



LENNOX HEAD-ALSTONVILLE SURF LIFE SAVING CLUB INCORPORATED

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Issue: October 2008

Patrol Notes

One month gone already. Our roster has now settled after some earlier tuning. Patrols have been well attended with most members finding replacements as needed. We are still keen to build our IRB driver and crew numbers, as most groups have only one of each of these key awards. So if you feel you have what it takes please contact Brian Dell or myself.

If you need a uniform upgrade get a list together for each group and let me know.

You will have noticed the new Rhino being run in and fitted out for roving patrol duties, almost complete at this stage. Stating the obvious, ***roving patrols are two up and always carry a radio in this vehicle!***

Thanks to those extra hands who stepped up last Sunday at nippers. Well done - I have heard nothing but glowing reports. Remember we are hosting a carnival on Sunday the 2nd Nov - again extra hands are always appreciated.

Any member wishing to rack up those hours but having difficulty maintaining a roster should contact Patrol Captains mid week to arrange to carry out a substitute shift on the days they are available.

Finally, our registrars Dave and Alison have kindly given me a list of patrolling members who have yet to renew their membership. Please folks, these are now overdue.

Mark Laverty
Club Captain

ACTIVE MEMBERS – your fees are overdue. Please pay immediately!



North Coast Lions Trust donate new rhino quad bike - Lennox Lions showed support



Scope Club Ballina donate two jet ski helmets



Angus Lambie from Lennox Head Dental – donating the season's sunblock

Thank You

- North Coast Lions Trust for donating our new Rhino
- Scope Club Ballina for donating two jetski helmets
- Lennox Head Dental for donating this season's supply of sunblock
- Lois Buckett Real Estate for donating our Age Manager shirts and paying half the cost of our new long sleeve club shirts
- Trish Bakker of Taxpresso for donating \$1000 worth of gear for the younger age groups
- Bob and Denise Moore for helping to get the nippers BBQ season going by picking up a fabulous bargain BBQ and by stepping in as BBQ coordinators for the first few sessions

Members - please support the businesses who support your Club!

Melbourne Cup Fundraiser



Where: Lennox Bowls and Sports Club
When: Tuesday 4th November from 12 Noon
Cost: \$30 per person – Includes 2 Course Lunch, Gift, 1 Drink, 1 Mystery Trifecta.
Plus: Great Prizes, Entertainment & Fashion Parade by “Civilian”
All Proceeds to Lennox Head Alstonville Surf Club
Tickets Available from Alison Thomas
Phone: Mob. 0404 492 077 Home 6686 3959

Board & Iron Person Training

Members who wish to develop their skills and fitness levels in order to compete at Branch, State and National levels, are very fortunate to be able to do so under the guidance of the Club's Head Coach, Lou Wilson, with Board Training each Tuesday, Wednesday and Friday morning from 6am to 7am, **All levels (novice to advanced) are able to participate.**

In addition, Ironperson training is between 7.30am and 9.30am on Saturdays.



Tree Beckerleg cooked breakfast for the Lions Club at the Rhino presentation breakfast

STOP PRESS

All Members – your Club Management Committee has been hard at work modernising our Constitution. Please keep a look out for an upcoming ‘Notice of Special General Meeting’ where Members will be asked to consider and vote on adopting this restructured Constitution. Please ensure the Club has your correct email and mailing address. This will assist in all Members receiving the Notice of Special General Meeting and being forwarded a copy of the proposed amended Constitution.

Glenn Moriarty - Vice President



River End, Moon Street, Ballina.
Proud supporters of
Lennox Head-Alstonville SLSC

life's too short
to drink bad coffee

Second Hand Equipment For Sale or Wanted

At times second hand equipment is offered for sale or sought by Members. This equipment can range from Foam or Fibreglass Nipper Boards, Malibu Boards, Racing Skis, Paddles, wetsuits, etc. Our U12 Age Manager, Glenn Moriarty, has been delegated with maintaining and circulating a Register of such equipment. This register is updated regularly and displayed in the Club

Patrol Room. Please speak to Glenn if you wish to use this service.

H.O.G Rally

The H.O.G Rally over the long weekend provided a great opportunity for fund raising for the Club, with an awful lot of bike washing going on. The H.O.G members were extremely generous with their donations – and even took some of our bike washers for a ride!



HARE TRISHNA MASSAGE

1 hour - \$50

Treatment is based on
Swedish style therapeutic techniques

Phone : Trish McCarthy
Lennox Head
6687 5688

Nippers News

Under 6&7s

The Under 6&7s just seems to grow continuously. Forty kids on the beach wearing little green caps is a sight to be seen! With great support from younger club members and participating parents we have had a good start to the season and look forward to having a lot of fun.

Michelle and Dave

Under 8s

It has been a great start to the season, with 21 smiling children in our group. We have been concentrating on our events for competition - Flags, Sprint and Wade – in order to get them ready for their first ever carnival in Nov. We are fortunate to have a great bunch of parents getting involved which is very encouraging - thankyou. We look forward to spending our nipper season with this wonderful group.

Sam, Simon and Antony

Under 9s

It has been a fabulous start for the Under Nines. Firstly there are 28 of them and most have now completed their competence swim and float, most their timed swim and some their run swim run.

During Day One we worked on swimming skills building up to a mini run-swim-run and then most of the group challenged themselves to swim out and around one can which was amazing. It must be mentioned though that this could not have been done without the great assistance of the Under 14's and the senior club members who swam one-on-one with the Under Nine Nippers. This team work is what makes our club so good.

On Day 2 the enthusiasm by the kids was excellent and they were all very keen to learn their board skills, namely, lying properly on the board, bunny hopping, popping, Eskimo rolls and moving back on their board as they caught waves, and then using them in a fairly challenging surf. The group is well underway to swimming and boarding out beyond the first break and we look forward to favourable conditions in the

next few weeks to further challenge this group in the surf.

The Under Nine parents have really come on board to help, helping with the BBQ twice and at least 7 parents keen to do their Bronze in the next group starting soon. We see this as a very healthy sign for this age group and we are looking forward to a fun but challenging year of Nippers!

Greg and Sharon.

Under 10s

Welcome to our new members Jeremy, Josephine and Ena. What a great beginning to our nipper season. We have already had a few very successful goes at our run swim run and were impressed with all the group giving it their best shot and getting around the cans. (Some were a little surprised they could actually do it!) On the boards we have been paddling and popping waves and everyone has been really keen to have a go. We are looking forward to a terrific summer.

Peter and Kate



A big welcome to Linda who has stepped up to take on the all important role of BBQ Coordinator. Thanks Linda!

Under 11s

Good start to the year with numbers increasing over the last two weeks. The kids are stepping up from foamies to fibreglass boards so we can expect a few dings (Ray Lever loves it). The majority of last year's punters have returned to the fold with a few new starters joining up, all have smiles on their faces which is what it's all about. The surf conditions have been favourable and the kids have had a good crack at the run swim run. All parents are encouraged to participate in the activities with the kids, so

if you want to have a paddle or swim please join in. I would also like to thank those performing water safety, hopefully I won't have to be rescued again this year.

John and Michele

Under 12s

The 2008/9 Surf Season has started at a fast pace for our 12 (so far) U/12s! Most of the 'old hands' are back, keener than ever, confident in their skills and showing the benefit of experience. It is truly rewarding this year to again see family members of each of these U/12s being ready to assist in the running of our Nipper days, whether it be by doing Water Safety, helping in up-skilling the newer members, operating and/or helping with the Club BBQ, carrying gear and actioning the set up or pull down of arenas. Just as encouraging has been the enthusiasm and efforts of our new Members - Gabe, Ciara, Jameson and Tully – and their families. 'You only get out of it what you put in' is a maxim that is truly reflected in the Lennox Head Surf Club environment.

As the Season unfolds the U/12s will be goal setting as they did when U/11s. We envisage this will include objectives such as the successful completion of their 'Surf Smart 1 Award', improve their surf skills (including surf swimming and board riding), participation in Far North Coast JAC Carnivals, consideration of competing in the 2009 Country and the 2009 NSW State Championships. However, at this time, the priority for Age Managers is assisting their Age Group to complete their Proficiency requirements. This will enable our Nippers to participate fully in the wide variety of aquatic based activities that Surf Life Saving provides, both at Lennox Head and at varied JAC Carnival venues.

The first Carnival of the year is usually a good indicator of where we may need to build or consolidate in our activities. We are fortunate that this Season our Club will host the Season opener on Sunday 2 November 2008. In the U/12s it is apparent to date that those who are participating in regular Swim Squad and Board Training Sessions are benefiting from the additional fitness and skill levels. Congratulations in that area extend from the kids and must also

go to the parents for their 'taxi and finance' commitment!

Finally, please keep up all this good work – the Season is just starting and the rewards will come to those who earn them. Good luck to all – *Go Lennox!*

Glenn & Patricia

Under 13s

Welcome back to all the U12's from last year and all the new faces that make up the U 13's for 2008/09. This year is shaping up as a great season as we have had 3 great weeks of weather which is more than we had all last year.

Jenny and I are genuinely impressed with the skills that the new (and less experienced) Juniors have learnt in the 3 short weeks they have been going this season.

This year we, as U 13's, will be building up to the Surf Rescue Certificate (SRC) to be completed just before the season starts in 2009, so it will be full on few months. The SRC will allow them to become full Patrol Members, wearing the Red Yellow, and protecting our beaches.

Apart from this we have a busy few months ahead with learning new skills, carnivals etc.

Welcome also to those mothers that have started training to be a Lennox Head/Alstonville Women's Boat Team. We had our first training session on the lake today and everyone had a great time (I think).

Catch you on the Beach!

Bob and Jenny.

UPDATES TO THE CLUB WEBSITE.

We have had some technical difficulties in adding updates to the Club website. These will be rectified soon, so please just keep checking to see if the latest information, including details of training courses and competitions etc is there, at www.lennoxsurfclub.com.au

THANK YOU Tony and Michele Barnett for printing this newsletter!

Under 14s

Check out our newest lifesavers! The Under 14s recently completed their Surf Rescue Certificate (SRC). Congratulations!



Officials Needed

We are desperately in need of people to train as carnival officials. This is a great job for people who would like to support the Club but who can't help with water safety. Two Officials Courses are coming up:

- 1st November, Lennox Head - closing date
- 11th October 29th November, Cudgen - closing date 31st October

Please talk to Maria Kirsten at Nippers if you are interested.

Yoga with Maria



At the Lennox Surf Club

Saturday Morning

7 - 8:30 am

starts 1st November

Tuesday	Thursday	Saturday
6 am	6 am	7 am
9:30 am	9:30 am	
6:45 pm	6:15	

Cost: \$14 per class or block of 5 classes for \$60
Private classes and yoga therapy by appointment 66875411
Approved by all major insurance companies

Competition Results

Strong teams from our Club have recently participated at the Yamba Centenary Craft Carnival, the Dolphin Classic, and the Coolangatta Gold. Congratulations to all participants. Results are printed below:

Yamba Centenary Craft Carnival – 27/8/08

3km Board Paddle

Under 15 Female

Ellie Leaver	5 th	24'43"
Samantha Coleman	8 th	25'50"
Jessie Flemming	20 th	30'38"

Under 15 Male

Michael Barnett	2 nd	22'25"
Hayden Thomas	5 th	22'43"
Connor Blair	13 th	25'26"

Under 17 Male

Tany Lyndon	1 st	21'26"
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Open Female 6km

Nadi Canning	5 th	43'37"
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Dolphine Classic – Northcliff – 4/10/08

Under 12

Connor Moriarty	5 th Swim
	6 th Board

Under 13

Murray Thomas	3 rd Swim
	6 th Board

Hayden Blair	12 th Swim
	7 th Board
	7 th Run

Under 14

Mikayla Gray	5 th Swim
	4 th Board
	6 th Run

Hayley Coleman	8 th Swim
	16 th Board

Reggie Moriarty	7 th Swim
	25 th Board

Under 15

Michael Barnett	6 th Swim
	1 st Board

Connor Blair	20 th Board
	7 th Run

Maddison Blue Beckerleg	10 th Swim
	8 th Board

Jessie Flemming	17 th Board
	5 th Run

Ellie Leaver	9 th Board
	11 th Run

Under 17

Tany Lyndon	5 th Board
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Hayden Thomas	5 th Swim
	9 th Board

Ben Martin	14 th Board
	5 th Run

Samantha Coleman	7 th Swim
	5 th Ski

Open

Nadi Canning	5 th Swim
	11 th Ski

Coolangatta Gold – Surfers Paradise 19/10/08

Open Female

Nadi Canning	8 th
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Under 17 Male

Tany Lyndon	1 st
Hayden Thomas	5 th
Nathan Diehm	6 th

Under 17 Female

Samantha Coleman	9 th
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Under 15 Male

Michael Barnett	3 rd
Ben Harper	10 th

Under 15 Female

Ellie Leaver	7 th
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Under 14 Male

Lachlan Jones	17 th
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Under 14 Female

Mikayla Gray	6 th
Abby Clarke	9 th
Alana McGoldrick	12 th
Hayley Coleman	16 th