



## The Bondi Surfer - 9 February 2011

The Bondi Surfer



### UPCOMING EVENTS

**BRANCH OPEN AND MASTERS CHAMPIONSHIPS - WANDA 12 FEBRUARY 2011 - Board Riding is a 6.30am report, 7am start. Water area 1 and 2 - 7.30am start. R & R and belt races - 7.15 report, 7.30am start. Beach Events -**

**8.30 report and 9am start and Masters - 7.30 report 8am start. Come down and support our team**

**BRANCH AGE CHAMPIONSHIPS - WANDA 13 FEBRUARY 2011**

**Bondi surf sports team BBQ this Saturday after Sydney Branch titles .**

**On the grass next to boat shed. All welcome**

**Stan Mac date announcement:**

**Sunday 27th February 9am and Monday 28th February 6pm Stan Mac trials all members welcome to swim**

### RIPS AND CURRENTS

On the weekend SLSA ran a synchronised dye release at all Sydney and Sydney Northern beaches, to generate media interest in a Rip Current Awareness Day. Unfortunately the event took place a few hours after a strong southerly change hit Sydney, and turned conditions very bad, very quickly! We have however obtained good images from the event, and a lot of learning's to help progress this day into the future. It is actually quite cost effective, and during trials (on hotter days) engaged the public very well.

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

Please click on this link to see the roster: <https://spreadsheets.google.com/ccc?key=0Av4Ie40o20FEedGVVZWJGdG16ZUpCNWixQzRMWVdqY1E&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 (2)**

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

### BOATIES:

#### ASRL - WOOLONGONG

The boaties went down to Woolongong for a 3 day carnival and our B crew swept by Harvey Barrett made the top 12 out of 70 crews. This is a great effort by a very promising crew.

Our A crew made it to the 4th round.

Clayten's girl crew had a fill in with Mel out fighting fires and they made it to the 5th round good job girls!

Our masters crew didn't get out of the round robin.

Bondi under 23 male surfboat had their first start last Friday at ASRL and rowed 3 rounds. Welcome to the club guys (all but Hoggie, the sweep and Owen Wynne) Well done

Dave Auckett

### EAST COAST MASTERS

**News from the Collaroy Masters Carnival: Sunday 6th February 2011**

In very hot conditions our small contingent held the bondi flag aloft at Collaroy the venue of the East coast masters surf carnival. Results were impressive from the team.



Ski 50 years Grant Veckranges 3rd 130 Taplin Bondi 3rd (Team headed by the Lion of Bondi Grant) 50 years surf 1st Steve de Lorenzo, 50 years tube 1st Steve de Lorenzo. Over 34 years Surf 2nd Simon Watkins, Tube 1st Simom Watkins. great work to the swim team at Collaroy masters.

### **COOGEE CARNIVAL Saturday 5th February 2011**

#### **SWIMMING:**

This carnival was held in 44 deg C heat on what was a reasonably calm surf. The swim was not all that long so to be in the hunt the swimmers had to be alert at the start and go hard early. In the open women's surf race Luane Rowe led all the way and was piped at the line by a Wanda swimmer. Louise Stevenson was third, with Dori Miller 4th, Maddie Blomberg 6th and Andrea Miller 8th. Well done to the open women team. The under 17 years surf was a great race with our wonder boy Lochie Hinds coming 5th against older boys he still has a year to go in this age group. In the female open belt Dori Miller was first with Andrea Miller second.

#### **CRAFT:**

Mixed double ski - Ardiel Young and Sarah Veckranges - Second

U17 Single ski - Sarah Veckranges - 5th

U19 Board - Matt Weetman

Double Ski - Matt Calquhoun and Adriel Young - 4th

Single Ski - Adriel Young - 7th

#### **R & R**

1st Open mens 5 person R & R - 1st

Open Mixed 5 person - 1st



Open mens 6 person - 2nd  
Open womens 5 person - 2nd  
Well done

### **THE COLE CLASSIC OPEN WATER 1KM & 2 KM SWIM Sunday 6th February 2011**

The Cole Classic is arguably Sydney's highest profile Ocean Swim. The race is the largest of the ocean swims with 4231

Official finishers. Our brilliant young swimmers again swam the house down for Bondi yes Bondi SBLSC both individually and as a team. Luane Rowe had a half page featured article in last Thursdays Herald and on Monday both Luane and Louise Stevenson were featured in a post race article. This is great for our sponsors and our club spirit.

Results: 1km Elite category

3rd overall 1st Female Louise Stevenson

4th overall 2nd female Luane Rowe

Results Open male

1st Lochi Hinds

Results 2km Elite wave category

4th overall 1st Female Luane Rowe

6th overall 5th male Scott Vandermall

7th overall 6th male Ryan Huckle(Lord Huckle)

8th overall 2nd female Louise Stevenson

Results Junior Male & Junior Female

2nd overall Lochie Hinds

19th overall Sabrina Warwar

### **TEAMS RESULTS COLE CLASSIC**

1st Open Male Team Bondi SBLSC

1st Open Mixed Team Bondi SBLSC

**To all club members these are truly amazing results from our Bondi swimmers. Well done we near club members take our hats off to you.**

**Steve de Lorenzo**

**If you want to be a part of our racing team masters or open see Steve or ring him on 0422192607**

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

### **Bronze Presentation**

This Saturday morning come along at 9am to watch the Bronze team led by James Hutton & Jann Ashley finish their part B. To celebrate this achievement, join us on Sunday 13th February at Bottles from 5.00pm onwards, Ravesis is kindly serving some finger food and the presentation will begin at 6pm. All members, including partners, family and friends of the Bronze's are all welcome to join in the celebration.

### **Gold Team at Coogee**

On Saturday 5th February at Coogee, 9 Bondi Lifesavers from the Gold Training program joined the Bondi competition team for the Champion Lifesaver Event. It was a brilliant turn out, the largest Bondi has had in many years, with Bondi taking out first and third in the sprints and overall a strong team effort just behind Cronulla, Coogee and Stanwell Park. With 44 degree maximum temperature, competitors showed their strength and many made it to the finals of the tube race, sprint race and in the top ten in resuscitation, multiple choice, swim and board paddle events. Thanks to the training by Ilya Anisimoff and Josep "Pep" Font, this team will be even bigger in a year's time. Competitors were Lyndsay Steadman, Katie Walsh (Go the girls!), Scott Stein, Chris Lorang, Paul Capper, Josep "Pep" Font, James Rogers, Francisco Cordero and myself, Colin Panagakis. Just a reminder all members are welcome to train with Pep, in addition to the Warrior's professional training. Pep's training encompasses board work, running, swimming and transitional drills, so if your board paddling needs a bit of work, go to the community page on facebook "Go for Gold" and join in.

## **Courses**

If you would like to complete a spinal management course or are thinking of becoming a patrol captain in the future, see the course offerings below;

SLSA Sydney listing of courses: <http://www.surflifesavingsydney.com.au/Lifesaving-and-Education/Training-Courses/>

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

## **Reminders**

A few reminders, to check all your awards, patrol hours and your contact details go to [www.lifesavingonline.com.au](http://www.lifesavingonline.com.au)

We have 5 new foam boards at the club, please remember If you are going out for a board paddle on the weekend or on a public holiday, you must wear a lifesaving cap or bronze cap.

## **Linkedin**

Bondi members are the heart of this club, which is why this volunteer organisation is so special. So in an attempt to bring together and network the vast professional skills of our members, we now have a professional group for the club available via Linkedln. Jon Slack-Smith is running our first and official Linkedln group, so join up by searching for "Bondi Surf Bathers Lifesaving Club". Then add any details to the group you like to promote your services or business. [www.linkedin.com](http://www.linkedin.com)

## **Education**

**Blog**

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

## **GENERAL CLUB NEWS**

### **MEMBER OF THE MONTH:**

January Member of the month has become a big name in the club " THE WARRIOR" aka Steve De Lorenzo. Steve has lifted the swimming in the club to new heights and is a positive influence to all who train with him. Steve holds many records and is still a top competitor in the Masters Competitions.

### **LATE JOHN ANDERSON**

Older members who were associated with the Bondi Lifesavers Rugby Club in the 1970's will be saddened to hear of the passing of former centre-threequarter John Anderson who suffered a fatal collapse following a game of racquet ball at his now home town of Zionsville, Indiana, USA, on 16 December 2010. John and wife Lesley had moved to the USA many years ago in pursuit of his passion for motor sport where he became a highly respected and successful race car team leader, with three 'Indy 500' wins to his credit.

A Memorial Service for John will be held next Monday, 14 February 2011, at 11am at the Eastern Suburbs Rugby Club, O'Sullivan Road, Rose Bay.

### **BONDI GOLF DAY**

3rd Annual BSBLSC Golf Day      FRIDAY 11th March 2011

St Michaels Golf Club Golf Day 2009

Registration information   [BONDI SBLSC](#)

### **OFFICE :**

The Office is currently manned by Leanne Bartlett on a Monday - Wednesday and Viv Veckranges on Thursday, Friday and Sunday.

**Office hours are Monday to Friday 9am to 3pm and Sunday 9am to 12 am**

**Visors are now in stock at \$20**

## **NIPPER NEWS**

### **Wanda Branch Carnival**

Due to the Branch Carnival at Wanda this Sunday, February 13th, there will be no regular nippers activities.

### **Queensland Flood Appeal**

I would like to thank all for their efforts on the BBQ last weekend. If you did not know, all proceeds from the BBQ last weekend are being donated to the Queensland Flood Appeal. I am very happy to report, that the Bondi Nippers will be making a donation of nearly \$2000!!!

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.

### **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\\_FEB\\_2011\\_-\\_wk41\[1\]](#)

[Program\\_FEB\\_2011\\_-\\_wk42\[1\]](#)

[Program\\_FEB\\_2011\\_-\\_wk43\[1\]](#)

### Running training

David Dworjanyyn 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 20)

06/02/2011

#### A GRADE

1st – Keiran Speed – 1.20

2nd – Scott Stein – 2.00

3rd – Sarah Hallam – 0.45

Number of starters = 26

#### B GRADE

1st – Anne Benoit – 2.00

2nd – John Cooper – 0.00

3rd – Doug Yuide – 0.45

Number of starters = 45

#### C GRADE

1st – Lizzie James – 2.00 (Swims in A Grade)

2nd – Gabbi Van der Ham – 2.00 (Swims in A Grade)

3rd – Rory Weste-Haldane – 1.55 (Swims in A Grade)

3rd – Alan Williams – 0.00 (Swims in B Grade)

Number of Starters - 4

#### S GRADE

R Tippett, S Hallam, T Hallam & L Engdahl

Number of starters = 4

Total number of starters = 79

What a chaotic morning; a small surf, a long bank & a blazing sun, setting the tone. Raewyn was still taking names at 10.30 & it is requested that you try & get down a little earlier to enter, especially if it is your first race. We are still trying to sort out the BM squad as we did not get all their names, however, they could not be missed as a sea of orange caps swam anti clockwise to create total confusion at the finish line & no doubt between the buoys, But it was still all good fun. The First swimmer in was cadet Alan W ( who only swims around the first buoy), with Anne being declared the winner with a good run up the beach to nudge out an ageless Johnny Cooper with another veteran Doug coming in third. A Grade saw Keiran add another notch to his wins must be close to a hundred since his cadet days. He made it in with a good wave to beat Scotty who ran interference to beat Sarah. All three are also members of Bondi ASC, which is not a bad effort. Next week we will starting off with the reintroduction of the Cadet race so if you know any U15's get them down to join the four swimmers we had in the water. It was good to see Lizzie back with her friend Gabbi, with Rory & Alan now being regulars It was pleasing not to come in last & after being congratulated on my effort I was then told Rozanne is a B Grader who came down late & joined the A Grade race well after I started. Another hot one with plenty of starters, lets look forward to more of the same next week. To our Masters the second round is now being held on the same day as the 3rd round of the Club Champo's Finally to the female patrol member who lost her pink water bottle on the southern outpost on the 23rd January, I recovered it & it is now in my locker. Please see me next Sunday for its collection.

Doc