



# green & white

ANGLESEA SURF LIFE SAVING CLUB BROADSHEET ISSUE NO. 9 DECEMBER 2019



## FROM THE PRESIDENT

Summer is finally here and we have hit the beach with patrol services re-commencing on the main beach. Congratulations to the rescue

services team for their tireless preparations in the lead up to summer and ensuring they can continue to provide a high level of emergency management and service, which is our top priority! For those visiting the beaches and getting out in the surf, please remember to be safe around the water and only swim between the red and yellow flags.

I would like to welcome all new, returning members and social pass holders for another year. I would also like to extend an invitation to the Anglesea community to get involved in your club. The 2019/20 summer season promises to be another big season for the club with many activities and events planned, as are detailed in this bumper edition of the broadsheet!

On a sombre note the club farewelled with the Worrell family, club legend John Worrell OAM on the 17th November at the main beach, with the scattering of the ashes in the ocean. RIP John.

On Friday 22nd November, the club hosted the Surf Coast Primary Schools Nipper Carnival at Point Roadknight. It was great to see many local and regional kids get involved and have fun in the sun. Thank you to the club members who made the day such as success.

The clubhouse redevelopment is progressing with the new facility taking shape. If you haven't donated yet to this one-in-50-years project, we still need your help to ensure that we can fit out the new clubhouse. More information on how to donate can be found on our website [www.angleseaslsc.org.au](http://www.angleseaslsc.org.au)

The Burson Rock2Ramp Ocean Swim is a major fundraiser for the club, and returns again on the 28th December 2019. This year we are introducing a new 600 metre swim distance. This is a great opportunity for those who want to get into ocean swimming but can't swim 1.2kms! For more information and to register please visit [www.rock2ramp.com](http://www.rock2ramp.com)

This summer we will be introducing a variety of social recreational activities for members and social pass holders to get involved in (details found on page 6). This is a great way to get active and enjoy the beach, ocean and/or trails in and around Anglesea. The inaugural Beach Volleyball Presidents Cup is on Saturday 4th January 2020. Check out the article for details on page 4 and get your team together.

This summer will see some changes in how we operate as a club, whilst we do not have a clubhouse. Please check out the summer activity location map (page 2) for meeting points for patrol, nippers and other activities. Despite these changes the club will continue to deliver all the normal activities plus more. Please remember that parking is limited at the club and we strongly recommend that members walk to the beach or park in the main beach car park.

When in Anglesea or surrounds I encourage you all to support our many sponsors and partners, including A-Z Plumbing, Big 4 Holiday Park, Ocean Road Landscaping, Anglesea Fruitz, Great Ocean Road Resorts, 19th Hole Bistro, Go Ride a Wave, Great Ocean Road Chocolateries & Ice Creamery, Live Wire Park (Lorne), Irrewarra Sourdough, Spring Creek Horse Rides (Bellbrae) and Anglesea Osteopathic Clinic.

I wish everyone a very happy Christmas and New Year and please continue to be safe when you are at the beach.

**TOM CULLEN** PRESIDENT



## ANGLESEA SLSC

*Something for everyone!*



ANGLESEA SLSC IS GEARING UP FOR 2019/2020 SUMMER WITHOUT A CLUBHOUSE. ALL PROGRAMS WILL RUN AS NORMAL WITH MONTHS OF PLANNING AND PREPARATION GOING INTO ENSURING THINGS RUN SMOOTHLY. THERE ARE PLENTY OF WAYS EVERYONE CAN GET INVOLVED AND WE ENCOURAGE THE LOCAL COMMUNITY, HOLIDAY-MAKERS AND CURRENT MEMBERS TO MAKE THE MOST OF THE OPPORTUNITIES A SURF CLUB CAN AFFORD YOU.

Our primary concern is ensuring that the thousands of people who visit the beach over the next few months can do this safely. Our patrols have commenced on November 30th and run through until April. We are always keen to have more people completing the Awards to patrol the beach and it is a great community service. It also gives you skills that can help you in your life away from the beach – you just never know when you may be faced with a situation that requires skills you learn through life saving. Getting involved in patrol is also a great way to meet new people and make life-long friends.

It is very important to always consider beach safety when you visit the beach so please familiarise yourself with the points in the **Beach Safety Message** on the back page.

If you are a visitor to the beach make sure you sight the Life Savers and pay strict attention to what they ask you to do – they are there to keep you safe.

If you holiday in Anglesea every year or it is just this summer we encourage you to touch base with the Surf Club – we are always keen to hear from new families who may want to give their child a taste of Nippers or Dolphins. Reach out to the Club to see what opportunities there may be for your child to come along and try out. You may just find they love it and it's a great way of learning invaluable skills around the ocean and getting your child active. You can contact us by emailing [marketing@angleseaslsc.org.au](mailto:marketing@angleseaslsc.org.au)

We are always keen to have local families involved in the Surf Club and the work we have been doing with the Anglesea Primary School has been exciting. We want to ensure the surf club is seen as a place where all locals feel at home and will continue to explore that space over the next few months, especially as our new Clubhouse is completed. Many exciting opportunities lie ahead.

Make sure you get involved in the social recreational activities the club is offering over the peak period: a walking group, a running group, stand up paddle boarding and the opportunity to try ski paddling. More details will be shared on social media and the website around this in the coming weeks.

Anglesea SLSC really does offer something for everyone!

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[info@angleseaslsc.org.au](mailto:info@angleseaslsc.org.au) | [www.angleseaslsc.org.au](http://www.angleseaslsc.org.au)

**DO YOU WANT TO ADVERTISE IN OUR NEXT ISSUE?  
PLEASE CONTACT [MARKETING@ANGLESEASLSC.ORG.AU](mailto:MARKETING@ANGLESEASLSC.ORG.AU)  
FOR INFORMATION**





## NEW DIRECTOR

Sai Dale –  
Director of Surf Sports

Sai Dale has taken the role of Surf Sports Director with the aim to ensure the competitive area of the club progresses through it's rebuilding stage. With a long and proud history in the competitive arena of lifesaving sports, Anglesea needs to strive to reassert itself as a competitive club. The competition on the beach is where we can develop our lifesavers (young and old) to ensure we keep our beach safe.

Sai joined the R&R section 4 and half years ago after being coerced by the late and great Geoff Waters, to form an Open Men's R&R team. This team is still competing and will be going around again this season with the aim of competing at our 5th Aussies in a row.

His lifesaving connection like most parents (I have 3 'children' – Kiele (22), Mikaela (20) and Tom (17)) – began as 'support staff' for our nippers many years ago. With connections to Mentone LSC, he has assisted with running the training sessions for the SRC and Bronze courses over the past few years, as well as during 'equals'. Sai was influenced by the late John Worrell OAM, who spoke so passionately about the lifesaving stories as well as his ongoing support for the club – undoubtedly a great inspiration for anyone in a volunteer organisation such as lifesaving

With Sai's kids having run their course (only Mikaela still competing), his aim is to now support the continued growth of the competition ranks at the club and see it as a great challenge as we all lead busier and busier lives.



## FACILITY SUPPORT OFFICERS

This summer we welcome **Rodney Craig** (left) and **Nicholas Sluggett** to join with Grace Bath as ASLSC Facility Officers. They will be working throughout the peak period to ensure that club activities continue to run seamlessly even though we lack at club house.

The team will be located at the offsite and will be heavily involved in transportation of equipment to and from the beach from the offsite facility at 5 Inverloch Street.



## Youth Development REPORT

OUR SUMMER NIPPER PROGRAM GUIDES ALMOST 500 NIPPERS THROUGH 9 BEACH AND WATER SESSIONS STARTING ON 27 DECEMBER AND CONCLUDES WITH THE NIPPER CLUB CHAMPIONSHIPS ON 12 JANUARY.

During these sessions Nippers aged between 6 and 13 years are progressively exposed to activities that seek to develop awareness and self confidence in the surf environment. While there is an emphasis on having fun and developing strong friendships, these Nippers also develop foundational skills that enhance their own safety at the beach and begin to prepare them to be the lifesavers and lifeguards of the future.

The program relies on volunteers to educate, guide and protect Nippers, and especially this year, is quite a logistical effort to coordinate. The lack of a clubhouse plus a new leadership team will mean a different look to the program with a staging area near the river mouth, on-the-beach starts after the first session and different snack choices.

More than ever, we would really appreciate assistance from parents and siblings to help us deliver an efficient and valuable program for our kids. Please introduce yourself to your Nipper's age group manager and get as involved as you are able.

MATT KEENAN  
2019/2020 BIG NIPPER



Family Night will be held on 10 January at the Anglesea Football Club with the ongoing and generous assistance of the Supporters Group and will be a fun evening to celebrate the near conclusion of the Summer Program.

The Club Championships are a chance to participate in a low-key and fun environment that seeks to introduce surf sports and complements the Cosy Corner carnival on 3 January which I recommend every Nipper attends too. From personal experience, the camaradery and friendships that develop in competing for the Club can be lifelong and significant.

For those who are interested in competing in additional carnivals, we have specific skill and fitness-focussed sessions called Dolphins which run on select afternoons in January and weekends throughout the year – the Club website and 'Anglesea SLSC' on TeamApp are the best ways to get details. Please seek me out during the program if you have any questions, comments or concerns.

SAM HUME DIRECTOR YOUTH DEVELOPMENT

## SURFCOAST SPORT ASSOC YEAR 5/6 NIPPER CARNIVAL

On November 22nd the several local primary schools converged on Point Roadknight Beach for the annual Surf Coast Sport Association Year 5/6 Nipper Carnival.

The schools includes Anglesea, Ceres, Aireys Inlet, Mount Duneed, Winchelsea and Moriac Primary school – with a total of close to 300 children involved.

The children participated in several activities including beach flags, beach relays, wade, board and the SSA team event the Cameron Relay Run, Wade, Run, Board, Run.

Congratulations to all children who participated in the carnival and thanks to all the volunteers and teachers who helped out on the day.



Due to the redevelopment we do not have a club house this summer but all normal activities will be proceeding. Many activities will meet near the river mouth at Shark Park, adjacent to the main carpark. The map below explains these locations.

## SUMMER ACTIVITY LOCATION MAP



## JOIN IN THE ACTION! THE 2019 BURSON ROCK2RAMP EVENT



SATURDAY DECEMBER 28

## ROCK2RAMP & KIDS DASH

600m, 1.2 and 2.5km swims

200m swim for 7-9 yrs  
300m swim for 10-12 yrs

Come and support the club for a great day out!  
Head to the Rock2Ramp website to register or for more information:

[www.rock2ramp.com](http://www.rock2ramp.com)

# Surf sports



## COME AND TRY DAY

SUNDAY 10TH NOVEMBER SAW OUR COME & TRY DAY CONDUCTED AT PT ROADKNIGHT BEACH IN CONDITIONS THAT WERE MUCH BETTER THAN ANTICIPATED – WHICH MAY HAVE EXPLAINED THE LOWER NUMBERS.

Those who did attend were certainly kept busy with the very well-run session by Sam Hume, Ivor Morgan, Matt Taylor and Naantali Marshall. Jamo Porter was on hand to give his expert advice for those who were keen to try out the new 'guppy' wave boards as a lead-in before actually getting onto a surf ski.

An R&R demonstration was put on by a few of our 'champion' R&R competitors (Maddie Brown and Mikaela Dale) and coach Christine Cardwell. A 2 person 'run through' was performed by Maddie and Mikaela (Fun Fact: Mikaela is 3-time gold medallist at Aussies), which certainly had the attention of the group of onlookers. There's a definite opportunity for any young competitor to take up R&R as some current competitors (with other clubs) being as young as 7 and 8.

The young group were quickly formed up into a March Past team and certainly looked the part. Some marching drills were conducted and with some regular practice, a team of these youngsters will be looking to perform on the 'big stage' in the March Past event at the Victorian State Championships.

Vice President, Barry White put together an experienced boat crew who treated the attendees with some 'hot laps' in a surf boat. With some keen interest from all those who took a ride in the surf boat, some may look to become part of a future surf boat crew in the years to come!

To finish the day, a BBQ was put on by the Supporters Group for everyone and needless to say there were some very hungry lifesavers (young and old) who really appreciated the food and drink. Thank you to the Supporters Group members who did this.

Anyone who is currently in the Nipper program who might have a friend who might want to join in – don't hesitate to contact the club.

And as most Nipper parents are aware, keep a look out for any new activities or updates on 'Team App'.



## ANGLESEA POLAR BEARS

NOVEMBER 3 SAW THE FINAL ANGLESEA POLAR BEARS GATHERING FOR 2019 WITH AROUND 75 IN ATTENDANCE, ALTHOUGH ONLY ONE HAND WAS REQUIRED TO COUNT THOSE WHO WENT FOR A QUICK DIP!

After yet another wonderful BBQ lunch the Senior Bear and his assistants took up a collection for the Anglesea RSL who have generously made their premises available while there is no clubhouse. They then proceeded to gouge money from those present via the usual assortment of dubious fines but members were reminded that this year the Bears have funded \$4,000 towards two new boards for the Dolphin Squad and a \$500 cheque was presented to the RSL towards the cost of the Anglesea War Memorial Appeal.

Following a powerful rendition of the Bears Anthem the Anglesea Bears went into hibernation until May 2020.

## CARNIVALS

The Endurance Championships were held on Dec 1 in wintery conditions. Well down to those members who competed.

State team trials were conducted at Fairhaven in some big surf. Congratulations to Saxon Beale and Dib Fitzgerald for their participation. Good luck to the boys for their selection into the Victorian team.

1st Carnival – double header at Ocean Grove. Juniors on Saturday 7th December and seniors on Sunday 8th December.

Good luck to everyone who is taking part!!

A reminder to all current competitors that they need to ensure that they are 'financial' (memberships paid) and they have updated their details in the members portal. There's then the normal obligation for patrol hours to be accrued – don't leave this to the last minute (ie. 31st December!) Please take the initiative and get onto these now.

For any enquires for each of the competitive sections – please see contact list on our website:

[www.angleseaslsc.org.au/contacts-details](http://www.angleseaslsc.org.au/contacts-details)

**BARRY WHITE** VICE PRESIDENT LIFE SAVING



Youth competitors Matilda and Jemima with the new mals at the Alexandra Headlands camp. A big thank you to the Supporters Group.



Marli Wilkinson was this year's recipient of the Margaret Worrell Trophy: Most points earned in competition at local carnivals.

## DOORKNOCK 2020

Every year the Anglesea community and holiday makers have provided outstanding support to the club through the annual Doorknock with over \$30,000 raised in each of the past few years.

Due to the impact of the redevelopment this year we will be running the Doorknock slightly differently with a 'Doorknock Week' from Thursday 2nd January through to Wednesday 8th. This will allow some areas to be canvassed throughout that period at times that best suit the collectors. There will still be a focus on Saturday 4th.

Early December we will be posting maps on the website showing all areas to be collected from. You will be able to go online and select which area you wish to collect from and indicate approximately when you would like to collect. Collection bags will be picked up from and returned to the Club office except for the evening of Saturday 4th when we will run the Doorknock from the Anglesea RSL in Murray Street.

All funds raised via the Doorknock are in support of lifesaving operations. The redevelopment is funded via government grants and a separate fundraising program.

**PETER WILLIAMS**  
CHAIRMAN PROJECT DEVELOPMENT GROUP



SUNDAY  
DECEMBER 29

## Hawaiian Beach Party!

6pm – 11.30pm

Tickets \$20

Includes a drink on arrival, a delicious meal and entertainment  
Ray Marsh Room – Captain Moonlite  
Over 18 event

To book see club website:  
[www.angleseaslsc.org.au](http://www.angleseaslsc.org.au)

THIS  
GIRL  
CAN



## THIS GIRL CAN – DON THE GOGGLES!

Many Anglesea members are supporting the Anglesea *This Girl Can* Campaign that is aiming towards swimming the 600m event at the Rock2Ramp.

Members have been following a swim program that has been provided by legendary ocean swimmer Naantali Marshall who won the Pier to Pub 7 times and took out the Open Rock2Ramp last year as a 43 year old mother of two!

The swim program sessions can be found on the Rock2Ramp website and encourages swimmers to do two sessions a week. It has been an 8 week program but it is never too late to join.

The *This Girl Can* Campaign is an initiative by the Victorian Government –and is here to celebrate and support Victorian women (yes, you!) embracing physical activity in a way that suits you. Whether it's a little or a lot, what matters is getting some movement into your day.

While many of us know that exercising is important for our physical and mental health, that doesn't change the fact that half of us aren't getting enough exercise each week.

Why? Victorian women have told us that a big part of not trying new activities or getting involved in sport is a fear of being judged, or not being fit enough to start. Not to mention, twice as many women than men put off getting active because they're worried about what other people think – how unfair is that? Sports, gyms and moving your body are for everybody (literally, every body).

Because it's perfectly normal to get sweaty and messy when you're having fun and getting active. Because moving and making time for your health doesn't need to be a chore.

We figure getting off the beach and into the water is a great plan to get people more active – so don your goggles and get swimming!

A celebration event is planned for the Rock2Ramp night at the Rusty Anchor. If you are keen to be a part of it contact Jen at [marketing@angleseaslsc.org.au](mailto:marketing@angleseaslsc.org.au)



## SOCIAL PASS

Want to enjoy the beach, socialise with friends upstairs at the Clubhouse and gain access to ASLSC discounts at Captain Moonlite, while supporting the Club?

Our new Annual Social Pass is a great lifestyle choice for those who want to enjoy the social benefits of the Club but who don't require member access to Club facilities, equipment or activities.

A Social Pass is reasonably priced at an annual fee of \$100 (or only \$80 for locals!\*) and entitles you to a range of fantastic benefits, including special discounts and offers at Captain Moonlite Eatery + Bar (see right) and your own copy of the quarterly Green & White Broadsheet to keep up to date with happenings at the Club.

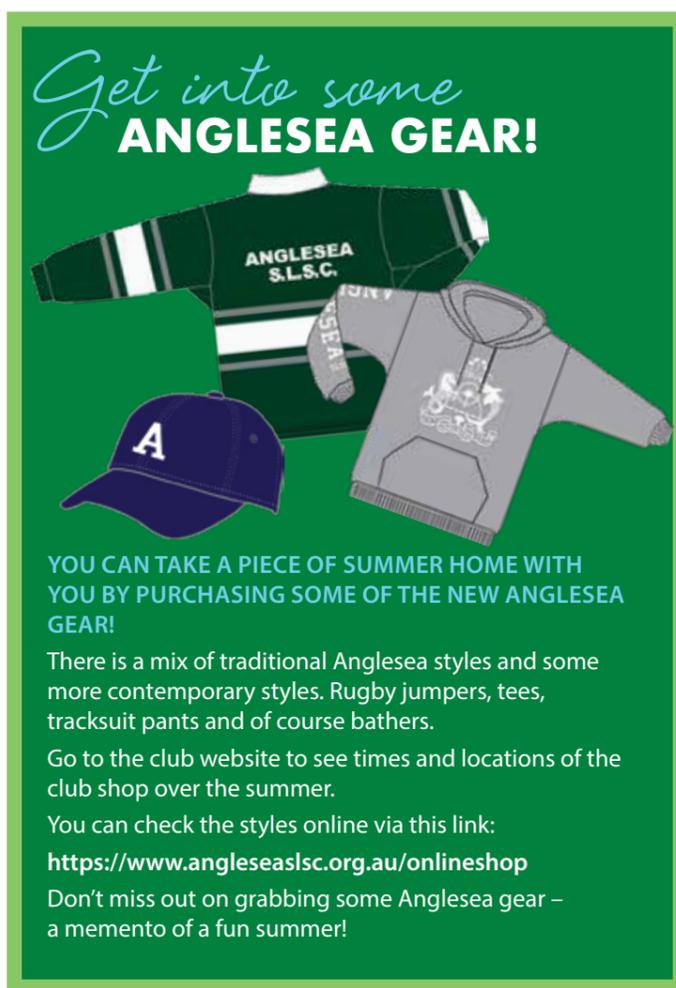
It's also nice to know that your Social Pass fee goes directly towards purchasing and maintaining vital lifesaving equipment, training and educating our volunteers and members and helps to ensure the safety of thousands of beach goers who visit Anglesea each year.

### Sounds great! How do I register?

Signing up is easy. Simply click on the green register button and pay your annual fee. Once you've filled in the online form (please complete one per person) and received a confirmation we will process your application and send your Social Pass in the mail.

^ Social Pass holders do not have access to training facilities, change-rooms or equipment, and can't be involved in Nippers or Youth programs.

\* To be eligible for the locals discount, your primary residential address must be in postcodes 3230, 3228, 3231 or 3240.



Get into some  
**ANGLESEA GEAR!**

YOU CAN TAKE A PIECE OF SUMMER HOME WITH YOU BY PURCHASING SOME OF THE NEW ANGLESEA GEAR!

There is a mix of traditional Anglesea styles and some more contemporary styles. Rugby jumpers, tees, tracksuit pants and of course bathers.

Go to the club website to see times and locations of the club shop over the summer.

You can check the styles online via this link:  
<https://www.angleseaslsc.org.au/onlineshop>

Don't miss out on grabbing some Anglesea gear – a memento of a fun summer!

## Rescue Services UPDATE



WITH THE PATROL SEASON JUST AROUND THE CORNER, THE RESCUE SERVICES TEAM HAVE BEEN VERY BUSY GETTING ALL OF OUR EQUIPMENT READY FOR SUMMER.

A big thank you to Lachie Appleby, James Betson and Matthew Anghie for preparing all of our equipment and first aid gear prior to the start of the season. A special thank you also goes to Freddie Graham and Sean McVernon for coming along to assist the team with gear inspection.

The patrol season kicks off on the 30th of November so now is a great time to beat the rush and sign up for patrols. All active members are required to complete 16 hours of patrols, so remember to lock in the date you'd like to patrol early so you don't miss out. You can sign up to patrol by putting your name into the patrol sign up book which can be found in the office over the summer period.

Patrols will run every Saturday afternoon, Sunday and Public Holiday (excluding Christmas day) between the 30th of November 2019 and 13 April 2020 (the full patrol roster including hours can be found on the Anglesea SLSC website).

Don't forget to bring your bathers, patrol shorts, shirt and skull cap when you come down for the day. If it's your first patrol, please let the patrol captain on the day know and they will provide you with your own patrol uniform to take home.

On the 18th of January 2020 Anglesea will run its first Pink Zinc patrol to promote female leadership in surf lifesaving. We encourage all our patrolling members to come along to patrol and support the day. Further details about the day will be released closer to the date.

ELISE LANGFORD RESCUE SERVICES DIRECTOR

## Presidents Cup BEACH VOLLEYBALL!

SATURDAY 4 JANUARY



The inaugural **Beach Volleyball Presidents Cup** will be held on Saturday 4th January 2020 from noon at the river end of Main beach. Get your team of 3-4 players together for an afternoon of fun!

The Cup will have two divisions: Open and Under 14s. To enter, email your team name and captain's name and contact number to [marketing@angleseaslsc.org.au](mailto:marketing@angleseaslsc.org.au) by noon Friday 3rd January.

## ASLSC EDUCATION ADVISORY GROUP

Do you have skills or experience in any one of the following?

- Surf Life Saving – Training & Instruction
- Education and Training
- Emergency Services
- Health (Medicine, Allied Health, Paramedicine)
- Coaching and mentoring
- Working with young people and adults with the intention of growing and developing their skills and abilities

If you answer 'yes' to any of these then we need you!

Surf life saving is a broad church and we are looking to tap into the collective wisdom of our members by forming an Education Advisory Group to assist in the creation and the delivery of programs across all areas of the club.

The intention of this group is not necessarily to be at the coal face of delivering member development opportunities but rather we are seeking to create a team to review, implement, grow and innovate what we are already doing, while also looking for new and different opportunities for all members.

If you are interested in finding out more about what this is all about and how you might be able to contribute to the development of our Club please attend a meeting at 6pm on January 2nd at the Club offsite facility at 5 Inverloch St.

All existing trainers and assessors are encouraged to attend.

## STRATEGIC PLAN DEVELOPMENT

AS WE MOVE INTO A NEW YEAR, THE DEVELOPMENT OF OUR NEW STRATEGIC PLAN IS CONTINUING.

We have to remember that the club and the environment in which we operate is changing. The expectations of our members and stakeholders has evolved and is not what it was 20+ years ago. Later next year we will have a brand-new clubhouse which we need to maximise the usage of. It is critical that we have a strong plan to guide the club into the future and its next evolution.

With the assistance of the Geelong Consulting Group following extensive consultation and research we are one step closer to producing a new Strategic and Business Plan. The Research and Consultation Report has been developed which will guide the future plan and we invite all members and social pass holders to review this document, available on the club website [www.angleseaslsc.org.au](http://www.angleseaslsc.org.au). While there, find a link to provide feedback, due by 27 January, 2020.

## REQUALIFICATION/ SKILLS MAINTENANCE

Dates for your diary!!

Sunday December 22nd 9am

Monday December 30th 2pm

Head to [www.angleseaslsc.org.au](http://www.angleseaslsc.org.au) to check out what you need to do before you attend.

Meet at Shark Park on the day 10 minutes before start time!

## INFLATABLE RESCUE BOAT (IRB) CREW COURSE



Sat 21 Dec 2019 7:30am to  
Sun 22 Dec 2019 6:00pm  
at Anglesea Surf Lifesaving Club

This course provides participants with the skills and knowledge to effectively crew an IRB in rescue operations.

### Mandatory Requirements:

- Be a current financial member
- Be at least 15 years of age on the date of final assessment
- Hold a current Bronze Medallion
- Candidates must have completed a minimum of 16hrs in the 2018/2019 season. For candidates who have not completed these hours they must complete the balance prior to the course date.
- Must be able to attend the entire course

# WHAT'S ON AT ANGLESEA SLSC

Date	Time	Event	Location
<b>DECEMBER 2019</b>			
Sat 7	1pm	Requal/Skills Maintenance	Anglesea Main Beach
	7.30am – 3.30pm	Junior Carnival #1	Ocean Grove SLSC
Sun 8	7.30am – 3pm	Full Carnival #1	Ocean Grove SLSC
Sat 14	7.30am – 2pm	Modified Beach Carnival #1	Altona LSC
Sun 15	7.30am – 3.30pm	Junior Carnival #2	Altona LSC
Sun 15 to Tues 17	All day	Bronze Camp	Camp Wilken
Fri 20		Twilight Modified Carnival #2	Life Saving Victoria
Sat 21 to Sun 22	TBC	IRB courses (as per info on website)	
Sun 22	9am	Requal/Skills Maintenance	Anglesea Main Beach
	10am – 12pm	Dolphins training	Main Beach Carpark
Wed 25	11am	Santa by Surf Boat	
Thurs 26	3pm – 5pm	Nipper Registration	Shark Park Anglesea
Fri 27	9.30am – 11.30am	Nipper Session #1	All meet at Shark Park
	9.30am – 11.30am	SRC 1	
	4pm	Dolphins Training	Main Beach Carpark
Sat 28	9.30am	Rock2Ramp	Pt Roadknight
Sun 29	9.30am – 11.30am	Nipper Session #2	Anglesea Main Beach
	9.30 – 12.30pm	SRC 2	
	4pm	Dolphins Training	Main Beach Carpark
	6.30pm	Beach Party	Captain Moonlite
Mon 30	9.30am-11.30am	Nipper Session #3	Anglesea Main Beach
	9.30am – 12.30pm	SRC 3	
	2pm	Requal/Skills Maintenance	
	6pm – 8pm	SRC 3	
Tues 31	9.30am-11.30am	Nipper Session #4	Anglesea Main Beach
	9.30 – 12.30pm	SRC 4	
<b>JANUARY 2020</b>			
Wed 1	4pm	Dolphins Training	Main Beach Carpark
Thurs 2	9.30am-11.30am	Nipper Session #5	Anglesea Main Beach
	9.30am – 12.30pm	SRC 5	
		Doorknock week begins	Anglesea town
	6pm	Education Advisory Group	
Fri 3	TBC	Cosy Corner Junior Carnival #3	Cosy Corner
	9.30am – 2.30pm	SRC 6 CC day	
		Doorknock week	Anglesea town

Date	Time	Event	Location
Sat 4	9.30am-11.30am	Nipper Session #6	Anglesea Main Beach
	3pm-5pm	Senior Club Championships	Main Beach
	9.30am – 12.30pm	SRC 7	
	6pm	Doorknock	
Sun 5	8am	Anglesea Senior Carnival	Main Beach
	11.30am	Sponsors Luncheon	Ray Marsh Room
		Doorknock	Anglesea town
Mon 6	4pm	Dolphins Training	Main Beach Carpark
	2.30pm – 5.30pm	SRC 8	
		Doorknock	Anglesea town
Tues 7		Doorknock	Anglesea town
Wed 8	4pm	Dolphins Training	Main Beach Carpark
	2.30pm – 5.30pm	SRC 9	
		Doorknock	Anglesea town
Thurs 9		Doorknock – final day	Anglesea town
Fri 10	9.30am-11.30am	Nipper Session #7	
	8.30am – 2pm	SRC 10 Exam Day	
	6pm	Nipper Family Fun Night	Anglesea Football Club
Sat 11	9.30am-11.30am	Nipper Session #8	
Sun 12	9.30am-11.30am	Nipper Club Championships	
Sat 18	7.30am – 3pm	Junior Carnival #4	Mordialloc LSC
		Navy VSRL Open	Portland SLSC
	9am – 6pm	Pink Zinc Campaign	Anglesea Main Beach
Sun 19	7.30 – 3pm	Youth Carnival #5	Mordialloc LSC
Tues 21	10.30am – 12.45	North Melbourne Huddle	Anglesea Main Beach
Thurs 23	11am – 2.30	North Melbourne Huddle Wyndham	Anglesea Main Beach
Fri 24		Youth Pathway Cup/Interstates Championship	Alexandra Heads, QLD
<b>FEBRUARY 2020</b>			
Sat 1 & Sun 2		Full Carnival #2	Seaspray
Sun 2	7.30am – 3pm	Junior Carnival #5	Jan Juc
Sat 8	7.30am – 5pm	Masters Championships	Lorne
Sun 9	7.30am – 5pm	Youth/Senior/Boats/R&R	Lorne
Fri 14 to Sun 16		ASRL Open	Mollymook, NSW
Sun 23	7.30am – 3.30pm	Junior/R&R Carnival #7	Point Leo
	7.30am – 3.30pm	LSV Boat Carnival	Sandridge
Sat 29	7.30am – 2pm	Patrol Competition	South Melbourne

## Redevelopment **UPDATE**



IF YOU HAVEN'T BEEN DOWN YOURSELF AND WOULD LIKE TO SEE HOW THE BUILD IS GOING, FIND THE LINK ON THE CLUB WEBSITE TO GET DAY-TO-DAY UPDATES OF PROGRESS VIA A TIME-LAPSE CAMERA.

At the time of writing the builders have poured the ground and lower ground floor slabs and are around 40 days ahead of schedule thanks to the relatively fine weather.

As to be expected a few issues have arisen along the way but are being managed by our project managers, the PDS Group, and the club's Project Control Group.

We are reinvigorating our fund raising program over the summer months to ensure we can adequately cover any additional costs that arise. We are also seeking additional funding support to cover the fit-out costs and our fundraising guru Ingilby Dickson is currently working on plans for this, including a repeat of the Grange Auction at the Beach Party on the 29th. So if you haven't already donated this will be your chance to support this once-in-50-years opportunity.

PETER WILLIAMS

CHAIR PROJECT CONTROL GROUP

# From the CLUB CAPTAIN



**THIS SUMMER IS JAM PACKED WITH FUN EVENTS FOR EVERYONE, WITH OPPORTUNITIES TO GET INVOLVED IN SO MANY AREAS!**

Nippers kicks off this Summer on the 27th December with dolphins training continuing in full swing after a very strong winter training program, with the nippers getting stronger and faster every session! For any nippers looking to compete or gain a bit more experience, definitely head down to these fun and well-run dolphin sessions!

For pre-existing members ensure you have headed down to one of the requal/ skills maintenance sessions listed on the calendar to ensure all your qualifications are up to standard and you will be ready to volunteer in different areas through the busy summer.

A few dates key dates to ensure you are locked in for is Saturday 28th December. A big day is planned, kicking off early in the morning with the annual Rock2Ramp. This year

new distances and event have been added so make sure you check out the Rock2Ramp website or Instagram for more details about this.

Following this, the next evening can be spent relaxing up at Captain Moonlight for a summer beach party. Stay tuned for more information.

The family fun night is another event that you won't want to miss on January the 10th, kicking off from 6pm.

Finally, the Anglesea carnival is on Sunday 5th. With competitors from all over the state it's not just a great spectator sport, it is even better being a part of it. From beach flags and sprints to the swim and iron it is such a great day and the perfect opportunity to give competition surf lifesaving a crack on your home soil!

This summer, try something new and get involved as you truly won't regret it!

**MARLI WILKINSON** CLUB CAPTAIN

## SOCIAL RECREATIONAL ACTIVITIES CALENDAR

Date	Time	Event	Location
<b>DECEMBER 2019</b>			
Sun 2	8.00am	Ocean Swimming group	Bottom of the ramp
Thur 26	7.30am	Trail/Beach Walking group	Meet on grass outside Captain Moonlite
	Noon-4pm	Beach Volleyball court available	Main Beach - river end. Ball available from patrol.
	3pm-6pm	G-Boards available	Main Beach - river end. Membership card required.
Sat 28		Rock2Ramp Ocean Swim	Point Roadknight
Sun 29	8.00am	Ocean Swimming group	Bottom of the ramp
	Noon-4pm	Beach Volleyball court available	Main Beach - river end. Ball available from patrol.
Mon 30	10:00am	Beach running	Meet at Main Beach - river end
Tues 31	3pm-6pm	G-Boards available	Main Beach - river end. Membership card required.
<b>JANUARY 2020</b>			
Wed 1	8:00am	Beach/Trail long running	Meet at Main Beach - river end
	Noon-4pm	Beach Volleyball court available	Main Beach - river end
Thurs 2	7.30am	Trail/Beach walking group	Meet on grass outside Captain Moonlite
	3pm-6pm	G-Boards available	Main Beach - river end. Membership card required.
Fri 3	3pm	Surfing group	Main Beach - river end. Membership card required.
Sat 4	8.00am	Ocean Swimming group	Bottom of the ramp
	12pm-4pm	Beach Volleyball President's Cup	Main Beach - river end. Get your team of 3-4 together and register
	3pm-6pm	G-Boards available	Main Beach - river end. Membership card required.
Sun 5		Anglesea Senior Carnival	Main Beach
Mon 6	3pm-6pm	G-Boards Available	Main Beach - river end. Membership card required.
Tues 7	10:00am	Beach running	Meet at Main Beach - river end
Wed 8	3pm-6pm	G-Boards available	Main Beach - river end. Membership card required.
Thur 9	8:00am	Beach/Trail Long Running	Meet at Main Beach - river end
Fri 10	3pm	Surfing group	Main Beach - river end. Membership card required.
Sat 11	7.30am	Trail/Beach Walking Group	Meet on grass outside Captain Moonlite
	3pm-6pm	G-Boards available	Main Beach - river end. Membership card required.
	Noon-4pm	Beach Volleyball court available	Main Beach - river end. Ball available from patrol.
Sun 12	8.00am	Ocean Swimming group	Bottom of the ramp
	3pm-6pm	G-Boards available	Main Beach - river end. Membership card required.
Tues 14	10:00am	Beach Running	Meet at Main Beach - river end
Thur 16	8:00am	Long run along beach/ cliffs	Meet at Main Beach - river end
Fri 17	3pm	Surfing group	Main Beach - river end. Membership card required.
Sat 18	7.30am	Trail/Beach Walking group	Meet on grass outside Captain Moonlite
	3pm-6pm	G-Boards available	Main Beach - river end
Sun 19	8.00am	Ocean Swimming group	Bottom of the ramp
	3pm-6pm	G-Boards available	Main Beach - river end
Tues 21	10:00am	Beach event session	Meet at Main Beach - river end
Thur 23	8:00am	Long run along beach/ cliffs	Meet at Main Beach - river end
Sat 25	3pm-6pm	G-Boards available	Main Beach - river end
Sun 26	3pm-6pm	G-Boards available	Main Beach - river end

## MEMBERSHIP RENEWALS

Don't forget to renew your membership for Season 19/20. You will have received a personalised email which explains step-by-step what you need to do for your particular type of membership, or you can use our express membership renewal service available on the club website.

### MEMBER BENEFITS

We have some fantastic new member benefits this season which you can check out by going to the ASLSC website:

[www.angleseaslsc.org.au/membership](http://www.angleseaslsc.org.au/membership)

Please note YOU MUST SHOW YOUR MEMBERSHIP CARD to redeem these benefits!

## SOCIAL RECREATIONAL ACTIVITIES

**THIS SUMMER THE CLUB WILL BE PROVIDING SOCIAL RECREATIONAL ACTIVITIES FOR CURRENT MEMBERS AND SOCIAL PASS HOLDERS. THERE WILL BE A NUMBER OF ACTIVITIES SOME WHICH WILL BE LED BY VARIOUS MEMBERS AND OTHERS WHERE EQUIPMENT WILL BE AVAILABLE ON THE BEACH. THE ACTIVITIES ARE:**

**Ocean Swimming Group:** If you can swim 300-400 metres and enjoy body-surfing (or want to get better), then come along for swim. This is not a coached session and is just a social swim. Swimmers must be aged 14 years or more and be confident in the water.

**Trail/Beach Walking Group:** Exploring the many trails or beaches around Anglesea this group will walk for up to 1-1.5 hours.

**Beach/Trail Long Running:** For those who like more of a challenge – we will be exploring a longer run around beautiful Anglesea and the local surrounds.

**Beach Running:** Would you like to try out beach sprinting or beach flags? Come down for a training session led by the Beach Team. No experience required!

**Surfing Group:** Want to have some fun surfing with other members. Come along and have some fun! You must be aged 15 years or more and be confident in the water.

**G-Boards available:** The club g-board surf boards will be available for current members to use. A trailer will be located at the river-end of the beach. If you would like to use please ensure that the board is returned to the trailer by 6pm on the day. This service will work on an honesty system, so if boards are not returned then we may have to discontinue. Membership card must be shown.

**Beach Volleyball court available:** Get some friends together to play beach volleyball. The ball is available from the Patrol trailer (where the beach patrol/lifeguards are). Please remember to return it when you have finished.

See the full list of activities in the Social Members Calendar on the left. In addition to those listed in the calendar, we hope to provide other opportunities throughout the season.

## Beach Safety

Summer is here so it's important to remember despite the fantastic weather that the beach still presents many risks.

**1 Summer is the hottest time of the year, with high UV radiation, so remember to slip (on a t-shirt), slop (on some sunscreen), slap (on a hat) every time you are out in the sunshine.**

**2 Beach conditions can change rapidly, always swim with a friend and on a patrolled beach between the red and yellow flags.**

**3 If you choose to swim and find yourself caught in a rip remember to swim parallel to the beach to swim out of the rip and then swim back to shore (never swim directly against the rip).**