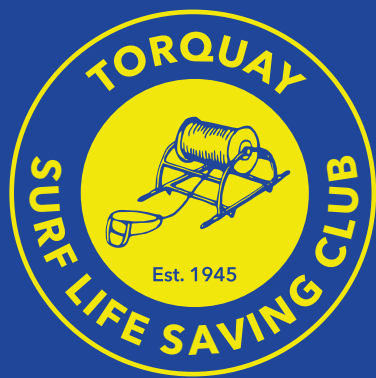


SEPTEMBER-OCTOBER 2023



SURF SUN & Sand



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!

- 8
OCT**

YOUTH SRC STARTS

✓
- 8
OCT**

NIPPER AGE MANAGER WORKSHOP

✓
- 15
OCT**

NIPPER PRELIMINARY SWIM ASSESSMENT @SPLASHDOWN

✓
- 27
OCT**

TSLSC FOUNDATION GOLF DAY

✓
- 29
OCT**

HALLOWEEN PARTY



Want your photo or artwork on the cover of Surf Sun & 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.

“

Coming out of your comfort zone is tough in the beginning, chaotic in the middle, and awesome in the end... because in the end, it shows you a whole new world !!

”

Manoj Arora

HAYDEN

GEELONG

OFFICE NOW OPEN

86 Ryrie Street, Geelong

5222 3566

SALES | LEASING | PROPERTY MANAGEMENT | LAND | COMMERCIAL | PROJECTS hayden.com.au

SURF COAST

HAYDEN
hayden.com.au

AIREYS INLET
GNARWARRE
WINCHELSEA SOUTH

ANGLESEA

MOUNT MORIAC
BARRABOOL
BUCKLEY
TORQUAY

BELLBRAE
WENSLEYDALE
INVERLEIGH
PARAPARAP
BAMBRA
WINCHELSEA

MODEWARRE
BREAMELEA
OMBERSLEY
GHERANG
MORIAC

CONNEWARRE
MOGGS CREEK
DEANS MARSH

JAN JUC

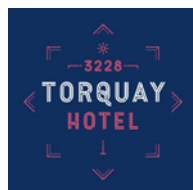
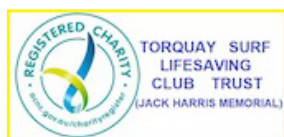
FRESHWATER CREEK
BELLS BEACH
BIG HILL

EASTERN VIEW
BOONAH
FAIRHAVEN

FABULOUS SPONSORS

Platinum

Surf Coast Times



Gold



Silver



Bronze



Friends



President's Report



The Torquay SLSC has been a hive of activity over the winter period. With the rolling out of the new committee, including some fresh faces, there has been an elevated level of activity not seen for some time at this time of year.

Tod the King of Caretakers has been seen working feverishly in places he has not been before. Most recently being up a scissor lift high up in the sky. The time and effort Tod has put in this year to have the club looking fresh and clean for the summer season needs acknowledging.



The theme for season 2023/24 is Proud to be.....! Proud to be Torquay, Proud to be Royal Blue and Gold and Proud to be whatever we need to be, to keep giving back to; and keeping our community and beaches safe.

The calendar of events is quickly filling up this year and we look forward to one weekend in particular, The Jim Wall Ironman Event weekend. On Friday 5 January we will once again be hosting the Cosy Corner Carnival followed by the Nipper Disco on Saturday 6 January. The Nipper Disco was HUGE last year with numbers we haven't seen for a long time in the backyard. Hopefully this year will be the same.



On Sunday 7 January 2024 the Torquay SLSC and the Summer of Surf will once again roll out the Jim Wall Ironman event.

About the Jim Wall Ironman event.

THE JIM WALL IRONMAN EVENT HAS BEEN AN ICONIC PART OF THE SURF COAST LIFESAVING CULTURE SINCE THE 60S, IN FACT, IT'S THE LONGEST RUNNING IRON EVENT IN THE WORLD!

The Wall family's massive contribution to the Torquay SLSC started in December 1945 at Jim Wall's campsite behind the surf beach sand dunes. This is when the forming a surf club was proposed – and within weeks the Torquay SLSC was founded on Jim Wall and Frank Murphy's motion. Jim's brother Tom became Honorary Secretary in 1947 serving 7 years in all and Jim was elected president in 1949 and continued for 13 years. Under Jim's leadership the Club took on many firsts, but of great significance was the staging of the Australian & International Surf Life Saving Championships in 1956, in conjunction with the Melbourne Olympic Games, viewed on the surf beach by about 70,000 spectators.



Starting as the Jim Wall “Surfathon” in 1962 and named for early club resident Jim Wall, the unique event was first created at Torquay SLSC to challenge all round surf and water ability, with an endurance format including continuous efforts in swimming, board, ski paddling and beach running. It is believed to be the first continuous ironman event ever staged in that format that has now become standard. The event has become a coveted ‘hit out’ for both local and interstate athletes, with the sought-after prize being a hand on the Jim Wall trophy.

Having been won by many well-known athletes over recent years such as Matt Bevilacqua, Harriet Brown, Naomi Scott and Georgia Miller. The event has seen its fair share of local champions too – names such as David Strahan, Zeb Walsh, Cliff Goulding and Terry Wall (son of Jim) in the early days have also graced the podium.

In modern times the event has become part of a national circuit and as females have greatly bolstered the surf lifesaving movement, they are now competing in their section of the event as fiercely as their male counterparts.



The summer of surf lifesaving is quickly approaching, and we look forward to seeing all our members down at the beach on patrol, competing at carnivals, participating in nipper training and most of all enjoying each other’s company.

See you at the beach.



TEAM TORQUAY

TOGETHER STRONG.
TORQUAY SINCE 1945.

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!

2023/24
MEMBERSHIPS
OPEN

It's time to renew your memberships! Before you know it, the season will be upon us and so will the Spring & Summer rush. Head over to The Club website and renew your membership! It's also a great time to introduce friends, family and associates to the Torquay SLSC and get them signed up too!



DOUGLAS HIRE

0458 087 619

From the Front Page

Douglas Hire has come on board as a supporter of Torquay Surf Life Saving Club. And the timing was perfect! Just as we needed to give the clubhouse a lick of paint, Tristain from Douglas Hire appeared on the scene! Not only did he provide us the scissorlift for nix, he injected some much needed sponsorship dollars into the club. He also has a special deal for members! Check out Douglas Hire at www.douglashire.com

Until 25th December all TSLSC Members get 10% Off Lawn Renovation and Dingo Digger hire.

Training Mat Blair



The training calendar is filling quickly and there are lots of options to gain new awards this season. We have scheduled all the 'big' training events such as Youth Bronze and SRC however please note we will continue to create and run new courses through next year as the need and demand arises.

There will be lots of opportunities for our new bronzies to gain extra awards from January 2024 onwards, especially those who would like to have a spin in the IRB.

With the season nearly upon us and the long-range forecast calling for a hot and dry summer I think we as lifesavers need to be prepared for a busy season.





GRAND SLAM
PHYSIOTHERAPY
TORQUAY

LOOK WHO'S BACK FOR ANOTHER GRAND SLAM!



Long time supporters of the Torquay Surf Life Saving Club, Ben & Belinda from Grand Slam Physiotherapy have signed up for another year of sponsorship at the TSLSC! As the official physio of the Torquay Seniors Competition Team we were invited to check out the new fitness facility Grand Slam Physiotherapy have just opened up on the Surf Coast Highway in Torquay. Talk about being absolutely blown away! We were so surprised to discover that Grand Slam have evolved to be so much more than just physio. Life-changing.

Ben was explaining to us how they are now able to program not only therapies, but conditioning workouts that are customised to work around, improve and overcome weaknesses or injuries. All with measurable results. Simply amazing.

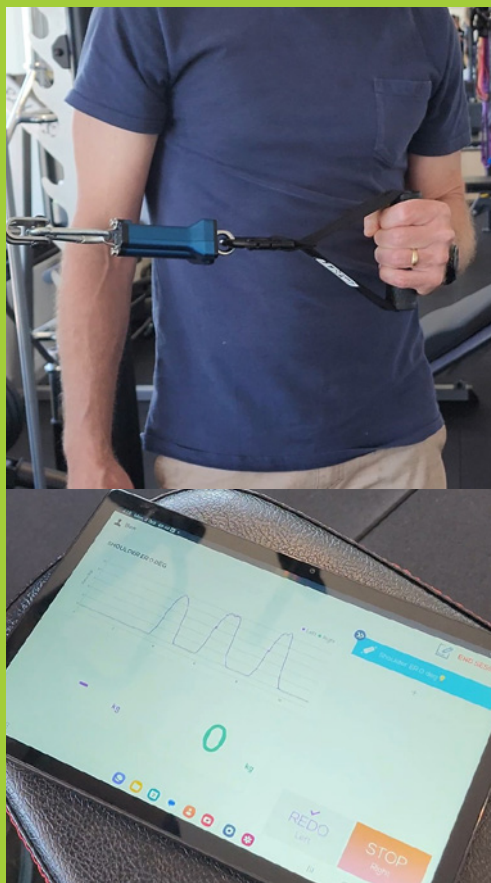
SO MUCH MORE THAN JUST PHYSIO. LIFE-CHANGING



Grand Slam Physiotherapy are excited to announce the addition of Strength and Conditioning to our services, now available from our new purpose-built Torquay Clinic.

Strength and Conditioning (S&C) is the selection and development of exercises used to improve physical performance. The aim of an S&C program is improve strength and endurance, reduce the occurrence and severity of injuries, and to improve technique and overall performance. Strength coaches have the tools and knowledge to aid in giving athletes the competitive edge, by preparing athletes for the specific demands and conditions of their sports. Whether you overcoming an injury, wanting to increase your strength or gain a competitive edge, our physiotherapists and strength coaches are here for you.

Our university-trained physiotherapists and exercise scientists have completed extra training in performance based strength and conditioning, giving them the knowledge and tools to help athletes reap the benefits and improve performance. Whether your goal is to make the Aussies, be competitive at events or make it through the season, we're here to help!



Grand Slam Physiotherapy Torquay boasts a 100sqm, fully equipped facility boasting Pilates Reformers, Iron Edge Functional Training Rig, Leg Press/Hack Squat and much more. We offer personalised 1:1 exercise assessments, consisting of subjective and objective testing, goal setting, technique analysis and program generation.

We also utilise the Strength by Numbers AXIT Dynamometry system, allowing us to quantify strength deficits and gains to our athletes, and provide visual feedback regarding baseline testing and training adaptations.

Fundamentally, we provide a safe, caring, inviting exercise platform for people of all ages and levels of health. Our highly trained staff take the time to ascertain the individual goals of each patient.

Our staff then prescribe a personalised program for the patient to follow. We utilise elite principles of strength and conditioning similar to that of high professional centres used in professional sporting clubs but deliver it in a non-threatening, achievable and kind caring way where you can gain lifelong skills of exercise and movement.

Furthermore, we use equipment that is commonly used in most community gym settings unlike a lot of other facilities that utilise highly specific equipment that is non-transferable.

We are so very excited to be able to provide this service to the Torquay SLSC, alongside our current services of Physio-lead Clinical Pilates, in-room physiotherapy and myotherapy.

If you have any questions, would like more information on this service, or would like to get started, please get in contact with our reception team on 03 5277 2151 or email admin@grandslamphysiotherapy.com.au for further information.

DON'T FORGET TO ASK ABOUT THE SPECIAL TSLSC MEMBER RATES!





Lifesaving Update Mat Blair

Firstly, I'd like to thank all those amazing members that have volunteered to be Patrol Captains this season. With 20 patrols to manage it's going to be a busy season but hopefully a lot less demands for active members. The LSV patrol protocols have been accepted by the club with patrols starting on the 11th of November this year.

Gear inspection is just around the corner and a big thanks to those involved getting the clubs rescue equipment certified for use.



This year I'm asking all active members to be part of a patrol. Each patrol is rostered for either 2 or 3 patrols for the entire season, 23 weeks in total. The roster will be available shortly with the option to choose your patrol dates and Captain. Please ensure you get in early as some patrol dates will clash with other events depending on what areas of the club you're involved in.

Keep a close eye on your inbox and club socials for the release of the roster.



FROM THE BEGINNING OF THE NIPPERS TO THE PRESENT WE ARE PRIVILEGED TO HAVE 2 PEOPLE WHO HAVE MADE THE JOURNEY FROM NIPPERS TO CLUB PRESIDENT!



Simon Strahan Nipper to President!

Simon has been a member of the Torquay SLSC for over 40 years, having started as a nipper at age 6 and quickly thereafter following dad Tony and brother David into competing for the blue and gold.

Simon was a member of several Victorian Nipper Teams and then progressed into making Victorian teams as a junior and senior competitor after success in the surf race, belt race, board rescue and Taplin races at the State Titles. Simon was also selected in Victorian Teams to tour the United States and New Zealand and was chosen as a surf swimmer in a Nutri-Grain series. Simon's gold medal at the Australian Swimming Championships (pool) in the 4x100 medley relay, his win in the Lorne Pier to Pub and his 3rd in the Open Belt Race at the Australian Surf Championships stand out as his best competitive achievements.

As a mature athlete Simon also won a World Masters Swimming Championship gold in the 100 butterfly and partnered with Brendan Garreau for a gold in the board rescue at the Australian Masters Surf Titles.

In addition to patrolling for over 30 years, Simon has served as the Torquay SLSC President, Marketing Director, Swimming Captain and Beach Captain, as well as serving as Chairman and Trustee on the Jack Harris Memorial (TSLSC) Trust.

Early in his surf lifesaving journey Simon was also selected by Surf Life Saving Australia for its Emerging Leaders Program.



Historian News

Tony Fraser



Julian Sweeney Nipper to President!

Our current President Julian Sweeney is the 26th person to be elected to this position in our 78th year history. Joining the Nippers in 1979, he was interested in having fun. Then over the years his wish became a reality. He has been having more fun. He obtained his Bronze Medallion on 27 November 1992 when he became a Boatie.

He won his 1st Pennant in the Open Section at Warrnambool in 1993 and secured a gold medal at the Victorian Championships in 1996. He has represented Victoria in the Sizzler Series. He has also competed at the World Surf Boat Championships. Wearing the Royal Blue and Gold cap Australia wide has also given him great memories and friendships.





swellnet

**Making sure that TSLSC
never miss a wave**



To access your **complimentary Swellnett Pro Bronze account**
create an account with Swellnet and visit this page:
<https://www.swellnet.com/user/access-code> and enter
the code **TQ8746**

Swellnet has joined the TSLSC Sponsorship family in full force. Not only have they upgraded the internet and WiFi at the clubhouse, they've also provided a promo code so that all TSLSC Members get a free Swellnet Pro Bronze account over at www.swellnet.com - grab yours today!

Feel free to log into the WiFi at the clubhouse using the QR Code above. There are posters up at the club!

Fundraising Jay Muir



How exciting another bumper season nearly upon us. The sun is shining and soon will be the season of fundraising! I painted my face black and white for the AFL grand final but now I switch to blue & gold!

The fundraising committee will be seeking plenty of assistance from members this season, but we promise to make sure we have some fun along the way.

Our friends at Face-to-Face Touring are coming back to town in December, bringing their By The C and Summer-salt shows to Torquay Common with acts including Jimmy Barnes, The Living End and the Surfcoast's own Xavier Rudd. Face-to-Face want to see the surf club front and centre, shaking tins and spreading some beach safety vibes on the big screens. We will be needing volunteer tin rattlers at both shows on Dec 2 & 3.

Now that all that pesky covid stuff is behind us, we are bringing back the 'door knock'. Our return door knock fundraiser is being planned for New Years Day, and we are hoping to have every available member on deck for an hour-long strike mission with the aim of covering every door in town. Details and EOI will be sent out to all members in December.

We are so pumped to see the Blackman's Garden Bar @ Torquay SLSC back in place this summer and urge all our members, their friends and families to get down to show their support this season. We will also have the crew from Feed Me Surfcoast on deck offering a wide range of cuisines from Dec 27 in the Garden Bar, so you can always be assured of a great feed when you are down the club this summer. This season we are going to fill the Garden Bar with live and local music talent, so if you know of any local acts looking for a spot to showcase their talents please reach out to fundraising@torquayslsc.com.au with contact details.



Membership News

Danny Hayden



Strategic Goal Setting

As a club, particularly one with such rich sporting history, we should be acutely aware how critical goal setting and planning are to achieving success.

To know if we have been successful, we need to know what we were aiming to achieve in the first place. As this Surf Sun & Sand goes to press, the Board are working on our strategic goal setting for season 2023/24. The Directors have been presented with the seemingly simple questions:

WHAT DOES SUCCESS LOOK LIKE? IF WE WERE TO LOOK BACK ON THIS SEASON IN JUNE 2024, HOW WOULD WE DEFINE WHETHER IT HAS BEEN SUCCESSFUL OR NOT?

Planning for more than just being reactive on a day-to-day basis, the Board is attempting to set out some clear goals for the season, which we can then track, measure and report back to the members. These will appear in the next Surf Sun & Sand and we hope they will provide a positive focus and direction for our members to support and achieve together.

Governance Review Update

The Board has been continuing the process of reviewing the club's governance documents, taking on and advancing a series of recommendations made to the Board last year. For a club the size and complexity of ours, this is quite a major undertaking and certainly not a "tick and flick" exercise. Nor is it 'set and forget' but has to be living and evolving alongside the evolution of the club itself.

So far, we have reviewed and adopted a series of Policies to cover a range of subjects. Many of these reinforce LSV policies and simply document standard club practices that we are all fairly familiar with. However, it is important that the club has a clear record of these guidelines for members to refer to as and when needed.

We have also begun updating the club By-Laws, to ensure the Policies do not conflict and that our operational rules comply with and enhance the base requirements set out in the club's Constitution. Some key updates so far include clarifying expectations for the Board to establish committees and sub-committees to drive the administration and operational level of the club's activities, adopting a clear process for recognition of member milestones and achievements, and an update of the Members Charter.

The current club governance documents are available to all members on the club website.



UPDATED!



TORQUAY SURF LIFE SAVING CLUB
 EST. 1945. THE ORIGINAL SURF LIFE SAVING CLUB PATROLLING THE SHORES AT THE HOME OF AUSTRALIAN SURFING.
 ABN: 95834027136 Registered Charity: A00027148

www.torquayslsc.com.au info@torquayslsc.com.au (03) 5261 4110
 www.facebook.com/torquaybackbeach www.instagram.com/torquay_slsc

Torquay Surf Life Saving Club

Members Charter

This charter establishes a standard by which we conduct ourselves towards others and carry out our duties and obligations as members of the Torquay Surf Life Saving Club

We will at all times:

- Promote & prioritise safety in enjoying our ocean environment, through our actions and the example we set to fellow club members and the public
- Respect the rights, dignity and worth of others
- Be fair, considerate, and honest in all dealings with others
- Accept responsibility for our actions
- Refrain from any form of bullying or harassment
- Be a positive role model
- Contribute to a harmonious, safe, and enjoyable club.
- Be aware of and maintain an uncompromising adherence to SLSA's standards, rules, regulations and policies

Through Vigilance and Service

Policies

As we approach the start of the season, we particularly highlight policies on Patrol Member Obligations, Positional Appointments (ie: how we appoint people to positions of responsibility for underage members), Team Selection (applicable for both Junior & Senior competition) and Private Equipment Storage & Transport.

Also, a reminder that the Wearing of High Visibility Vests Policy applies to all Torquay SLSC members, and visiting members, during club-endorsed water activities. If you're unsure why SLSA, LSV and Torquay SLSC view this as so important, please have a conversation with Grant, or anyone who was at one of the Aussie Titles in 1996, 2010 or 2012 where competitors were tragically lost, to appreciate the background to some of our key safety standards. To support this necessary safety measure, each member in an active category will be supplied with a new high-vis vest this season. They are due to arrive soon!

Delegations & Committees

The Nipper's Committee is an example of the successful distribution of responsibility, through an operational committee, to deliver all the elements of a large Director's portfolio. The Board aims to replicate this for each of our operational and administrative areas.

As part of the By-Laws review, the Board has resolved to formally establish and maintain a committee under each Director:

Operational Committees

- Lifesaving, chaired by the Director of Lifesaving
- Junior Development, chaired by the Director of Junior Development
- Surf Sports, chaired by the Director of Competition
- Member Transitions & Pathways, chaired by the Club Captain

Administrative Committees

- Finance, chaired by the Treasurer
- Compliance, chaired by the Secretary
- Facilities, chaired by the Director of Facilities
- Marketing, chaired by the Director of Marketing
- Fundraising, Functions & Events chaired jointly by the Director of Fundraising & Director of Functions
- Honours & Awards, chaired jointly by the Club Captain & Director of Member Services

Rather than centralising command and control, then seeing our people overburdened and burnt out, the Board is aiming to decentralise and actively distribute responsibility beyond the Directors. Engaging a wider group of members will provide transparency to the membership and enable all our members to contribute based on their skills, interests and time capacity. Callouts will be made by various Directors to assist with their committees, and you're encouraged to put your hand up where you can see an opportunity to contribute.

The Board has also resolved to formally establish three Special Standing Committees, which "...shall have a standing mandate to advise the Board, typically in relation to a specific area of criticality requiring continuity and specialist expertise". In plain language, this means that from time to time, when the Board needs to ask advice on a particular area from independent or specialist experts, these committees stand available to assist.

Following organisational governance best practice principles, the three Standing Special Committees established by the Board are:

- Audit Committee
- Risk Committee
- Governance Committee

The existing Audit & Risk Committee will be superseded by these, and that mandate distributed accordingly. Specific Terms of Reference are being drafted and a call-out will be made for members whose skills, expertise and experience can be engaged to support the Board. However, in the meantime if you have an interest in any of these areas, please reach out to Julian to discuss how you can contribute.



Facilities Report

Jono Griffiths



We have had a busy lead up to summer at the Club, with some much-needed maintenance and cleaning completed. Thanks to our friends at Douglas Hire, and the hard work done by Tod, we have managed to clean all the gutters, wash most of the windows and get a good amount of painting done of the clubhouse's exterior. We still have a significant amount of the ground level that needs painting, so if anyone is willing and able to pick up a brush feel free to reach out! As we are located on the foreshore, our Club is vulnerable to corrosion - keeping on top of it moving forward will be the key.

We have also begun looking at some urgent repairs to the clubhouse to support the Club's need to have a space that can be effectively utilised for training, member hire and events. We have had some ongoing issues in the past with the AV not working as it should, so we have invested some time replacing most of the failed equipment and cabling, making the system more efficient and user friendly.

Paragon Electrical have also begun repairing our failed external lighting and we have managed to secure a donation of new LED flood lights to facilitate these works and reduce costs. This will ensure a safer space for our

members during the darker periods by highlighting any important areas and reducing shadows. Ben and his team are doing a great job as normal and continue to do their best to look after our Club.

A skip will be delivered to the Club in the coming weeks to complete a much-needed clean-up of the site. It appears that there is a recurrence of people leaving items that are either rubbish or not fit for service around the Club. If we can please not do this, as this then becomes a labour-intensive task to remove the waste as well as a financial burden for the Club to get rid of it. It is likely that some of the accumulated rubbish is left by the public and not the fault of our members and this is something we are aware of.

With the start of the summer season and a likely increased use of the Club approaching, it would be great to tick a few more maintenance items off the list to ensure that we can all enjoy our facilities. If you have a particular skill, interest, or free time over the next few weeks, reach out to me, Michelle or Tod so that we can work together to improve the quality and enjoyment of our much-loved Club.

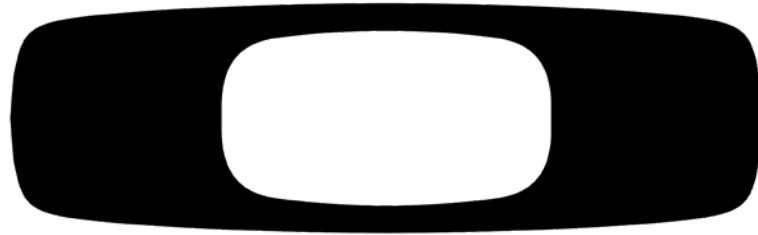


FUN FACT!

Have you seen our bell? Our bell sits proudly on our balcony facing the surf and was donated to the club in 1970 by Keith and Roy Batty from Albert Batty Metal Recyclers, after the original bell was lost in the fire of the original Surf Club. The bell would have been an iconic symbol of the Club, used to alert patrollers of a hazard or incident that was occurring.

The history of how the bell was donated is not clearly known, and we would love to know more about this item and how it became part of our history. If you know more let us know!

**MEMBER
OFFER**



OAKLEY®



We're still in discussions with Oakley for a potential sponsorship deal in the future. In the meantime, the fantastic people at Oakley have an offer for all TSLSC Members available in-store in Torquay. Perfect start of season and XMAS timing!

All current TSLSC Members can take advantage of

- \$50 Off Selected Full Priced Polarised & Prizm Polarised Eyewear* (including polarised customs)
- 15% Off Selected Full Priced Apparel and Accessories*

Offer is valid Monday 23 October 2023 until 30 April 2024

*Brand exclusions and further T&Cs apply, see Oakley staff instore for further details. Offer ends 30 April 2024.

Exclusive member offer

All-Female Hydrothon Sports Clinic



HYDROTHON

Torquay Beach, 17-18th February 2024



- INSPIRATIONAL MENTORS! Elite IRON WOMEN will be your MENTORS for the day. Each MENTOR will deliver AGE APPROPRIATE DRY AND WATER-BASED workshops covering GOAL SETTING, TRAINING, SURF SKILLS AND NUTRITION.
- IT'S AFFORDABLE! FOR ONLY *\$40.00 FOR TORQUAY SLSC MEMBERS USING THE CODE '**TOrquay**' you will enjoy the clinic and also receive a FREE Hydrothon Towel, Silicon Swim Cap, Buff and Hydro VEST valued at OVER \$90 RRP

COMPLETE YOUR REGISTRATION BY SCANNING THE QR-CODE!

TO TAKE ADVANTAGE OF A REDUCED REGISTRATION FEE OF \$40 FOR TORQUAY SURF LIFE SAVING CLUB, ENTER THE CODE '**TOrquay**' AT PAYMENT!

2023 YOUTH SYMPOSIUM



On 19 August Jake Griffiths and I attended the 2023 Youth Symposium which was run by LSVj. LSVj stand for Life Saving Victoria Junior, which was recently founded to give youth members a voice in LSV decisions, and any youth member aged 13-17 can get involved. The day started at 9am with an amazing race, which helped us build teamwork skills and group work cooperation. Throughout the day we had many guest speakers including Lifeguards, LSV employees, LSV comms operators, Helicopter pilots and the rescue crew from the LSV Westpac helicopter. We also had many keynote presentations from interesting people who gave us lots of information and inspiration. The day was packed full of fun activities to help build leadership qualities and inspire youth members. Overall, the day was fun and informative, and I would recommend it to any current youth or future member.

Thomas Russell



On August 19, I was fortunate to attend the LSV Youth Symposium at LSV Headquarters, Port Melbourne with my buddy Thomas.

The best part of the Symposium for me was the Amazing Race activity because it was fun and got everyone involved and working together as a team. As part of the Race, we did many activities that earned us stamps, with my favorite being a scavenger hunt where we were given the clue to find something that was red and yellow and involved a run of approximately 1km to find a Lifeguard. I liked the Race the most because it was fun to meet many new people. The Race involved opportunities for people to take turns in leadership roles.

We went through First Aid scenarios and had to put a bandage on someone and talk through the CPR process while doing it. We also learnt about how to support someone at risk of hyperthermia and about the importance of using a space blanket.

There was a life-saving helicopter, that was really cool because you got to see it land and how it was blowing everything all over the place. We also heard from one of the crew members telling us about the experience they had as a kid and how they got to the stage in their career as a helicopter crew.

We had a tour of LSV Headquarters, it was interesting to see the LSV Comms room where you could track what all of the Clubs were doing and follow jet skis that were in the process of completing a course on the other side of Melbourne.

It was a wonderful experience that I would highly recommend to other young people who like to help others.

Jake Griffiths



Marketing Damian Chappell

With the start of the season officially here it's great to see some life back in the clubhouse after the long winter. Hannah & Danny have been a godsend helping to keep all of the marketing machine happening – streamlining, organizing and taking on a massive amount of work all designed to share, communicate and create some buzz.

In order to help take The Club to even greater heights we'd like to announce a couple of roles at the club in the Marketing sub-committee. We like to run the teams with full autonomy with as much assistance from the other members of the sub-committee and the rest of the club as you think you may need. The roles are at the sharp end of the club and your work is amazing in that it truly is felt by all the members. They're also pretty fun! They're especially great if you have some valuable skills that you'd like to share, sharpen or even gain with the assistance from the rest of us.

We're looking to completely round out the full membership of the Marketing Sub-Committee for the first time in a long time and appoint:

- A new Sponsorship Manager responsible for the health and wellbeing of our sponsorship portfolio and being involved with all of the fabulous businesses that support and want to support (even if they don't know it yet!) The Club.
- A replacement Merchandise Manager to replace the awesome Sarah and who will help us launch our new range of merchandise that we're announcing very soon(tm)! This role is maybe one of the best we have because it'll be all about designing the new look that TSLSC presents to the world in coming seasons and what we sell to both members and tourists.
- A new TikTok/Reels Social Media Channel Manager that can focus on the organic nature of what's happening and work with the rest of the Communications team to provide a steady stream of content, fun and information that expands our social media presence.
- A new Digital Platforms Manager who can bring new life to our website, help us make the best decisions about digital partners to set us up for success in the future, launch additional online properties and help us move into the 2020's and get our digital storefront up and running.

If any of these sound interesting feel free to drop me a line at marketing@torquayslsc.com.au

We have also been super fortunate with many of last season's sponsors resigning for another bumper year. We've also had new sponsors jump on board to support everything we do here at the club. In the coming weeks we hope to be able to announce a new program with the aim of giving shoutouts to small, local, up & coming businesses. Promotion, exposure, social media leveraging and digital platform linking to help offset the increasing costs of digital advertising.

Also coming soon, we promise is the news about the new merchandise options. You're going to love them. Here's a photo of the King Gee TSLSC branded shirt!





*Community is
a King Family
Tradition.*

At Kings Funerals, we are dedicated to providing exceptional support to our client families. However, our commitment to our community extends far beyond our funeral services. We firmly believe that active involvement in our community can bring comfort and compassion in various ways. It is not just about making financial contributions, but also about being an integral part of the organisations that make our community a great place to live.

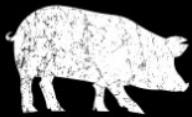
We are constantly seeking opportunities to positively impact our community, whether by spreading joy and happiness through Womble, the only Funeral Comfort Dog in Geelong or by supporting women in sports. We generously offer our time, resources, and donations to volunteer organisations, recognising that the incredible work of charities, sports organisations, and other volunteer groups is what makes our community such a wonderful place to call home.

As a family, we are proud to have a long-standing history of serving in public office and contributing to various boards and committees. We are grateful for the opportunity to give back to the community that has given us so much, and we will continue to support it in every possible way. At Kings Funerals, we are honoured to be a part of this amazing community and remain committed to helping it thrive for years to come.





Christmas Ham



BACON
Products



HAM
Products



SAUSAGE
Varieties



CHICKEN
Products

A vibrant advertisement for Blackmans Juicy Banger beer. The background is a mix of pink and purple with floral patterns. On the left, a circular award logo from GABS (Geelong Australia Beer & Spirit Awards) reads "HOTTEST 100 AUSSIE CRAFT BEERS 2022". In the center is a can of "BLACKMANS TORQUAY, AUSTRALIA JUICY BANGER" beer, with "EST. 2014" and "5.8% ALC / VOL" and "375ml" also visible. On the right, large white text says "THANK YOU FOR YOUR BANGER LOVE!" with a heart symbol, and below it, "THE SURF COAST'S #1 BEER".

TO HELL & BACK





Senior Competition

Tim Altman



Competition update (Tim Altman)

With the weather warming up and many people having made the annual September migration to Qld for training, the commencement of full club training every weeknight and Saturday morning from the commencement of Term 4 has come at the perfect time. After a winter of base training via swimming, winter sports, developmental ski training etc, we expect to see a shift in energy and enthusiasm around the club. It is always an exciting time.

If you've been hiding from the cold over winter or have been busy with winter sports etc, we'd love to see you down at the club and at training. There's always strength in numbers, plus it's more fun, so come down regardless of your level of fitness, perceived standard etc. Everyone is welcome and will be included.

We're also excited to announce that Kimmy Gilling and Kai Tracy will be appointed by the club as Youth Section Managers for the 2023-24 season. We've yet to fully finalise details however we have universal approval across the club committee for this decision. I believe that the role of a Youth Manager is possibly the most important managerial role in the club, as the Youth Section is the bridge between nippers and the Senior Competition Section.



At a time where the youth competitors are starting to explore more independence as individuals, having managers who are completely objective (in that they are not parents of youth competitors) and are also

young and current (apologies to all parents) with plenty of experience in surf lifesaving, competition and having recently grown through this age group themselves is ideal. In addition, both Kimmy and Kai have already shown outstanding leadership in the club.



Their role will be at carnivals, as well as a role at training on a regular basis.

We hope that this appointment will assist the youth members to enjoy their transition through this period, as well as helping the club retain many of our youth lifesavers and competitors through to senior ranks.

In addition, it will be an opportunity for these young adults to give back to the youth members at the club, share their experience and build leadership skills. It will also take the pressure off parents managing their kids at training, competition etc, so they can just sit back and relax and enjoy watching and cheering all the Torquay SLSC members on. More details will be confirmed as they evolve.

We can also confirm that the Torquay SLSC and Summer of Surf Jim Wall Ironman event will be held on Sunday, January 7th as originally planned.

We had looked at the possibility of holding this event as a twilight event on Saturday 6 January with a carnival to be held as a double header on 7 January (and we will explore this option further in future years), however we felt that we needed more time to plan this option fully. Further details in terms of start/finish time etc. will be confirmed ASAP.

A MESSAGE FROM
THE COACH'S BLACKBOARD

NATURE LOVES COURAGE. YOU MAKE THE COMMITMENT AND NATURE WILL RESPOND TO THAT COMMITMENT BY REMOVING IMPOSSIBLE OBSTACLES. DREAM THE IMPOSSIBLE AND THE WORLD WILL NOT GRIND YOU UNDER, IT WILL LIFT YOU UP. THIS IS THE TRICK...THIS IS HOW MAGIC IS DONE. BY HURLING YOURSELF INTO THE ABYSS AND DISCOVERING IT'S A FEATHER BED.

TERENCE MCKENNA

IN THIS REBUILD WE ARE ASKING YOU TO TAKE A LEAP AND BELIEVE IN THE PROCESS. WHEN WE BUILD AN INCLUSIVE, FAMILY FOCUSED CULTURE, WE HAVE EXPERIENCE AND EXPERTISE WITHIN OUR CLUB FOR IT TO BE POSITIVE AND FUN FOR ALL. THEN THE RESULTS WILL FLOW NATURALLY.

IT WILL TAKE TIME TO BUILD. THERE WILL BE TEETHING PROBLEMS. IT WILL BE WORTH IT. LET'S LET GO OF THE PAST, GIVE THIS A GO AND GROW WITH US.

YOUR COACHES



HAYDEN



Welcome everyone to the new season of aquatic sports training at Torquay SLSC.

We have made a few changes to the nipper sub-committee this season, introducing a few new faces to help carry the administrative load of running such a large program. Whilst Hayley, Miranda, Carly and I are sticking around we have Alie Gebing stepping up as Hayley's 2IC to help with all general admin, Danny Phillips stepping into the Safety Officer role so that Jay can concentrate on his club fundraising portfolio, Kelsey Jamieson helping us develop our Starfish Program further and Hannah Phillips helping us to deliver some super slick comms.

Jacinta Winter will be taking a newly created role of Team Manager Liaison to help all the new Team Managers in their role and Rachael Robinson will be helping with the new role of Surf Sport Development to tap into all the great coaching resources we have at the club.

Dennis has decided to step down as Gear Steward

and we are hoping we will be able to get 3 or 4 parents to step up to the plate to cover all the work Dennis was doing. ie: keeping the nipper shed organised, packing and towing the trailer to Cosy Corner on Wednesdays and making sure the kids wash down the boards before they were packed away. If you see Dennis around, most likely at the basketball stadium, please be sure to thank him for all the time he has dedicated to our club.

We still have some roles to fill on the committee in addition to the gear stewards - we are looking for a new volunteer and social coordinator to give Marissa a well-deserved break, and we will need a Co-Safety Officer as Danny will not be able to supervise Wednesday evening training due to being based in Melbourne. Please reach out if you want to get involved at the committee level to help run the program.

We would like to extend our sincere thanks to Hayden Real Estate who have once again come on board as our Gold Sponsor this season. We could not run the program without them - make sure you

chat to Miranda or Ben on the beach or pop into their office in town to help with any of your real estate needs.

Nipper numbers are strong again this year, we already have over 330 nippers signed up with lots of new families across all age groups taking the plunge. We can't wait to see everyone conquering the waves on Wednesdays and Sundays. It takes time to build an adequate skill base to deliver the program safely, particularly when needing bronze medallion qualified members to maintain our water safety ratios. With the increased interest coming from the younger age groups, we need to ensure we raise our numbers at a steady rate to maximise the nippers' time in the water and give us enough time to train up those ever-important volunteers.

As always, due to families moving through the program, if there are any parents interested in helping, we are always looking for volunteers. The more parents we have putting their hands up the less each of us has to do individually. We know there are more parents out there keen to help so are looking at our options for running an adult bronze course as soon as possible. In the meantime, all parents are encouraged to explore the training options at other clubs or via the LSV portal, please don't hesitate to contact me for more details.

This year all families that will be participating in carnivals will be required to provide at least one qualified water safety or technical official from their family group. The easiest way to achieve this is to complete your online technical officials training and enrol in one of the practical sessions which have already been published by LSV. Get in early to make sure you can book a practical which is most convenient for your family.

Speaking from personal experience, having the bronze qualification and being a technical official put me right there in the water with the kids, seeing them overcome their challenges and the massive smiles that brings. I truly miss it and try to get in the water with any age group as much as I can. The same as being a technical official at carnivals - it truly is the best seat in the house to watch your kids from.

Wednesday 18 October was the first training session at Front Beach with the first training session at Torquay SLSC was Sunday October 22.

I look forward to seeing everyone on the beach





BLACKMAN'S BREWERY AND MEXICAN CANTINA

× × × ×

In the surf coast town of Torquay, 500 metres from the beach – we get to brew beer. For 9 years we have called Bell Street home, and since then we have created a space for you to come and taste some **awesome beer** and catch up with friends and family.

Drink straight from the source. Once our beer is brewed, it goes straight from the serving tank into your glass. It doesn't get much fresher than that. You can even see the brew team out the back doing their thing.

This summer Blackman's Brewery will be Mexican Cantina. Think tacos, margs, beers and sunshine. Our beer garden is set to turn into Margaritaville, where you can get tasty flavoured margaritas all summer long. It's going to be an awesome spot to meet your mates.

And don't worry, if you don't love good beer as much as we do, we've got an epic local wine and craft spirit list as well.

BREWERY TOURS

We also have the option to book Brewery Tours on Wednesday's at Torquay at 4.00PM, but these need to be booked a week in advance. Please email marketingteam@blackmansbrewery.com.au. One of our Brewers will show you where the magic happens and take you through our original brewhouse to see where the Blackman's brewing process began.

It's \$20 per person (for a maximum 10 people) and includes a tasting paddle. Bookings are absolutely essential so lock in your spot by emailing marketingteam@blackmansbrewery.com.au.