



Newsletter w/c 12th March 2018

**CONGRATULATIONS TO ALL
OUR COMPETITORS UP AT
STATE. GO TEAM Q**



Whats happening;

Sunday 18th March - Swim for Saxon Club event 10AM

**Saturday 28th APRIL - Nippers end of Season Wrap Party 4PM
more details to follow soon**

**Sunday 20th May - Bronze, SRC and Life Saving Awards
presentation**

Saturday 26th May - Club presentation Night (TBC)

SWIM FOR SAXON CLUB EVENT...



**Sunday 18th March starting at 10AM.
300M swim race followed by a Barry
Rogers (wave back to the Beach Race).**



PATROL NEWS

Patrol Gear Room, First Aid Room Showers: Showers and First Aid Room are for first aid treatment only please do not use the showers or store personal belongings. The Patrol Gear room is only for Patrol items only. Your assistance in keeping these areas clean and tidy is appreciated.

Use the following links to keep on top of your patrols and hours:

[Patrol Calendar](#)

[SLSA Members Portal](#)

three beans Coffee Cart Service

Each Sunday, bright and early, you can find the brilliant people from three beans set up and ready to wake you up at the ever so convenient location, upstairs in the club house - how good is that?!?

Congratulations to our Team Q Nippers - awesome State Titles last weekend and huge Congratulations to Cooper Elkins for taking out the double Gold in U11 Sprint and Flags.

Here are the Top 6 places and our other finalists. The whole of Queensie is very proud of you.

If you have any photos please send them thru to admin@queenscliffslsc.org.au

Beach:

Cooper Elkins (U11) - Gold U11 sprint, Gold U11 flags

Cooper Elkins, Leo Leiper, Zach Rowland, Rafferty Heard: 5th U11 sprint relay.

Eli Mork (U9): 6th U9 sprint

Max Elkins, Guy Ormond, Luna da Rocha, Briony Clarke: 6th mixed sprint relay

Amelie Heard, Alexandra Gee: 3rd U13 R and R

Other finals:

Max Elkins, Sam Prelc, Eli Mork, Guy Ormond – semi-finalists in U10 boys beach relay

Luana Da Rocha 7th u10 flags, semifinalist u10 sprints

Water: NO top 6 but.... Finalists were:

Sam Prelc U10 swim quarter finalist

Guy Ormond U10 swim semi finalist

Guy Ormond, Sam Prelc Eli Mork : U10 board relay semi finalists (missed out final by one place!)

Eli Mork U9 swim finalist

R&R RESULTS

Silver - Alex Gee and Amelie Heard - U13 2 person R&R

Silver - Maddie Pilz and Zahra Chew - U14/15 2 person R&R

4th - Zahra Chew/Bec Hickey/Maddi McGirr/Zoe Prelc/Jess Way

U15 5 person R&R

MASTERS COMPETITORS

Gold:

David Shearsby (Sprint and Relay)

Robyn Henderson (Sprint, Flags and Relay)

Merrilee Linegar (Sprint and Relay)

Steve Nelson (Relay)

Michael Gedz (Sprint, Flags and Relay)

Dave Callan (Relay)

Annabel Nelson (Relay)

Kelly McFadden (Relay)

Ed Kwanten and Danny White (70+ Board Rescue)

Greg Heard/Glen Holland/Dean Lewsam/Peter Rogers/Adrian Walding/DD - 220 Yrs Male Surf boat

Chris Allum and Sam Hart - 30-34 Male Double Ski

Silver:

Steve Nelson (Sprint)

Gero Farruggio (2km Run)

Danny White (Swim)

Brian Dolly (Sprint and Relay)

Greg Gardner (Relay)

Ross Collins (Relay)

Steve Hoy (Relay)

Phil Bird (Board)

Danny White (Surf Swim Race)

Chris Allum and Sam Hart - 30-34 Yrs Board Rescue

Grant Henderson/Jeremy Lai/David Slennett - 150yrs Male Single Ski

Peter Dean and Neil Schafer - 60-64 Male Board Rescue

Kelly McFadden - Beach Flags

Bronze:

Kelly McFadden (Sprint)

Steve Hoy (Sprint)

Phil Bird/Peter Dean/Ian Poole - 170yrs Board Relay

Sam Butt/Pip Butt/Alex Butt/Kristina Larsen - 140 Yrs Female Surf Boat

4th:

Dave Callan (Sprint and Flags)

Simon Dorahy (Flags)

Jennie Callan (Sprint and Flags)

Linda Burrell (Sprint)

Merrilee Linegar (Flags)

Sam Hart (Ironman)

Sam Hart/Phil Bird/Chris maker/Peter Nankervis - 150 Yrs Male Taplin

Adrian Halliday and Chris Maker - 40-44 Male Double Ski

Grant henderson and David Slennett - 50-54 Male Double Ski

5th:

Annabel Nelson (Sprint)

Simon Dorahy (Relay)

Jayson Elkins (Relay)

Gero Farruggio (Relay)

Joseph lemma (Relay)

Linda Burrell (Relay)

Mel Way (Relay)

Shelly Hoy (Relay)

Suzanne Brown (Relay)

Danny White - Rescue Tube

Adrian Halliday/Sam hart/Chris Maker - 130yrs Male Single Ski

6th:

Peter Nankervis (Swim)

Danny White (Board)

Greg Gardner - Flags

OPENS COMPETITORS...

Gold - Xavier Allen-Cox/Zach Lai/Richard Ledger/Nic Lesiuk/DD - U19 Male Surf Boat

Silver - Rhys Carroll/Vaughan Hay/Luke Moore/Daniel Wagers - Reserve male Surf Boat

4th - Julia Altenbuger/Sophie Berry.Willow Doyle/Lucy McIntyre/Camryn Scott and DD - U19 Female Surf Boat

Grace Owen - 2nd U19 Champion Life Saver

Emily Thornton - 3rd U17 Champion Life Saver

ACCIDENTAL COUNSELOR PROGRAM

As a lifesaver have you ever found yourself supporting someone in a crisis situation or with a mental health issue?

We recognise incidents on our beaches are not only water safety related. To help our members Queensie is running an accidental counselling course **Monday 19th March 6.30 - 9.30**.

You'll gain awareness and skills in:

- How to cope during and after crisis situations
- De-escalating aggressive behaviour in people
- Recognising and responding to a range of mental health and relationship issues.

The [Accidental Counsellor program](#) draws on the expertise of our organisation's proven crisis handling skills. Thank you to Lifeline Northern Beaches' David Thomas and Alan Stokes for providing our members with this opportunity (the course is normally \$150 per person).

Course is designed for 15 people - please register your attendance [here](#)

(<https://goo.gl/forms/a9e1gBme9UPAcXM33>). If you can't make this time / date you can register your interest [here](#) too.

SURF LIFE SAVING LONG SERVICE AND PATROL SERVICE AWARDS..

Did you know that Surf Life Saving issues Long Service Awards for the following years of Service.

The Club recently awarded a few of these to Long Service members at the AGM.

If you qualify for 25, 30, 40, 50, 60, 70 and 75 years award please logon or create a SLSA portal account. [Click here to find out how.](#)

Surf Life Saving National Patrol Awards, SLSA also issue National Patrol Awards for 10, 15, 20 years patrol service. The Club is keen to recognise our members and would appreciate recognising our Long Serving Patrol members. Please logon or create a SLSA portal account. [Click here to find out how.](#) You apply through your portal account.

BEACH AND WATER TRAINING

Nippers, Cadets and Open training with our wonderful and skillful Coaches

WATER TRAINING..

Will continue on Tuesday and Sunday please see Team App for all information about times and location.

BEACH TRAINING...

Rubin and the senior runners are scheduling a session starting Sunday 4th March starting at 9am (set-up 845am). It will continue on the following Sunday's -

March 11

March 18

March 25

April 1

April 8

Queensie Nippers and Cadets and Open Training, now has it's own App using the **Team App** platform – download it now, to stay up to date with all the latest information.

Follow these steps:

1. Download Team App from the Apple or Google Play app store via the following links –

- App Store: <https://itunes.apple.com/us/app/team-app-your-team-your-app/id625607532>
- Google Play Store: <https://play.google.com/store/apps/details?id=com.teamapp.teamapp>

2. Sign up to Team App. Please identify Kids or Competitors name and age groups. You will be sent an email to confirm your registration.

3. Log into the App and search for 'QUEENSIE NIPPERS' or "Team Q Board".

4. Choose your applicable access group(s).

5. If you don't have a smartphone go to <http://queensienippers.teamapp.com/> to sign up and view this App online.

NEW AT THE UNIFORM SHOP!!

CHEEKI insulated 600ml bottles. Unbelievable price \$10 so get in quick to get your Queensie bottles, before they run out.

We have just received a New order of T-shirts.

Queensie hoodies, towels, hooded towels, zipped white shirts, swimming costumes, backpacks are available at the Queensie shop and could be great Christmas gifts.

Don't forget you can get your Sunscreen from the Shop as well. Pop into the Shop in the New Year.



MELANOMA MARCH
MARCHING FOR A CURE

Join our March for a cure
- we can't do it alone

This year, 14,000 Australians will be told they have melanoma. Let them know they're not alone.

Support Melanoma March and help raise vital funds for research to find a cure.

NEW to Melanoma March 2018!
Join our stand-up paddle at Manly.

To register for the march or stand-up paddle go to melanomamarch.org.au and choose Manly as your location.

Join your nearest Melanoma March

Where: West Esplanade
(opp Rowe Street)
Manly Cove

When: Sunday, 18th March 2018
7:30am - Registration
9am - March Commences

An initiative of **Melanoma Institute Australia**

Supporting **Australian Melanoma Research Foundation**, **melanomawa**, **skin&cancer**

Principal Partner **brightside cover**

Together, we can end melanoma