



The Mine

Newsletter of Point Leo SLSC

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

Important Club Dates

- 26 November 2011 – Tin Shakes – Mornington
- 27 November 2011 – Re quals.
- 27 November – Uniform Shop Open 12 – 3pm
- 11 December - 16 December – Bronze Camp
- 18 December – Re quals
- 18 December - Uniform Shop Open 12 – 3pm



Daron McFarlane

Presidents Note

The 2011 - 2012 Surf Lifesaving season is fast approaching and the good news is that Point Leo Surf Lifesaving Club is again well prepared for a busy and active season on all fronts. The club is sound in many areas and has invested solidly over the winter season in patrol infrastructure and equipment requirements.

I would also like to formally welcome the current committee members for the 2011/2012 season. You can rest assured the club has a solid mix of youth, experience, competitors, corporate brains, new members, long serving members and plain hard working members that really do provide the excellent composite of skills that is required to manage a diverse organization such as Point Leo SLSC on behalf of its members.

The club has also invested heavily in some major equipment purchases and infrastructure changes of late – namely a brand new All Terrain Vehicle along with a new patrol shelter. The club continues to invest strongly in gear and equipment on a rolling basis and I would encourage everyone to ensure they treat all club gear, property and facilities with the utmost care and attention at all times.

The all important patrols commence on 3rd December and our Club Captain Haydn Tierney and Club Vice-captain Jack Garner will be

managing this all important area of our club again for this season. We made some strong progress last season at a State level in this area and I am keen to see this trend continue. Please assist Haydn and Jack at all times where possible and remember everyone is on public show once we don that patrol uniform!

I would also like to take the opportunity to acknowledge the recent training camp held on the Gold Coast. Some fifteen clubs members attended a training bonanza that saw surf legends such as Phil Clayton and Ky Hurst instruct a number of our members in all facets of surf competition. See the full report elsewhere in The Mine but please note a special mention and huge thanks to the following for their time, effort and contribution:

- Chris Munro
- Simone Williams
- Jon Ford
- Hayden Rydberg
- Lochie Pearce
- John Jones (ex Leo President living on the Gold Coast who added some 'friendly influence' re logistics and trainers!! – Thanks JJ)

For an awesome viewing of the camp highlights, go to the below YouTube link:

http://www.youtube.com/watch?v=41gsdD5aa_E

There is also a myriad of other events, functions and club activities that are due to take off - Nippers

Program, Bronze Camp, Cadet Program, can shakes, social functions, competition team training (already underway in all sections and well done to all those who have trained solidly over winter) and our roast nights in January to name a few. After all that there are the various carnivals, state titles and Aussie titles, club uniforms to display proudly and hopefully a lot of fun to be had by all.

I am looking forward to season 2011/2012 for Point Leo with great excitement. It is a great club that hosts great people.

Also, please see attached in this edition a full listing and contacts of the current club committee. Please feel free to make contact re any issues or queries you may have to the relevant member as required.

See you on the beach!

Ian Knight
Club President

Vale - DARON McFARLANE 1963 – 2011

Daron was a born leader. In every facet of life he always wanted to be as much involved as he could be and never shied away from responsibility. He was disciplined in every facet of his life.

Whether it be in training or studying Environmental Science at university he remained passionate in all his pursuits. He had set ideas in all situations and always committed 110%.

He was born in Melbourne and moved to Morwell as a young lad where he excelled at every sport he was involved in. After breaking his collar bone playing football for the Morwell Tigers Football Club he became more involved in swimming. Soon he was breaking records at the Morwell Swimming Club left right

and centre and winning Country Swimming Championships. He was then coerced into following his coach to Brisbane to train. His training regime increased immensely and he thrived on it ultimately winning several Qld Freestyle Championships.

Daron missed his family and returned to Melbourne to live with his parents, Barb and Neil after being away from his family for most of 1978. He then won countless Victorian Age and Open freestyle Championships and was runner up in the 100 m Freestyle at the National Age Titles in Hobart in 1980. He joined the Pt Leo Surf Club as a Junior in 1979 and soon was winning Surf Races both Junior and Senior. Daron was always up for a challenge and soon committed himself to learning the ropes as an Iron Man. Of course he succeeded very quickly. His record in Surf Life Saving in Victoria is colossal including numerous wins in State Surf Races, State Iron Man and the Lorne Pier to Pub over many years.

Daron won over 30 state gold medals in surf lifesaving representing Point Leo and made 8 state teams. He also won a national bronze medal at the Australian titles in 1982 at Moana, South Australia in the junior surf teams' event with fellow team members Rob Woodhouse, Daryl Barnes and Tim Boness.

Daron became so passionate about the Pt Leo Surf Club that he volunteered at the young age of 19 to become Club Captain. He was concerned about the image of the club and was instrumental in creating a team tracksuit with logos for club members. Maybe the seed was then planted in his mind for his wholesale and retail clothing business 'Eco Wear' that he pioneered in later years.

Daron met his wife Alicia on a Rusden University ski trip in 1984. They formed an incredible bond

marrying in 1991. Their children Tom, Oliver and Lewis are now all members of the surf club. As with everything Daron did, he soon became the most committed and patient father. He researched how to become the best father. He had true values that he explained to his children and these values can be seen every summer when the McFarlanes stay at Point Leo/Shoreham over the summer breaks.

Soon Daron was coaching his children's soccer teams and becoming an invaluable mentor to Nippers down at the surf club. His family loved camping at Shoreham for many years and they enjoyed soaking up the beautiful beaches and natural surrounding environment. Daron could find a positive in any situation. Even when he had his right arm taken away from him he just said, "It's only an arm" and continued to carry on as normal. He could be seen in a pack of surfers out the back at Woolamai in 6 foot surf body surfing with one arm with a grin from ear to ear. Then in the carpark getting changed he would say "Life's great isn't it?" He could also be seen last summer training with around 30 club members at the Hastings Swimming Pool re early morning swim sessions as part of the annual Point Leo swim camp and later in the day was seen swimming from 1st reef to suicide and keeping up a cracking pace that kept the young swimmers on their toes despite missing an arm.

Daron was truly an incredible individual.

Daron loved the beach. It was his church.

Daron lost his long term battle with cancer at the age of 47 in August this year with his family and closest friends by his side.

Daron is a Point Leo legend who will be sadly missed by all.

Competition Fees

All junior and senior competition fees are due by November 30th. Please ensure your competition fees are paid by the due date to ensure you aren't missed when carnival entries are being completed. They can be paid by direct bank transfer to Point Leo SLSC BSB 633000 Account No 132487208 or click on the Online Payment button on the club website to pay through the SLSA Payment Gateway. Please make sure you record your name in the detail section.

WWCC

If you need to update your personal details on your WWCC or add a new volunteer organisation this can now be completed much more easily online at <http://online.justice.vic.gov.au/wwcc> The printout received at the end of this process can be saved and sent to admin@pointleoslsc.com.au as proof of a valid WWCC with Point Leo SLSC and LSV listed as organisations.

Any members who have turned 18 during the year must obtain a WWCC prior to renewing their membership. The information sheet on how to do this can be downloaded from the download page or the club website.

Car Parking at Point Leo

Often around this time of the year, members ask whether they are entitled to a car park pass as part of their membership fee. There is also regularly confusion about entitlements to park in the Club Car Park. This summary will hopefully clear things up.

Car Access to the Foreshore Reserve

During the summer season all vehicles entering Point Leo

Foreshore Reserve must pay an entrance fee, either by buying a single entrance ticket or a season pass. Club members do not have a dispensation from this requirement as we are required to pay a parking fee like all members of the public. We have been fortunate to be granted a limited exemption to this requirement. The Ranger and Foreshore Reserve will allow active patrolling members and the Club Committee to park in the Club car parking area at no charge. The Club controls this by issuing eligible members with a Car Park Pass. We appreciate the recognition given to our volunteer lifesavers but must comply with the limits set by the Foreshore Committee or risk losing this privilege

The Club Car Park

The Club Car Park is the area past the swing gates immediately in front of the Club. It is reserved for members holding a Club Car Park Pass. You must display your pass if you wish to use this area.

There are three simple reasons for limiting parking in this area:

Health and Safety – there is a large amount of people traffic in this area and we must keep vehicle use to a minimum

Emergency access

Priority to patrolling members – these are the men and women who put in the long hours on the beach regardless of the weather.

Point Leo is blessed with plentiful parking, often only requiring one minute extra walk time. Please be considerate and do not park in the reserved area unless you have been allocated a Pass.

In Summary:

- Only patrolling members/Club Committee are entitled to a Car Park Pass
- Only members with a Club Car Park Pass may use the Club Car Park

Foreshore Season Passes

The Point Leo Ranger asks that anyone wanting a Season Pass for entry to buy it early. Most are bought on the first Nipper Day and this causes a massive traffic queue. Please think of it when you go to the beach or the Uniform Shop to help reduce the traffic snarl on the first day of nippers. Sincere thanks for your cooperation Club Committee

Ritchies Community Benefits Card

Thank you to all members who have been using their Ritchie's Community Benefits Card. The club greatly appreciates the support of its members and Ritchies. If you don't have a card and shop at Ritchies please ask for a card next time you are in Ritchies and nominate Point Leo SLSC Inc as your club.

Memberships are now overdue

If you have not already renewed your membership for this season please do this immediately if you are intending to remain a member of the club. Instructions sheets on how to do this can be downloaded from the download page of the club website.

If you change any of your personal details, such as your address or email, please use Lifesaving Online (www.lifesavingonline.com.au) to update personal details for all family members who are belong to the club. It is now also possible to view your awards and qualifications online as well as your patrol hour history and your patrol roster for the coming season.

This is a great new initiative by SLSA so please use it rather than email the club asking for the information or requesting us to update your records.

Member Protection Officer

Your Club's Member Protection Officer serves as a reference point for all matters relating to the safety and wellbeing of all club members. They should be the first contact if you have any query relating to member safety and wellbeing and can provide valuable information and assistance to ensure everyone has an enjoyable time at the club. If you think you have a problem (potential or otherwise) or just want some information, don't hesitate to call them! All matters are strictly confidential.

**Point Leo's Member Protection Officer is: Catherine McCraith
0428 398 234**

Gary Tierney Foundation

Nominations for the 2012 Grant

The Gary Tierney Foundation has been established to provide financial support to allow younger members of Point Leo SLSC to fulfil their potential in surf lifesaving. Gary Tierney was one of the Club's leading lights over many decades and this Grant celebrates his achievements while recognising and supporting outstanding young surf lifesavers.

Nominations are now invited from (or on behalf of) worthy candidates for the 2012 Gary Tierney Foundation Grant.

The Fund is intended to benefit young members (most likely under 30 years of age) and the Fund will seek to support nominees with:

- integrity and good character,
- who have shown an interest in pursuing their life saving career or who have the potential to do so

given suitable encouragement and support

- a genuine potential to make a valuable contribution to the Club and life saving
- and who may be constrained in fulfilling their potential by reason of their financial circumstances or who will otherwise benefit from financial assistance

Full details of the Selection Criteria are available in the *Grant Policy*, which Nominees should refer to. *Information Requirements for Nominees* have also been published. Each of these documents is available on the Point Leo website (on the Downloads page) or they may be obtained from the Gary Tierney Foundation Secretary (see below).

Nominations close on Wednesday 30 November, 2011. The successful Grantee will be announced at a Club Function in January 2012.

All nominations or any queries should be addressed to:

John Horwood
Honorary Secretary
Gary Tierney Foundation Fund
Email:

johnh@hotkey.net.au

Mail: PO Box 479, Balnarring,
VIC, 3926
Telephone: 59898577 or
0409598985

Requals.

**27th November 2011
18th December 2011**

In order to help streamline the requal process, we are asking members to register for their choice of requal date. By registering in advance, we hope to reduce the waiting time members face during the requal session and to also ensure that we are able to provide an adequate number of assessors based on the number of members attending each requal session.

This year's requal days will commence at 9am, and members have the opportunity to requal the following awards:

- Bronze medallion
- Surf Rescue Certificate
- Advanced Resuscitation Techniques (ART) Certificate
- Spinal Management
- IRB Driver and Crew

As part of the Bronze Medallion requal, all members will need to participate in a facilitated IRB Awareness session. This is to ensure that all existing Bronze holders are brought up to the current standard. We appreciate your assistance to ensure all members are able to attend this session.

This year, members holding IRB awards will need to complete an in-depth proficiency paper as well as a practical IRB requal. An IRB requal session will be held following the Bronze requals on each of the dates listed above. Members requiring an IRB requal need to be aware that no IRB requals will be conducted until all members have finished their Bronze requals.

To register for one of the upcoming requal sessions, please follow the link below and complete the form including selecting your preference of requal date.

<http://www.ezyentry.com.au/membership.html>

If you have any questions regarding requals, please contact Bree (bree.ambry@gmail.com)

Club Captain's Report:

As the season approaches, it is good to know that there is plenty of work being done in the engine room to ensure Point Leo is firing on all cylinders for a huge summer. Point Leo has secured some fantastic new patrol equipment and club activities have continued to thrive despite the winter months.

A team effort has resulted in obtaining a new patrol shelter, patrol trailer, IRB trailer and a new ATV to transport it all to the beach. The new equipment is designed to be both practical and user friendly and should make patrolling this summer even better.

Point Leo now has to the best surf lifesaving equipment in the world. Our next goal to provide the best lifesavers in the world. Please consider what further lifesaving awards you can achieve, and if you are an active patrolling member please ensure you are rostered on to a patrol.

There has been well attended training programs run throughout winter for both lifesaving awards and competition. To all trainers, coaches and participants great work in getting prepared for the upcoming season.

The competition season has been kicked off with the Coolangatta Gold where Point Leo was well represented. My hat goes off to our individual competitors Hayden Rydberg and Ben Marshall, their excellent performances on the day were the result of a dedicated preparation in Victoria's harsh winter. Team Leo also performed above expectations with excellent efforts by Lochie Pearse (swim), Pat Hough (board) and Tom MacFarlane (run). Never mind the old hack on the ski! I was also impressed with our board camp participants who lent a hand as spotters / guides to the Leo and Vic competitors during the swim

leg. And a big thanks to Chris Munro and Jon Ford for the assistance on the day.

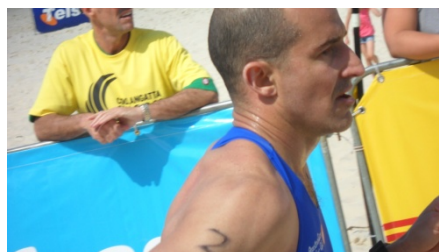
The board camp was great concept that was brilliantly executed by the coaches and assistants - Chris Munro, Simone Williams, Jon Ford, Andrew Welsh, Hayden Rydberg, Lochie Pearse and Pat Hough. The team on the camp appeared to have a great time and could not be in a better physical condition and mindset for the season 2011/12.

On a side note, my congratulations to Simone and Chris on their engagement.

Things are now falling in place for the season with requals, bronze camp, competition and the Swim Classic all approaching. Get involved!!!

See you on the beach

Haydn Tierney



2011 Coolangatta Gold

Point Leo SLSC is very proud to announce its 2011 Coolangatta Gold finishers: Hayden Rydberg (Open Male), Benjamin Marshall (Masters 30-39), Haydn Tierney, Lachlan Pearse, Tom McFarlane and Patrick Hough (Open Teams). Not stopping their training after the 2011 Australian Championships, these competitors showed just how determined they were to tackle one of Surf Lifesaving's most gruelling and toughest events of the year, completing the 46.65 km course on Queensland's Gold Coast on Sunday 25th September.

Leo's six Coolangatta Gold (CG) competitors began an endurance race that took around five hours to complete and included a 23 km ski paddle, 3.5 km swim, 5.5 km board paddle and three runs totalling 14.65 km.

"Team Leo" finished 10th in the Open Teams with an outstanding time of 04:56:15; a very impressive performance for three members who had never seen or competed in the event before. Placing in the top ten from a field of 44, is a massive achievement for these four men and the Point Leo SLSC.

Even more impressive was Tom McFarlane's performance in the last leg of the race. The Victorian U19 2 km run runner-up posted the 10th fastest time (00:43:42) for the 10 km run out of all competitors entered in the 2011 CG. Tom even topped the Open Male winner, Caine Eckstein, for the last run leg of the race. Running into a headwind for the majority of the 10 km, Tom showed true athleticism and should be commended for his terrific and inspiring feat.

Finishing with a spectacular time of 05:33:50, Benjamin Marshall placed seventh in the Masters 30-39 category. An avid ski paddler and CG veteran, Ben had a brilliant first leg on the surf ski coming out of the water and into the swim in second place. Congratulations to Ben on his stunning performance.

Perhaps the most impressive display of athleticism and determination on the day came from Hayden Rydberg, who completed the 2011 CG in 05:10:21. Setting himself the goal of completing the Gold in early April, Hayden finished 27th in the Open Males. His spectacular achievement and goal accomplishment was witnessed by 10-20 Point Leo supporters, friends and family, and his celebration amplified by their

cheers and roars as he crossed the line.

His utter determination and graceful triumph was an inspiration to the many young members of Point Leo SLSC also present on the Gold Coast for the 2011 Board Camp. A big thank you was given to those who helped Rydberg, Marshall and Pearse complete their swim through the north-easterly wind and chop towards Bilinga.

The Point Leo SLSC has much to be proud of with the success of their athletes in the 2011 Coolangatta Gold. Let their achievements inspire others, especially the younger members, to accomplish their goals for the 2011/12 season and in future years. Point Leo looks forward to seeing many more teams and individuals complete the CG in the future with the success of their 2011 competitors.

Lachlan Pearse
Swim Captain
Point Leo SLSC

Board Camp 2011

In the last week of September Abby, Bella, Evie, Sophie, Jemma, Lachie, Pat, Jack, Zac and myself were lucky enough to be in Queensland for the first ever Point Leo board camp held interstate. We all stayed at the Palm Beach Lifesaving Club which was on the Gold Coast, about 20 minutes from Kurrawa. Chris, Simone, Hayden and Lochie were the brave individuals who had the job of looking after us.

The first day was the Coolangatta Gold. We had 6 Point Leo representatives doing the course. Pat, Lochie, Tom and Haydn T were all a team. Hayden R and Ben completed the individual course. The race all up was 56km. It was a huge test of the competitors' fitness and endurance. Bella, Abby, Lachie, and I were the board paddlers who guided the swimmers to swim the correct course.

It was a mammoth course and everyone who participated should be so proud for finishing and taking part in the event.

On the Monday the camp itself started. We were introduced to Phil Clayton who is the head coach at Kurrawa Surf Life Saving Club and our coach for the next 4 days. His easy going nature and endless supply of coaching tips and stories meant he immediately became our idol, not just because he hangs out with Kelly Slater and Ky Hurst!!

Phil organized for Luke Cuff, Hayley Bateup and Ky Hurst to train with us and give us some tips. All of us girls were weak at the knees when Ky came to coach us, and we failed to remember the questions we had planned to ask him.

My favorite session was the rock running. Phil took us down to Tallebudgera Creek to teach us how to practise holding our breath and running underwater with a rock. We were taught to relax and not panic, that way you can hold your breath longer. The rocks had to be heavy enough to keep us under the water but not too heavy that we weren't able to get up. We met Hayley Bateup at the end of the session and we bombarded her with questions about general lifesaving and her experiences.

We were so privileged to meet so many high profile and inspirational athletes.

I speak on behalf of everyone who took part in the camp in saying that we would like to thank Chris, Simone, Lochie and Hayden for not only looking out for us but for being our family for the few days. Chris organized the whole Queensland board camp and for that we are extremely grateful. We would also like to thank Jon and Ken for towing the trailer around wherever and whenever we needed the boards.

It was such an amazing experience and I hope more people get the opportunity to take part in it next year and the years to come. We all became such good friends and got along exceptionally well. We couldn't have asked for a better experience.

Thanks so much!
Lucy Welsh

Watch it on Youtube

Click on the ink below, or search on "You tube" for Point Leo Board Camp
http://www.youtube.com/watch?v=41gsdD5aa_E

Editors note:

Special mention and thanks also to John Jones OAM (past president now living in Qld) who assisted with organising Palm Beach SLSC, Phil Clayton and other surf legends to assist.

Point Leo SLSC Swim Classic, Boxing Day 2011

A sub committee has been formed to plan and co-ordinate this year's Boxing Day Swim Classic. Lochie Pearse heads up the sub committee along with Andrew Gibson, Haydn Tierney, Hayden Rydberg, Duncan Fraser-Smith, Marc Aliotti, Mark Tierney and John Horwood. Chris Munro is assisting when needed.

The event is regarded as the major fund raising function held annually on the beach at Point Leo and is a significant event in the busy calendar of the club.

Over the past years it has been very well supported by everyone associated with the club and we anticipate that this will continue this year. So, place the event and date in your diaries right now!

The sub committee has met and planning for the event has commenced. Entry details will be on

the Leo website in the very near future and discussions with our major event sponsors are almost finalised. The sub committee are looking at ways to improve the overall running of the day and a couple of good ideas have been put forward and are being considered.

The success of Boxing Day does depend on the input by all club members on the day. As soon as we have finalised Race Directors and Team Leaders everyone involved will be informed well before Boxing Day.

2012 Australian Surf Life Saving Championships Accommodation

The SLSA Nationals are being held at Kurrawa on the Gold Coast from Monday 26th March to Sunday 1st April 2012. We expect that Point Leo could have up to 40 competitors attending plus an additional 40 supporters/family/back up Leo members.

So accommodation for the event has been a priority particularly as it was decided not to return to Markham Court in 2012.

Kate Stern has booked 15 two bedroom units at Boulevard Towers and at least 6 units at La Grande Apartments. Both of these facilities are virtually opposite the boat section competition area and very close to each other and close to all competition sections at Kurrawa. Thanks, Kate!!

We now need to tie up matters from the club end of things. In order that we can get a feel for the number of Leo people who require accommodation at the Nationals members are requested to advise Kate Stern (kate.stern@mivf.com.au) or John Horwood (johnh@hotkey.net.au) of their needs.

It is realised that the titles are still 5 months away but we need to get a feel for numbers particularly if we need to obtain more rooms or if we need to cancel rooms that we have booked and paid a deposit. Numbers are essential particularly in working out the number of beds required.

You need to advise Kate or John of your needs prior to Monday, 20th December 2011. We will endeavour to continue everyone of this deadline in the coming weeks and all we can do now is stress the importance of obtaining this information.

At a later date we will be requesting a deposit of \$100 but more about that later on.

Uniform Shop

The Uniform Shop will be open on:

Sunday Nov 20th – 11am to 1pm
Sunday Nov 27th – 12pm to 3pm
Sunday Dec 11th – 11am to 1pm
Sunday Dec 18th – 12pm to 3pm

This year we will again be stocking the Trigger brand Point Leo tracksuit pants. We'll let you know in the weekly club email when they arrive.

Also the very popular Steigen club jackets will be arriving soon.

We also have in stock a large range of the TYR children's and adult's club racing singlets which we trialled last year.

See the download page of the club website for a full list of items and prices for this season.

Planned Clubhouse Improvements - member thoughts and opinions

A Building Sub-committee was recently appointed by the Point Leo SLSC Committee to investigate and begin the process of expanding and developing the clubhouse and its

facilities and storage, to meet the needs of the ever-growing membership. The sub-committee has recently met to begin planning. The first part of the plan is Needs Analysis – what do we need from our Clubhouse? We want to ask the Point Leo SLSC membership for their ideas.

The Building Sub-committee is asking for YOUR initial thoughts and opinions on what facilities need to be included in the Clubhouse. We'd like to see any ideas for improved design. We want to identify members with design, drafting and construction expertise. We are planning forums, discussion groups and possibly a survey, plus feedback to the membership. Please email your ideas to Andrew (gibsonaj@bigpond.net.au) before 30th November.

We welcome any views on the topic and are open to all suggestions.

Patrol Teams and Roster Coming Soon

Watch for more information on this year's patrol teams and roster in the club's weekly email.

When finalised you will also be able to check your personal roster in your Lifesaving Online account. So keep your usernames and passwords handy!

Surf Rescue Certificate Course

This year, Point Leo Surf Life Saving Club will be offering a 2 day training course for the 13 and 14 year old members to gain their Surf Rescue Certificate. This consists of consecutive Saturdays, **December 3rd and December 10th**, completing their assessment and graduating together with a presentation at 4pm on **December 10th**.

As part of the 2011/2012 Surf Rescue Certificate program, candidates will be involved in

swimming and board paddling in the surf, rescue training, first aid and resuscitation training.

The cost of the program is \$85. As part of the program participants will be required to have a 33rd Edition SLSA Training Manual and a resuscitation mask (these items are compulsory and must be brought to the course). As some participants may already have these items their cost is not included in the \$85 cost of the program. The cost of the training manual is \$35 and the resuscitation mask is \$30 and is additional to the \$85 course fee if participants don't already have these items.

Morning, afternoon tea, and lunch are provided for all candidates.

The course dates and times are:

- **Saturday 3rd December – 10am to 5pm**
- **Saturday 10th December – 10am to 4pm (assessment 2pm, presentation 4pm)**

There will be several adults at the club at all times while the program is running. If you need to contact one of the program leaders or your child, please refer to the numbers below:

Point Leo Surf Club: 5989 8611
Dianne Summers (program coordinator):0419 524 618

As numbers are limited, please ensure that your registration and payment is completed ASAP. Registrations and payments for the course will be accepted until November 30th only through the **EzyEntry** registration site. The link to this registration is

<http://www.ezyentry.com.au/events.html>

Once you have registered and paid a list of items to bring to the training days will be sent to you.

If you have any questions, or require any more information about the course please don't hesitate to contact Dianne Summers at disum@ozemail.com.au or 0419524618.

Season 2012 Cadet Launch

10th December 2011
Point Leo Clubhouse 6pm

Welcome all U19's U17's U15's
Cadet information evening
\$5 Hamburger Dinner



Board camp 2011

From Left: Bella Ford, Phil Clayton, Lochie Pearse, Jemma Allsopp, Ky Hurst, Jack Riseley, Lucy Welsh, Evie Wilkins, Sophie Welsh, Lachlan Robinson, Abby Lethlean, Hayden Rydberg, Pat Hough

Point Leo SLSC

Sun 11th – Fri 16th
December



2011 Bronze Camp



The Point Leo SLSC Bronze Camp is back again for another week packed full of intensive lifesaving training, fun and games! Principally designed for our budding younger members, participant's train for their Surf Bronze Medallion (Certificate II in Public Safety - Aquatic Rescue), the core qualification of every Surf Lifesaver. The camp is a five-day live-in camp with all meals provided. Participants will be supervised at all times.

Successful completion of the bronze camp will qualify participants to become an active member of the club.

Camp Requirements: candidates must be 15 years of age on the date of the examination and be able to swim 400 m in nine minutes or less.

Places are limited!!! Existing members have until November 5th to register their interest before we open up to the public; to register your interest in participating in our annual Bronze Camp, go to www.ezyentry.com.au/membership

Once you have registered your interest in the camp you will be sent the information on how to confirm your attendance and pay for the camp.

The cost of the camp is \$290.

Highlights

- Interactive theory learning
- First aid and resuscitation
- Surf rescue skills
- Patrol operations
- Morning fitness
- Loads of fun
- Games & more!

For more information or questions, please don't hesitate to contact Rosi Anderson on 0438 527 068 or rosieando@hotmail.com



Community Bank® Branch Supports Lifesaving at Point Leo

The Balnarring and District **Community Bank®** Branch offers very attractive **discounts and benefits** on a range of Bendigo Bank products to Emergency Service Organisation Volunteers, including Point Leo Lifesaving Club members.

Further discounts and benefits are available to members on Bendigo Home Loans, Bendigo Personal Loans, Bendigo Insurance and Bendigo Financial Planning and Bendigo Basic Black Credit Cards.

Your day-to-day banking will also help the Club, as every savings account, term deposit, Basic Black credit card, home loan or personal loan will earn income for us when you mention your membership.

Equally importantly, it supports our **Community Bank®** Branch, a bank that puts its profits back in to our Community. Balnarring and District **Community Bank®** Branch provides very generous support to our Club, sponsoring our Swim Classic Day and IRB trailer and supporting our Nipper BBQ.

To find out more, contact the Balnarring and District **Community Bank®** Branch on **5983 5543**.

Benefits on Bendigo Everyday Transaction Accounts

:

- No in-branch cash withdrawal fee
- No EFTPOS fees
- No Bendigo Bank ATM fees
- No cheque fees
- No phone or Internet banking fees

Your Community Partner

Balnarring & District **Community Bank®** Branch

Phone 5983 5543

 **Bendigo Bank**

Vale Daron McFarlane

23rd August, 2011.

The McFarlane Family.

Please accept my sincere condolences at the passing of your husband and father. I was Daron's surf swimming coach when he came into the movement with Pt. Leo Surf Life Saving Club 32 years ago. I was there when he passed his Bronze Medallion examination on 23rd December 1979 and on Torquay beach when he won his first Victorian Surf Life Saving Championship later on that season.

Rest assured that Daron will not be lonely up there as my late son and Daron's friend Brad will be there to say hello.

J.J.

John M Jones OAM



Daron McFarlane and sons, Tom, Lewis and Oliver



Daron McFarlane



Daron and Alicia McFarlane

2011/2012 Point Leo SLSC Committee

Position	Surname	First Name	Email
President	Knight	Ian	lknight234@gmail.com
Secretary	Gibson	Andrew	gibsonaj@bigpond.net.au
Treasurer/Registrar	Williams	Kim	kwilliams@tps.vic.edu.au
Senior Vice President	Aliotti	Marc	marc@corex.net.au
Club Captain	Tierney	Haydn	htierney@racefuels.com.au
Vice President Grant Officer	Brawn	Tamara-Leigh	t_brawn@hotmail.com
Vice President Sponsorship	Fraser-Smith	Duncan	Duncan@thelighthousegroup.com.au
Vice President	Anstee	Steven	steve@profileplastics.com.au
Vice President	Jeffrey	Maxwell	
Vice President	Paton	Blane	rowena@patonestate.com.au
Vice President	Ellis	Richard	richard_ellis@thermadyne.com.au
VP / Club Historian	Horwood	John	johnh@hotmail.com
Vice President	Mollenkopf	Thomas	mollenkopf@bigpond.com
VP / R & R Captain	Gooding	Khali	khali_williams@hotmail.com
Vice Captain	Garner	Jack	jpgar4@student.monash.edu
Chief Instructor	Ambry	Bree	bree.ambry@gmail.com
First Aid Officer	Garner	Simone	simonegarner@hotmail.com
Gear & Equipment Steward	Treadwell	Alfred	treadas@bigpond.com
IRB Officer	Bunting-Frame	Matthew	bunthogi@hotmail.com
Radio & Communications Officer	Treadwell	Michael	mick.treadwell@gmail.com
House Administrator	Roadnight	Steve	steveroadnight@yahoo.com
Newsletter Editor	Horwood	Jacqueline	Jacqui.Horwood@gmail.com
Junior Coordinator	O`Shaughnessy	Julia	juliaosh@bigpond.net.au
Cadet Coordinator	Wilkins	Jane	jwilkinsostlers@bigpond.com
Committee 1 Nipper Equipment	Welsh	Andrew	welsh@netspace.net.au
Committee 2 Grant Officer	Treadwell	Luke	ltready@gmail.com
Social Secretary	Tierney	Mark	mtierney@racefuels.com.au
Senior Team Manager	Lethlean	Stacey	sle30247@bigpond.net.au
Beach Captain			
Board & Ski Section Captain	Ford	Jon	jonford@pac.com.au
Boat Section Captain	Lyons	Phillip	p.j.lyons@bigpond.com
Swim Captain	Pearse	Lachlan	lachlanpearse@gmail.com



POINT LEO SURF LIFE SAVING CLUB INC.

Point Leo Board and Ski Policy

Our quantity and quality of equipment is unique in Victorian Surf Lifesaving
Equipment needs to be both appreciated and looked after

All club members must follow the following Board and Ski Policy

GENERAL USAGE GUIDELINES

Prior to use

- Take care when taking boards and skis on/off the storage racks and ask for assistance if needed
- Inspect equipment before taking it out to ensure no dings, holes or cracks. Please ensure the tail is taped
- Always carry a block of wax and maintain a clean wax coat on the board (free of sand)
- When using a ski please ensure you have a bung (Available from fishing stores, Anaconda or Clark Rubber). Different skis require different size bungs. Generally size 7-9 will fit most skis

General Use

- Please carry rather than drag equipment. Members training for states/nationals may drag when practicing starts/finishes
- Members should not sit or stand on equipment (ie use boards as a surfboard) in any circumstances
- When windy leave boards on the ground facing into the wind and upside down, or with the fin dug into the sand (using a gentle forward/backward sliding motion)
- Allow enough space between craft when training, especially in the shore break
- Do not try to catch waves on boards or skis in surf beyond your skill level, particularly over reef or rocks
- Never let go of your equipment in the surf. Use a legrope if you can't keep hold of your board

After Use

- Always return your board/ski to the storage racks after use. If you leave your equipment on the beach you will incur a 60 crunch and 30 push-up penalty!
- Clean sand off board/ski after use prior to placing in the racks
- Always remove bung from ski following use (as trapped hot air can cause ski to expand and crack!)



POINT LEO SURF LIFE SAVING CLUB INC.

MANAGEMENT OF DAMAGED EQUIPMENT

- Any damage to club board or skis should be reported to a committee member as soon as possible
- Damaged club equipment should be marked using permanent marker or masking tape indicating the location of the damage and placed in the area where the base of the old patrol tower was (next to the IRB room)
- The club aims to repair the equipment in a timely manner
- Members whom own their own equipment are responsible for their own repairs

ENTITLEMENT TO BOARD AND SKI USE

- The following guidelines apply to use of boards and skis
 - Fibreglass "nipper boards" should only be used by U11-U13 age groups
 - The longer "cadet" boards should only be used by U14s and up
 - Skis should only be used by members aged 15 years and up
- In addition
 - Non-club members are not permitted to use the equipment
 - Boards and skis on the storage racks are available for use by U15 and up if the clubhouse is open
 - Juniors (U14 and below) are entitled to use club boards during official training sessions and competitions only
 - The yellow/orange foamy boards are available for use by Juniors outside of official training and competition when the beach is being patrolled
 - The plastic ski's and paddles are available for use to assist U13 and up to develop basic paddling skills
 - Junior access to boards or skis outside of official training may be available provided a recognised club coach is present. Please discuss with the Club Captain or Board and Ski Captain
- Selected boards and skis will be kept locked in a container at the club. These will be reserved for state/national competitors during training and competition
- Consideration will be given to loaning out of boards or skis during the winter months (April-September) when regular club training sessions are not programmed. Loaning of boards during the summer months will only be possible for short periods and specific competition/training (eg LSV Development Squad). Please discuss loaning of equipment with the Club Captain or Board and Ski Captain
- Any damage incurred to equipment while on loan will be repaired at the member's expense
- It is an ongoing challenge for the club to maintain sufficient numbers of cadet boards and skis. Serious competitors requiring regular access to cadet boards and skis should strongly consider purchasing new or second hand equipment using the club's "50/50" scheme (see info on the club website)



POINT LEO SURF LIFE SAVING CLUB INC.

GUIDELINES FOR BOARD AND SKI TRAINING

The club makes every effort to provide a high quality training program for members across all age levels and capabilities. Training sessions involving craft require clear guidelines to optimise safety, training effectiveness and craft maintenance as outlined in this document.

Training sessions using craft are categorised as “club authorised” and “private”. Club authorised sessions will:

- Be advertised to all members and included on the Training Program Schedule (on the website)
- Have at least one Level 1 trained coach present
- Have at least one member with their Bronze for each 5 juniors participating
- Be subject to standard safety measures (head counts, evaluation of conditions relative to skill level of participants)
- Be approved by the Board and Ski Captain
- Have access to club craft for use by participants

Age limits for participation in club authorised training sessions are required to ensure the safety of the participants, particularly in relation to surf where most of the senior training will occur. The following will apply:

- Sessions “chasing surf” at locations outside of Pt Leo are for U14’s and up only
- Senior training sessions at Pt Leo open to U12 and up
- Designated sessions out the front of the club open to U11 and down
- U11 juniors wishing to participate in the senior training sessions at Pt Leo can request permission to participate with the senior coach on the day of training. The coaches decision will be based on competency of the junior, the surf conditions and the needs of the senior training group

Every effort will be made by coaches to select a training location suitable for all members attending for training on any given day. However please note that eligibility to participate in all club authorised training sessions will be at the discretion of the appointed coach. On days where conditions are not suitable for individual members, the coach may exclude that member from participation on the basis of safety.

Elite level athletes (who own their own craft) will develop their own training program ± participation in club authorised sessions. In general all other members are encouraged to participate in the extensive club authorised training program provided. This will ensure that the training group remain cohesive.

Some members may wish to organise private training sessions outside of club authorised sessions. Access to club equipment during private training sessions is in accordance with the Board and Ski Policy. Private training sessions are not covered by the club’s insurance. Any damage to craft during private training sessions must be professionally repaired and paid for by the member.

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

Day	June	July	August	September	October	November	December	January	February	March
Sunday	Ski 10.00	Ski 10.00	Ski 1000 Board 1230	Ski 1000 Board 1230	Ski 1000 Board 1230	Ski 1000 Board 1230 Board 1000*	Ski 1000 Board 1230 Board 1000*	Ski 1000 Board 1230 Board 1000*	Ski 1000 Board 1230 Board 1000*	Ski 1000 Board 1230 Board 1000*
Monday					Franks 1730	Franks 1730	Swim 0600 Frank 1730	Swim 0630 Franks 1730	Swim 0600 Frank 1730	Franks 1730
Tuesday				Board 1730	Board 1730	Board 1730	Board 1730 Swim 0600	Board 1730 Swim 0630	Board 1730 Swim 0600	Board 1730
Wednesday					Franks 1730	Franks 1730	Board Melb Swim 0600 Franks 1730	Board Melb Swim 0630 Franks 1730	Board Melb Swim 0600 Franks 1730	Board Melb Franks 1730
Thursday				Ski 1730	Ski 1730 Franks 1730	Ski 1730 Franks 1730	Ski 1730 Swim 0600 Franks 1730	Ski 1730 Swim 0630 Franks 1730	Ski 1730 Swim 0600 Franks 1730	Ski 1730 Franks 1730
Friday				Ski 1730	Ski 1730	Ski 1730	Ski 1730 Swim 0600	Ski 1730 Swim 0630	Ski 1730 Swim 0600	Ski 1730
Saturday							Swim 0800	Swim 0900		

Note:

Every Sunday from October Board ± Ski at Big Left or Gunnamatta for U14 and up only. Text system to communicate night before. Make sure Jon Ford has your mobie number

*Every Sunday from November, Board for U12/13 will be at Leo at 1000. Contact Travis Cargill on tlcx@satlink.com.au or 0407 689 951 for details

Swim sessions will be at Hastings with Lochie Pearse (lachlanpearse@gmail.com)

Melbourne board sessions with Haydn Tierney in the evenings (haydn@vantagefuels.com.au or 0418 302 667)

Franks=Frankston SLSC with Clayton McDonald (claytonandjackie@bigpond.com). Board/swim/iron training

Winter ski sessions on smooth water for technique (eg Martha Cove)

On club committee meeting days times/locatins will change (ski at 11.15, U14 and up board at 1.30 at Leo)

Ski sessions U14 and up only. Board sessions U14 and up only until November when U12 and up are eligible

Non-club training options

Swimming (Steve Foster - 0413 319 140)

M-F 5.30-6.45am M W 6.30-8.00pm F 5.30-7.00pm

Kayak (Mark L Mark Leonie)

Patterson Lakes