

## The Bondi Surfer - 2 February 2011



### UPCOMING EVENTS

SYDNEY BRANCH OPEN CHAMPIONSHIPS - 12 FEBRUARY 2011 WANDA

#### LIFESAVING - [lifesaving@bondisurfclub.com](mailto:lifesaving@bondisurfclub.com)

Please click on this link to see the roster: <https://spreadsheets.google.com/ccc?key=0Av4Ie40o20FEedGVVZWJGdG16ZUpCNWixOzRMWVdqYIE&hl=en&authkey=CO2Bx5EB>

Any issues or questions please contact James Hutton [lifesaving@bondisurfclub.com](mailto:lifesaving@bondisurfclub.com)

- view the Bondi Surfer, there is a list of people currently seeking sub's
- to get on the list email [admin@bondisurfclub.com](mailto:admin@bondisurfclub.com) , with your patrol name, date, time
- or try contacting your friends

Once you have a sub or if you can't find one please email your Patrol Captain (email addresses are on the roster)

**Patrol Subs:** If you are able to help out on patrol please click on link: [SUBS NEEDED FOR PATROLS 10-11 \(1\)](#)

#### COMPETITION - [surfsports@bondisurfclub.com](mailto:surfsports@bondisurfclub.com)

### BONDI BLITZ AT PALM BEACH TO WHALE BEACH 2.5 KM SWIM

The Bondi swimmers again raced on the weekend and we continued to get better. It was an beautiful fine day at Palm Beach there where 1,732 swimmers that hit the water at 10am. This swim is one of the main swims on the 2011 Ocean swim calendar and is always hotly contested. Our Bondi SBLSC surf swim team just shone out in most age groups it was BONDI everywhere and I loved it. As did our battle hardened supporters led by club hard man stalwart Nick (the real deal) Nezvall. The journey to Whale Beach was rough and tumble with two of our female competitors in the lead pack all catching the same wave. Our girls and male swimmers did us very proud finishing on the podium in most age groups. What I love about our Bondi Team is the fact we are a Team and we share the victories and the pain of defeat together as one. Quote from his Holiness the Dalai Lama: " The more we focus on others, the more we have a concern for others, it seems to bring an inner strength." This is the Bondi way.

#### RESULTS Females

15-17 years 6th Sabrina Warwar 35:24  
20-24 years 1st Luane Rowe 31:35 (BONDI LULU)  
3rd Maddie Blomberg 34:58  
25-29 years 1st Louise Stevenson 31:36  
6th Liliana Guiscardo 37:25  
40-44 years 1st Dori Miller 33:40  
65-69 years 1st Lea Hill 47:07

#### RESULTS Males

15-19 years 6th Lochie Hinds 31:40  
30-34 years 1st Ryan Huckle 32:01 (Lord Huckle)  
35-39 years 16th Emiel Temmerman 36:25  
40-44 years 8th Keith McDonald 35:44  
45-49 years 15th Alex Warwar 38:58  
50-54 years 3rd Gary Emmerton 35:50  
5th Steve the Warrior de Lorenzo 36:12  
60-64 years 2nd Peter Longy 37:46 (The phenom)  
65-69 years 1st Cyril Baldock 36:47 (La Stupenda)  
2nd Lohn Caporn 37:23( The flying machine)

#### SURF TEAMS



Bondi Surf club A Team: Members - Luane Rowe, Lochie Hinds, Ryan (Lord) Huckle & Josh Beard This is a great team that defeated hard and committed opposition with good grace and sportsmanship well done all.

Steve de Lorenzo The Warrior words of wisdom: "Train Hard don't look for any excuses and don't look back."

Bondi SBLSC Head Surf Swimming Coach

inquiries call 0422192607

PROPOSED

AUSSIE

NATIONALS

PROGRAMME: 00003435-docsource

**EDUCATION - [education@bondisurfclub.com](mailto:education@bondisurfclub.com)**

**Next**

**Bronze**

Next Bronze induction is on 6 February at 10.30, all families, friends, school and work colleagues are encouraged to join the club.

**Our Bronzies in training**

**Education**

**Blog**

Blog: <http://bondisurflifesavingeducation.blogspot.com/>

### **IRB NEWS**

Our current crew trainees have really gotten their teeth into it and look on track to have an assessment within 3 weeks... which is just as well as we have another group starting just after that! In fact, due to the thoughtfulness of one of our drivers, one of the crew trainees got some reality-time experience with rollover procedure later last weekend. We await the carton of amber liquid guys!

Mark Travers continues to head up the BBQ contingent onshore, with each week netting several hundred dollars for the Club – as always, Mark would appreciate any help offered – setting up the BBQ, cooking or just assisting with cleanup at the end of the morning. Out the front of the Club, from about 09:00.

Our new motors have been ordered and the first comp event on the calendar will be in April. Watch this space for comp training advisory.

See you on the beach,

John de Launey

IRB Assistant Captain for Training

### **GENERAL CLUB NEWS**

**IF YOU DO NOT GET THE NEWSLETTER FOR SOME REASON ONE WEEK YOU CAN STILL ACCESS IT BY GOING TO AN OLD EMAIL AND CLICKING ON THE LINK. YOU WILL ACCESS THE LATEST NEWSLETTER. ALSO PLEASE SEND THE OFFICE AN EMAIL SO THAT WE CAN FOLLOW UP THE PROBLEM.**

**FOR SALE: [Dolphin mal For Sale](#)**

**BONDI GOLF DAY**

3rd Annual BSBLSC Golf Day FRIDAY 11TH March 2011

St Michaels Golf Club Golf Day 2009

Registration information [BONDI SBLSC](#)

**COMPETITION KIT:**

Competition kit is available on Sunday morning -the \$100 for seniors and \$50 for Juniors is payable. This goes towards your kit, repairs to equipment, licensing of trailers, transport of equipment, race entry fees and the Club dinner at the Nationals.

### **NIPPER NEWS**



### **Telstra 'Be Involved'**

A huge thanks to Telstra & our new Honorary Bondi Nippers – Parramatta Eel Nathan Hindmarsh & Iron Woman Alyce Bennett. Get on the website at <http://www.beinvolved.com.au/> and use the special code you received on Sunday to have a look at the great photos.

### **Age Managers & Water Safety Meeting**

Every Sunday morning at 8.30am, there is a meeting/briefing for all Age Managers & Water Safety. Yes, Age helpers are indeed welcome. These meetings are essential, in order that all are informed of the day's activities, and any relevant, up to date information.

### **New Running Coach**

The club now has a new running coach. And training is for the U12's and up. The coach's name is David. He will be coaching at the beach on; Tuesday & Wednesday for Nippers. Start time is 6pm.

### **Missing & Stolen Boards**

We have had a number of the missing boards returned to us during the Holiday break. We are very disappointed that individuals "borrowed" these boards without approval, although, we are much relieved they were "returned". Please keep in mind, no boards or property of Bondi Surf Club, may be taken without consent and approval. If you are in possession of our boards, please return immediately. We are still missing a number of Nipper boards. All of our boards are marked/identifiable by a Bondi JAC/Nippers Sticker, or logo directly glassed into the board. Please, should you see anyone using our boards outside of Nipper activities, please let Michael Gencher know, contact [nippers@bondisurfclub.com.au](mailto:nippers@bondisurfclub.com.au), or 0408 602 056.

### **GoGo Healthy Kids**

Bondi Nippers welcomes our new sponsor GoGo Healthy Kids!

"The GoGo team offer a number of in-school and extra-curricular activities that will engage and motivate all types of children.

These activities include:

Healthy Inc. the innovative primary school based health and fitness initiative unique to GoGo Healthy Kids

In-school fitness clinics

Before and after school fitness classes

School holiday programs

Personal training for children and parents

One on one family fitness and nutrition sessions

Sports themed birthday parties and events

Through these specially programmed activities, GoGo Healthy Kids will gain the knowledge and confidence to make healthy, active choices throughout their lives. Fitness and nutrition are a learned behaviour and we aim to teach these important life skills in a fun, supportive and team focused environment."

<http://www.gogohealthykids.com.au/>

### **Twisted Frozen Yoghurt**

Bondi Nippers is pleased to announce that TWISTED FROZEN YOGHURT is the official frozen yoghurt of the Bondi Nippers!!! If you have not tried Twisted yet... you are missing out! Get TWISTED already!!!

Not only will you have the best frozen yoghurt you've ever had... You'll also be supporting a local business that supports Bondi Nippers.

<http://www.twistedyoghurt.com.au/>

### **Sponsors**

Our Nipper Program is dependent on the assistance of not only our great volunteers, but also the assistance and partnerships with our terrific Sponsors. If you have any in-roads or introductions to potential sponsors of Bondi Nippers, we would greatly appreciate it.

Please contact Michael Gencher at [nippers@bondisurfclub.com](mailto:nippers@bondisurfclub.com) for any information or details regarding sponsor/partner programs and benefits.

Our 2010/2011 Sponsors & Donors

DATS <http://www.datsskipbins.com.au/>

Beach Road Bistro <http://www.beachroadbondi.com.au/>

Sun Greenaway Builders <http://www.sungreenawaybuilders.com.au/>

Bonds <http://www.bonds.com.au/>

1st Street Home loan & Protection Specialists <http://www.1ststreet.com.au/>

Blue Horizon Printing <http://www.bluehorizonprinting.com.au/>

Twisted Frozen Yoghurt <http://www.twistedyoghurt.com.au/>

GoGo Healthy Kids <http://www.gogohealthykids.com.au/>

### **Face book**

If you are on Face book, why don't you join our Bondi Nippers page? <http://www.facebook.com/home.php?#!/pages/Bondi-Nippers/155348247824519>

## **TRAINING**

### **Surf swim training sessions**

#### **Hi members,**

My name is Steve 'The Warrior' de Lorenzo and I am the person you have elected to develop the surf swimming section of our mighty club. You may not realise but the training is for all club members. This training is very important to our club as it shows our capacity to rescue members of the general public, which is the charter of our wonderful organisation to save lives in the surf. The famous images of Bondi Life Savers is recognised all over the world and you can be a big part of it. The training is both professional and fun and is provided free by our club management committee. My assistant coaches are Mr Peter Long and Mr Simon Watkins you can call him Coach Simon. Peter Long is a wonderful help to me in this area and his wonderful manner and great smile make him the greatest person to have as your coach. Coach Simon heads up the main competitive training group and I handle the new comers and development squad. Our team would love to see you turn up and improve your rescue skills see you on the beach for training:

#### **TIMES:**

**Monday 6pm to 7pm**

**Wednesday 6am to 7am**

**Saturday 4pm to 5pm**

**Steve de Lorenzo**

**inquiries 0422192607**

#### **Craft training**

To view this weeks training program with Matt Colquhoun click on the links:

Program\_JAN\_2011\_-\_wk39[2]

#### **Running training**

David Dworjanyan has recently taken up the position as running coach for Bondi.

Training times: Tuesdays and Wednesday at 6pm and Sundays at 9am.

## SURF RACE SEASON 2010/2011 (Week 19)

30/01/2011

### A GRADE

1st – Michael Cooper – 2.00

2nd – Daniel McKell – 2.05

3rd – Shaun Brooke – 1.30

Number of starters = 22

### B GRADE

1st – Tyrone Robertson – 1.30

1st – Anne Benoit – 1.30

2nd – John Gelagin – 2.00

3rd – Zoe Vaughan – 2.20

Number of starters = 28

### C GRADE

1st – Rory Weste-Haldane – 2.20 (Swims also in A Grade)

2nd – Alan Williams – 0.00 (Swims also in B Grade)

Number of Starters - 2

### S GRADE

R Tippett, S Hallam, T Hallam, L Engdahl & B Pickering

Number of Starters - 2

Total Number of starters = 55

Numbers were down a little with a couple of members not backing up after an exciting second round of the Club Champo's, where only the ski fraternity were not represented. To all those who showed up a big thanks for the effort & I hope you enjoyed it as much as Maggi, Raewyn & I did in officiating it. There was only one down side when a competitor turned up 40 minutes late & missed the opportunity to compete. Lets hope he is more punctual at upcoming carnivals.

This week we had two starters in C Grade with Alan & Rory ( who is just back from sunny Ireland & was sporting a snow tan, which I am sure he will loose quickly). Both are products of Bondi ASC, with Alan coming through our learn to swim programme that is still running and open to all. So if you know anyone who needs to learn or improve their swimming get them to contact me (on 9320 2722 during bus hours).

A Grade saw Michael who has been in the winners circle before swim strongly & beat out good mate Danny. As a youngster I recall Keiran as a pretty good sprinter, unfortunately he met his match in Shaun who edged him out of third place with a brilliant burst of speed from the waters edge.

We have not seen Squashy for a while and instead of going off at 3.25 he was given a start time of 1.30 ( I must be slipping). Under the circumstances we have two winners for the race, the other Anne who ironically also went off at 1.30. Second place went to John who is swimming well with Zoe not fare behind. Lets hope it is the first of many starts for Squashy and that we get him off on a time the reflects his abilities.

S Graders normally do not usually get around the buoys, however, I can report that both Tony & Sandra made it, although they were a little late getting to coffee afterwards, perhaps candidates for B Grade, only a thought though...

Next week will be the second round of the John F Cox (see the longboards for the history of this great lifesaver & his strategic death that puts our great lifestyle in focus). Needless to say points for A & B Grade still apply.

I look forward to seeing you all, have a good week.

Doc