



The Mine

Newsletter of Point Leo SLSC

Point Leo SLSC
PO Box 472, Point Leo VIC 3916
Tel: 03 5989 8611
Email: admin@pointleoslsc.com.au

Edition: May 2011

Important Club Dates

Presentation Night Saturday 28 May

This Month in the Mine

Important Club Dates	1
Presidents Note	1
Australian Championships	2
February Club Captain's Report	2
Gold for the Point Leo Open Women 'Gandalf' Teamt	2
New Training Model	3
Board and Ski Section	3
Recognition of our members	3
How Surf Life Saving Fared in the May State Budget	4
Daron McFarlane Roast Night	4
Gary Tierney Foundation continues to grow	4
Nipper News	5
News	5
Carnival Results	6
Carnival Photos	8



Presidents Note

Greetings everyone

Well, the season is now over and what a cracker it has been for Point Leo. Certainly some of the best highlights during this year were the successful conclusion of our patrol function (which finally ended on April 26); an almighty successful state titles at Lakes Entrance and then capped off with a gold medal winning Aussie titles at Kurrawa in Queensland.

All members can and should be proud of the season Point Leo has had across all aspects of lifesaving. To ensure all of these great outcomes are recognised please note the details of, and make every effort to attend, the upcoming Club Presentation night on May 28. It will be a ripper!

Of course, the off season doesn't mean everything stops! Just last week the club held a planning day to consider the major issues for the next 12 - 36 months confronting the club; a Bobbas function was held where approximately 70 of our club Bobbas reminisced about the good old days and had a whack up lunch; and we currently have nominations in for state awards for team of the year and volunteer of the year as well. On the administration side we have 'closed the books off' as at April 30 (in line with SLSA rules), and we are preparing the statement of financial accounts for the auditors and are busily preparing for the Annual Report and upcoming Annual General Meeting.

As the winter draws closer, I would like to thank everyone who made a positive effort to help, support and assist the club this year and I look forward to a more successful, safe and sustainable Point Leo SLSC in 2011/2012

Ian Knight
Club President
Point Leo SLSC

Australian Championships

It was so encouraging to see so many competitors and supporters make the trip up to the Australian Championships, many for the first time. For the club, a long and successful season came to a wonderful close! A just reward for Geoff and the Open Women's R & R team's hard work was coming home with the only Victorian Open Gold medal. I'm very proud of my Simone for the effort she and her team put in to achieve the medal - a just reward!

At this year's Aussies we were lucky enough to have some success down the other end of the beach. Many first time Aussie Titles athletes made the trip up to experience what the "Aussies" is all about. Athletes included Pat Hough, Abby Lethlean, Bella Ford, Calub Gray, Trystan Pretch, Lachlan Robinson, Lucy Welsh, Liv Keppell, Vicki Roadknight, Gabby Beaumont, Jordan Collins, Loc Pearse, Kirsten Davis and a couple of the R & R kids made it down for surf races including Sophie Welsh and Jack Caton. The boat crew of Julie Duncan, Alex Mantell, Simone Garner, Natty Johnstone and Phil Lyons also made the trip up, but unfortunately due to a training mishap didn't compete.

Across the week there were some outstanding notable efforts including Trystan Precht making the final of the U15 flags and placing 7th. He made the club extremely proud with his tenacity and skill to place so highly, considering he is only an U14. There are big things to come next year when he competes in his age group! Jordan Collins also ran well in the U15 women's sprints and flags making semis and quarters respectively and again watch out as she is only U14! In the U15 2km event Gabby Beaumont finished just outside the top 10. She found the soft sand hard going but ran well. She is a super talent! Kirsten Davis also ran the U17 2km event. She battled through the soft sand to finish strongly.

In the water area, my sources inform me that the first ever women's team outside of surfboats and R & R to make an Australian Final was our U15 Women's Surf team of Abby Lethlean, Vicki Roadknight, Liv Keppell and Lucy Welsh at this years championships. They placed 9th which was a brilliant effort. Backing up that piece of history the girls also made the U15 Girls Cameron relay final with the team consisting of Abby Lethlean, Bella Ford, Vicki Roadknight and Gabby Beaumont. There is some real talent in this group and after their first year of learning at the Aussie titles, I have no

doubt they will be super competitive in years to come on the national stage.

Some other outstanding individual results was Abby Lethlean making the semi final U15 surf race, Sophie Welsh making the semi final U17 women's surf race and Calub Gray making the quarter finals of U15 men's tube race. All competitors showed the Point Leo spirit and made the club very proud. Some found the conditions quite challenging as we don't get to experience conditions like that too often in Victoria. Many of the athletes who made the trip up are back in training now so watch out for seasons to come!

In the Masters Championships we were lucky enough to have a couple of competitors compete for the first time in a few years. Mark Mounsey finished 5th in the 2km run - a great effort by Mark in a hot field and especially in his first year in lifesaving. Well done Mark! Jo Davis also made the trip up to compete at the Aussies.

On a coordination note, thank you to the usual suspects for the behind the scenes work getting our athletes up there and on the beach (John H, Kim, Geoff, Andrew G, Simone, Loc, Mark Lethlean, Kate Stern, Andrew Welsh, Chris Gray) - the true unsung heroes. I would also like to make a special mention to Andrew Gibson for being our IRB driver for the week, a demanding task that he fulfilled for our club. He spent each day out in the boat doing water safety. Thankyou from each competitor.

I would also like to personally thank all the parents who I have had the pleasure to deal with this season. Thank you for your ongoing support allowing me to coach, manage and support the kids in competing for Point Leo. They are not only great athletes, but such respectful kids and truly great human beings who will become a great future for our club.

Just a quick note on the social scene at the Aussie titles - it was hard to walk down the street some nights and not run into a celebrity! Attached is pic of Point Leo kids with the Bondi Rescue Boys including Hoppo, Maxy and Harries! (Sorry about the quality, it was taken on my phone.)



I was also lucky enough to be offered a spot to bring the Point Leo kids up into the main commentary box for the Open Men's Taplin Final! Young Callum Welsh may have a future career ahead in the commentary team once his competing days are over. Here is Callum commentating the race alongside the great Phil McGibbon calling Shannon Eckstein home at the end of the race (unfortunately for Cal his microphone was off).



Chris Munro
Senior Team Manager

Gold for the Point Leo Open Women "Gandalf" team

The Point Leo Open Women "Gandalf" team were on a quest this year - gallantly led by a tall man with a white beard and a stick. The quest was for gold was one which all team members had been chasing for a while. It all started after a meeting at the club one cold September day when Ruby & Katie made the long trip from Geelong to meet their team. Rose, Dayna & Simone showed up excited to see what G man had in store. It is a conversation that always starts the same way. Geoffrey lowers his head, closes his eyes and says "Keep dreaming about the gold. Get fit. We will have fun and have faith in me and yourselves. We are capable of winning of that gold."

We had a great lead up to the Nationals – we drilled a 1 at States; Dayna was swimming very well; Ruby never lost a point; Katie discovered the art of dying, and Rose and Simone became more like twins everyday. We did possibly a thousand wheels over the season - round and round and round. Not only that, we thoroughly enjoyed each other's company in the process. We got stronger and faster and were more determined that the gold was ours!

Aussies arrived. Let's just say it...we were nervous! Some dodgy training sessions, some long talks from Geoff, Paul Edwards, and 2 rounds later we were in the final! It was Showtime.

We knew that the swim was going to be the key. The buoys were miles out - around 200 meters - and the current had changed from the previous day. Bondi had won 4 titles in a row, and they were not going to give us the title. We marched on and Dayna swam her heart out. We took a bit long to bring them in despite the best breaststroke kicks. I decided to make Rose's life a bit hard, but we got Katie back on the beach and resuscitated her beautifully.

We only gave Geoff two reasons to swear and jam his hat harder down on his head. A tip for the audience: if you ever want to know if his teams are going well or if things are not going well, you just need to watch Geoffrey. It is very obvious when things are not going well. Dayna may have taken two years of G man's life when she headed a bit too far south, but, as Dayna said to Geoff in her reassuring tone, 'It was all part of the plan'. Everyone followed, and then Dayna took off north and left them for dead. The final swimmer touched the can around three minutes after Dayna. That is an awesome belt swim by anyone's standards. The second hat jam was because I tried to be a super hero! Whoops! That took about 10 years off I think!

We won on a score of 3. Bondi came 2nd on a 4 and then North Cronulla on a 5. It was a tense wait for the final results. It was an amazing feeling to hear our club's name finally announced. We screamed, cried, jumped and hugged everyone around us. It was such an honour to stand on the dais with these four other girls, Geoffrey and "Richo" our reel. It's a feeling that is hard to explain. Let's hope that there are a few more Point Leo people who get to experience that feeling in the near future.

Thank you to the young kids from all the competitive sections who made the long trip up to the north of the beach to watch us; to all of the parents who supported us, put up our tent, bought us food, helped move the reel, cheered us on and celebrated with us; to Geoffrey who laughed with us and supported us the whole year both competitively and personally - we cannot thank you enough; to our families, boyfriends and friends who put up with us getting up at ridiculous hours on a Sunday morning to compete in the cold instead of staying out at the pub - thanks heaps; and personally thanks to the rest of the team - it was a pleasure and joy to be in your team.

Simone Williams

Photos of the Gold Medal Team in action are in the photos section at the end of The Mine

New Training Model

Congratulations to all the competitors who went to States and particularly Aussies. All those who experienced Kurrawa came back feeling motivated to improve to the next level. On the basis of feedback received from club members involved in the 2010/11 competition program we have developed a new and more structured training model that covers winter as well as summer. The training program is to provide guidance for serious competitors including Cadets, Seniors and Masters. We have provided the recommended number of training sessions per week for those wanting to fulfil their potential at a State and National level. There will also be a significant increase in the number of formal club training sessions, time spent in serious surf and intensity of sessions over the 2011/12 season. This should greatly assist all competitors in reaching their potential.

Competitors should discuss the attached table with one of the coaches from the club (Chris, Lachie, Jon, Clayton, Hayden, Hayden, Matt). The idea is for competitors to work out a training schedule that works for their own needs and goals. Hayden Ryberg will also be running some sessions on constructing a training plan/diary (stay tuned). As part of the program you will notice a timetable with formal club training sessions. Serious competitors will also need to do additional training outside of formal club training to fulfil their potential.

We welcome any feedback about the training program!

Jon, Lockie, Chris, Haydn, Hayden, Clayton, Matt

Board and Ski Section

Congratulations to all competitors and support people on States and Aussies. A great result all round, as well as a good guide on where we can improve. A big thanks to Chris Munro for purchasing equipment at Aussies for the 50/50 scheme - everyone is very happy with their new gear and keen to get training.

The board and ski section is very excited about the new training program developed. As part of this new program we have commenced club ski sessions on Sundays from May 2011. These will be on smooth water (at Martha Cove unless otherwise notified) with an initial focus on correct technique (particularly over the next 5 weeks). Ski paddling requires strength (more so than swim or board) and this comes from the trunk/legs and correct technique. We are aiming to maximise the number of club members who have good basic technique by the end of this winter which should make a great foundation for future success. Competition for skis start in U17s however we recommend an early focus on learning how to paddle skis correctly and are therefore opening these sessions to 13 year olds and up (including Masters). It should be noted that U17 ski is a great opportunity for competitors to achieve success (as many have not mastered correct technique).

Please contact Jon on jonford@pac.com.au or 0422 244 183 to confirm interest/ask further questions about ski training over winter.

Jon Ford
Board & Ski Section Captain

Recognition of our members

Not only are Point Leo members performing well at carnivals but they are being recognised for their excellence.

The March 2011 edition of the LSV newsletter had a fabulous profile on Simone Williams. There's a copy of the profile attached for your reading pleasure.

Well done, Simone. I'm sure many of us will happily be sitting at that bar with you reminiscing in years to come.

In March this year, Ian Knight received a letter from the Director of Youth and Leadership Development (LSV), Nancy Joseph. In the letter, Ms Joseph acknowledged the fine performances of Caleb Gray and Olivia Keppell. Caleb and Olivia had both won the 2011 Fred Westfield Junior Athlete of the Year Award for their outstanding performances in carnivals this year. Well done, Caleb and Olivia! Attached are copies of the LSV letter to Ian Knight and the March edition of the LSV newsletter outlining Olivia and Caleb's achievements.

How Surf Life Saving fared the May State Budget

This information appeared on Life Saving Victoria's website and is heartening to read.

"The budget announcement aligns with LSV's future directions for the delivery of the Victorian Water Safety Model.

LSV will receive \$9.5 million over four years to provide the following services:

- \$6 million for major clubhouse upgrades;
- \$1 million for Life Saving Victoria's Volunteer Support Network;
- \$1.2 million for Life Saving Victoria Clubs administration assistance; and
- \$1.3 million for the Life Saving Victoria Multicultural Water Safety Program.

The upgrading of club facilities identified by LSV as needing significant capital works can now commence. The improvements to identified club facilities will enhance the clubs ability to deliver life saving services and accommodate the demands associated with an increase in volunteer numbers.

The facilities will be built as community assets and be managed by LSV clubs. These facilities will include leading edge sustainable practice, fit with the costal environment and be open and welcoming to the community. Most importantly they will ensure the best delivery of life saving services to the community. With facilities constructed to an appropriate standard LSV will then further develop the relationship with local schools to introduce programs of mutual benefit.

The \$1.2 million commitment to LSV volunteer club administration assistance will help clubs meet costs associated with their administration function, ensuring that more funds can be used for the provision of vital life saving equipment. Each club

will receive \$5,000 per annum over the next four years to assist them to meet the cost of reporting, insurances, training audits, general administration, member retention and related IT support.

The \$1 million funding announcement for LSV Volunteer support network will help ease the physical administration burden placed on volunteers. While high standards of administration are an essential part of any emergency service, they have potential to consume valuable volunteer hours and can lead to fatigue of key officers and members.

The funding for the Multicultural Water Safety Program will ensure the program will continue. This program will target the estimated 48,000 new migrants that settle in Victoria each year with water safety training. Research shows that over 80 per cent of migrants have no or very poor swimming skills and a limited understanding of the aquatic environment."

Daron McFarlane Roast Night

The Club would like to extend a big thank you to all the members who contributed to and attended the recent Daron McFarlane Roast night. Around 180 friends and associates of Daron attended the Coach & Horses Hotel in Ringwood making it one of the best nights in the club's history. Daron was stoked by the event and a very special thank you to organisers Bruce Winstanly, Alison Keppel & Vicki Knight. Also a special thanks to those who contributed in various ways, such as Steve Anstee, Kim Williams & Jenny Burgess & Clayton McDonald.

As many members are aware, Daron is an ex-club captain and super successful long term competitor for the club from the 1980's. He currently has a son Tom who competes for the club regularly. Daron has also coached many a nipper swim session over the past 6 - 8 years.

The monies raised from the night are assisting Daron to fund a drug that is enabling Daron to win his current battle with cancer.

Ian Knight

Gary Tierney Foundation continues to grow

Donations and support for the Gary Tierney Foundation will ensure that the first year of the Foundation is a huge success.

A recent Bobbas get together at the club saw a further \$700 in donations come into the Foundation, which sees the balance in the Fund now stand at almost \$70,000. The Foundation Advisory Board has set a target of \$200,000 in capital for the Foundation to ensure that it can be self-sustaining for decades to come. To reach the current total in just 12 months is outstanding.

The Foundation's aim is to provide financial support to enable younger members of the Club to fulfill their potential in surf lifesaving. Grants will recognize and assist individuals who demonstrate the best of lifesaving – integrity, leadership and loyalty – and who have the potential to make an ongoing contribution to the Club. The Board has established guidelines to assist it in ensuring that Grants will be applied to deserving recipients who will benefit from the Foundation's support.

The Advisory Board is thrilled with the dedication and enthusiasm being shown by the inaugural recipient of a Foundation Grant. Lochie Pearse has set himself a punishing schedule for the next season, including:

- Continuing and building his competition training
- Developing Point Leo SLSC Facebook page in conjunction with Bree Ambry, Jack Garner and Simone Williams
- Completing the Building Leaders Scholarship Program through LSV (along with Rosie Anderson)
- Starting and developing a Senior Women's Competition Squad
- Working with the Club Captain and Vice Captain to develop and improve patrols
- Working with Vice Captain, First Aid Officer, Radio Officer and John Horwood to develop and improve patrol equipment and operating procedures
- Acquire TOC and Assessor hours to complete the two certificates

Lochie's list actually goes on, but I get tired just reading it. Our big concern is to support Lochie and make sure he doesn't burn out working that hard.

About the Gary Tierney Foundation Fund

The late Gary Tierney joined the Point Leo Surf Life Saving Club in 1964 as a junior member and retained a passion for the club until his untimely death in November, 2009. A champion surf swimmer, Gary served for many years on the Point Leo committee, holding various positions including Club President. Behind the scenes, Gary also generously provided significant financial support to the club and individual members, as well as fulfilling an important mentoring role.

To perpetuate Gary's memory the club established the Gary Tierney Foundation Fund in 2010. A separate Advisory Board administers the Foundation under a legally constituted governance charter and investments are restricted to those approved under the Trustee Act. The Board includes two past Presidents of the Point Leo SLSC, members of the Tierney family and club members with appropriate legal, investment and commercial expertise.

How you can help

For the Foundation to be truly successful and secure however, we need to build the Fund. And this is where you can help.

Your tax deductible contribution, however great or small, will ensure that the great work of Gary Tierney and those like him, can be continued. It will establish Point Leo SLSC as a Club with not only a proud past, but a secure future; one that encourages and supports its members in practical ways.

The Advisory Board invites your investment in this future through one or more of:

- A lump sum donation now
- An annual contribution pledge
- A bequest (by including the Foundation in your Will)

As a patron, your generous support will be acknowledged in the Point Leo SLSC annual report and on the club website (or you may give anonymously if you wish).

Gold Medallion (\$2500 or more)
Silver Medallion (\$1000 or more)
Bronze Medallion (\$500 or more)
Friends of Point Leo (\$250 or more)

With tax time approaching, your deductible gift will be appreciated and tax effective!

Tom Mollenkopf

Chairperson Gary Tierney Foundation

Nipper News

The cold weather has certainly descended upon us and the fantastic weekend in Lakes Entrance has well and truly gone but not forgotten. What an amazing way to finish a great season. Point Leo LSC Juniors won the Victorian Junior Lifesaving Championships for the fourth time in a row! Partly this is due to the sheer numbers that we take to States. This year we had our record number of 200 attending.

What I love about Point Leo Nippers is that we don't just take the strongest competitors. We encourage all our Nippers to come along and have fun. And they do.

Our weekend was full of smiles, trials and challenges. We had some great individual results. We had some extraordinary team results. Every single team member contributed to our overall win. And it was a convincing one.

Tally score

Point Leo:	536
Half Moon Bay:	348
Torquay:	303
Mentone:	262
Williamstown:	174
Anglesea:	168

I would like to thank firstly our Competition Manager Gavin Taylor. Gavin has been incredible in his organisational and motivational skills. He took on this role in addition to his other roles and has been instrumental in growing our team of competitors plus putting procedures in place that ensured smooth operation of all aspects of this area.

A huge thanks to Andrew Welsh who took on more and more this year. He has been wonderful on our "sub committee" group that manages our Nipper Program and also in taking on the enormous role of transporting all the boards (in "mint" condition) to all the Carnivals. This is a huge logistical job.

Massive thanks to Di Summers and Duncan Fraser-Smith for all their continuing contribution. Great job! Thanks also to all the Age Managers (Gavin, Andrew, Di and Duncan included!) You guys do such an amazing job. And this is not simply organising the Nippers and the

incredible difficult job of team selection. You are phenomenal in instilling positive values in your Nippers - values that embrace good sportsmanship, inclusion, encouragement and positive motivation. Thanks to all the families of all the Nippers who have contributed in so many ways; from doing Water Safety and being Officials to simply bringing your kids along and encouraging all on the beach. It is a BIG weekend and so many contribute to our success. And when I say success, it is not just in terms of winning but also in all our nippers having an incredible experience.

And finally, I want to thank all the Nippers who came and conquered. You were all awesome. I love your enthusiasm, your courage and your acceptance of whatever is thrown your way. You put all your energy into being your best. You set your own goals, you have your own challenges and you embrace this with exuberance. You enjoy your success and you overcome the disappointments with grace. You support your team mates. You have fun, so much fun but you give it your all; regardless of the result.

I look forward to next season and wish you all the best till then.

Julia O'S

News

Presentation Night

The Point Leo SLSC Presentation Night is being held on May 28. See attached flyer for details. It'll be a huge night so make sure you come along!

8th Annual Awards of Excellence

Life Saving Victoria's 8th Annual Awards of Excellence will be held on July 23, 2011. See attached flyer for more information.

Results

2011 Victorian Junior Lifesaving Championships - SLS Lakes Entrance

Under 14 Team Events

U/14 Boys Aqua Cameron Relay

2. - Point Leo (A)

U/14 Male Beach Relay

2. - Point Leo (A)

U/14 Boys Board Relay

1. - Point Leo (A)

U/14 Boys Board Rescue

1. - Point Leo (A)

U/14 Boys Surf Teams

1. - Point Leo (A)

U/14 Girls Aqua Cameron Relay

1. - Point Leo (B)

2. - Point Leo (A)

U/14 Female Beach Relay

1. - Point Leo (A)

U/14 Girls Board Relay

1. - Point Leo (A)

3. - Point Leo (B)

U/14 Girls Board Rescue

1. - Point Leo (D)

U/14 Girls Surf Teams

1. - Point Leo (A)

2. - Point Leo (B)

U/9 Individual Events

U/9 Female 500m Run

1. - RUSSELL, Mietta (Point Leo)

U/9 Female Beach Sprint

1. - RUSSELL, Mietta (Point Leo)

U/9 Female Beach Flags

2. - WALTERS, EMMA (Fairhaven)

3. - RUSSELL, Mietta (Point Leo)

U/9 Female Surf Race

2. - BOURKE, Sian (Point Leo)

U/12 Individual Events

U/12 Female Beach Sprint

2. - RUSSELL, Jemima (Point Leo)

U/12 Female Beach Flags

2. - ROSS, Greta (Point Leo)

U/12 Female 1km Run

3. - BUNTINE, Annie (Point Leo)

U/13 Individual Events

U/13 Female Surf Race

3. - BROOKS, Kate (Point Leo)

U/11 Individual Events

U/11 Male Iron Man

3. - WELSH, CALLUM (Point Leo)

U/11 Male Beach Sprint

1. - TAYLOR, JAI (Point Leo)

U/11 Male Beach Flags

1. - WELSH, CALLUM (Point Leo)

2. - TAYLOR, JAI (Point Leo)

3. - GUST, FRASER (Point Leo)

U/11 Male 500m Run

1. - MCGILL, Joel (Point Leo)

U/11 Female Surf Race

3. - BARNES, Bridget (Point Leo)

U/10 Individual Events

U/10 Male Wade Race

1. - MOURNEY, Max (Point Leo)

U/10 Male Surf Race

3. - ROSS, Hudson (Point Leo)

U/10 Male Iron Nipper

2. - ROSS, Hudson (Point Leo)

U/10 Female Board Race

1. - HARRISON, Piper (Point Leo)

2. - COADY, TESS (Point Leo)

U/10 Female Wade Race

2. - SHANNON, Isabella (Point Leo)

3. - ROSS, Amelia (Point Leo)

U/10 Female Surf Race

1. - HARRISON, Piper (Point Leo)

U/10 Female Iron Nipper

1. - HARRISON, Piper (Point Leo)

3. - DIMITRAKIS, Teagan (Point Leo)

U/14 Individual Events

U/14 Male Iron

2. - GRAY, Caleb (Point Leo)

U/14 Male Beach Sprint

2. - GRAY, Caleb (Point Leo)

U/14 Female Board Race

2. - WELSH, Lucy (Point Leo)

U/14 Female Surf Race

1. - KEPPELL, Olivia (Point Leo)

2. - DIMITRAKIS, Natalie (Point Leo)

3. - BOURKE, NIAMH (Point Leo)

U/14 Female Iron

2. - KEPPELL, Olivia (Point Leo)

U/14 Female Beach Sprint

2. - COLLINS, JORDAN (Point Leo)

3. - HALL, Grace (Point Leo)

U/14 Female Beach Flags

1. - COLLINS, JORDAN (Point Leo)

R & R & All Age Events

Under 10 Team Events

U/10 Boys Aqua Cameron Relay

2. - Point Leo (B)

U/10 Boys Beach Relay

3. - Point Leo (A)

U/10 Girls Aqua Cameron Relay

1. - Point Leo (A)

2. - Point Leo (B)

3. - Point Leo (C)

U/10 Girls Beach Relay

2. - Point Leo (A)

U/10 Girls Board Relay

1. - Point Leo (A)

U/10 Girls Surf Teams

1. - Point Leo (A)
2. - Point Leo (B)

U/10 Girls Wade Relay

3. - Point Leo (A)

Under 13 Team Events**U/13 Boys Beach Relay**

2. - Point Leo (A)

U/13 Girls Beach Relay

1. - Point Leo (A)

U/13 Girls Surf Teams

2. - Point Leo (B)

Under 12 Team Events**U/12 Boys Board Rescue**

3. - Point Leo (A)

U/12 Boys Surf Teams

2. - Point Leo (B)

U/12 Girls Aqua Cameron Relay

1. - Point Leo (A)

U/12 Female Beach Relay

1. - Point Leo (A)

U/12 Girls Surf Teams

1. - Point Leo (A)

Under 11 Team Events**U/11 Boys Beach Relay**

1. - Point Leo (A)

U/11 Boys Board Relay

2. - Point Leo (A)

U/11 Boys Surf Teams

1. - Point Leo (A)

U/11 Girls Aqua Cameron Relay

2. - Point Leo (A)

U/11 Girls Board Relay

3. - Point Leo (A)

U/11 Girls Surf Teams

1. - Point Leo (A)

Under 09 Team Events**U/9 Boys Beach Relay**

3. - Point Leo (A)

U/9 Boys Wade Relay

1. - Point Leo (B)

U/9 Male Surf Teams

2. - Point Leo (A)

U/9 Girls Wade Relay

1. - Point Leo (A)

U/9 Female Surf Teams

1. - Point Leo (A)

2011 Victorian Senio Lifesaving Championships - SLS Lakes Entrance**U/15 Mens****U/15 5 Person R & R**

1. - Point Leo (A)

Open Mens**Open 5 Person R & R**

1. - Point Leo (A)

Open Mens Belt Race

3. - Point Leo (A)

U/15 Womens**U/15 Womens Surf Race**

3. - LETHLEAN, Abby (Point Leo)

U/15 Womens Surf Teams Race

3. - Point Leo (A)

U/15 Womens Board Rescue

1. - Point Leo (A)

U/15 Womens Tube Race

1. - LETHLEAN, Abby (Point Leo)

U/15 Womens Cameron Relay Race

1. - Point Leo (A)

U/15 Womens Board Relay

3. - Point Leo (A)

U/19 Mens**U/19 5 Person R & R**

3. - Point Leo (A)

U/17 Mens**U/17 Mens Surf Teams Race**

2. - Point Leo (A)

U/17 Mens Tube Race

3. - CATON, Jack (Point Leo)

U/17 Mens 2km Run

2. - MCFARLAIN, Tom (Point Leo)

U/17 5 Person R & R

1. - Point Leo (A)

2. - South Melbourne (A)

3. - Seaspray (A)

U/17 Mens Belt Race

3. - CATON, Jack (Point Leo)

Open Womens**Open Womens 5 Person R & R**

1. - Point Leo (A)

3. - Point Leo (B)

Open Womens Belt Race

2. - LAURENCE, Dayna (Point Leo)

2011 Australian Championships**Swimming Area****22 Open Women`s 5 Person R&R Championship**

Final Result		
POS	Name	Points
1	Point Leo Gandalf	6

Carnival Photos

State Titles – Junior and Senior





Some of the Point Leo old timers





National Titles

U/15s R&R Team in action



U/17 R&R Team in action



The Gold Medal Team in action





Ski/Board/Swim/Iron Season Outline 2011-2012

Activity		Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar
Kayak	No. Sessions/wk	0-2	0-2	0-2	0-3	0-3	0-2	0-2	0-1	0-1	0-2
	Intensity	L2	L2/L3	L2/L3	L2/L3	L4/L5	L4/L5	L4/L5	L1/L6	L3/L4	L2/L5
	Focus	Aerobic	Aer/Aner	Aer/Aner	Aer/Aner	Ane P/Aner T	Ane P/Aner T	Ane P/Aner T	Race Pace	Anearobic T	Aerobic/Aner P
	Goal	10-20km/wk	10-20km/wk	10-20km/wk	10-45km/wk	10-45km/wk	10-30km/wk	10-30km/wk	15km/wk	15km/wk	10-20km/wk
Ski	No. Sessions/wk	1	1	1	1	2-3	2-3	2-3	2-4	2-4	2-4
	Intensity	L2	L2/L3	L2/L3	L2/L3	L2	L2	L2	L4	L6	L6
	Focus	Aerobic	Aer/Aner	Aer/Aner	Aer/Aner	Paddle backs	Paddle backs	Paddle backs	RD's	RD's/Sprints/Starts	Sprints/Starts
	Goal	15km/wk	15km/wk	15km/wk	15km/wk	25-50km/wk	25-50km/wk	10 x RD W 120	10 x RD W 120	20-60ST @ 100	20-60ST @ 100
Board	No. Sessions/wk			1	1	2-3	2-3	2-3	2-4	2-4	2-4
	Intensity	Go surfing!	Go surfing!	L2	L2	L2	L2	L2	L4	L6	L6
	Focus			Tech/PB's/surf	Tech/PB's/surf	Tech/PB's/surf	Tech/PB's/surf	Overdistance	RD's	RD's/Sprints/Starts	Sprints/Starts
	Goal			8km PB	8km PB	10km PB	Refined Tech	Gen. Conditioning	10 B/S R60	5 min Run Chase	Arm speed
Gym	No. Sessions/wk	1-2	1-2	1-2	1-2	1-2	1-2	1-2	1-2	0-1	0-1
	Intensity										
	Focus	Hypertrophy	Hypertrophy	Strength Endu	Strength Max	Maintain	Hypertrophy	Strength Max	Strength Endu	Maintain	Maintain
	Goal	Add 2kg	Add 2kg	20-40 chins	BW + 20%		Add 1kg	BW + 30%	50-80 chins		
Swim	No. Sessions/wk	2-6	2-6	2-6	2-6	2-6	2-6	2-6	2-6	2-4	2-4
	Intensity	L2	L3	L3	L4/L5	L4/L5	L2	L3	L4	L6	L6
	Focus	Base	Aer/Aner	Aer/Aner	Ane P/Aner T	Ane P/Aner T	Base	Aer/Aner	Aer/Aner	Aner	Aner
	Goal	4km/sess	4.5km/Sess	4.5km/Sess	4.5km/Sess	4.5km/Sess	4.5km Sess	4.5km Sess	3km/Sess	3km/Sess	3km/Sess
Run or Ride	No. Sessions/wk	1	1	1	1	1	1	1-2	1-2	1-2	1-2
	Intensity	L2	L2	L2	L2	L2	L4/L5	L4/L5	L4/L5	L4/L5	L4/L5
	Focus	Recovery	Recovery	Recovery	Recovery	Recovery	Ane P/Aner T	Ane P/Aner T	Ane P/Aner T	Ane P/Aner T	Ane P/Aner T
	Goal	5km/Sess	5km/Sess	5km/Sess	5km/Sess	5km/Sess	3H/10R	3H/15R	4H/15R	5H/10R	6H/10R
Core	No. Sessions/wk		1	1	1	1	1	1	1	1	1
	Intensity										
	Focus		Recovery	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery
	Goal										
Recommended number of sessions/week	State level	5	6	6	6	7	7	7	7	7	7
	National level	9	9	10	10	12	12	12	12	12	12

Explanation

** THE ABOVE PLAN IS A GUIDE ONLY. PLEASE DISCUSS A PERSONALISED PLAN WITH ONE OF THE CLUB COACHES **

Recommended number of sessions refers to our estimation of minimum requirements to be strongly competitive at States or Nationals

The athletes emphasis on different disciplines can be varied depending on competitor's key strengths/weaknesses (eg more board sessions, more ski session)

K1 Trainer sessions can replace gym, board or paddle sessions (up to 50% of the time)

RD=race distance, PB=paddle backs (long paddles), ST=strokes, H=hard, R=recovery, BW=body weight

L2=50-60% max heart rate, L3=60-75%, L4=75-90%, L5=100%, L6=race pace

Club training

Ski Sun 10.00	Ski Sun 10.00	Ski Sun 10.00	Ski Sun 10.00	Ski Sun 10.00	Ski Sun 10.00	Ski Sun 10.00	Ski Sun 10.00	Ski Sun 10.00	Ski Sun 10.00	Ski Sun 10.00
				Ski Thur/Fri 5.30	Ski Thur/Fri 5.30	Ski Thur/Fri 5.30	Ski Thur/Fri 5.30	Ski Thur/Fri 5.30	Ski Thur/Fri 5.30	Ski Thur/Fri 5.30
		Board Sun 12.30	Board Sun 12.30	Board Sun 12.30	Board Sun 12.30	Board Sun 12.30	Board Sun 12.30	Board Sun 12.30	Board Sun 12.30	Board Sun 12.30
				Board Tues 5.30	Board Tues 5.30	Board Tues 5.30	Board Tues 5.30	Board Tues 5.30	Board Tues 5.30	Board Tues 5.30
						Board Wed pm Melb	Board Wed pm Melb	Board Wed pm Melb	Board Wed pm Melb	Board Wed pm Melb
						M-Fam swim Hastings	M-Fam swim Hastings			

Note:

- * Every Sunday Board ± Ski at Big Left or Gunnamatta
- * Winter ski sessions on smooth water for technique (eg Martha Cove)
- * Monthly Sun sessions will be on the West Coast training with other clubs and expert coaches

Non-club training options

Swimming	Steve Foster - 0413 319 140	Kayak	Mark Leonie
	M W F 5.30-6.45am		Patterson Lakes
	M W 6.30-8.00pm		* detail to be provided
	F 5.30-7.00pm		

APRIL 2011

LSV Volunteer Profile: Simone Williams

Full name: Simone Williams

Club: Point Leo SLSC

Position: Competitor (recently won Open Womens 5 Person R & R at Australian Titles)

What do you do outside of Lifesaving?:

I am speech pathologist, working in the neurological rehabilitation.

How long have you been involved in Lifesaving?:

I have been involved at Point Leo SLSC since I was 11 years old.

What are some of your responsibilities with your Club?:

I was previously the Club Captain at Point Leo for 5 years – for 4 of those years I was also Chief Instructor.

What are your hobbies outside of Lifesaving?:

Shopping :), walking the dogs, dancing with friends

Who's the best musical artist or band ever?:

The Waifs - I've seen them 5 times now live - AMAZING!

Which three people would be your perfect dinner party guests?:

Michael J Fox for his amazing courage. Dave Hughes for comedic relief. My team from Aussies & Geoffry!

What will you be doing when you are 70?:

Sitting at the bar talking about me old days!



Open Women's 5 Person R & R Team

(left to right) Rose Anderson, Dayna Lawrence, Ruby Wyatt, Katie Soldani, Simone Williams. Coach - Geoff Waters (not pictured)

POINT LEO SLSC
PRESENTATION NIGHT
SATURDAY 28 MAY

DRINKS FROM 6:00PM
DINNER 6:45PM (must book)
\$30 per head (kids meal = \$15)
PRESENTATIONS 7:45PM

Dinner RSVP and Payment by 5pm Tuesday 24 May:
admin@pointleoslsc.com.au

Payment: please Bank Transfer to Point Leo SLSC
Bendigo Bank BSB: 633000 Account No: 1324 87208
please ensure you put you name in the description

If you need help with dinner booking call Mark Tierney 0419 511 517



POINT LEO



EDITION

24 March 2011

Ian Knight
President Point Leo SLSC

300 The Boulevard
Port Melbourne VIC 3207
PO Box 353
South Melbourne DC VIC 3205
Tel (03) 9676 6000
Fax (03) 9681 8211
mail@livesavingvictoria.com.au
www.livesavingvictoria.com.au
ABN 21 102 927 264

Dear Ian


Please see enclosed a letters to Caleb Gray and Olivia Keppell

I would like to congratulate both Caleb and Olivia on winning the 2011 Fred Westfield Junior Athlete of the Year Award. As you are aware this season the award was presented to both Caleb and Olivia. Both have been outstanding junior competitors this season competing in the U/14 age group, Caleb in both the beach and water events and Olivia in the water events.

Both Caleb and Olivia were selected in the Victorian Development Team to compete Penguin Beach in Tasmania, however Caleb was unavailable to attend and Olivia went on to be part of the Victorian State Team and represented Victoria in the U/15 age group at the Interstate Championships at Freshwater in Sydney.

I would like to acknowledge both Caleb and Olivia's performances this season and trust that the club too will acknowledge their success. I wish them both every success for their future in lifesaving.

Kind regards,



Nancy Joseph
Director
Youth and Leadership Development

End

24 March 2011

Olivia Keppell
[REDACTED]
[REDACTED]

200 The Boulevard
Port Melbourne VIC 3207
PO Box 303
South Melbourne DC VIC 3206
Tel (03) 9576 0300
Fax (03) 9581 6211
mailto:life@livesavingvictoria.com.au
www.livesavingvictoria.com.au
ABN 21 102 927 364

Dear Olivia

I am writing to congratulate you on winning the 2011 Fred Westfield Junior Athlete of the Year Award and for your outstanding achievements in the 2010/2011 junior competition season.

This season the Fred Westfield Junior Athlete of the Year Award was presented to both yourself and teammate Caleb Gray.

Looking at the season's results, it is evident that you have had a great season with consistent results in the water events at all carnivals. I hope that you continue with your lifesaving pursuits in years to come.

Your selection in the Victorian State Team to represent Victoria in the U15 Age group at the Interstate Championships at Freshwater in Sydney was well deserved. I know from all reports that the team had a fantastic two days of competition in both the pool and on the beach and finished a credible fourth.

The Victorian Junior Championships are the pinnacle of our summer carnival series and I again congratulate you on your achievements and individual medal success of Gold in the U14 Surf Race, Silver in the U14 Iron Race and fourth in the U14 Board Race. Your efforts at Lakes Entrance were fantastic and I am sure the Point Leo SLSC recognises your dedication and commitment.

You are certainly an outstanding junior competitor and I wish you every success with your lifesaving future as you transition into the senior area.

Kind regards,


Nancy Joseph
Director
Youth and Leadership Development

24 March 2011

Caleb Gray

200 The Boulevard
Port Melbourne VIC 3207
PO Box 353
South Melbourne DC VIC 3206
Tel (03) 9576 6900
Fax (03) 9581 8211
mel@lifesavingvictoria.com.au
www.lifesavingvictoria.com.au
ABN 21 102 027 364

Dear Caleb

I am writing to congratulate you on winning the 2011 Fred Westfield Junior Athlete of the Year Award and for your outstanding achievements in the 2010/2011 junior competition season.

This season the Fred Westfield Junior Athlete of the Year Award was presented to both yourself and teammate Olivia Keppell.

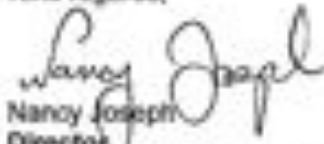
Looking at the season's results, it is evident that you have had a great season with consistent results in both the water and beach events at all carnivals. It is great to see that there was a healthy rivalry between yourself and Adam Howgate from Mornington LSC. I hope you both continue with your lifesaving pursuits and continue to push each other in years to come.

Your selection in the Junior Development Team to represent Victoria in the Southern States Challenge in Penguin Tasmania was well deserved and it was unfortunate that you were unavailable to attend, however I am sure there will be many opportunities for you in the Victorian State Team in the future.

The Victorian Junior Championships are the pinnacle of our summer carnival series and I again congratulate you on your achievements and individual medal success of Silver in both the U14 Iron Race and U14 Beach Sprint and placing in the top six for the U14 Board Race, U14 Surf Race, U14 Beach Flags and U14 1km run. Your efforts at Lakes Entrance were fantastic and I am sure the Point Leo SLSC recognises your dedication and commitment.

You are certainly an outstanding junior competitor and I wish you every success with your lifesaving future as you transition into the senior area.

Kind regards,



Nancy Joseph
Director
Youth and Leadership Development

MARCH 2011

2011 Victorian Lifesaving Championships

Earlier this month the 2011 Victorian Lifesaving Championships were held at Lakes Entrance with great success. Many clubs were represented by their members who displayed impressive sportsmanship and skill in their chosen events.

The conditions allowed for some impressive performances from the competing lifesavers with many excelling in the surf and on the sand.

One of those competitors was Ocean Grove's Samantha Cain who won a remarkable 7 gold medals. Cain confirmed herself as a great medal hope at the Australian Championships next month with dominating displays in many of the Open Women's Surf events.

U17 Anglesea competitor Joel Simondson also prospered, collecting 7 gold medals, 3 silvers and two bronze.

Anglesea won the Senior Club Championships ending Ocean Grove's long winning streak, while Point Leo took out the junior section.

The prestigious Fred Westfield Medal for Dolphin Nipper of the Year was jointly awarded to Point Leo pair Olivia Keppel (best female) and Caleb Gray (best male). Both performed exceptionally throughout the season and both received a Dolphin Surf Ski for their accomplishments. The Junior Lifesaver of the Year was won by Mentone's Caitlin Foot-Connolly.

There were other remarkable efforts from the weekend, with Rosebud & McCrae Life Saving Club Nipper Ayden Coates breaking a club drought. His third place in the Under 13 Surf Race was the first time in 50 years that anyone had won a medal in that discipline from his club.



(Continued next page...)

Life



News from Life Saving Victoria

MARCH 2011

Life Saving Victoria also recognised the fantastic contribution of Winston Berger from Mordialloc, Bernadene Hanson from Mornington and Peter Anderton from Chelsea - Longbeach, for providing outstanding service to Youth Development in Victoria.

The 2011 Victorian Lifesaving Championships couldn't have taken place without the support of Surf Life Saving Lakes Entrance club and the East Gippsland Shire Council. Both parties worked tirelessly to make the Championships a great success and Life Saving Victoria would like to acknowledge their efforts

There must also be recognition given to the dedicated and professional work of the volunteers who provided their time to ensure the Championships ran smoothly. Without their help, the State Championships wouldn't be possible. A big thank-you must go out to clubs who provided volunteers. Officials must be thanked for keeping competitors safe during beach and surf events. Chief Referee Harry Hannas and his team performed exceptionally well and their efforts didn't go un-noticed.

Life Saving Victoria would like to wish competitors going to the Australian Championships on the Gold Coast the best of luck. They are sure to represent Victorian well at this event and provide us with many highlights.



8TH ANNUAL AWARDS OF EXCELLENCE 23 JULY 2011

BOOKINGS OPEN 1 JUNE 2011
BOOKINGS CLOSE 8 JULY 2011

