

### GREENMOUNT GRAPEVINE

#### Members Newsletter

Version: July / August 2021 Patrolling Greenmount Beach since 1911 PO Box 156, Tweed Heads NSW 2485 Phone—o7 5536 6901 Email—theslse@outlook.com Website—www.theslse.com.au

#### FROM THE PRESIDENT

Hello Members

Well it is certainly starting to look as though winter is over and we will soon all be back at the beach.

Well that is those of us that aren't affected by COVID lockdowns.

I apologise for the number of survey emails that have been coming through and thanks to all of those who are participating. It has allowed us to get some great information about what more we can be doing for our members.

We are very excited about what season 2021-2022 will bring us and more than ever we are wanting to encourage our members to get involved in the club to ensure you get the most of it.

We have resigned our coaching staff for next season and training sessions for all levels will commence in the week starting 9/8 so please keep an eye out for these.

All of the usuals are back Nipper sessions plus twice weekly strength and conditioning plus 2 board sessions 1 ski and a Saturday session for all levels of active members to improve their skills.

This season will see us increase our focus on the competition side of things encouraging as many members as possible to get involved. We are hosting the branch carnival next year and it would be great to have a big turn out on our home beach. So if like me you need a little more training than others it's time to get going and it is all available to you.

In addition to the sessions above the club will also be offering some new services.

Twice weekly walking and running club where any members or friends of THC can meet up and join in a walk or run whatever works for you

These sessions are not official lifesaving activities and can be enjoyed by anyone in the club. Watch this space for more info.

We are also looking to make a lane available in a heated pool 2 mornings a week for two hours for any junior and active seniors to get in and swim with THC picking up all costs. If this is well received we will book additional lanes as required.

If you are more in our elite athlete category we are very excited to launch our elite athlete program for high performing junior and senior competitors. Vaughn will roll out more information around this but we are keen to retain and encourage our athletes to be at their best when representing our club.

We certainly have everything you need so get involved where you can mix with like minded people.

To get the season started we are still looking to fill some very important roles in the club. The main ones that we are looking to fill are as follows.

Nipper President- one nomination received Nipper Secretary - looking for nominations Youth Coordinator- one nomination received

If you are interested in assisting in any of these roles please complete an application form from the club as the Board of Management next meets on 17/8 and we really want to fill these roles so that we can hit the ground running.

Please if you would like to assist but are not sure how involved the roles are rest assured that you would have a lot of people around you to assist, it is just the more roles we fill the better we can spread the workload.

Keep an eye out for proficiency dates or Nipper pool swims and I look forward to seeing you on the beach.

PS have we got any new water safety shirts coming soon as it appears as though mine has shrunk in the off season again

**David Fuller** 



## **VICE PRESIDENT'S REPORT**

Welcome everyone to a new season. Lots of exciting things happening this season.

#### Elite Athlete Squad

The creation of a Tweed Heads and Coolangatta Surf Lifesaving Club Elite Athlete Squad was advised to all members at our AGM. Full details of what the program is about is separate to this report in the grapevine.

Our members that achieved individual state and / or Aussie individual medals or finals in the previous season have been invited to apply for the squad. If we have missed any under 11 to senior competitors, we apologise and please let us know immediately.

Whilst our program does have a finite number of squad members for this season, we do expect that we may get new or existing members that would like to apply for the squad based on their performance for TH&C or SLS in another state or in another sport. They can email Grant at <a href="manager@thcslsc.com.au">manager@thcslsc.com.au</a> and request an application form. If unsuccessful we will still help guide the individuals on how they can become successful. The plan is to make the program an inspiration to all our junior athletes.

We are also seeking past and present senior and master athletes in surf life saving or other sports that would like to be part of the Elite Athlete Squad as a mentor. Mentors will be allocated to individual athletes to assist the athlete through the program and the season. Formal meetings are a minor part of the mentor's role. Informal catch ups to see how the athlete are progressing, that they are getting the most out of the program, popping into carnivals and sharing tips and generally taking an interest will be the large part of it.

#### Renovation to surf lifesaving club facilities

The planned renovations to the surf lifesaving club in preparation for the stage 3 all of club renovations was advised to all members at our AGM. Current plans of the renovations follow this report.

In August the new entry will be constructed in the training room. It's essentially a secure, 1.8-meter-wide corridor, through auto doors to our back of house facilities. This will cause a disruption to training room club activities for a short period of time.

We will also renovate our administration office in August. All the club will need to be patient with us all while our administrators are relocated in and out of their offices over a week period.

#### **Nippers**

We have had a pre-season disruption with Karl and Isabelle Muggeridge stepping down from important nipper roles. I wish them the best with their new plans.

The Nippers remain extremely and personally important to me and Dave Fuller. We already have people and plans in place to continually improve and grow our nipper program.

We will both continue to be present and active Nipper Sundays to ensure our new President and Secretary have the immediate support to run a fantastic and progressive program. We still have so much capacity with our management, gear and beach. Bring your Friends to sign on day!

Thanks Vaughn

## **NIPPERS**

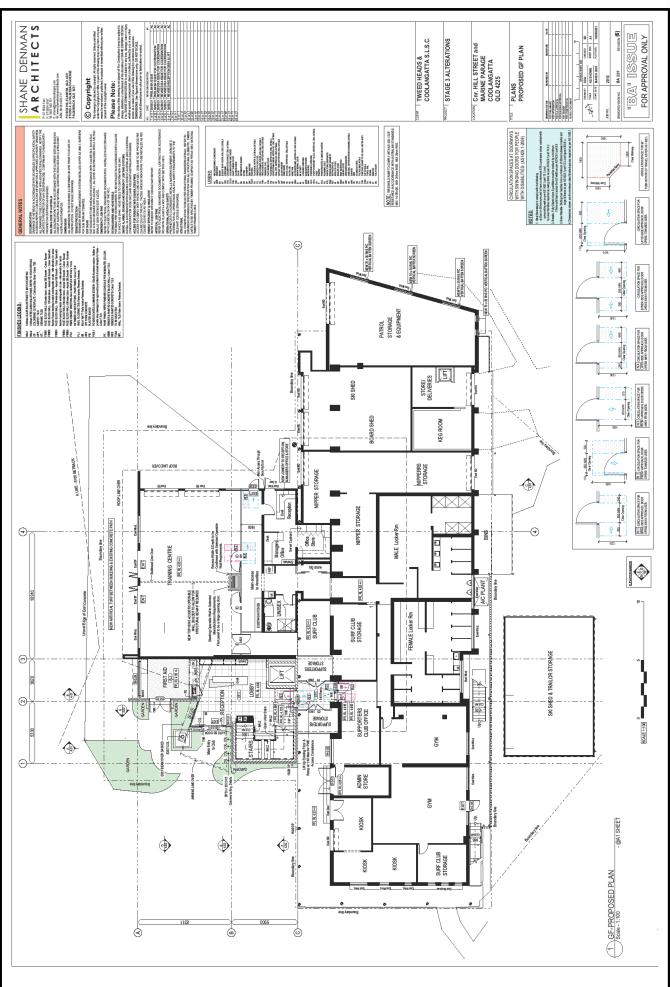
#### **NIPPER POOL PROFICIENCES**

Our first Nipper Pool Proficiency scheduled for this Sunday the 8th of August has been postponed due to the current lockdown implemented by the Queensland Government and also the Directive from the NSW Government that NSW residents who have been in any of the 11 Queensland areas in lockdown since the 21st of July to stay at home as well.

A new date will be advised as soon as possible.

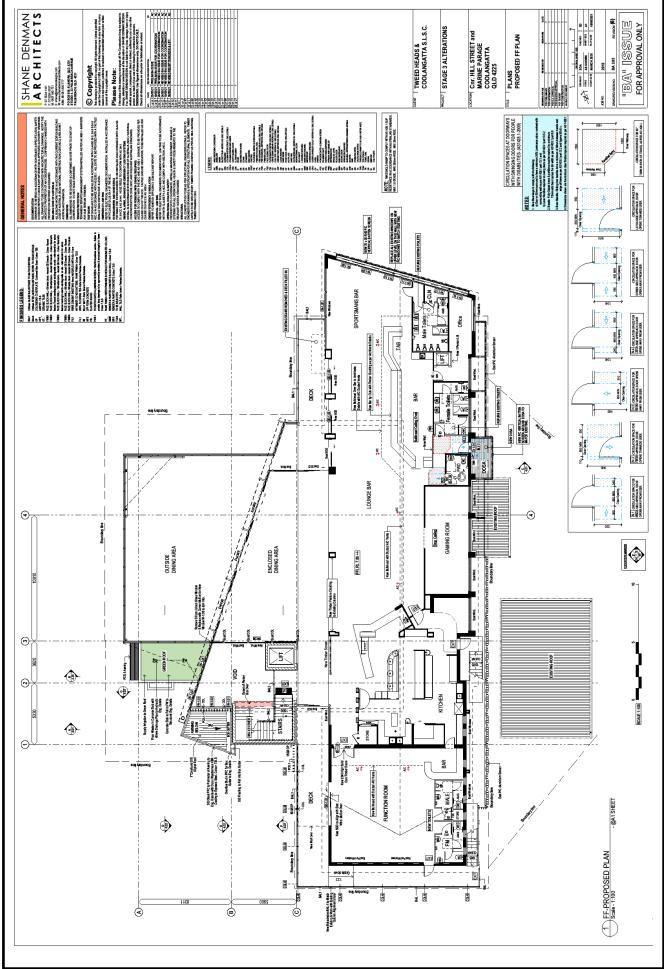
We are hopeful that the 2nd pool proficiency scheduled for Saturday the 28th of August will not be affected by the current Covid outbreak.

Please check Team App and the Nipper Facebook page for updates











### TWEED HEADS AND COOLANGATTA SURF LIFE SAVING CLUB INCORPORATED Affiliated with Surf Life Saving Queensland



#### Elite Athlete Squad (EAS)

TH&C SLSC is inspired by the small number of club athletes who are performing at extremely high standards in season 2020/21 regional surf lifesaving carnivals. The TH&C SLSC Board of Management (BOM) through the wishes of its members has committed to the long-term goal of supporting current and future club athletes to reach continued success and both Junior and Senior level. TH&C is targeting Surf, Pool and Beach events with substantial teams from club to National level.

Club athletes that have achieved State and or Australian success in the previous season will be eligible to complete an EAS application. The Application will be reviewed by program mentors to ensure that the athlete is closely aligned with the direction of the program and make recommendation to the board for that athlete's selection.

The program will be advertised at club level with the hope that our athletes and members share the information, regarding the program, to internal and external surf lifesaving and non-surf lifesaving athletes that may wish to be a part of the program. They will apply and be vetted in the same fashion.

Athlete's close to meeting the requirements will be given advice on what they need to do in the coming season to work hard to achieve the requirements for qualification for the program.

Once approved, by the BOM, each athlete is offered a preseason contract and classification which sets out what TH&C will provide this season and what the athletes are required to commit to this season to continue to be part of the EAS.

TH&C is committing to financially assist each athlete with basic club membership and uniform. The main support is providing each athlete to extended and personalised training and mentoring. Providing the athlete access to selected and approved local professionals providing a set number of sessions to assist the athlete to work through to optimum performances through out the season. These include naturopathy for general wellbeing; Physiotherapy, Pilates and Massage for recovery and management of injuries and one on one sessions with the Callum Taylor Speed Academy for training, testing and performance monitoring. Most importantly each EAS surf or Pool athlete will be provided monthly fees to the Banora Point Swimming Squads or a convenient Pool squad near them.

All Professionals will be contracted to administer the program with the athletes and provide discounted bills monthly. TH&C will give access to the athletes and promote the businesses through branding, website articles, newsletters and social media.

The athletes just must train and attend the required external and internal programs the club sets up. They will commit to a EAS Agreement and the Club Competitors Agreement. They will patrol, fundraise and attend events as rostered by the club.

TH&C will raise sponsorship for the program increasing its capacity to do more for more athletes. TH&C and the athletes will support the sponsor. TH&C will support the Athlete to attain additional sponsorship. TH&C will seek affiliation or discounts with suppliers of clothing, sports equipment, supplements etc again with the offer of identification with the program.

Ultimately, Each Athlete will be put in a position to fire at their selected events and continue to be part of the program for all future seasons whilst all boxes are be ticked.



### FROM THE IRB AND TRAINING ROOMS

Hi everyone and welcome to the Grapevine.

The new season is coming upon us very quickly and the Training Team is working very hard on the lead up to this. Our first obstacle is the Skills Maintenance scheduled for Sunday 22/8/21. As yet, no on line resources have been released for the 21/22 Skills Maintenance. This means that unless the resources (online theory questions) are released in the next couple of weeks, we will have to cancel this proficiency and perhaps schedule another day September or October. We will keep everyone posted on this.

It is important to remember that all the theory has to be completed on line and a Certificate of Completion presented before the course starts or on the commencement date. The Certificate can be emailed to the office or presented to the Trainers, however if a candidate cannot produce a completion certificate, they will not be permitted to participate in the Skills Maintenance session.

As soon as the Skills Maintenance resources become available please get stuck into it early, give yourself enough time to get through it and print up that Certificate.

At present, skills maintenance days are scheduled as follows: Sunday 22/8, Saturday 18/9, Sunday 17/10, Sunday 21/11, Saturday 11/12.

We have the annual intense SRC/Bronze course coming up, subject to health constraints. All candidates must perform the theory questions online and print up a Certificate of Completion, which is to be submitted to the Office or the Trainers. All theory must be completed before the course commences so you can start now if you like, give yourself plenty of time. Resources are in the members portal, so if you are unsure of where to find them please contact the office for advice.

Pool swims must be completed before the course commences. Candidates who are unable to produce evidence of completing the swim component will not be permitted to attend the course.

All registrations for the SRC/Bronze course must be lodged by Monday 13/9/21 so as the psychical resources for the training can be prepared.

Please ask the Office for the mandatory pre-requisites which need to be performed before enrolling. No late applications will be accepted, Monday 13/9/21 is the cut off date. Should you be unable to attend all the days of this course please consider joining a later group. Candidates who hold the SRC and are upgrading to Bronze will be required to attend the sign on day, 25/9/21. Subject to assessment by the Trainers, Bronze Candidates will then only be required to attend on the 28/9, 20/9/ 30/9 and the assessment day on Friday 1/10/21. It is compulsory for all SRC Candidates to attend every day of the course.

It is very important that we have the required number of water safety people in attendance each day. This is subject to numbers but a minimum of 5 qualified people to start. If we do not have the required number of people in attendance we will be unable to undertake any water based training. Trainers for this course are myself and Chris Van Dorn. Chris takes an unpaid week off work to help with this course so please thank him when you see him

Please be aware that the minimum age for an SRC participant is 13 years while the minimum age for a Bronze participant is 15 years.

IRB STUFF.

The Training team have scheduled an IRB Drivers/Crew course for October. Commencing Saturday 2/10/21 then every Saturday and Sunday until assessment day on Saturday 30/10/21. Minimum age for IRB Crew is 15 years and must hold a Bronze Medallion, while minimum age for a driver is 17 years. Trainee drivers must hold a current marine licence to participate. We have a lot of fun during these courses and you will come away with a good knowledge of IRB operations in various surf conditions.

We now have a new Zodiac IRB to play with. Give it a run while on Patrol and I would be happy to receive any feedback regarding its performance. We are still waiting for our Thundercat IRB, but don't hold your breath.

That's about it for now. See you around and about the Club.

Rob Walters CTO/IRB Captain.

## **SURF SPORTS**

Covid has once again caused disruption for everyone in South East Queensland. Terrible to hear the Delta strain is also affecting children.

I hope all our members are well and staying safe and we return to some kind of normalcy soon.

We were lucky to be able to compete at the Queensland State Pool Rescue Championships before the lockdown, though unfortunately some of Interstate members were unable to travel the Queensland due to NSW restrictions.

Lisa Ferguson & Max Serpa Gonzalez were missed and hope they can join us for the Aussie Titles.

I would like to thank coach Jason Barker for stepping up to help out by competing in the Line Throw events with James Callaghan. Great to see Jason be finally competing for TH&C and wearing the maroon and gold!

Congratulations to our small band of competitors who all did extremely well to enable TH&C to finish 7th Overall and 2nd in the Handicap Point score.

Special mentions to our younger competitors, Molly & Phoebe Rogers, Evie Barker, Leah Herangi and Connor Davidson for their great efforts. Connor came home with a silver and a bronze! Great to see our nippers competing in Pool Rescue events at the State Titles.

Congratulations to our Open Female Line Throw Teams with Leah Jones & Elena Davis winning Gold and Mariah Jones & Charisse Cormack silver.

Thank you to Kate Rogers and Charisse Cormack for stepping up into the open relays so our girls could compete.

Life member, Charisse Cormack finished the State Titles with 4 gold and a silver. Well done Charisse!

Unfortunately the current covid situation has caused the postponement of the Australian Pool Rescue Titles. They have been rescheduled for the 29th to the 31st of October. Keep you fingers crossed that they will be able to go ahead.

**Rod Jones** 

## COMPETITOR'S MEETING U/14S AND UP

SUNDAY 22ND OF AUGUST 10AM TRAINING ROOM

Important for all competitors U/14s and over to attend



#### SENIOR SURF SPORTS GEAR FOR SALE

BACKPACKS—\$65.00 JACKETS—\$80.00 POLO SHIRTS—\$40.00

> Ladies—M to XXL Mens— XXL only

SHORTS—\$30.00

Ladies—M- XXL Mens—XXL only

Please contact the office to purchase — limited stock available







## **SURF SPORTS**

#### **2021 QUEENSLAND POOL RESCUE COMPETITON**

17th & 18th of July 2021 Gold Coast Aquatic Centre Southport

Female Open 200m Super Lifesaver 2nd—Mariah Jones

Female Open 100m Rescue Medley

1st—Mariah Jones

Female Open 50m Manikin Carry

1st—Mariah Jones 4th—Leah Jones

Female Open 100m Manikin Tow with Fins

2nd—Mariah Jones

4th—Leah Jones

8th—Elena Davis

Female Open 100m Manikin Carry with Fins

2nd—Mariah Jones

8th-Elena Davis

**Female Open Line Throw** 

1st—Elena Davis & Leah Jones 2nd—Charisse Cormack & Mariah Jones

Female Open 4 x 25m Manikin Relay

3rd—Katherine Rogers, Elena Davis, Leah Jones & Mariah Jones

Female Open 4 x 50m Obstacle Relay

5th—Katherine, Elena Davis, Leah Jones & Mariah Jones

Male Open Line Throw

8th—James Callaghan & Jason Barker

Female 9-10 50m Brick Carry

10th—Molly Rogers

Female 9-10 Line Throw

5th—Evie Barker & Molly Rogers

Female 11-12 Line Throw

9th—Leah Herangi & Phoebe Rogers

Male 12-13 50m Manikin Carry

2nd—Connor Davidson

Male 12-13 100m Manikin Tow with Fins

3rd—Connor Davidson

Female 30 yrs and Over Line Throw

1st—Charisse Cormack & Katherine Rogers

Male 30-39 50m Manikin Carry

1st—James Callaghan

Male 30-39 100m Manikin Tow with Fins

1st—James Callaghan

Male 30-39 200m Manikin Obstacle Race

2nd—James Callaghan

Male 30 yrs & Over Line Throw

9th—James Callaghan & Jason Barker

Female 40-49 50m Manikin Carry

4th—Katherine Rogers

Female 40-49 100m Manikin Tow with Fins

5th—Katherine Rogers

Female 40-49 100m Manikin Carry with Fins

2nd—Katherine Rogers

Female 40-49 200m Obstacle Race

6th—Katherine Rogers

Female 50-59 50m Manikin Carry

1st—Charisse Cormack

Female 50-59 100m Manikin Tow with Fins

1st—Charisse Cormack

Female 50-59 100m Manikin Carry with Fins

1st—Charisse Cormack

Female 50-59 200m Obstacle Race

1st—Charisse Cormack

Female 60 yrs & Over 50m Manikin Carry

1st—Ruth Kemp Female 60 yrs & Over 100m Manikin Carry with Fins

2nd—Ruth Kemp

Female 60 yrs & Over 100m Obstacle Race

2nd—Ruth Kemp





#### PROPOSED TRAINING SCHEDULE

#### **NIPPERS**

Commencing August 9 to August 30

Saturday Morning Board session 7am to 9am

Commencing August 30, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
							9am - 11am
						7am Board / Iron	Academy
AM						Level 2	Athletes
						8am Board / Iron	
						Level 1	
	3.45 PM	3.45 PM	3.45 PM	3.45 PM			
PM	Board Level 1	Board Level 2	Board Level 1	Board Level 2			

#### SENIORS

Commencing August 9, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						9-11 am Water	
						Fitness Boards /	
AM						Swim / Run	6am Ski
		5.00pm		5.30pm			
		Strength &		Strength &	4pm		
PM	4pm Board	Conditioning		Conditioning	Board		
	5pm Walk / Run		5pm Walk /				
	group		Run group				

<sup>\*\*</sup> Still to be finalised will be two morning Pool swimming sessions for all members days to be agreed.

#### **IMPORTANT TRAINING REMINDERS**

U/14s are not to attend the senior board training sessions until they have been signed off for the required pool swim and run swim run.

Training is subject to Covid Restrictions and will not be available during lockdown periods.

All Government and Club Directives must be adhered to.



# **CLUB NOTICEBOARD**

## POINT DANGER BRANCH TEAM - U/13S—U/17S CALL FOR EXPRESSION OF INTEREST

Please email the office thcslsc@outlook.com or call Helen C on her mobile 0421 751 209 for the link.

Note—Expressions of Interest close Midday Monday the 9th of August.

## A REMINDER THAT UP TO DATE INFORMATION FOR MEMBERS CAN BE FOUND ON THE MEMBERS FACEBOOK PAGE

Tweed Heads & Coolangatta Members <a href="https://www.facebook.com/groups/2765859347012294">https://www.facebook.com/groups/2765859347012294</a>

#### BRONZE MEDALLION & SURF RESCUE CERTIFICATE SCHOOL HOLIDAY COURSE

Commencing Saturday the 25th of September 2021 Sessions every day

Assessment Friday the 1st of October 2021

Cut off registration date—13th September 2021

Please email—thcslsc@outlook.com for further details or to register

#### 2021/2022 PROFICIENCY DATES 8.00AM

Sunday 22nd of August 2021

Saturday 18th of September 2021

Sunday 17th of October 2021

Sunday 21st of November 2021

Saturday 11th of December 2021

Further details will be forwarded once confirmed.

## AUSTRALIAN POOL RESCUE CHAMPIONSHIPS U/12s—75+

Gold Coast Aquatic Centre 29th—31st October 2021





#### **BLUE CARD RENEWALS**

Members will receive a reminder <u>from the office</u> approximately 2 months before their blue card expires and it is important to complete the renewal process as per the instructions provided by Helen ASAP

Note—Members must not patrol without a valid blue card and Point Danger Branch do not process proficiencies and awards for members 18 years & over without a current blue card.

Notice of lodgement is not accepted anymore - no valid card no participation



EXCLUSIVE SURF LIFE SAVING CLUB OFFER

SAVE BETWEEN \$6,972 & \$12,054 ACROSS THE D-MAX & MU-X RANGE

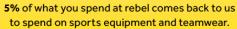
Please contact the office for further details

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#### SUPPORT OUR CLUB

Thanks to our partnership with rebel Community Givebacks







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Simply link your rebel active membership to our club next time you shop at rebel

Not a member? Joining is free & easy. Ask instore for details.

#### <u>iSponsor</u>

is the clubs fundraising platform.

All you have to do is shop online through the app or in store at a participating business to receive great discounts and earn money for our club!!

To get started be sure to download the app here <a href="https://isponsorapp.com/download/">https://isponsorapp.com/download/</a> and choose Tweed Heads Surf Club as your organisation.

Some of the business you can buy from online are:

BWS, Cotton On, Vistaprint, Sketchers, City Beach, My Pet Warehouse, Shoe Warehouse, Gazman, Sukin, Booktopia, Lenovo, Vans, Merrelli, Ugg Express, The Healthy Mummy, Naked Wines, The Iconic,

## "OLD BOYS" UPDATE

G'day - Chirpy here with the TH&C/SLSC - Old Boys Update

Wow –Just when we think we are getting COVID under control it jumps up and bites you on the bum huh – welcome to "Lock down" again – S E Qld.

The water has been a little 'cooler' these mornings for our swim down to Kirra groin – and 'bracing' for the walk back – particularly if the westerlies are blowing.

Birthday Boy – I hear we had a significant "50<sup>th</sup>" Birthday Celebration within the BOM Team recently – you whistle and I will point (Congrats David F)

July GOB-DOT Luncheon – Thursday July 8 -saw 28 Lads and Lassies attend our " Christmas in July" Luncheon - good to catch up – plus it was special to have long time Member – John and Lorraine Wilson ( John Wilson was Captain when I first joined the Club in 1963) attend – all in all a beaut day. ( thanks to the GBC Staff for a lovely Lunch plus a special Sweets treat!)

**Building Project - Stage 3 progress -** Dave P and Team advise the Building work is about to commence - stay tuned - exciting times ahead!

#### Coming events -

- **1. Thurs Aug 5** O'Boys Monthly Luncheon deferred until further Notice.
- Sat / Sun Oct 30 & 31 Beach Rugby Weekend at Greenmount – O'Boys BBQ Invitation – Accepted - stay tuned for our Combined Clubs plans and support needs – thanks.
- Fri/Sat/Sun Nov 5,6 & 7 O'Boys Lost weekend" – ie AGM / Reunion Dinner and Bowls weekend - hope to see you there! (yep - getting in early)

**Sunday Luncheon Raffle spot – "On the Deck"** – we are enjoying reasonable patronage for our Sun Luncheon spot – so if you want to help – put your hand up – so hope to see you soon - 'on the Deck'.

**GOB-DOT** Newsletter – Well done again 'Scribe' – Bronte Bob – thanks for being the O'Boys News conduit plus in the Chairman Role for our Monthly GOB\_DOT Luncheon gatherings! Remember to keep Chirp, Spud and Bronte Bob in the loop for all O'Boys & Club related matters and general 'scutter bug'.

**Travelling** – Chirp off to Biggenden in his van for a week for some Country air and a 21<sup>st</sup> Bash! Big brother Phil and Sandy off to Central Qld with the Men's Shed Travel Group – lots of Golf events happening locally I hear – Enjoy and safe travels.

Not doing so well – Sadly Flo Harris had a bad fall busting both knee caps ( chasing grand kids ) – now in John Flynn rehab after her operations – please do give her a call as she is restricted for family visitors – thanks. It was great to see Bill and Patsy Caitlin at our July Luncheon after his recent Hospital stays – keep smiling Bill !!

That's all for now – keep safe – "Enjoy" the Beach / Surf when you can – along with a nice cool bevie/meal upstairs after at the GBC.

Happy days

Chirpy H – Mob 0419654466 - <a href="mailto:chirpyh@gmail.com">chirpyh@gmail.com</a>

Peter Hargrave – 0478498036 - bnnanas@hotmail.com

Spud and Di H – 55995873 – dianehillery46@gmail.com



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