

Mullaloo Surf News



Mullaloo Surf Life Saving Club Newsletter

February 18, 2016

Opportunities for life

WELCOME TO THE FEBRUARY 2016 NEWSLETTER...

If you happen to be new to the club then February is the time to focus. That's if you are a keen competitor, of course. The season compresses quite rapidly between now and the state titles so expect to see plenty of high intensity training in and around the club. Keeping the high intensity activity in mind, the Belt teams have commenced their preparation for the states this Saturday. The news is that there is a degree of rivalry between the two 'Reel' teams, its going to be a battle won or lost on the sand. This weekend will also test the Champion Lifesaver event which encompasses all facets of lifesaving. These are two of the traditional lifesaving events that Mullaloo strives to compete in at the highest level. All that's left is to draw out the Marchpast team from hibernation and we are golden.

There is plenty of gossip about the club at the moment, some of which is based on pure delusion, however it must be shared. To start with, the rumour is that an all-female Marchpast

team is in the making and the motivation is to teach the fancy fellas in the old squad a lesson. Secondly the issue of Uppy sweeping the A crew is an intriguing scenario, one which would bring a crowd. Finally after a short and well ventilated investigation, the biggest conspiracy has been based around the question regarding the Ace of Spades. We are not talking about the 1980's hit by Motorhead, we are on about the prize card in the chase the ace competition. The prize money is becoming an extremely serious matter so after much cajoling, the editor has been assertively reassured that the 'said' card is definitely included. With more than 20 cards waiting to be turned, the Friday nights are predictably going to become very, very busy!

Bob Marley said "You may never know how strong you are until being strong is the only choice you have"

Take care,
Ed



**This Friday in the bar...
Surely the Ace will be
discovered soon....
won't it?**

**Will you discover the shy
Ace of Spades?**

OFFICE CLOSURE

Due to planned maintenance work by Western Power, the Mullaloo SLSC Office will be **closed on Friday 26 February.**

Please watch our Facebook page and next week's What's On email for any updates.

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DATES FOR YOUR DIARY

STATE CHAMPIONSHIP – R&R

Saturday 20 February

Sorrento Beach - Entries are now closed.

STATE CHAMPIONSHIP – CHAMPION LIFESAVER

Saturday 20 February @ Sorrento

Registrations are now closed.

Theory and resuscitation elements to be conducted at Sorrento with physical component to be held at Trigg in conjunction with Premiership Round 5 on Sunday 21 February. The physical races will be run first up from 7am with marshalling from 6.45am.

If you are interested in competing in this event and not quite sure about it, please contact Sandy at surfsports@mullaloosurf.com.au

SENIOR PREMIERSHIP ROUND 5

Sunday 21 February

Final round before states! Why not come down and watch the action? [Click here to view the program for the day.](#)

VOLUNTEERS NEEDED PLEASE: We need 1 x IRB water safety and 1 x general water safety person for Male arena 8.15 - 11.15am.

Carnival Wrap Up Party!

Don't forget - we'll be celebrating this Sunday at 5pm at the Club; please join us!

STATE CHAMPIONSHIPS – BELT RACING

Sunday 21 February

Trigg Beach. Please note these championships occur the same day as the Premiership Round 5 and will be first cab off the rank in the female arena. A great traditional event and one not to miss!

AUSTRALIAN SURF ROWERS LEAGUE (ASRL)

19-21 February @ Shellharbour NSW

Mullaloo has a men's surf boat crew entered – Mullaloo Pirates - in this three day competition. We wish them luck and hope the waves are a plenty!

YOUTH/SENIOR STATE CHAMPIONSHIPS MEETING

Tuesday 23 February @ Club Lounge – 7.00pm

If you plan on competing at the State Championships, this is a preliminary meeting to discuss entries both individual and teams before final selection. Please make an effort to attend.

MASTERS STATE CHAMPIONSHIPS

Saturday 5 March @ Secret Harbour

Hopefully you attended the Masters meeting re states and some discussion has been had around teams etc. Entries are now open and can be made at the Club office, cost is \$38. Entries close Wednesday 2 March.

[Click here to view the program](#)

VOLUNTEERS NEEDED PLEASE: We need 1 x IRB water safety and 1 x general water safety person for Surf Boat arena 10.45am - 1.45pm.

JOONDALUP AUTUMN CLASSIC

Saturday 5 March

Held at Mullaloo Beach as a smaller Aquathlon (run & swim) and Open Water Swim event on the beach location. This will again offer a schools and club challenge for juniors.

This event is run by Team XTR with Triathlon WA.

YOUTH/SENIOR STATE CHAMPIONSHIPS

19-20 March @ Scarborough

Entries are now open and can be made at the Club office. Cost is \$40 but if you have paid for a State Champ event already you are still required to register for the event but no payment will be required e.g. you paid and entered Belt Race States which will cover your fee for Scarboro States. Program will be available soon.

MULLALOO TRIATHLON

Sunday 3 April

This will be the 2nd staging of this event, being an Olympic Distance Triathlon of 1.5km Swim/40km Bike/10km Run.

This event is run by Team XTR with Triathlon WA.

SURF SPORTS WRAP

Premiership Round 4, Sunday 7 February @ Leighton

With minimal waves – as expected, albeit an even ocean for all!

Some great performances across the board: Jake Smith (u19) 2nd open surf race; Cooper Schulz 1st u14 beach flags; Ryley Gardener 1st in u14 2km and u14 board race; Caitlin Knight 1st in u15 2km; Ben Hillen 1st u15 2km; Paige Wood 1st u17 single ski; Callan Smith 1st u17 ironman; Wes Gould first u19 single ski; Mullaloo Marlins 1st Reserve women surf boat. Also to note that our youth beach relay teams going well.

Performance of the day against the open competition goes to Ben Jones (u19) 1st open board race, 2nd open ironman, 2nd u19 single ski.

Big thanks to the officials, water safety, team managers, food prepers, gear transporters and team supporters!



THE CAGE GEAR SHOP



Clearance Sale on old font bathers, jammers and rashies.

Ladies - One Piece bather, sizes 8, 18 and 20: \$20.00
Bikini, sizes 12 and 14: \$15.00

Men's - Jammers, sizes 18 and 20: \$20.00

Girls - One Piece bather and Bikini, sizes 4 and 6: \$10.00

Boys - Racers, sizes 6, 8, 10 and 12: \$5.00

Kids long sleeve rashie, (bonds with yellow sleeves), size 12: \$15.00

Navy Rashies, long and short sleeve, sizes XS to 2XL: \$20.00

OPENING TIMES

Fridays 5.30pm - 6.30pm

Sundays 10.30am - 11.30am

The Cage is open to members AND non-members alike, so please spread to word to help support our Club!

EDUCATION

(Senior) First Aid – REFRESHER!

Full course: TBC – May, 2016

Refresher course: Tuesday 8th March, 2016 (7pm-9pm) + Thursday 10th March, 2016 (7pm-9pm) – attendance at both sessions is compulsory.

The First Aid course is a desirable qualification for all members of the family. First Aiders also provide valuable support for the club as award members on patrol, as well as supporting carnivals and events. On successful completion, it is hoped that you will join the team to provide service to the club and the wider community

For more information on any of our courses and to book your place, please call the office on 9307 7766 Monday - Friday between 10am and 2pm or email info@mullaloosurf.com.au

PAID LIFESAVING OPPORTUNITIES

Help! The club needs your assistance to provide water safety for the following events:

Friday 4th March 09:30 – 13:30 set up from 9am

Saturday 5th March 07:00 tba

Sunday 3rd April 07:00 tba

These will be paid positions.

If you are able to help, please contact lifesaving@mullaloosurf.com.au to confirm your position.

Thank you for your support.

EXPRESSION OF INTEREST

Volunteer Position - General Manager, Support Services

After more than 3.5 years as GM Support Services, Guy Edwards has stepped down from this role. The Club would like to thank Guy for his support in this role to the Management team, Executive Committee and the Board. His experience and knowledge had made him key member of the management team.

The Club is now looking for a member to take on the volunteer role of General Manager, Support Services. This role provides high level management and planning for the management team, in particular the Managers of Administration, Finance and Facilities and this person will be a member of the Executive Committee.

The ideal person for this role would be someone who has management experience in Administration and/or Finance and desires to help support and grow the Club.

If you are interested in this role, please contact the office on info@mullaloosurf.com.au with your expression of interest and we will provide further details on the role of a Club General Manager and the position description for Support Services.

LIFESAVING TIPS

Beach Safety this summer

The School Holidays and Summer in general is traditionally the busiest time of the year at our beaches. To make your next trip to the beach safer, be aware of some of the main hazards and follow these simple tips:

- Always swim between the red and yellow flags
- Look and take notice of the signs at the beach
- Ask a lifeguard or lifesaver for safety advice
- Learn how to identify a rip
- Swim with a friend - never swim or surf alone
- If you need help, stay calm and attract attention by raising your arm above your head
- Never enter the water if you have been drinking alcohol or are under the influence of drugs

FEBRUARY - MARCH PATROLS

Saturday 20 February	8.30am-12.30pm	Malibu
	12.30pm-4.30pm	Torquay
Sunday 21 February	8.30am-12.30pm	Bells
	12.30pm-4.30pm	Strickland
Saturday 27 February	8.30am-12.30pm	McCarthy
	12.30pm-4.30pm	Billabong
Sunday 28 February	8.30am-12.30pm	Wiamea
	12.30pm-4.30pm	Bondi
Saturday 5 March	8.30am-12.30pm	Torquay
	12.30pm-4.30pm	Malibu
Sunday 6 March	8.30am-12.30pm	Pipeline
	12.30pm-4.30pm	Nirvana
Monday 7 March	8.30am-12.30pm	Redgate
	12.30pm-4.30pm	Kirra
Saturday 12 March	8.30am-12.30pm	Strickland
	12.30pm-4.30pm	Bells
Sunday 13 March	8.30am-12.30pm	McCarthy
	12.30pm-4.30pm	Billabong
Saturday 19 March	8.30am-12.30pm	Bondi
	12.30pm-4.30pm	Wiamea
Sunday 20 March	8.30am-12.30pm	Redgate
	12.30pm-4.30pm	Kirra

- Wear sunscreen, seek shade and stay hydrated
- Boat skippers and rockfishers should check the local forecast and always wear a lifejacket
- If witnessing an in-water emergency dial Triple Zero (000) – Police
- For information on Beach conditions or to find a patrolled beach near you, check out the BeachSafe website or download the mobile app.



JUNIORS

Well done to the 76 competitors who represented Mullaloo at the Junior State Qualifiers at Trigg Island SLSC last weekend. Personal milestones were achieved and a number made it through the qualifying rounds to compete in their chosen discipline at the Junior State Titles. The results can be found on www.mybeach.com.au. For those children who are still wishing to compete, there are a number of non qualifying events that your child can compete in at the Junior State Titles provided they have competed in at least 1 Junior carnival this season. Your AGM will have further information and I will send an email when the carnival program is released and we open up registrations for this final event of the competition season.

For those children who intend on competing in water events at Trigg Island SLSC, Saturday morning board training is on offer from 10:30am at Trigg beach. You need to meet on the beach at the southern end of the car park. The coaches (at the time of going to press) for this session will be Brett Warner and Edgar Coello. If your child requires a board please collect from the junior equipment shed from 8:00am. All club boards must be returned the same day, washed down please.

On Saturday afternoon a number of our juniors from the U12-U13 age group attended a Kellogg's Nutri Grain nipper clinic hosted by SLSWA. The children received expert tuition from Matt Poole, Matt Bevilacqua, Tom Nolan and Jackson Symonds. The howling south westerly and choppy conditions did not deter the children from participating and the session also gave the children an opportunity to network with children from other surf clubs along the coast in a non competitive environment.

Parents please note that the damage to club boards has been extensive this season and the AGM's will be running through board protocol with the children this week. Club boards are only to be used at authorised training sessions

and on club days at the designated times only. We have had a huge increase in the cost of repairing the boards and some of this damage has been caused by individuals using boards outside of supervised training sessions and club days.

Finally, we are all back on the beach this week for club day. Please step up and lend a hand if requested. For parents of the U7 age group, the sausage sizzle is back on so please answer the call. Beach set up and pack up is the turn of the U12 age group combined.

'Volunteers are our biggest and most important resource'
See you on the beach!

Jackie Eley

JUNIOR DATES FOR YOUR DIARY

Sunday 21 & Sunday 28 February

Normal club day applies for U7-U13 age groups


THIS SUNDAY: Channel 9 will be on the beach this Sunday 21st with beach cricket, free sunscreen and heaps of branded merchandise to give away!

19 - 20 March

Youth State Championships
(see page 2 for details)

ANNUAL YOUTH CRUISE

Tickets are going FAST for our youth cruise in just a couple of weeks' time! Don't miss out - make sure you get yours before they're all gone!



ANNUAL YOUTH RIVER CRUISE

FRIDAY 4TH MARCH 2016 | 7 - 10^{PM} | 15 - 17YRS | TICKETS \$52^{PP}
 from Mullaloo SLSC on 9307 7766 or email info@mullaloosurf.com.au

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