



Newsletter w/c 5<sup>th</sup> March 2018

*GOOD LUCK TO OUR MASTERS  
AND OPEN 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)**

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## **URGENT FIRST AID VOLUNTEERS FOR STATE TITLES THIS FRIDAY...**

We urgently need 2 First Aid volunteers to go to Swansea Belmont on Friday 9th March 7am to 12pm to report to the First Aid Room at Swansea Belmont Surf Life Saving Club (behind the Life Guard tower) for First Aid duties for the NSW State Open Titles.

Could you please let [admin@queenscliffslsc.org.au](mailto:admin@queenscliffslsc.org.au) and [talia.e.mason@gmail.com](mailto:talia.e.mason@gmail.com) know by 12pm Thursday, 8th March 2018 if you are able to assist. Your help is greatly appreciated.

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## **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?!?!

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**CONGRATULATIONS TO OUR NIPPER AND LIFE SAVING COMPETITORS AT STATE CHAMPIONSHIP TITLES. GO TEAM Q. SPECIAL THANK YOU.....**

**Thank you to our Masters Runners and Water Competitors for coming and training our little Nippers every Sunday. Such brilliant results so proud of what the Club have achieved. Go Team Q.**

**Thank you to the Club Support Crew; Officials, IRB crews, water Safety and First Aid, we could not do it with out you.**

**MASTERS COMPETITORS....**

Results to date:

**Gold:**

David Shearsby (Sprint and Relay)  
Robyn Henderson (Sprint and Relay)  
Merrilee Linegar (Sprint and Relay)  
Steve Nelson (Relay)  
Michael Gedz (Sprint and Relay)  
Dave Callan (Relay)  
Annabel Nelson (Relay)  
Kelly McFadden (Relay)

**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)

**Bronze:**

Kelly McFadden (Sprint)  
Steve Hoy (Sprint)

**4th:**

Dave Callan (Sprint)  
Jennie Callan (Sprint)  
Linda Burrell (Sprint)  
Sam Hart (Ironman)

**5th:**

Annabel Nelson (Sprint)

Simon Dorahy (Relay)  
Jayson Elkins (Relay)  
Gero Farruggio (Relay)  
Joseph Iemma (Relay)  
Linda Burrell (Relay)  
Mel Way (Relay)  
Shelly Hoy (Relay)  
Suzanne Brown (Relay)

**6th:**

Peter Nankervis (Swim)  
Danny White (Board)

**OPENS COMPETITORS...**

Grace Owen - 2nd U19 Champion Life Saver  
Emily Thornton - 3rd U17 Champion Life Saver

**NIPPERS COMPETITORS...**

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](mailto: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

**Sunday 18th March starting at 10AM.**

**Normal distance swim race followed by a Barry**

**Rogers (wave back to the Beach Race).**



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## 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.

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## BOAT NEWS!!

### U19s Women's Boat Crew...

Over several state selection carnivals, the Queenscliff Red Rockets came out with the highest overall point score and were selected as the under 19 representatives for New South Wales.

Competing at the ASRL on the Friday, the Red Rockets were suited up in all of the merchandise and were eager and proud to represent their state.

The under 19s women's kicked off the interstate carnival. Tension was high on the start line as the girls prepared themselves for the largest surf they've ever competed in. The girls were smashed by some huge waves on the way out - that missed the other crews in their race. Recovering on the way to the cans they again got smashed by some large waves on the way in resulting in them getting 5th.

With the last event, the 8 boat relay remaining NSW was behind the Queensland team by 2 points and needed to win to at least draw the points. The gun went and so began the epic interstate relay. All starting crews had a fairly even run out however the queensie girls had an exceptional row out pulling away from the other states coming to the buoy turn first and pulling onto a wave that would carry them all the way back to the beach. Willow then extended this lead with her run up the beach to tag the next crew - a lead that NSW managed to hold on to through the remaining 7 legs of the race. Giving NSW victory over Queensland on a count back.

All NSW crews rowed extremely well resulting in a gold medal for the NSW team. The team spirit of NSW was incredible with everyone cheering one another along and helping wherever they could, making for a successful day of competing for NSW at the Interstate Challenge. Being a part of the NSW team was an amazing experience and we will certainly be working to make it into the team again next year to defend our title.

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## **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.

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## **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.

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# 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.*



**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](http://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



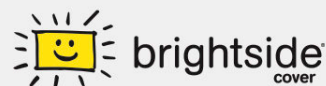
An initiative of



Supporting



Principal Partner



Together, we can end melanoma

## MEMBERSHIPS NOW OVERDUE

All membership forms are now overdue, if you have not renewed you are not covered by insurance on the beach or at any training. [Please click here to get all forms needed.](#) Please return to office ASAP if the office is unattended please leave them in the drop box at the top of the stairs or alternatively email to Carla [admin@queenscliffslsc.org.au](mailto:admin@queenscliffslsc.org.au)



This season, Aussies 2018 competitors will head over the beautiful west side of Australia to Scarborough Beach in Perth, Western Australia from the 14th April until the 22nd April. Perth is an expensive trek when considering airfares, equipment logistics and accommodation.

Competitors are encouraged and urged to get involved with fundraising to help get to Perth.

Please contact Garry Farrar (0410 477 157 or [garry@beache-s.com](mailto:garry@beache-s.com)) or Col White (0412 903 070 or [col.white@optusnet.com](mailto:col.white@optusnet.com)) for all fundraising efforts you would like to commence for your 2018 Aussies campaign.