



# North News



North Wollongong Surf Lifesaving Club  
November 2011 Newsletter



## Patrols

Summer patrols are now well and truly underway. If you have not been assigned a patrol or need a copy of the patrol roster please contact The Office (4229 7387) or Stuart Massey. Patrols for this month are:

- Sun Nov 20 – 5 and 6
- Sun Nov 27 – 7 and 8
- Sun Dec 4 – 9 and AR
- Sun Dec 11 – 1 and 2

A reminder that North Wollongong SLSC supports Scarborough SLSC by voluntarily



patrolling their beach. It's an excellent opportunity to increase your patrol hours and meet new people. This season the dates are December 11, February 19 and March 18. Contact Stuart Massey, Jo Goss or The Office for more information.

## Competition Carnivals

There have been a number of individuals and teams recently competing in carnivals. The Sydney Water Surf Premiership kicked off at Corrimal on October 23. Congratulations to all competitors involved, particularly those nippers who are having a go! This series will continue across the summer, with North Wollongong SLSC hosting a round on November 26. This is a fantastic opportunity for the club and if you would like to volunteer your time with the set-up and running of the carnival contact Matt Sweeney.



Surf Boat season has also returned and this season North Gong will be represented in 6 divisions. November 5 saw the start of the South Coast Surf Boat Series at Woonona, in extremely testing conditions. After 2 starts by the Reserves and Open Women's the decision was made to pull crews from

the carnival. An uneventful first competition row but crews showed enough to be in the mix next time with some luck. The South Coast Surf Boat Series will continue at Corrimal on December 5.

Last weekend North Gong had u23 women, open women and 2 men's reserve crews competing in the Garie Dash at Bundenna. A good day for all with the u23 women and reserve men placing 5<sup>th</sup> overall and the open women taking bronze with 3<sup>rd</sup> place. Congratulations and thanks to all involved.

## Training

Board, swim and beach training is taking place on the sand on Wednesday and Friday from 4pm. It is open to junior and senior competitors as well as anyone looking for some fitness or cross training.



## Proficiency Dates

Proficiency for the 2011/2012 season will be held over the following dates:

- Sat Dec 3 (10am-12pm)
- Sun Dec 18 (10am-12pm)
- Sat Dec 24 (10am-12pm)
- Thur Dec 29 (10am-12pm)

Please make sure you are up to date with the following criteria:

- Run/swim/run
- Resuscitation (DRSABCD)
- Rescue – 1 either board or tube
- Signals
- Radio
- Patient assessment
- IRB awareness

## Awards and Courses

The following courses will be run over the next few months. A great opportunity to learn new skills and add to the awards on your patrol. Please contact Stuart Massey if you wish to be involved.

- Advanced Resuscitation Techniques
- IRB Crew
- Spinal Management
- Silver Medallion (IRB Driver, Basic Beach Management, Advanced Emergency Care)

## Social Events



North Gong Nippers are having a fundraising night at the Gala Cinema on Fri Dec 9. Come along to see 'Puss n Boots' on the big screen. Tickets available be contacting Rhonda Meredith (0412 799 552).

If you wish to include any information in future newsletters please email [jessicaboniface@gmail.com](mailto:jessicaboniface@gmail.com)