

Scarboro Surf Club



Edition 418
10 September 2015

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What is coming up?

Scarboro SLSC now has instagram! Follow us

by searching #scarboroslscwa

We also have a facebook where we post everything that is happening around the club!

You can find us by searching Scarboro Surf

Life Saving Club

Have a wonderful week Scarboro Members!



From the President

Boards and Skis

Our board paddlers have commenced training this week under Chris Kuster and have been blessed with two beautiful mornings with great surf conditions. It was great to see everyone make it out with some paddlers taking some big hits but recovering to go again until they succeeded. Guy Power had a smaller group of ski paddlers out in the challenging conditions on Monday evening and there were some promising results in the first of the preseason ski races at Fremantle on Saturday with Scarboro finishing third overall and new recruits Kylie Broad and Brett Cassidy the standouts. As the light improves scheduled ski training sessions at Scarborough in the morning and afternoon will commence.

Janet Hall has recovered from Surgery

After some work on her nether regions and a general freshening up Janet is ready to frolic with Kathleen and Tanya in the surf again. The boaties have been working in the gym all winter, some have been competing in river rowing others have been out in surf boats on the river or ocean. The boat section is a major part of our club culture, we're hoping the revival of the boards and skis that commenced last season and the continued performance of our juniors will bring back a bit more of that competitive edge to the club.

Club Redevelopment

The MRA with project managers, Price Waterhouse Coopers (PwC) have assembled a Beach Hub Working Group with members from the MRA, PwC, the City of Stirling and Scarborough Surf Club that meets every second Friday to share information and discuss issues around the beach front development. We had the first meeting last Friday and the first item of business is the amount of temporary storage required during the construction period and where it is to be located, in particular the equipment that we'll need at the beach itself for patrol obligations and club activities. We're probably looking at a shared compound with the CoS either north or south with both options having points for and against. As for the final position and design of the club there isn't any new information. We have submitted our preferred facilities footprint for to the MRA and we're awaiting the indicative plans.

Friday Night at the Club

Thanks to Jess and Ben we've been able to ramp up Friday nights at the club where we're attracting a good crowd. Just as well we had those ladies back in 1972 and I remember the car rally was still an attraction when I first joined in the '80s.

Juniors

Season is fast approaching and things are in the planning stages already.

All existing members should be looking at renewing membership now, and can be done through Jess in the office or online, via club website.

Some dates to remember

20/9/2015 – Rego day for new members, 9.00am – 12.00 in the club hall

18/10/2015 – first day on the beach

25/10/2015 – Proficiency day at Newman Pool, GOLD COIN ENTRY

Board Squad Training including U/14s

Squad training for season 2015-16 commences on Monday 7 September at 6:00am.

Squad training this season will be at the Club on Monday, Wednesday and Friday mornings between 6:00am and 7:00am.

All Senior and Junior (with SRC award) paddlers welcome.

Parents SRC course is booked for the weekend of the 12-13/12/2015, for all parent interested please contact myself of the office to register your name.

This a great award to have, and gets you qualified to do water safety also to improve your first aid knowledge. Looking for a few parents from each age group to do this, as it is over 1 weekend, this is a perfect opportunity to get on board.

Also will be running a Competition Officials course, and will be requiring 2 x parent from each competition age group to do this, to ensure we fill our Official requirement at carnivals, this is required and enforced if our kids are to be able to compete at Junior carnivals.

Dates for this will be advised when they have been set, and put in the Echo, so keep an eye out for this .

Also needing 2 x parents to represent juniors on the social committee to help with the planning of our junior social events. Our first duty here is for Juniors to cook dinner at the club on the 25/9/2015, so will be looking for a couple of volunteers to help out here.

For more information Jess or myself

IRB Racing

IRB Team Meeting at 6pm Next Friday Night the 18th in the IRB Shed. Anybody that is interested in racing or being involved in the IRB Team is welcome to come along and join us. Then a few beers in the club after.

Lost Shorts

Ben Hoy was at the club on Sunday morning (late) and left his ski shorts somewhere there. They're black and padded. If anyone has seen these please call Jess on 9341 1011.

Education

Scarboro SLSC Training Calendar Season 2015-16

Bronze Medallion 1	Sat 8 August 2015 – Sat 3 October 2015 Every Wed night 7-9pm and Sat morning 8-10am
Senior First Aid 1	Mon 12 October 2015 – Wed 14 October 2015 6-9pm each night – you MUST attend all 3 nights
Bronze Medallion 2	Sat 24 October 2015 – Sat 19 December 2015 Every Wed night 7-9pm and Sat morning 8-10am
Advanced Resuscitation Techniques	Thu 29 October 2015 6-10pm
Pain Management Certificate	Thu 19 November 2015 7-9pm
Parent SRC	Sat 12 December 2015 8am – 4pm Sun 13 December 2015 11am – 1pm
Spinal Management Certificate	Sat 19 December 2015 8am - noon
Bronze Medallion 3	Sat 9 January 2016 – Sat 27 February 2016 Every Wed night 7-9pm and Sat morning 8-10am
Senior First Aid 2	Mon 29 February 2016 – Wed 2 March 2016 6-9pm each night – you MUST attend all 3 nights

For more details on each course, including pre-requisites, please contact Bel Kuster on belinda-kuster@bigpond.com or 0408259941

March Past

Just a reminder that our first training session will be at 9am this Sunday, 13th September - meet at the bottom of the ramp. Brian will take us through the basics and we will be finished in time for the club swim. For more information, and to receive updates regarding training and competition, please contact me via email wkehoe@bigpond.com or phone 0439 737 770

See you at the beach!

Wendy Kehoe

Club Captain

New season new club captain.

The season is under way now with the first pre-season cup event running last weekend.

It was good news for Scarborough as our new imports and some of our old cohort performing well leaving Scarborough sitting a nice 3rd on the leader board.

Most squads are training hard now so if you are interested in competing or getting fit seek out the area captains and talk to them about the available training sessions.

Patrols are closing in, dates and teams have been set with first weekend of patrols starting on Saturday 3rd October.

Id like to thank the lovely ladies in the canteen who have served up the scones and coffee for our polar bear swimmers and spectators over winter.

We will soon be transitioning into the summer calendar Nicole and I are working on trying some new things this summer for the Sunday morning program. so keep an eye on the notice boards and in the echo for more information close to the season.

That is it for now

Competition

It is great to see squads up and training for the season, or in the case of some, continue training through the winter. Congratulations to the Scarborough SLSC paddlers who competed in the first Pre Season Competition on the weekend.

There is an Ironman Series Round 1 at Trigg on Sunday 20 September for interested competitors. On another competitive note please see the following link www.wavewarriors.com.au if you are interested in Ironman Champion Zane Holmes' Medibank Wave Warriors Junior Challenge which is now in its 5th year and coming to Perth on Sunday 22 November. There is now also a Medibank Ocean Swim Run – This is a fun community event for ages 5 - 60+. Visit www.wavewarriors.com.au and follow all the Swim Run links.

While I am on the notion of links... here is the competition link for SLSWA ... you can check for the updated calendar, news, circulars etc. <http://surflifesavingwa.com.au/surf-sports/competitions>.

Nicole Tolev

Board Paddlers

Board Squad

Out of the gloom, 15 of the keenest of the keen congregated in front of the first aid room, some with in trepidation, others with great expectations and the rest were just plain cold. And so board training began for season 2015-16...

For the other sleepy heads – see you at the Club Monday, Wednesday and Friday morning 6am to 6:50am.

Board Allocation

Until things settle down craft won't be allocated until later in the season. However those who would like to borrow a club board to compete at a carnival should email me with details of the board by the Thursday before the carnival. Approvals will be subject to regular attendance at squad training, the board is returned the afternoon of the carnival and in the same condition it left the Club. Any repairs or replacement will be the member's responsibility regardless of how the craft was damaged. Eg via another competitor's board.

Rack Allocation

If you intend to store your craft in the shed this summer please contact Jess in the Club to complete an application form and pay your rack fee. Space is limited so please do this ASAP to avoid disappointment.

Next Carnivals

2015 SLSWA SunSmart Ironman Series	Round 1 - 2015-09-20 @ Trigg Beach
2015 SLSWA SunSmart Board and Swim Series	Round 1 - 2015-10-03 @ Cottesloe Beach

Chris Kuster

Board Captain

0422 005199

Chris.kuster@infrastructure.gov.au

Youthies

First get together at Club - Sunday 11th October, 9.30am kick off with a BBQ and to discuss the year.

Then every Sunday 9am to 11am

Youthies Leaders for 2015/16 are Thomas Howie, Fiona Allen, Jim Alco, Kate Irwin, Willo and Micky G

Request to join our private Face Book page Scarborough Youthies

Lano Camp weekend of 4, 5 and 6 December

Day trip to Rotto on Saturday 2nd April

Objectives for 2015/16

Attend all your patrols or find a proxy

Compete in as many carnivals as possible or be there to support and assist those who do

Gain as many Awards as possible

Come along on a Sunday for some fun and gain more surf skills (if not on patrol!!!)

Volunteer for water safety and busy bees when requested

Most important make some new friends and have a truck load of fun.

PS. And we have a couple of ideas for over 18 yo Youthies - watch this space!!

See you soon - Youthies Leadership Team.

Ski Paddlers

The weather is starting to warm up and its time to think about (if you have not already) dusting off the cobwebs from your paddles and getting out there.

As most of you know I am taking over from Bob as ski captain this season and Bob has been holding fort for me while I have been trekking around Europe with the National Kayak team for World Championships and Olympic qualifiers.

Bob and I had a handover on the weekend so I thought I would hit the ground running and bring you all up to speed on what's happening.

Training has begun across the various groups

Morning training hasn't officially started, however, there are a few individuals doing their own thing on different days. Al, Stuey, Greg, Peter, Ashley, Blair Martin R join the IOP group on Saturday mornings with some of these guys also getting together on a Sunday morning. As soon as it is a bit lighter in the morning a more organized group will start.

Scott Wright does have regular sessions with his group on Wednesday evenings 5pm at the river(or at the beach if the weather is good) and Sunday 7.30am mornings at the club to load the trailer and go to the river plus a couple of gym sessions. Tuesday 6am and Friday 5pm in the club gym. Scott will post the month's program on the Scarboro Ski paddlers Facebook page as well as in the gym

For October, Scott is planning to start morning paddles - Tues + Thurs from the club. Also do a gym session on Monday evenings and Fridays.

Scott is away from this Friday for a few weeks so we will have a meeting of all ski paddlers when he gets back, Guy Power will be covering Scotts group Sunday sessions but is looking for someone to step up for the next 2 weeks to cover his Tuesday Wednesday and Friday sessions while he is away. If you can help please call Scott Wright on 0417 212 936

Guy Power and his group from Sorrento have moved up in the world and have joined us this season. Training times are Monday, Wednesday and Friday to work in 5pm on the water at the club. If you want to join Guys group talk to Guy at the beach or email him at guy@epicadventure.com.au

Ski racks remain unchanged as they are right now but we may see some tweaks over the next month or so, If people need a rack let me know priorities for racks remain unchanged from previous years. If you need a ski email me and we can discuss what is available for loan or sale.

A few dates to lock away

Sunday 4th 9am at the surf club we will have a "all hands" ski paddlers meeting to go over more detailed plans for the season.

Sunday 11th October Classic Paddle (Perth to Freo) we will put a surf club team in the more the better.

Sunday 18. October Sun Smart Ski series #2 at Trigg Beach

All the best
Mike Pond

Friday Night



Bar open from 5pm

A movie will be on for the kids and icecreams will be for sale for dessert!

Any questions call Jess on 9341 1011



September 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				10	11 Yoga—\$10.00 6:30am—7am 5.00pm Club Gym—SKI 2km Running 5:15am Bar Open from 5pm	12 7.00 am Ski Scarborough Private Function 5pm—12am
13 2km Running 8:15am Polar Bears 10am 7.30am paddle at Scarborough or trailer to Swan River	14 Swimming Training 6:00—7:00pm Challenge Stadium 2km Running 5:15am	15 Yoga— \$10.00 6:30am—7am 5.30am Ski Gym Session	16 Swimming Training 6:00—7:00pm Challenge Stadium 2km Running 5:15am 5.00pm Ski Paddle at Matilda Bay Training Room Booked tonight	17	18 Yoga—\$10.00 6:30am—7am 5.00pm Club Gym—SKI 2km Running 5:15am Bar Open from	19 Private Function 5pm—12am 7.00 am Ski Scarborough
20 2km Running 8:15am Polar Bears 10am 7.30am paddle at Scarborough or trailer to Swan River	21 Swimming Training 6:00—7:00pm Challenge 2km Running 5:15am	22 Yoga— \$10.00 6:30am—7am 5.30am Ski Gym Session	23 Swimming Training 6:00—7:00pm Challenge 2km Running 5:15am 5.00pm Ski Paddle at Matilda Bay Training Room Booked tonight	24	25 Yoga—\$10.00 6:30am—7am 2km Running 5:15am Bar Open from 5pm Food from 7pm 5.00pm Club Gym—SKI	26 7.00 am Ski Scarborough Private Function 5pm—12am

