

Mullaloo Surf News

Mullaloo Surf Life Saving Club Newsletter

February 4, 2016



Opportunities for life

WELCOME TO THE FEBRUARY 2016 NEWSLETTER...

January has come and gone and we move into the business end of the season. With 2 months of Club days left and several carnivals, qualifiers and state championships to finish, it is going to be a busy time for all of us.

On Australia Day, the Club launched it's newest Surf Boat, with a boat naming ceremony. It was a great day with many of our life members attending, some old familiar faces and current members showing up for the traditional ceremony. The latest boat was named after John (Gilbo) Gilbody, a life member and boat sweep. John has been involved in all parts of the Club for many years and deserves this great honour of having a boat named after him.

On the weekend before Australia day, many of our members made the journey to Bunbury for the Country Carnival. As usual we had some very good results, especially in the Junior area, having come second to the local Bunbury Club. For our Juniors it was the second of three carnivals they competed in for the month. It was a very busy month indeed for the Junior area.

I went over to Sydney to watch the Manly and Freshwater carnivals where we had a number of our competitors travel over as part of the State development team and some others there competing for the Club. It was great to see the Mullaloo cap in many of the events over the weekend. We had some great results again with the small team reaching the semi's and finals in the Open competition.

The Senior and Youth area of the Club will be competing at Leighton this weekend and over the next few weeks they and the Masters competitors will start to compete in some of the State Championship events, so good luck to all of them.

As I mentioned above, over the next few weeks we will be going into the final team selections and the qualifying carnivals, where expectations by parents and competitors will be very high. I would like to remind everyone, that it is important that we respect the decisions that are made by our age group managers, team managers and coaches. As a volunteer organisation we operate by the values defined by our Club and must respect the decisions made and conduct ourselves within those values. Included in this newsletter, is our Mission, Vision and Values statement and the supported behaviours of our members and those which are not supported (page 8). This is an opportunity for all of our members to remind ourselves of the high standards that we expect to be shown when operating within our Club environment.

This Sunday, between 7.00 and 8.00am, will also be the second last Abalone patrol for the year. This is one of the more challenging patrols as we are patrolling in a much higher risk environment. The Club is always looking for more assistance with this patrol and if you are interested, you can contact the Manager Lifesaving or meet at the Club at 6.00am this Sunday.

See you on soon the beach.

Carlo Tenaglia

President



Chase the Ace!



Every Friday in the bar!

(Plus Meat Raffle!)



Proudly supported by



DATES FOR YOUR DIARY

SENIOR PREMIERSHIP ROUND 4

Sunday 7 February

Leighton Beach. Registrations open now, please register with the Club office before Tuesday 2 February, 2pm. It would be good to sort teams for rescue tube rescue, ski doubles and surf teams well in advance!

VOLUNTEERS NEEDED PLEASE: We need 1 x IRB water safety and 1 x general water safety person for Youth arena from 11.15am.

STATE CHAMPIONSHIP - CHAMPION PATROL

Saturday 13 February

Trigg Beach. Entries to be made through Club office and close 10 February, cost is \$40.

* STATE ENTRY FEES: Please note that once you have paid a state entry to any senior/youth championship, that one fee covers all State Championship events (except Pool Rescue and Masters States).

STATE CHAMPIONSHIP - FIRST AID

Saturday 13 February

Entries to be made through Club office and close 10 February, cost is \$40. (*see entry fee note above). More details still to come. If you are interested in competing in this event and not quite sure about it, please contact Sandy at surfsports@mullaloosurf.com.au

STATE CHAMPIONSHIP – R&R

Saturday 20 February

Sorrento Beach - Entries to be made through Club office and close 17 February, cost is \$40. (*see entry fee note above). More details still to come.

MEETING FOR ALL MASTERS 30 YEARS & OVER

SATURDAY 13 February @ 10am

Outside Mullaloo Beach Kiosk

Thinking of competing...

in State Masters on Saturday 5 March 2016 at Secret Harbour?

Please attend a meeting to organise teams or just find out a bit more.

If you cannot attend but would like to participate in States please email JENNY ORME rorme@bigpond.net.au stating your name, age and type of events (swim, board, ski, flags, sprints) you would be interested in.

STATE CHAMPIONSHIP – CHAMPION LIFESAVER

Saturday 20 February @ Sorrento

Registrations open now, please register with the Club office before Tuesday 16 February, 2pm. Cost is \$40 (*see entry fee note above).

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

Trigg Beach. Registrations open now, please register with the Club office before Tuesday 16 February, 2pm. Cost is \$20 per youth and senior competitor, surf boat competitor is \$10.

Cameron relay, surf teams and taplin relays need team sorting, so the sooner we have entries the sooner we can sort teams for these.

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

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. Entries close Tuesday 16 February and cost is \$40 per competitor (*see fee note above)

JUNIOR DATES FOR YOUR DIARY

See page 6 for all upcoming Junior events and important dates for your diary!

EDUCATION

Upcoming Courses

Inflatable Rescue Boat Crewperson #3

16 February, 2016

The IRB Crewperson (IRBC) course is the first level of powercraft training in surf lifesaving. The IRBC is an important member of the patrol team. On successful completion, it is expected that you will join the team to provide service on patrols and for water safety.

Pain Management 2

Thursday 18th February, 2016 (one session)

The Pain Management (PM) Certificate is an opportunity for members to add to the skills acquired through Apply (Senior) First Aid and Advanced Resuscitation Techniques (ARTC) training in surf lifesaving. The Pain Management qualified member is a key role in the patrol team. On successful completion, it is expected that you will join the team to provide this service on patrols.

(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

THE CAGE GEAR SHOP

(You don't have to be a Mullaloo SLSC Member to wrap yourself in some awesome Mullaloo gear - so come grab a bargain!)



FEBRUARY SPECIAL ON ALL JACKETS!

Adults – \$45.00

Kids – \$40.00

Plus don't forget our Bargain Basket, where every week you can grab a bargain of up to 70% off!!

The Cage is closing at the end of March, so get in now before Autumn arrives!

CLEARANCE SALE!

All items are with the old Mullaloo font. Don't lose out - buy now for next season!

Ladies Bikini and Ladies One Piece, sizes 8 to 22 - \$20.00

Girls Bikini size 5 and 6 and Boys Racers size 6,8,10 and 12 - \$10.00

Adult Long and Short sleeve Rashies XXS to XXL - \$20.00

Men's Jammers size 18 and 20 - \$20.00



TRIAL THE MULLALOO SLSC APP!

Mullaloo SLSC has developed a communications app through The Smart Link. The app offers faster and clearer communications with our members as well general information about the club, upcoming events and beach conditions.

We invite you to try the app for all **Surf Sports Training information and communications** and any feedback is gratefully

received through your coach(es)/ Manager. At the moment, the app is in its trial stage, which means that not all features are functional yet, but we will be testing its effectiveness with all our Surf Sports members!

The app is available for both iPhones and Android phones/tablets. To download it (free), simply search for 'Mullaloo Surf Club'. Once in the app, you can select which categories you wish to receive communications from - make sure 'Surf Sports' is turned on to receive messages during our test phase!

All feedback is welcome via the Surf Sports team, your coaches or managers.



FEBRUARY - MARCH PATROLS

Saturday 6 February	8.30am-12.30pm	Billabong
	12.30pm-4.30pm	Wiamea
Sunday 7 February	8.30am-12.30pm	Bondi
	12.30pm-4.30pm	McCarthy
Saturday 13 February	8.30am-12.30pm	Redgate
	12.30pm-4.30pm	Kirra
Sunday 14 February	8.30am-12.30pm	Nirvana
	12.30pm-4.30pm	Pipeline
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

VACANCY - EDUCATION MANAGER

We are seeking expressions of interest to fill the Management of the Mullaloo Education Portfolio commencing April 2015 for the following two seasons (2016/17 and 2017/18).

Applicants will need to:

- Preferably have an understanding of Surf Lifesaving Education.
- Preferably hold a Trainers Certificate and/or an Assessors Certificate.
- Preferably have people management skills.

Must be prepared to commit to a minimum 2 seasons in the role. Applicants should respond in writing briefly outlining education experience and people management skills. Any other information that you feel is important to your application.

If you require further information or just wish to discuss the matter with me please contact me on 0439 386 243 or education@mullaloosurf.com.au. After completing the EOI form - please return to the Mullaloo SLSC office or email to operations@mullaloosurf.com.au

EXPRESSIONS OF INTEREST

Club IT Planning Committee

To meet the planned growth of the Club, the Board have requested that an IT Planning Committee be formed to identify its future Information Technology needs.

With the proposed refurbishment of the 1st Floor of the Club, this will give the opportunity for the IT Planning Committee to identify the technology solutions for the Club's short term and long term future needs.

If you have experience in the IT sector, a little bit of time and would like to contribute to the future of the Club, please send details of your experience as an expression of interest to the office on info@mullaloosurf.com.au.

If you would like to know more information on the role of the Committee, please contact the President on president@mullaloosurf.com.au.

JUNIORS

T.O.A.D Camp Wrap Up

Three U14 girls, Libby Bell, Darcey Brooks and Ruby Aden were lucky enough to represent MLSLSC and attend this year's Teamwork Opportunity and Development (TOAD) Camp, a development program open to 13 and 14 year old Surf Life Saving members organised by SLSWA on Rottnest Island. Below is an insight into their experiences of camp life:

Waiting at the north port jetty Fremantle looking around

seeing only two familiar faces we were a bit anxious about how it was going to go but friends introduced us to friends and we soon got to know a few more. After a very rocky ferry trip over to the island we trekked to Kingston Barracks where we were allocated our dorms. Luckily for two of us we were put in the same dorm along with our small group of Sorrento friends but Ruby had to bunk with 16 girls she had never met. This was our favourite thing about camp, the fact that we met so many new people and made tonnes of new friends. Three quarters of the TOAD participants we didn't even know did surf club and definitely had never seen before.

All the activities were really fun and our favourite was snorkelling. Apart from the 5km walk to the other end of the island it was amazing diving in the caves and seeing the fish. Another favourite was skit night and there was never a moment short of laughter...as usual most of the boys were girls and vice versa. It was hilarious and it felt good to know that you could make a fool of yourself without someone judging you. On the last night we dragged our sleeping bags into the hall and all squinted up at the tiny TV to watch a few movies. On

the last day we were allowed to roam around the Island and ate lunch on the beach. We were all really sad to be getting back to the "mainland" but we were all pretty relieved to get off the boat which was even scarier than the trip there! At Fremantle we said goodbyes and swapped phone numbers. The people that we met there, we will remember forever and hopefully see them at RISE UP camp in a few years. I was just happy to get into my own bed unlike the kids from Esperance who had to wait for their flight at 6:30 that night. Overall it was a really good opportunity that we will remember forever.

Darcey Brooks and Ruby Aden

The 2016 TOAD camp was such an exciting experience and I would 100% recommend it to the future Surf LifeSavers. It was well organised and filled with great opportunities to meet, socialise and build a relationship with groups of other Surf Life Savers from all around WA. We were given the chance to build our leadership skills, set our future goals and learn how to achieve them. Much to our disgust, getting up in the mornings was hard but then having to go for a jump in the ocean and do an exhausting morning fitness at 6AM was definitely the worst part of it all, but even that got us up and on our feet, refreshed and ready for a fun filled day around Rottnest Island! It was a memorable experience and we'd like to thank all who contributed to a great camp which will only get better as the years go on.

Libby Bell

VOLUNTEERING

Our club is always seeking to engage new volunteers to assist in the many roles around the club and the Junior portfolio is no exception. The next few weeks are the busiest on our calendar. For AGM's and children in the competitive age groups who will be attending State Qualifiers and State Titles: parents if your child falls into this bracket we really need your assistance with a number of tasks that need to be filled-even offering to do a coffee run for an AGM or liaison on carnival day can be a wonderful gesture. Please don't be shy, nominate to own a task for the day. Please see the State Qualifiers information sheet for roles that require filling.

Club days only happen when volunteers step up and provide the skills, knowledge and tools to make each Sunday morning a rewarding experience for your children. For a number of our volunteers a club day commences at 6:00am. Step up, introduce yourself and support the AGM's and Assistants during club day activities. Once club day ceases, help out with washing down boards and putting away equipment. If you are rostered on for sausage sizzle duty please honour the commitment. The Law of Reciprocity is a powerful tool.

We all lead very busy lives and the thought of volunteering often remains at the back of our minds. Volunteers have a positive impact not only on others but for ourselves it is beneficial and rewarding to know that we can reach out and make a difference. Volunteering provides the chance to look beyond our own circumstances and appreciate what others are experiencing. The difference you will make within our organization and somebody's life will make an even bigger difference in yours.

Finally, a message to all our junior members' competitive and non competitive:

You are all achieving incredible feats every club day/ carnival/training session that you attend.

See you on the beach!

Jackie Eley



JUNIORS - YOUTH EVENTS



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



Surf Life Saving WA KNG Elite Athlete Clinics

The best of the best in Surf Sports will be in WA running Surf Sports Clinics.

Matt Bevilacqua, Matt Poole, Jackson Symonds and Thomas Nolan will be coaching **FREE beach & water** clinics at Trigg Beach for any who are interested.

Date: Sat 13th of February
Where: Trigg Beach
When: U14 – U19 @ 10:30am - 12:30pm
 U12 – U13 @ 2.00pm - 4.00pm

Free BBQ with the athletes held after the clinics
 Register using the carnival manager



JUNIOR DATES FOR YOUR DIARY

Sunday 7 February

Normal club day for U7-U13 Age groups

Saturday 13 February

Sunsmart Junior Beach Qualifier Trigg Island SLSC U10 – U13 See Information sheet attached

Saturday 13

Kellogg's Nutri Grain Clinic Trigg Island SLSC U12 – U13 age groups only 2:00pm-4:00pm – see poster opposite, and register with the office by Sunday 7/02/2016.

Sunday 14 February

Sunsmart Junior Water Qualifier Trigg Island SLSC U10-U13 – Please note that there will only be a club day for the U7-U10 Age groups (this applies to members in the U10 Age group not competing) See Information sheet attached

Sunday 21 & Sunday 28 February

Normal club day applies for U7-U13 age groups

LIFESAVING TIPS

Slip, slop, slap your way to sun safety this summer!

When the summer mercury rises there's no better place to cool off than at the beach – however all that sun can come at an expense to your health.

Regular reminders to your friends and family about the importance of being sun safe is a great way to reinforce the message.

Club members spend a lot of time outdoors and sun safety is something that we take very seriously.

Tips To Beat The Heat At The Beach:

- Slip on a long sleeve shirt to protect your skin from the sun or a rash vest if you are in the water
- Slop on sunscreen with a minimum SPF of 50+ and reapply regularly
- Slap on a wide brimmed hat
- Seek some shade during the hottest part of the day 11am-3pm
- Slide on sunglasses to protect your eyes from sun damage
- Slurp on plenty of water throughout the day to stay hydrated
- Swim sober by avoiding the water if under the influence of alcohol or drugs
- If you or a family member experience any of the signs of heat stress please seek medical aid from a lifeguard or lifesaver

Please share this helpful information with your friends and family.

Fire Jellyfish

The recent smack of "Fire Jellyfish" at Mullaloo Beach is causing a lot of pain and distress to our members and the public. They have a bell or dome like top and are a pinkish-purple in colour. Their presence may be due to the warmer water temperature and still, calm water.

Once stung it can cause burning, itchy pain at sting site, wide raised pink wheals with surrounding bright red skin flare.

The best treatment for "Fire Jellies" is

- Apply ice/cold pack in a plastic bag or over a cloth, or apply ice wrapped in a wet cloth directly over the sting site for 10-20 minutes. Freshwater directly on the skin irritates the nematocysts.
- Reassess pain, then reapply cold or ice if necessary
- If cold fails to relieve pain, if condition deteriorates or experiencing breathing difficulties seek medical aid

New Defibrillator in Club Hall/Lounge

In order to ensure the safety of club members and patrons, the club has now installed an additional Defibrillator Unit in the club lounge. This is located in the main entrance to the club and will service the Hall and Club lounge area. This will ensure the safety of Club members and members of the public that use our facility.



NOTE: This unit is **NOT** to be removed for beach / carnival applications as 3 additional units are available in the first aid room for this purpose.

FEMALE MARCH PAST TEAM

Calling any and all female club members who are interested in forming a March Past team!

You must have a minimum of a resuscitation award and completed at least 16 patrol/water safety/first aid hours in a calendar year.

Coaching is on offer from a Life Member so if you are keen to try something different, please register at the Office at info@mullaloosurf.com.au or phone 9307 7766.





Mullaloo SLSC Mission, Vision & Values

MISSION: Providing activities and services for a safer, sustainable community

VISION: To be an integral and valued organisation in the community as the premier surf lifesaving club.

VALUES

FAMILY

Embrace family values and promote inclusion

RESPECT

Respect and value all individuals and the club community

SAFETY

Promote safety as part of core activities

INTEGRITY

Conduct of self and club affairs, according to the highest standard of ethics and behaviour

UNITY

To operate as a team including effective communication with and involvement of, all our stakeholders

EXCELLENCE

Strive for excellence in everything we do

SUPPORTING BEHAVIOURS

- Care and Consideration for all, including Members, Guests and Management
- Recognising everyone's contribution
- Set high standards
- Act fairly in all areas of Club life
- See something, say something
- Perform safely at all times
- Do what you say you are going to do
- Supporting all areas of the Club – ONE CLUB

NON-SUPPORTING BEHAVIOURS

- Aggressive and unruly behaviour
- Disrespectful attitude towards others
- Disrespectful attitude towards Club equipment
- Reckless behaviour
- Don't perform activities you're not qualified for

MULLALOO SURF LIFE SAVING CLUB
BUSINESS CLUB
SUNDOWNER

Friday 5 February 6pm - 7.00pm

Members Lounge

Enjoy a drink, meet local business owners.

RSVP to the office on 9307 7766 or

email info@mullaloosurf.com.au

NEW MEMBERS WELCOME!

Looking for a local business to do some work for you?

Check out these businesses...

Found on the MLSLSC Business Directory.



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General Club information: [facebook.com/MLSLSC](https://www.facebook.com/MLSLSC)

Surf Sports Training: [facebook.com/MullalooSurfSeniorTraining](https://www.facebook.com/MullalooSurfSeniorTraining)

Youth: [facebook.com/MullalooSLSCyouth](https://www.facebook.com/MullalooSLSCyouth)

