

Mullaloo Surf News

Mullaloo Surf Life Saving Club Newsletter

SEPTEMBER 2010



SEPTEMBER – IS IT BROWN?

The anticipation of spring, finals footy, the hunt for the manky budgie smugglers and the patrol uniforms. I must tell you a number of members have been in training vigorously in the wintry conditions for months. These individuals love the sand and surf, but more importantly I guess, they relish that odd feeling of belonging to an overt bunch of fanatics who love life. Ironically, the weather in spring can be overwhelmingly windy. Just ask any patrolling member who has spent the best part of the day in October scanning the blustery surf for struggling seagulls.

Welcome to our third newsletter. The content from here on will carry some important dates and references which if forgotten will be posted onto the club website. Communication is the nervous system of the club and it is the Board of Management's intention to avail as much information to the membership as possible.

The biggest news so far this season is brown and it's back. A few brave souls will be exhibiting their historical connection to the club by wearing brown and yellow Speedos. I have witnessed a few members 'gag' as they look on in helpless despair. The brown represents the kangaroo that is associated with the local area. Hopefully the sand dancers will run just as fast! They look superb.

This issue: Presidential prose, coaching updates, Lifesaving & Patrol information, Beachies are back, Cadet Camps, Boatie news, Competition news, Junior Update, Requal. dates, Social calendar, Down the Pipeline and the Wave Warriors.

Dare I say another Bumper edition?

Mr ED



GRAND FINAL

on Saturday 25 September 2010 @ Mullaloo Surf Club

TIME: 11.30am ONWARDS (Game starts at 12.20)

WATCH IT ON THE BIG SCREEN

Footy Food & Drinks at Club Prices

TICKETS \$10ea (Includes all raffles)

Family Tickets \$20 (2 Adults 2 Children)

(All paying persons get to participate in all raffles)

Kids free non-participating

RAFFLES • DOOR PRIZES • \$100 NOTE

SCREAM FOR YOUR TEAM

Ticket enquiries: Steven Nestor 0412 956 738 or Craig Humphries 0439 391 263



OFFICE HOURS

9.30am – 2pm
Tuesday to Friday

BEACHIES!!!

Beachies training has started **Monday and Wednesday evenings 5-6pm** at St Mark's Oval. Sound confusing? Yes the beach sprinters have commenced their skills training on the above mentioned school oval. This closely shaven bunch are extremely fit and raring to go. Big things are on offer this year so please find time to support these champions on competition days. Come and have a look.

CADET CAMP

Has been booked for **3rd, 4th and 5th December** at Ern Halliday. This is a fabulous event on the club calendar. The parents enjoy the sleepless nights while the young ones run amok. More to the point this is the single most important individual and team building initiative that Mullaloo has sponsored for over a decade. Again, this exemplifies the focus the club places on building friendships and taking the fun off the beach, for a while. More details to follow – stay tuned.



PRESIDENTIAL MEANDERINGS

Where are we going? How will we get there? Who will be coming along for the ride?

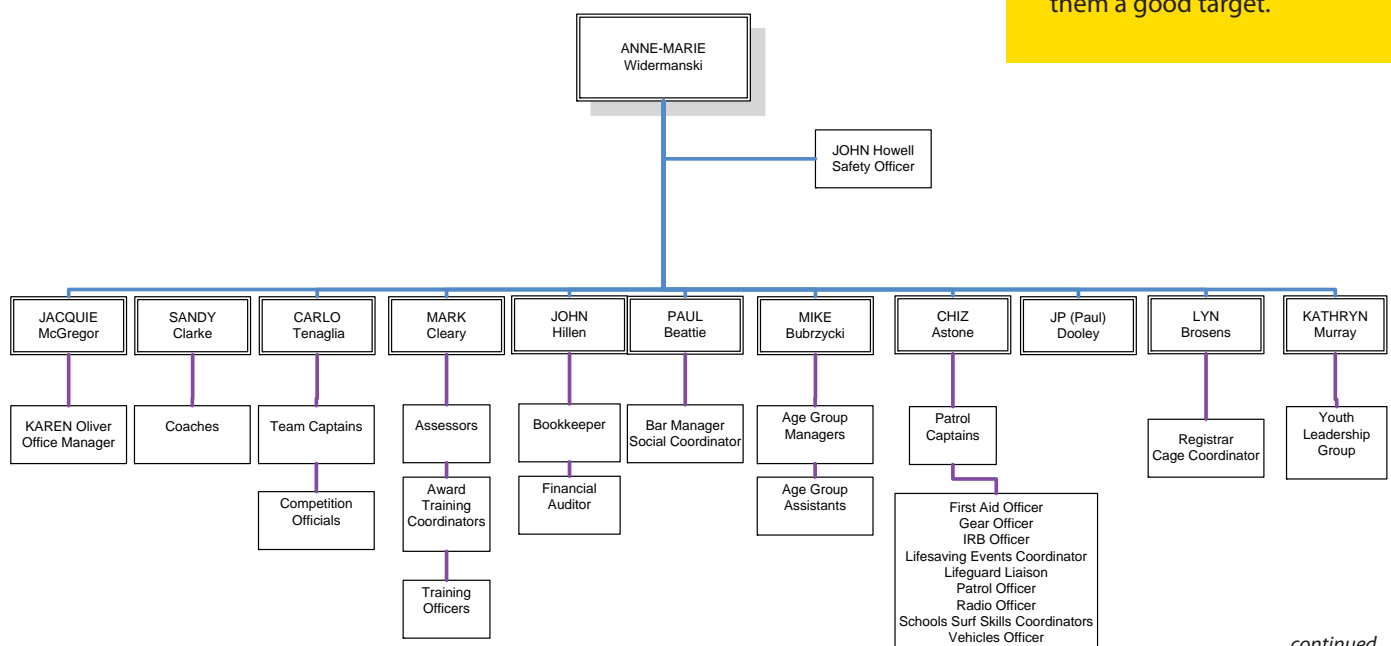
The Board of Management participated in a strategic planning workshop facilitated by long term club member and senior executive Mike Preece. The input from the Member Forum was considered as part of Workshop activities. A Strategic Committee is being formed. This Committee will be charged with developing the club's Strategic Plan. A means for members to contribute will be established – remember: ideas are most welcome; any criticism should be accompanied by suggestions for improvement. Negativity is unacceptable.



The Board have participated in a Budget Review process. John Hillen, our Director of Finance, did an excellent job bringing the numbers together. A conscious decision was taken by the group that revenue generated through marketing initiatives would be used for capital and strategic purposes. Operational costs will be met through all other forms of income, including membership fees and cost recovery processes such as the price of entry to social functions and payment of entry fees to competition and other events – a user-pays approach.

Your Board continues to work hard on your behalf. Make sure you read the Directors' contributions in the Newsletter. Two questions have been asked: Who is on the Board? What does the Board do? The answer to the first question is shown in the Organisation Chart (see below); the answer to the second question is – heaps!

Mullaloo Surf Life Saving Club Incorporated Organisation Chart



continued...

'BOARD' SHORTS

The following matters were discussed at the last Board meeting:

Formation and **Terms of Reference** for the Strategic Committee; Martin Kane appointed as Chairperson.

Arrangements for **New Members' Registration Day** – Sunday 19 September

Finalisation of the **Patrol Standard** – check the website.

Fundraising initiatives – check the website for details, and participate if you can.

Women in Surf – a Breakfast to be held at Trigg Island SLSC – 13/11/2010; interested people please contact a club Director.

Junior Activities – demand exceeds available places; a Waiting List is in place. Any ideas to address this challenge will be welcomed by Director Mike Bubrzycki.

The **50-4-50 fundraising** campaign is drawing to a close (end of September). We need a big finish to reach our goals – so see what you can do, and encourage your friends as well. Westpac will match every dollar raised – so let's give them a good target.

Presidential meanderings continued...

The Board under the current structure is made up of twelve people, eleven of whom hold a Portfolio with responsibility for the operational effectiveness of a section of the club. The Directors are responsible for the safe and responsible conduct of all aspects of the club's operations. The Board are assisted in the performance of their duties by an equally hardworking group of members, including Club Officers, Trainers, Assessors, Coaches, Age Group Managers and another level of members providing essential services/support to these key roles.

The club's history book preparation is nearing the final stages, with the first draft having been reviewed and actions to address a number of gaps already under way. A committee to plan the celebrations for the 50th Birthday is being formed. Any ideas may be passed on to Jacquie McGregor who is the Chairperson. Don't forget to indicate your intent to participate on the Expression of Interest list in the office. Watch the website.

Who's who at Mullaloo (Board of Management) for 2010?

New faces:

Jacquie McGregor – Administration
(previously House)

Paul Beattie – House

Mike Bubrzycki – Junior Activities

Narciso (Chiz) Astone – Lifesaving

Lyn Brosens – Membership

Anne-Marie Widermanski – President
(previously Education & Membership)

Anne-Marie

Continuing members:

Sandy Clarke – Coaching

Carlo Tenaglia – Competition &
Vice-President

Mark Cleary – Education

John Hillen – Finance

JP Dooley – Marketing

Kathryn Murray – Youth

COACHING FORUM

It's time... to get the coaches together?

**Sunday 10 October,
4-5.30pm at Club rooms**

With so many experienced, new and prospective coaches in our Club now, it's time we all got together.

Coaches, trainers and anyone wanting to assist in training or coaching (includes both seniors and juniors) are invited to attend a Coaching Forum to discuss the new coaching policy and proposed coaching structure.

With greater demands from SLSA and our members, our coaching services should now be revisited. If you have any questions, please contact Sandy at clarkeclan@iinet.net.au.

"SO YOU WANNA BE A BOATIE?"

This is the reality TV show you've been waiting for!! It's got all the drama of America's Top Model, the sweat of Biggest Loser, the creativity of Master Chef and the wipe outs of, well, Wipe Out. It's Boaties!!

So, how do you become a Boatie? Well, by giving it a go. You'll love it or you'll hate it... that's just how boats are. To get into the boats, you'll go through a step by step training program which starts with ergo training, on-land technique and safety training, fitness training, flat closed water rowing (Hillarys Boat Harbour) and flat open water rowing, building up to taking on some waves.

'Auditions' can be booked with Boat Captain, Andy by calling/texting him on 0408 924 947.

Sunday morning training is back on – starts 8am, first session Sunday 3 October!

DOWN THE PIPELINE

Whilst in Lake Louise, Canada Judy Baker was confronted with iced wilderbeasts, where there happened to be figure skating in progress, probably ex Olympians practicing. As Judes was wearing the *Pipeline Saving the Nation T-shirt*, she was thrown into action and kept the iced wilderbeasts from entering the arena. Judes then had to do what a true Australian lifesaver would do... have a go at the big Olympic sport curling. A true natural Judes might add and she didn't have the cleaners to help her like the Olympians.

Once again Pipeline is *Saving the Nation* – even in iced countries.

Pipeline lifesavers will always be on hand to save the public even in iced countries such as Canada.....Go Kat Go



LIFESAVING NEWS

A Patrol Standard has been developed. The purpose of the Standard is intended to ensure respect and consideration of colleagues and to promote a consistent approach to the requirements related to Volunteer Patrol Lifesavers. The Standard is available for viewing on the Mullaloo Surf Life Saving Club website. The Standard applies to all Mullaloo Surf Life Saving Club patrol members.

Thanks, Chiz

List of patrols and patrol Captains for season 2010 As follows:

Billabong	Stephen Dargie
Bells	Brett Warner
Bondi	Leanne Kelleher
Kirra	Andrew Manning
Malibu	Louis Cheeseman
McCarthy	Phill Dee
Nirvana	Narciso Astone
Orana (Water safety Patrol) ..	Jacqueline McGregor
Pipeline	Kathryn Murray
Queenscliffe	Ian Allen
Redgate	Tony Greenfield
Strickland	Barbara Carter
Torquay	Chris Hainsworth
Uluwatu	Nick Iellamo
Wiamea	Rick Corkill

PATROL ROSTER OCTOBER 2010

		Sat 2nd	Sun 3rd	Sat 9th	Sun 10th	Sat 16th	Sun 17th	Sat 23rd	Sun 24th	Sat 30th	Sun 31st
AM	9am-12pm	Malibu	Billabong	Kirra	Pipeline	Queenscliffe	Strickland	McCarthy	Wiamea	Bells	Kirra
PM	12pm-3pm	Uluwatu	Bondi	Wiamea	Nirvana	Redgate	Torquay	Uluwatu	Billabong	Bondi	Malibu

Patrol Lists will be available for viewing on the Mullaloo Surf Lifesaving Club website very soon.

WATER SAFETY PATROL ROSTER OCTOBER 2010

		Sat 2nd	Sun 3rd	Sat 9th	Sun 10th	Sat 16th	Sun 17th	Sat 23rd	Sun 24th	Sat 30th	Sun 31st
830am-1130am							Orana Club Day U11-U14		Orana Club Day U11-U14		Orana Club Day U11-U14

Patrol List will be available for viewing on the Mullaloo Surf Lifesaving Club website very soon.

JUNIORS UPDATE U6s TO U14s

The season is not just creeping up its screaming full steam ahead towards the 17th of October.

Dates for the Diary

New Member Induction Day – 10th of October

Proficiency swim at Joondalup Arena:

Under 11s – 11th of October @ 7:00pm

Under 12s – 11th of October @ 7:30pm

Under 13s – 13th of October @ 7:30pm

Under 6s and 7s – 17th of October @ 9:00am

Under 8s - 17th of October @ 9:30am

Under 9s - 17th of October @ 10:00am

Under 10s - 17th of October @ 10:30am

continued...

EDUCATION

Don't forget Requalification Dates

Sat 16 Oct	9am–12pm
Sun 14 Nov	1.30–2.30pm
Sat 4 Dec	9am–12pm

1 DAY ONLY SALE OPEN

SUNDAY

10am – 5pm

3 October

Karrinyup Shopping Centre



The Bondi Rescue Lifeguards will be on stage from 10.30am



Karrinyup will be raising funds for local Surf Life Saving Clubs

Juniors Update continued...

Proficiency swims are required to be done every season before the kids are allowed to participate in water activities at the beach, so please make a big effort to attend your allocated swim time. Pool entry fee will need to be paid. Let the staff know you are from Mullaloo for a discounted fee.

The 1st day on the beach for Under 11s to Under 14s will be 9am Sunday 17th of October and for the under 6s to Under 10s on Sunday 24th of October.

Halloween Disco

Keep Friday evening the 29th of October free for the first Junior Social event of the season. More details to follow soon.

Swim Training

Swimming training at Joondalup Arena continues under the guidance of our great coaches, so come on down. This is for U11s to U14s and is 7-8pm Mondays and 7:30-8:30pm Wednesdays. Pool entry fee is \$3.50 and lane/coaching fee is \$3.00 to be paid pool side.

COMPETITION

Mullaloo competed in the 3rd round of the Ski and Board Series at Secret Harbour SLSC on 28 August 2010 and while it was a small contingent who made the long trek from Mullaloo we had some great results in the slight conditions. Kelsie Brosens won both Heats of the U/15 Female Board Race. Bradley Taylor finished 3rd overall in the U/19 Male Single ski and Lisa West 2nd overall in the Under 19 Female Single Ski.

The last round of the Ski and Board Series was held at Scarborough Beach on 5 September 2010 were once again Mullaloo had some great results. The conditions were challenging with some bigger sets coming through making the racing quite interesting. Jack Retty was 3rd Overall in the U/17 Male Board Final. Bradley Taylor won the U/19 Male Ski Race Final and Brendon Simcock came 3rd and Kirstie Briggs won the U/19 Female Single Ski final.

The next racing will be the Ski Series starting on 19 September 2010 at Triggs SLSC.

The first season Senior Club day will be kicking off on Sunday 10 October at 9.00am. This year we will start the season with a surprise guest and some interesting activities so make sure you get down for the first Senior Club Day. There will also be a competitors meeting at 11.00am in the club lounge to go through this year's competition calendar and discuss the Aussie Championships.

Don't forget that the club conducts swimming training at the Joondalup Arena on Monday and Wednesday nights. These sessions are offered to all members to enable them to build up their strength and speed for competition and general fitness. Sessions are:

Monday: U/11 to U/14 - 7.00pm, U/15 to Masters 7.30pm

Wednesday: All Age Groups 7.30pm

Cost: \$3.50 entry (paid to Joondalup Arena) and \$3.00 paid to coaches

If you have any questions, please contact Carlo Tenaglia (Director of Competition) at carlo.tenaglia@gmail.com.

Thanks
Carlo

NEW REGISTRATIONS

Happening this Sunday 19 September 10am – 2pm.

MULLALOOZER 2

Yes it's bigger, rounder and pound for pound more fun than eating two tins of salmon with the lid on! The first Mullaloozer surprised some people, but now we all know what is involved. Many friendships were formed and the weight just fell away. Call it a physical support group if you must, but it worked and will work again. Watch out for more mouth watering, caloric news.

NEW SENIOR MEMBER AND U/15 INDUCTION DAY

Will be held at 9.00am on Sunday 3 October in the Club Lounge. This session will be open to new Club members in the U/15's and over age groups and to our existing club members going into the U/15's age group. The purpose of the session will be to give you an understanding of the activities which occur each week in the Senior part of the club and how you can get involved.

The session will start promptly at 9.00am in the Club Lounge and will be followed by a tour of the club facilities which are available to the Senior Club members.

HOST WITH MOST

Mullaloo has now been awarded as the **host club** for the SLSWA competition Champion Lifesaver theory and resuscitation component, to compliment this the club will also host the Champion Patrol and First Aid competitions. This is a fantastic opportunity for our members to enter these exciting events that incorporates all the skills of the surf lifesaver in an emergency scenario situation.

WAVE WARRIORS

The Wave Warriors – The Dark Smudge

By Nick Iellamo

Picture this Mullaloo Surf Lifesaving Club members, I am on my bright orange surfski and I am on the return leg of Turner's Triangle- a training ski run named after Daryl Turner who initiated this schedule that takes in The Patrol Tower, The Marker Cardinal 2km directly off our beach and the Cardinal south of the club. As I approach the club I can make out what seems to be a dark smudge on the white sand. As I get closer, the picture starts to get clearer and its no Dark Smudge its Jordan Puchar training for beach sprints by dragging a car tyre attached to a cord.

Jordan has been a member of the Surf Club since the early nineties and joined, like most of us, for his 2 boys seeing them through nippers and at one stage volunteering as an age group manager for 7 years.

He is a consummate trainer and trains without fail every day. Only just a few years ago, Jordan was the Australian National Masters Flags champion for his age group 5 years running.

OK enough with the accolades, this column is all about the dirt that lands quite frequently on this motley group called The Wave Warriors.

I have many stories concerning Jordan mainly because I am usually next to him when things happen – funny that!

One afternoon training on surfskis – we pulled up next to the south cardinal near Hillarys Marina.

Jordan had gotten there before me and was waiting patiently with his feet dangling on either side of his ski.

I drifted up and stationed myself a few feet away from him – when I hear this almighty rumble that lasted for about 30 seconds.

I looked around me expecting to see the ocean start to disappear in anticipation of a tsunami, and rested my gaze on Jordan.

He had started this maniacal type of laugh that I am more than used to and I knew it was no underwater earthquake but an expulsion of his pent up gases from lunchtime.

Jeez mate I cried – a little more choke and you would have started!!

Jordan is one of the most flatulent people I know – next time you walk past him just grab his arm and give it a squeeze – he is also a good Samaritan at heart and many a time I have seen Jordan spring into action to assist a member of the public in distress as well as helping a member of the Wave Warriors when we sometimes also need assistance out in the deep blue.

AARIBA.



Finally, please remember that this newsletter encourages your input. If you have something that you would like to contribute then please email the club with any exciting news.

Respect is something that we sometimes take for granted so as we begin our new season how about we adopt an equal amount of tolerance for each other.

Take care.

Ed

Rock 'n Raise

by the 'Mission Possible' team
for Cancer Council WA and
Relay For Life

featuring...

Astro

Jimmy Harte

The 'Choosing Jummy' Trio

Mullaloo SLSC

2 October 2010

7pm

Tickets \$25*

*1 free standard drink
per ticket presented at
the bar

To purchase tickets or
for more information:

Mel: 0437 784 686 or
melcott@bigpond.net.au

Andy: 0401 565 129 or
andyfuchs@live.com.au

