

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!



VICTORIAN SENIOR CHAMPS OCEAN GROVE





FISH FRIDAY GOOD FRIDAY



MUSIC EXTRAVAGANZA



AUSSIES YOUTH, OPEN & MASTERS



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.

Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character.

Alan Armstrong

HAYDEN



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AIREYS INLET GNARWARRE WINCHELSEA SOUTH

BREAMLEA OMBERSLEY GHERANG MORIAC CONNEWARRE MOGGS CREEK DEANS MARSH JAN JUC BELLS BEACH BIG HILL

ASTERN VIEW BOOK

FAIRHAVEN

FABULOUS SPONSORS

Platinum

Surf Coast Times





Gold





Silver













Bronze































Friends











President's Report





The surf lifesaving season is in full swing and the Torquay Surf Life Saving Club (SLSC) has been the place to be this summer. The numbers at Nippers learning their skills on the sand and in the water in front of the club this year has been a thrill to see. We have seen new SRC's progressing through the ranks and new bronze medallion holders doing their first patrols. The turn out at carnivals in juniors and seniors has been amazing and the fruits of all of the club's hard work is starting to shine through.

As a club we strive to do our best every day in all endeavours, whether it be training through our lifesaving section or competing with our competition teams. Working as a team and sharing our skills as lifesavers and members while helping each other to develop and be the best they can be. We are all volunteers and without the generous donation of all of our time each year the Torquay SLSC could not continue to be the place that we admire and hold in such high regard.



I would like to thank every member for their contribution to the Torquay SLSC so far this year. Whether it be helping with fundraising, rattling a tin or flipping a sausage at the Cosy Corner Carnival or in front of the club. Each members contribution to the club is appreciated and helps the club more than many people would imagine.



The season hasn't finished yet but is moving fast. As we approach the end of the patrolling and the competition season's let's continue to do our bit and do the small things like arriving to patrol on time. Let's offer to help the person next to us that may be struggling and let's all pull together to show each other that the Torquay SLSC is a great place to be.



The Torquay SLSC is not just a building that looks out over the iconic Torquay Surf Beach! It is the people, the members, we are the heartbeat that make the Torquay SLSC what it is today.

Let's continue to build towards the close of the season and continue to do all the things we do in the Torquay Surf Life Saving Club way.

See you at the beach.



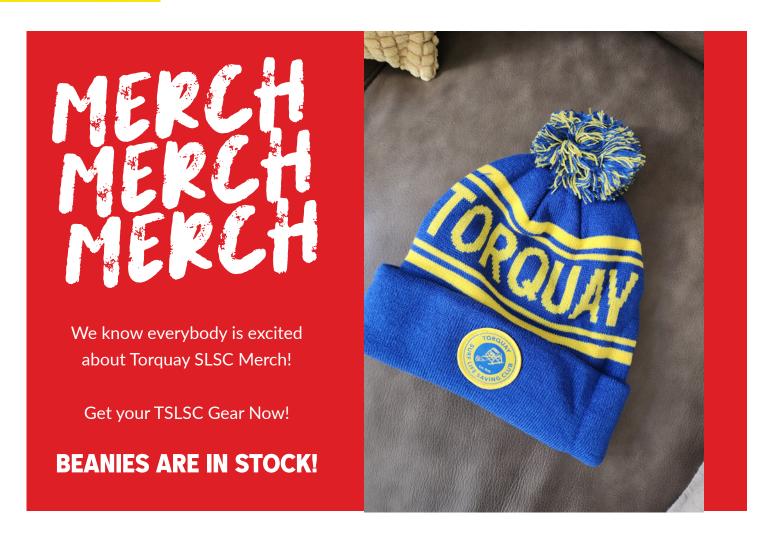






TEAM TORQUAY

TOGETHER STRONG.
TORQUAY SINCE 1945.



EEATURING



GOONS OF

DJ EDDY

PURPLE DISTURBANCE

ERIDAY 29TH MAROH

2024 TORQUAY

SURFLIFESAVINGCUB

MOON MOTHER PRODUCTIONS & TURNER EVENTS PRESENTS



CLUB SERIES

TORQUAY SURF CLUB MARCH 30-31



EASTER SATURDAY EASTER SUNDAY

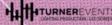
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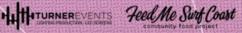
BAGS V DK **DURRT** HAZEL RAY BAND COASTAL SOUNDS DJS

THE KITE MACHINE SAVAGE HONEY DJ EDDY **DEPORSAL** DANIEL AARON INSUFFICIENT FUNDS

GET YOUR TICKETS TODAY VIA MOSHTIX ONLINE











From the Front Page



Training Susan Noonan



Education and member training are fundamental to ensuring our beach remains safe over summer. The training team delivered 197 re-qualifications prior to December 31, 2023 - a huge effort and essential to meet our patrol requirements.



Congratulations to all members that completed their Bronze or SRC over the summer holiday program, IRB Crew in January and Advanced First Aid in February. Over 100 new awards have been gained by members this season.

Thank you to Mat Blair, Kai Tracey, Kimberley Gilling, Max Leonard, Max Crellin, Nikki Weston, Danny Hayden, Matt Carmichael and Bill Johnson for all the courses they have instructed and assessed this season.

If you have a passion for training and would like to get involved contact training@torquayslsc.com.au



TERY WALL

In January this year, the 48th Iron Man & Woman competition was completed.

Now known as the Jim Wall Classic. Photographed is twice winner in 1964 & 1965 Professor Terry Wall.

Terry also won Gold at the 2000 SLSA Championships Masters Board race.

Terry is the son of Jim Wall who was the longest serving President of the Torquay SLSC, presiding for 14 years.

After completing his studies in Australia and overseas including a Fulbright scholarship Terry received a PhD at the University of Newcastle NSW.

He joined the Merewether SLSC where he became Club Captain.

He met his future wife Marilyn at the University of Newcastle Surf Riders Club.

Marilyn and Terry have 3 sons, Kris, Simon and Mitch. They currently live at Merewether overlooking the ocean, however they visit and stay in Torquay every summer.

Historian News Tony Fraser





Tony Fraser

President and now Life of the Ouav Associates section Dennis Carty met many times to work out how the club could acquire a Club Liquor Licence. At the time the obstacle we faced was the fact that the club was situated on Crown Land and the only legal licence available was a licence to consume. After consultation with a barrister Guthrie, who specialised in this area, our application was finally approved by the Victorian Liquor Commission. The previous given to Blairgowrie Yacht 1939. The licence area was the upstairs lounge and main hall only. This has been financial success for the club over this period.

Mr Frank one was Club in a huge

Fundraising Jay Muir

We are so excited to announce one of the biggest lineups of Easter events our club seen!



has

We will be open from midday Friday to Sunday showing all the action from Bells on the big screen. Plus the legends from Feed Me Surfcoast will be pumping out the meals and snacks all weekend. The Blackman's Garden Bar at TSLSC is the place to be this Easter!

FISH FRIDAY GARDEN BAR

One of our most loved traditions is back!

From midday our kitchen will be pumping out the tastiest fish and chips on the coast, bring all the crew you can and kick back in the garden bar watching the Pro on the big screen.

TRACKS PARTY

Friday 7pm-11pm

Tracks Magazine will be on deck to celebrate the surf tour hitting the surfcoast and they are bringing their mates GOONS OF DOOM, DJ EDDY and PURPLE DISTURBANCE with them. Be part of the fun and get your tix via:



EASTER SATURDAY

The Blackman's Garden Bar is open and Feed Me Surfcoast are in the kitchen, pop in for lunch and stay for the live action from Bells!

DRAGON CLUB

7pm-Midnight

We are so pumped to announce that

JEBEDIAH will be headlining a massive evening of music at the club Easter Saturday!

With support from DK (Bliss n Eso) V DK, DURRT, HAZEL RAY BAND and COASTAL SOUNDS DJs. Get your tix via:



THIS WILL BE YYYUUUUGE!

GARDEN BAR

The Blackman's Garden Bar reopens and Feed Me Surfcoast again serve up the best food on the Surf Coast! Live action from Bells back on the screen!

DRAGON CLUB

7pm-Midnight

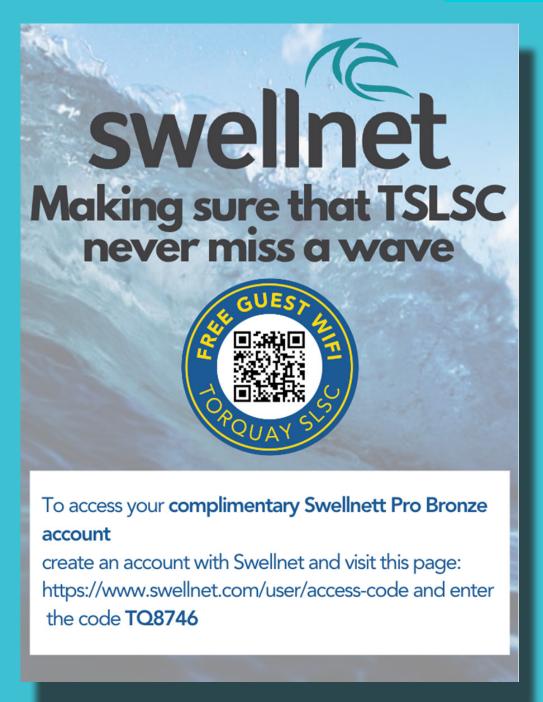
Day 2 will see THE KITE MACHINE on the garden bar stage, along with SAVAGE HONEY, DJ EDDY, DEPORSAL, DANIEL AARON and INSUFFICIENT FUNDS.

Get your tix via:



What a way to sign off a huge weekend at the club!!





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!

Membership News Danny Hayden





torquayslsc.com.au by Sunday 31 March 2024. We just need your nomination and your reasons as to why they deserve to win one of these prestigious awards!

Too Easy!



Following on from the highly successful Pink Patrol in 2023, Torquay SLSC celebrated the vital contributions made by women in lifesaving with a Pink Patrol on Saturday 17th and Sunday 18th February 2024.

We arranged for a little pink to join the red and yellow colours famously worn by our life savers as a special something that you don't see every day!



The First Victorian

For the first time in Victoria, Torquay SLSC held a Hydrothon All Female Surf Sports Clinic. The Hydrothon Clinic is a specially designed program aimed at introducing Surf Sports to females and improving the skills of those already involved.

It was hosted by Nutri Grain Series Champion Jordan Mercer and 2022 Coolangatta Gold Champion Carla Papac and emphasised shared learning outcomes, water skills and fun.

"I loved being in Torquay and being part of this great movement. Hopefully, sharing our experiences with the girls inspired them to stay involved in our great sport and encourages them to keep dreaming big." said Jordan.

The Hydrothon wouldn't have been possible without the support from the Victorian Government "Change Our Game Grant" approved by Minister for Sport, the Hon. Ros Spence MP. The Change Our Game Community Activation Grants Program supports local sporting clubs to enable participation, build capability and celebrate the role of women and girls in sport and active recreation.







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.



ICH POPS

Emma Henderson

Hi, I'm Emma Henderson and I'm this year's 2023/2024 Nipper Captain.

What is your favourite thing about nippers?

Mainly competing and seeing other friends from different clubs and also just getting out in the water.

What's your favourite carnival event?

Probably board or the iron.

What do you want to be when you grow up? Haven't really figured that on out yet.

Who is your sporting idol?

Probably Lucy Derbyshire.

What sport does she play?

She is an iron woman.

How many age managers have you had?

I've had about 7 over the past 8 years.

What's the best tip you have ever had from an age manager?

Not take yourself too seriously and just enjoy racing and enjoy nippers.

What's the best safety tip you've learnt in nippers? Whenever someone is in trouble always check for danger

around and if you are safe to look after them.

What's one tip you would give to a first-time nipper? Probably just to have fun at nippers, make new friends and always make sure you are safe when you go out in the water.

Max Packham

Hi, my name is Max. I am the Nipper Captain for 2023/2024 for the Torquay Surf Club.

What's your favourite thing about nippers?

Just making some new friends, the beach - being so close to it and just it's amazing how everyone is there and just so happy.

What's your favourite carnival event?

Basically, anything in the water, I love sprints and flags but basically everything in a carnival.

What do you want to be when you grow up?

A lifesaver and a physiotherapist.

Do you have a sporting idol and who are they? Zeb Walsh and Harris Henderson.

How many age managers have you had in your nipper career?

Probably 5 or 6.

Have you got any good tips from those age managers?

When you're in a carnival hit the water first and come out of the water first and you will always come first, and just have

What's your best safety tip that you have learnt in

Swim with a friend, swim in between the flags, and always stay safe and don't take risks.

What's one tip you would give to a first-time nipper? Just have fun and you are going to get some lifelong friends out of this as it's pretty good fun.



Senior Competition Tim Altman

The competition season is well and truly underway, with several carnivals having been run over the last couple of months. We'll share the scoop from States in the next edition.



Whilst the number of Torquay competitors has been smaller than in past years, we've had consistent numbers and great enthusiasm from competitors and parents – especially in the youth and under 17 age groups.



Thanks to Kimmy Gilling and Kai Tracey who have played a fantastic role in managing the youth section at carnivals and at training.

Among the events, our very own Jim Wall Classic (formerly the Jim Wall Ironman) was run with huge success. In order to build this event as an iconic Torquay event, we made several changes that were greatly received by those who attended. These include:

- Aligning with Summer of Surf carnival series as part of a Victorian tri-series to ensure local numbers and encourage greater interstate representation.
- Changing the name to 'The Jim Wall Classic'.
- Changing the logo.



- Adopting the Live Heats system for entries, registration and results - the same system used by Summer of Surf and the Australian Lifesaving Championships (Aussies).
- These changes appeared to have been a success as we increased competitor numbers by over 30%.

Many thanks go to the whole Torquay SLSC committee and a huge number of volunteers both prior and on the day for making it happen. It was a team effort and could not have been so successful without the fantastic energy put into it by so many people.

As we are so deep into the competition season, whilst I could write a report of several pages, I'll keep it short by listing some of the highlights thus far, in addition to the above:

The attendance by a small group of competitors at several interstate Summer of Surf carnivals. It is said that if you want to play a better game, play a better opponent - and there's no better way of improving than competing against the best in the country, so well done to these competitors -Harris Henderson, Jack Patel, Taj Purcell and Will Goldstraw in particular who have travelled far and wide attending carnivals in SA, NSW, Qld and Vic, and are very prominent in the overall national point scores in their events. Others who have travelled for interstate events include Jake Griffiths, Catherine Roberston, Jemima Asher, Milli Harris and Thomas Russell.

 This has required a lot of travel and organisation from their parents, so kudos to them also.

 The selection in the Victorian Interstate team for the interstate challenge for Harris Henderson, Jemima Asher, Will Goldstraw and Jack Patel.



 The fantastic attendance at the masters training session run by David Strahan. This was a great initiative from David, and great that so many parents attended. It could be the start of great times for the masters.



 Also, the attendance of so many senior competitors at nipper sessions and the Cosy Corner carnival. As mentioned previously, our biggest challenge in the club is not the recruitment of patrolling members and competitors, it is in the retention of them from nippers. The more we can do to make these young people welcome and familiar with us, the better.

 Matt Henderson's great work as Team Manager of our senior competition section. Super thorough

and super professional. Thanks Matt.

 Solid leadership from Head Coach Nick Thomas. As he's so understated, his knowledge and experience is far greater than many realise. With support from Simon Strahan, Zeb Walsh, Grant Matthews & David Strahan amongst others, we are in very good hands.



 The re-introduction of the Torquay SLSC club championships, which look likely to be held on Sunday 7 April, will involve competitors of all ages. It is likely to involve some relays mixing all age groups together. More details to follow soon.

Again, thanks to everyone for helping along the way. It really feels like we are building a great family culture around the club, and at carnivals, with so many people willing to volunteer.





LOOK WHO'S BACK





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 physic 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.

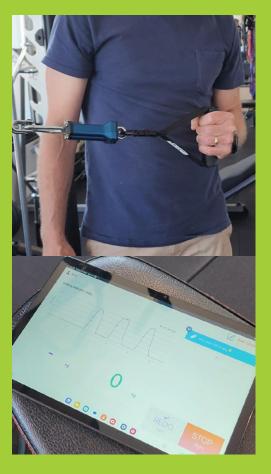
Ben was explaining to us how they are now able to program not only therapies, but conditioning workouts that are customised to work around, improve and overcome weaknesses or injuries. All with measurable results. Simply amazing.

SO MUCH MORE THAN JUS 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 Clin-

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!











JORQUAY RESCUE MERCH NOW AVAILABBLE FOR PRE-ORDER





Marketing Damian Chappell

Jay has an amazing Easter Weekend planned and we're stoked to have the club booked out for some truly epic nights of fun. There's still tickets available so get clicking and buy your tickets now!

We're still looking for some important roles at the club that will help build on the momentum that we've built up over the last 2 seasons.

- 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 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 deep into the 2020's and get our digital storefront up and running.
- 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. Teens and Twenty-Somethings we're looking at you to apply and help us out!

We've managed to work through a large part of the rebrand, embrace digital communications and get our new ranges of merchandise ready for ordering. The Online Store is configured and ready to launch, we're just taking photos of all the merch so that it looks as great as it will work.

I'd love to personally extend a heartfelt thankyou to all the volunteers who stood up proud to help us with the Jim Wall Classic presented by Mikro Coffee Roasters and Hydrothon. We simply could not put on such amazing events without all of your help. And amazing they were. The Torquay Surf Life Saving Club put on two events that we really should be proud of. The club was vibrating with an energy that is just different from our normal club events and showing off what we're capable of for visitors to the club, really illustrates that we're more than just a Surf Club. We're so much more.

You've probably seen Grant and I getting around town wearing our TSLSC King Gee Tradie Shirts we're finalising an order soon so register your interest so that we include you in the first order! We also want to get out orders for the Deck Parkas and the ISC Athletic Wear so have a look and let us know. Scan the QR Code to checkout the Tradie Shirt, Joggers, Sleeveless Jacket, Deck Parka and Winter Jacket.







Community is a King Pamily 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



Nipper News Matt Carmichael



HAYDEN

32 Sun Surf & Sand

HAYDEN

HAYDEN

HAYDEN



The end of the nipper season is fast approaching, and it is great to see strong numbers continuing to show up for our regular training sessions.

We had a tremendously successful Summer Holiday Program (SHP) with an average of 333 nippers attending each day over the 8 sessions. We cooked and sold 2400 bacon & egg rolls. With help from our friends at Feed Me Surfcoast and Barwon Valley Smallgoods we were able to raise valuable funds to support our club's lifesaving requirements. We also sold over 1500 coffees during this period. The new beans from our sponsor Mikro really bumped up the demand. 27 of our members completed their water safety qualification in the first week of the program – this meant that by week 2 we were signing in 72+ water safety personnel each day. This boosts the contribution of what we can offer within the program and to the club's lifesaving capabilities.





We took a strong team of 153 nippers to the Cosy Corner carnival - representing >16% of the overall 921 entries from all clubs. Our large team meant we were obliged to supply 16 officials, 15 water safety and 2x IRB shifts. Thankfully we have had a great response to our new carnival entry volunteering requirements with many new families completing the online official's course, completing their practical experience day, and signing on to give some much-needed relief to our officiating stalwarts. The carnival results were a resounding success for Torquay SLSC coming in first place with a total of 573.5 points - this was 184.5 points ahead of nearest rival Jan Juc.





What remains the best part of carnivals for me is seeing how well behaved and respectful our nippers are to the officials and their fellow competitors. The Age Managers have continued to embed these great societal skills in our nippers, as well as giving them the knowledge and support needed to conquer the surf. We have put in a lot of hard work this season and no matter what the results are at the end of the day all the nippers should be proud of their development and successes over the season.

We wish all the competitors well and thank all the officials, water safety and volunteers that have been contributing their time to help our nippers compete. We also wish to thank all our sponsors including Hayden Real Estate, Mikro Coffee Roasters, Barwon Valley Smallgoods, Betty's Burgers (Torquay), Kings Funerals and Offshore Physiotherapy.

As always with the U13 cycling up to Youth next year we will be losing some of our volunteer water safety and officials. Therefore if you are looking for something to do during winter, log onto the SLSA portal and complete the officials course! We will be continuing to look at ways to make sure there is even representation of officials from each age group next year to support our LSV quotas so make sure you complete the training online to support Team Torquay.

I'm looking forward to seeing everyone around the club in the off season.







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.