

Mullaloo Surf News

Mullaloo Surf Life Saving Club Newsletter

OCTOBER 2011



OCTOBER MSN

Well it's that time again when we welcome the weathered and encrusted members back to the 'den' as it were! It is also a time to welcome our new members who I have recently observed to have this look of bewilderment about them. That's OK. This is a surf club that breathes longevity based on 50 years of early struggle and creative edge.

To our returning families and individual members I hope that you embrace the new season with enthusiasm and vigour. This year promises to be very special as we celebrate our 50 years of community service and lifesaving patrols. Mullaloo would just about be the longest serving volunteer club within the region apart from the West Padbury Tuvan throat singers. This rather secret group who pride themselves with singing under strangers stairs (for the acoustics) may have originated from a mystic central suburban past. Some say they paddle on a Saturday!

To our newest of members. The club is a busy place. You have probably spent a stack of money and wondered what the upjump is going on. Please be patient, because when you have experienced a few Sundays on our beautiful beach just cast your eyes about and notice the children parading their confidence and salty self esteem as they tackle the surf and run like the wind. Then gaze south and focus on the more formulated adult with all the gear with the stretched lycra, the boats, the skis and the boards. What you are looking at is the energy that makes the club. If you happen to feel lost that's OK, just ask the questions and a friend will show you the way. Promise!

This newsletter will contain all sorts of information that will guide you through the season. Please access the club website for regular updates and interesting facts.

The club as many would agree holds a fantastic variety of individuals who strive to be the best in what they do. Sometimes personal endeavors and success never reach those who would like to share the light, all be that for just a moment.

Ricky Smith, a gentleman who demonstrates unbridled determination within the surf wandered off to Cornwall one weekend and apart from getting wet he competed in the UK National Surf Life Saving competition.

Ricky won the surf race and is now the noted UK National Surf Race champion. Also he managed to get a bronze in the board and a silver in the board relay. The goss is that the conditions were as big as the 'Aussies a couple of years ago'. Have a look at the photos on page 2.

Ricky; congratulations, nice to see that the Mullaloo Sweater got a run. How did it all turn out?

Continued page 2.

OFFICE HOURS

9.30am – 2pm
Tuesday to Friday

9.00am – 10.30am
Sunday

(Roof works now complete)

SURF CAGE

The gear shop is now open
Sundays 8.30–9.30am and
10.45–11.30am

Fridays 5.30–6.30pm
(except 28 October)

FIRST CLUB DAY THIS SUNDAY 16 OCTOBER

Can we get as many club members down on the beach this Sunday so a **PHOTO** can be taken of how Mullaloo Surf Life Saving Club is today to incorporate in the 50 year book.



If you have any contributions for the *Mullaloo Surf News*, please send them to newsletter@mullaloosurf.com.au

Thank you



From page 1 cont.

"There was surf, it was real big and messy. Quite consistent!

With the tube rescue, I did with Blair, I swam out to the can but Blair struggles with his eyesight and left the beach in 9th place and we still managed to get 4th just missing out on 3rd!

We struggled with equipment, we had to use ONE board for the board relay and all the equipment we used was made for 8 year old girls I think haha too small for us.

The ironman – I got jagged on by a few people in the board and swim so put me back a bit and struggled with the ski I was using.

Was a good weekend though, great experience and good fun."



October is the first month of patrols. Stay safe, stay vigilant and if you can drive the ATV then you are very very special indeed.

Take care of each other.

Ed

PRESIDENTIAL MEANDERINGS

Season 2011/12 is well under way, with two weeks of patrols already completed and the first club day coming up this Sunday 16/10/11. Your Board of Management and Club officers have been working hard to prepare for a busy and exciting season. Anyone who would like to step up and get involved just needs to let one of us know.

So what is going on...

- Education activities are well under way under Mark's supervision – with the first Bronze squad and the first SRC squad nearing the end of their training.
- Chiz has finalised the Patrol teams and the Patrol Roster is up on the website – make sure you check and come down when rostered.
- Junior activities are being organised under the stewardship of Bret, with a large group of Age Group Managers and assistants preparing for the first Club day.
- Uppy has formed his Youth Committee and plans are being developed to keep this group interested, and together.
- The Seniors are discovering what will be on offer on Sunday mornings, with both coaching and competition activities well under way under the expert guidance of Sandy and Carlo.
- The Masters group have finally met to celebrate the successes of last season – and work out what they will be game enough to tackle this season.

Continued page 3.

JUNIOR PROFICIENCY SWIM

This **Saturday 15 October** at Arena Joondalup

11.00am – U7 – Small Pool
 11.30am – U8 – Small Pool
 12.00 noon – U9 – Small Pool
 12.30pm – U10 – Small Pool
 11.00am – U11 – 50m Pool
 11.30am – U12 – 50m Pool
 12.00 noon – U13 – 50m Pool

Admission fees are \$3.50 for juniors proficiency swimmers and \$2 for parents (spectators) payable to Arena (Mention you are from Mullaloo to receive the above discounted entry).

Age Group Managers will be in attendance to supervise and assess proficiency. Proficient SRC or BM parents or siblings are welcomed to assist with water safety.

PATROLS

New Members not yet allocated to a Patrol please send an email to lifesaving@mullalooosurf.com.au with your name and the name of the Patrol you would like to join. You can get information regarding Patrol Teams and what Patrol other members are on via the Club website.

NIKON CLUBBIE OF THE YEAR

Thanks to all members who voted. The club was successful in raising \$1,000 worth of Nikon product.

BOARD SHORTS

- Approval of the Budget
- Update on the Constitution and By-Laws
- Planning for the season
- National Conference – more next edition

Presidential meanderings cont.

A few things of which to be aware:

1. The club now has to pay for all the electricity and all the water used in and around the building. This is a significant change from the past. Please, please, please be mindful of your use, and take care with these valuable resources. Current costs are between \$1,400.00 and \$1,800.00 per month.
2. The roof replacement works are nearing completion – please be aware there may be waste bits around – wear shoes when near the building.
3. The 50th Birthday celebrations will climax over the weekend of 19 and 20 November – watch the signs that will be appearing around the club, the website, Newsletter and e-mails for news of how you can join in. See elsewhere in this edition – and spread the word!

4. The club's History Book will go on sale around that time – again watch for information on how you can purchase your copy.
5. There are new requirements for Water Safety – which apply to all water activities, regardless of age or ability of those involved. Please be patient as we work through the new requirements to assure a safe and enjoyable time. Qualified members can assist by volunteering to share the load.
6. The warm weather means the snakes are waking up – please be alert and keep out of the sand dunes.

Finally – this season will be huge – and each of us will get out of it what we are prepared to put in. Join in, keep safe and don't forget to have fun.

Anne-Marie

JUNIOR ACTIVITIES UPDATE



... and now the fun begins!...

Now that we have concluded the junior membership registration process, I can confirm that Mullaloo is one of the most popular clubs

on the beach! Every age group is full to the brim with new and returning members, with over 640 kids aged between 6 and 14 expected to flood onto the beach on Sunday morning.

We have also now confirmed Age Group Managers for each age group as follows:

Under 14 Boys	Mark Cleary / Brett Warner
Under 14 Girls	Sara Warner
Under 13 Boys	Simon Farmer
Under 13 Girls	Terry (Uppy) Upston
Under 12 Boys	Aaron Brinkworth
Under 12 Girls	Mandy Lee
Under 11 Boys	Ian Curry
Under 11 Girls	Mike Bubrzycki
Under 10 Boys	Nat Morris
Under 10 Girls	Jasmine (Jaz) Davies
Under 9s	Andrew Compson
Under 8s	Maddie Dargie
Under 7s	Andrew Brown

Assisting each of these age groups will be an army of Age Group Manager Assistants and Parent Liaisons, **however as always your assistance is encouraged.**

At this point of the season, I imagine that as both new and returning members, you might be thinking how can I help? and where do I start? As such we have provided a little information of the roles that parents can assist.

WATER SAFETY

This is a critical element of the support that we provide to our children during club, training and competition days and is a strictly enforced element of Surf Life Saving Australia (SLSA).

SLSA requires that a minimum ratio of one (1) **qualified and proficient** person for each five (5) unqualified person participating in water based activities. A qualified person is one possessing either the Surf Rescue Certificate or Bronze Medallion, and that has undertaken the prescribed annual requalification thereby demonstrating proficiency.

The two awards that you can pursue that ensure proficiency in providing water safety are the **Surf Rescue Certificate** or the **Bronze Medallion**.

The Surf Rescue Certificate (SRC) provides the basic skills for rescue in a water based environment and is the minimum qualification for provision of water safety. The award trains candidates in rescue skills, first aid and patient management, resuscitation, and a theoretical component exploring safety knowledge and surf awareness.

A candidate's physical fitness is tested by a 100m run-100m swim-100m run to be completed in under five minutes, a 200m pool swim to be completed in under five minutes, and simulated rescues using a rescue board and tube.

The Bronze Medallion (BM) is a challenging award providing surf lifesavers with the knowledge and skills to be able to participate in beach patrols or supervise groups of people in the open water environment and is the minimum qualification for those who wish to supervise groups swimming at the beach.

Continued page 4.

Junior Activities Update cont.

The practical and theoretical sections of the award are designed to test a person's competency in surf awareness, survival, patrol and rescue procedures, radio operations, emergency care plus anatomy and physiology.

A candidate's physical fitness is tested by a 200m run-200m swim-200m run completed in under eight minutes, a 400m pool swim to be completed in under nine minutes, and simulated rescues using a rescue board and tube.

All these skills combine to train candidates to be an effective member of a patrol team tasked with providing a safe beach and aquatic environment.

Details of the next available sessions for the SRC and Bronze Medallion are available from the Director of Education, Mark Cleary at education@mullaloosurf.com.au

OFFICIALS

As one of the largest clubs on the Western Australian coast, Mullaloo SLSC is required to provide a number of members to officiate beach and surf events undertaken at each of the Junior and State Carnivals.

To ensure a sufficient number of suitably qualified personnel to officiate these events, Surf Lifesaving WA has scheduled two Level 1 Competition Official Courses to be held as follows.

Course 1: 1 December 2011 - Scarborough SLSC - 6pm-10pm

Course 2: 10 December 2011 - Sorrento SLSC - 9am-1pm

Following the theory component, full accreditation is provided following attendance of at least 2 carnivals during the season. Should you be keen to be an official at surf lifesaving competitions, please contact the Director of Coaching, Sandy Clarke at coaching@mullaloosurf.com.au before **19 October 2011** for further information and application forms.

MID WEEK COACHING

We also commence coaching sessions next week for U11s up to U14s with the sessions scheduled as follows:

Mondays 5:30pm-6.30pm -Beach Training (St Mark's School Oval - Whitfords Ave entry)

Mondays 7:00pm-8:00pm -Swim Training (Arena Joondalup)

Tuesdays 5:30pm-6.30pm -Board Training*

Wednesdays TBA - Beach Training

Wednesdays 7:00pm-8:00pm - Swim Training (Arena Joondalup)

Thursdays 5:30pm-6.30pm -Board Training*

* Please note that Board Training sessions require participants to arrive 10mins prior to session to obtain board and allow for water safety briefing.

Each of the Board Training sessions will be coordinated by accredited coaches, all of whom are also club members.

Note that these sessions are sanctioned surf club activities and as such, the water based activities (Board and Swim) require the correct allocation of Water Safety Personnel to be provided based upon the water conditions.

The Water Safety Supervisor on the day will be responsible for ensuring that the correct allocation is provided and has the sole discretion to limit or cancel activities in the event that insufficient water safety is provided or in the event of adverse surf conditions.

Please feel free to contact Sandy Clarke, the Director of Coaching at coaching@mullaloosurf.com.au with any enquiries relating to mid week coaching.

OCTOBER IMPORTANT DATES (JUNIORS)

15 October 2011 11:00am-1:00pm Proficiency Swim (Arena Joondalup)

16 October 2011 9:00-11:00am Club Day

23 October 2011

9:00-11:00am Club Day

11:00-11:30am Existing Parents Briefing and Board Raffle

28 October 2011

5:00-6:30pm Halloween Disco (U6-U9)

7:00-8:30pm Halloween Disco (U10-U14)

Remember ... it is important to ensure that you all enjoy your experience with Mullaloo SLSC and whilst we have a busy schedule for the year, please feel free to ask questions and make suggestions ... it is your club, we are here to make it better!

Bret Madden

FRI
28 OCT

MSLSC
JUNIOR
HALLOWEEN
DISCO

\$5

5:00-6:30pm (U6-U9)
7:00-8:30pm (U10-U14)

Includes entry,
drink and chips

Prizes for best dress up
Glow products and drinks on sale

SPORT EVENTS COMING UP

IRONMAN SERIES ROUND 2 @ MULLALOO BEACH

This **Saturday 15 October** at Mullaloo Beach.

Leg Order:

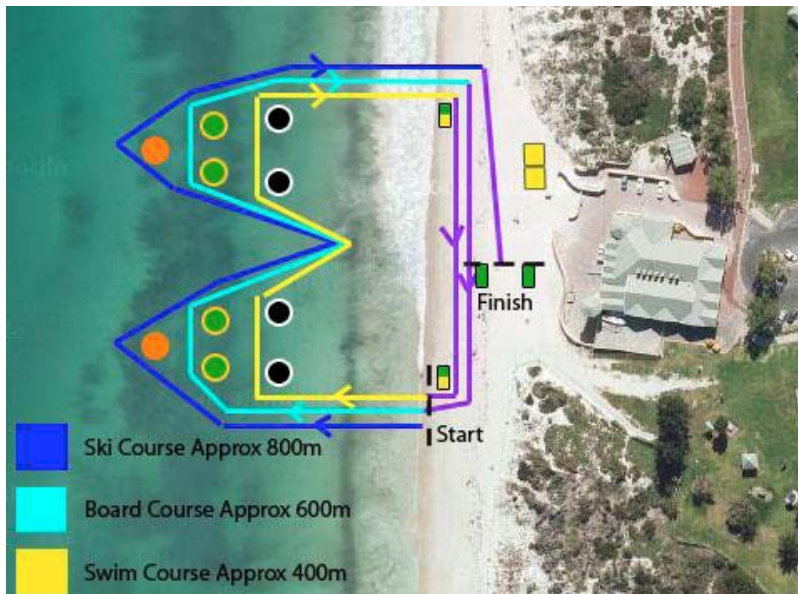
Round 1: Ski, Board and Swim (*Ski leg will be a water start*)

Round 2: Swim, Ski and Board

Round 3: Board, Ski and Swim

U17/U15 competitors will not complete ski legs.

Start Time: 9.00am Finish Time: 12.00pm (approx.)



2011/12 WA SURF LIFE SAVING BOARD RIDING CHAMPIONSHIPS @ SCARBOROUGH BEACH

Saturday 22nd October

Marshalling will take place from 7.00am to 7.30am on the morning of the championships.

Entries close Monday 17th October 2011 and no late entries will be accepted as heat draws will have been created.

Please contact Carlo at competition@mullalooosurf.com.au to enter.

BOARD AND SWIM SERIES ROUND 1 @ SCARBOROUGH BEACH

Saturday 29 October

Further details to be advised.

Bunbury SLSC Downwind Classic Paddle this **Saturday 15 October**. 14km ocean paddle. Details can be viewed at www.bunburyslsc.com.au

For those that want to run/walk check out the **Bunbury Surf to Surf Fun Run. Sunday 16 October**. Courses 5km Run, 10km Run or 5km Walk. More details at <http://www.bunburyslsc.com.au/funrun.php>



For those who like to run, swim and paddle – at great lengths... why not enter the Sorrento Challenge on **Saturday 22 October**. Senior course 1.2km ocean swim, 7km ocean paddle, 7.5km beach/trail run (junior courses also) view <http://www.sorrentochallenge.com.au/event.htm> for further details.



Or perhaps a long paddle is more your thing – 12km down river (4km novice course also). Royal Life Saving WA is again hosting the Classic Paddle on **Sunday 30 October**. Further details can be viewed at www.clubsonline.com.au

WE'RE CELEBRATING 50 YEARS OF SERVICE

We are rolling out the red carpet to celebrate our 50th Anniversary. With a jam packed weekend starting Saturday morning 19 November with the annual 'Mullaconda' enduro event – 5 races covering juniors and seniors. Later in the evening a Red Carpet Gala celebration will be held in a transformed club hall and lounge with food, drinks and entertainment.

Sunday sees an all in effort on club day with a big fat family BBQ and fun activities for all members. If that is not enough, come down for drinks with a tune or two to sing to on Sunday evening. View memorabilia and perhaps catch up with some past members.

MULLALOO SURF LIFE SAVING CLUB

50th Anniversary Gala Event

19 NOVEMBER 2011 * 7.00–11.30PM



\$100 per person
Food, drinks and entertainment included
Dress: Evening wear

Tickets available at the office from Tuesday 18 October till 7 November
(Please note: no door sales)

BAR HOURS:

Fridays 6–11pm

**Sundays 11am–1pm and
5pm – 8pm**

MULLALOO MEMBERS DIRECTORY

Want to support your Club and offer your services to Club members? Then please contact Chris Hainsworth at marketing@mullaloosurf.com.au. Check out some of the services our members can provide at <http://www.mullaloosurf.com.au/mullaloo-members-directory/>

MULLALOO SURF CLUB NUMBER PLATES

Have been reduced to

\$290 (saving \$45).

Available from the office.

IF WE DON'T USE THEM WE'LL
LOSE THEM

MULLALOO WINE

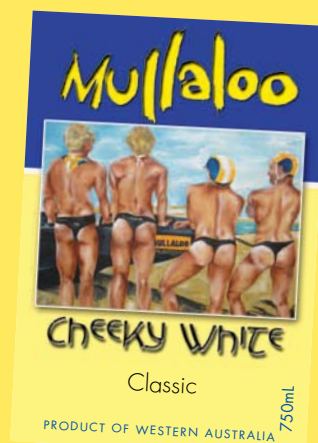
Available for purchase at the club bar.

Twin and Triple Gift packs available with combination of:

Mullaloo Classic Cheeky White – Classic White

Mullaloo Good Legs Red – Shiraz Cabernet

Mullaloo Oarsome Bubbles – Chardonnay Pinot Noir



Where is Mullaloo?

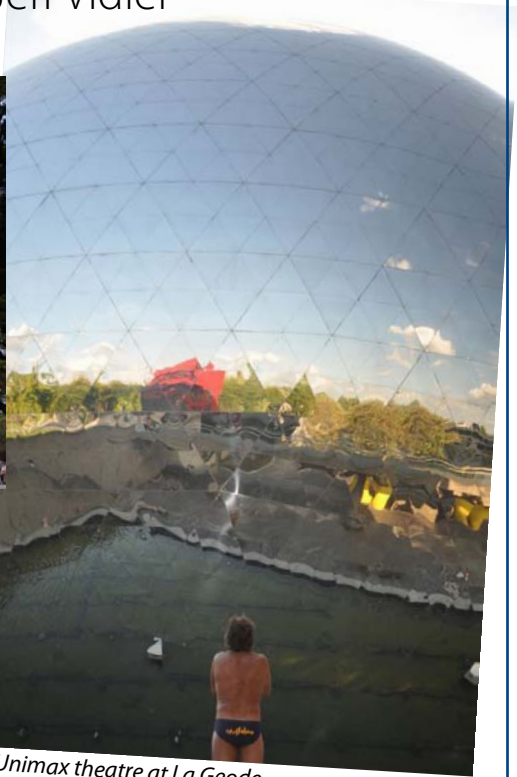
International 'face' of Mullaloo – Jeff Vidler



Arc de Triumph



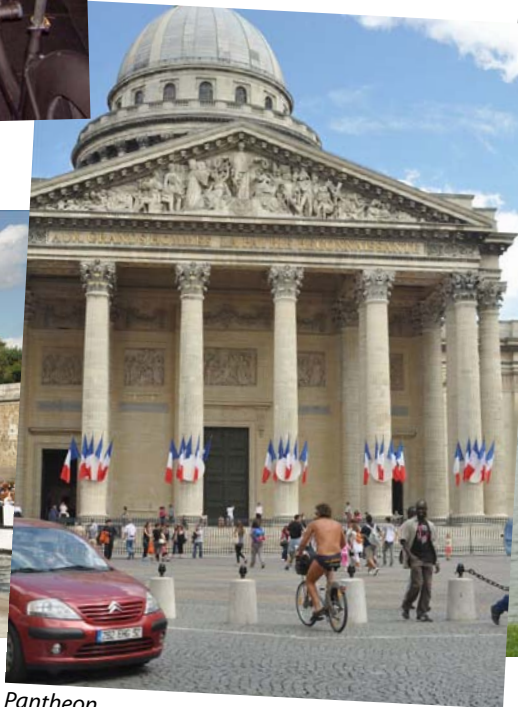
Eiffel tower



Unimax theatre at La Geode



Seine river opposite Notre Dame cathedral



Pantheon



Versailles musical fountains



Brother Colin says "I have known Jeff for 52 years and trust me, thats the biggest wave Jeff has ever surfed!!! His heart must have been pumping!!! Talk about an adrenalin rush!"