to all our sessions.

It looks like we will be taking a large team to carnivals again this season with 86 nippers attending the Ocean Grove carnival in Lorne this month. There were some great stories of teamwork and friendship with lots of kids feeling supported enough by our team of helpers to push outside their comfort zone and compete up an age group or in multiple relay teams. This courage and enthusiasm is only possible when the kids feel safe and comfortable and it really pays dividends - we were able to secure top spot on the leader board at the end of the day! Thank you to all those that helped on the day and filled our LSV ratios.

The nipper program was joined by some special guests this month - the boaties! The kids were rapt with being able to go out for some rides in the surf boat and the IRB. Truly an experience they will always remember. We are excited about running the Summer Holiday Program which this year again integrates with our Starfish Program. We have large numbers enrolled again so are always keen for as many members as possible to come down and lend us a hand! We had a peak of 43 water safety members last year - let's see if we can beat that this year!

I can't wait to see our new Age Manager shirts thanks to our generous sponsors Hayden Real Estate, Villawood, Hudson Ridge and Kings Funerals.

Finally, we would like to extend an invite to any members to come down and see what the nipper program is all about - the nippers smiles are infectious and we are sure you will have a spring in your step afterwards!

HAYDEN



Gold Sponsor

2022/23 SUMMER HOLIDAY PROGRAM

SESSION 1	WEDNESDAY, 28 DECEMBER 2022 8:30AM TO 10.30AM
SESSION 2	THURSDAY, 29 DECEMBER 2022 8:30AM TO 10.30AM
SESSION 3	FRIDAY, 30 DECEMBER 2022 8:30AM TO 10.30AM
SESSION 4	SATURDAY, 31 DECEMBER 2022 8:30AM TO 10.30AM
REST DAY	SUNDAY, 1 JANUARY 2023 NO NIPPERS
SESSION 5	MONDAY, 2 JANUARY 2023 8:30AM TO 10.30AM
SESSION 6	TUESDAY, 3 JANUARY 2023 8:30AM TO 10.30AM
SESSION 7	WEDNESDAY, 4 JANUARY 2023 8:30AM TO 10.30AM
SESSION 8	THURSDAY, 5 JANUARY 2023 8:30AM TO 10.30AM
CARNIVAL	FRIDAY, 6 JANUARY 2023 08 TO 013 NIPPERS
SESSION 9	SATURDAY, 7 JANUARY 2023 8:30AM TO 10.30AM
PRESENTATION	SATURDAY, 7 JANUARY 2023 10:30AM TO 12.30PM
DISCO	SATURDAY, 7 JANUARY 2023 5:00PM (TBC)

The Torquay SLSC 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. The Welcome Event will be virtual this year and the Nipper Disco and SHP Presentation are tentatively scheduled at this stage.

Special Report Abbey Sweeney

ROAD TRIP TO MANLY

On the 25-27 November 2022, 8 'Torquay Rescue' members embarked on a trip to Manly Beach to participate in beach patrols and getting to know how other clubs operate on a day to day basis.

We left Torquay SLSC on the Friday morning at 4:30am in a minibus destined for North Steyne SLSC. The trip to North Steyne was an adventure in itself comprising of many stops and some iconic cultural experiences including 'The Dog on the Tuckerbox'.

We arrived in Manly about 5:00pm on Friday afternoon and headed to the North Steyne SLSC where we met Jodie the person that kindly organised us to stay at the surf club. After setting ourselves up at the club we went for a swim in what was amazingly warm water compared to what we we are used to back in Torquay.

We went out for dinner and then relaxed and turned in for an early night. The next morning we were up and about by 5am and had an early breakfast ready for the big day ahead patrolling and visiting the sea pools that litter the NSW coast.

One of my favourite pools was the pool at Queenscliff, the view from this pool and the experience of swimming in calm water on the edge of the ocean was amazing.





After visiting the pools, we went 'surfcoms' where all of the Northern Beaches are instructed to log into a Patrol App where they supply information including the number of bronze holders on their patrol and if they have an IRB on the beach and operational.

We patrolled at North Steyne beach from 10am until 12 noon. While on patrol we spoke to the jet ski lifeguard and he explained what service the jet ski provides and the qualification required to operate the jet ski. We assisted the jet ski driver in getting his jet ski in the water and much to our amusement Grant got a soaking.

From 12 noon until 1pm we had lunch and then we headed to Manly Beach for another 3-hour patrol from 1pm to 4pm. While on patrol we met the Patrol Captain Paul and he sent us on a roving patrol with one of the Manly SLSC lifesavers who showed us the storm water pipe and where the rips commonly occur on Manly Beach.

One of the exciting events while we were on patrol was a shark sighting that meant the alarm needed to be sounded and the beach had to be evacuated.

That evening we went out for pizza and had another swim in the ocean pool and went to bed ready for another busy day on Sunday. On Sunday we got up early, had breakfast and packed ready for our journey home.

Before we left North Steyne SLSC we helped with the SRC training including board and swim training. We had lunch at the North Steyne SLSC bbq and departed after a friendly goodbye on our trip back to Torquay SLSC.

It was a fantastic trip and experience.

