

The Bondi Surfer - 26 January 2011



BONDI GOLF DAY

3rd Annual BSBLSC Golf Day FRIDAY 11TH March 2011

St Michaels Golf Club Golf Day 2009

Registration information [BONDI SBLSC](#)

SECOND ROUND OF CLUB CHAMPO'S SUNDAY 30 JANUARY 2011 8AM SHARP

LIFESAVING - lifesaving@bondisurfclub.com

Please click on this link to see the roster: <https://spreadsheets.google.com/ccc?key=0Av4Ie40o20FEdGVVZWJGdG16ZUpCNWixOzRMWVdqY1E&hl=en&authkey=CO2Bx5EB>

Any issues or questions please contact James Hutton 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 , 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](#)



COMPETITION - surfsports@bondisurfclub.com

CRAFT

The Craft Team has had a very busy January 2011 competing at four carnivals; Queenscliff, Wanda, Manly and Freshwater. The results have been promising with the young competitors getting great results. Coach Matt Colquhoun has been working hard with his squad and the results are starting to come. The great thing about these young competitors is their positive attitude with many of them competing in 12 or more races in multiple age groups at carnivals. Bondi has also had a taplin team compete at each carnival with promising results. Finishing 10th at Manly with a 16 year old swimmer and board paddlers aged 15 and 18 years old. Adrial Young is starting re capture his form from last year by just missing out on making the ski final at Manly.

Results:

Queenscliff:

U17 Board 5th: Lewis Carrey

U19 Board 7th: Matt Weetman

Open Taplin (3 man): 8th

U17 Female ski Sarah Veckranges 7th

Wanda:

U17 Board 5th: Lewis Carrey

U19 Board 5th: Matt Weetman

Open Mixed Double: 3rd Matt Colquhoun / Sarah Veckranges

U17 female ski 4th Sarah Veckranges

Manly:

10th Open Taplin Relay

Open Double final: Matt Colquhoun/ Jack Gencher

Open Double final: Greg Byrnes / Adrial Young

Open Single Ski Semi Final: Adrial Young

Open Mixed Double Final: Greg Byrnes / Sarah Veckranges

Sarah Veckranges U17 female final 10th after getting a ski hit her off from behind

Freshwater:

Poor turnout at Freshwater. Mist and bluebottles saw the cancellation of all the swim events including in the taplin.

Gabbi Vanderham made her first appearance in the U15 sprint and board - well done

Sarah Veckranges and Matt Colquhoun faired well in both the single and mixed double ski

R & R

Manly:

open mixed 6person - 1st

Open women 5person - 1st

Open mixed 5 person - 2nd

open men 5 person - 3rd

Freshwater:

Open women 5person - 1st

Open me 6person - 2nd

Open Mixed 6 person - 3rd

SWIMMING

Warriewood to Mona Vale Ocean Swim

It was the cleanest, warmest water we've had all season. Given this it was not an easy swim, heading into the chop all the way from Warriewood and then greeted by blue bottles at the last turning buoy, made for a very interesting swim.

The Bondi swimmers backed up with another outstanding day in the ocean.. Luane Rowe taking out the race overall and was closely followed by Louise Stevenson in 3rd.

RESULTS

Luane Rowe - 1st Overall

Louise Stevenson - 3rd Overall 1st 25-29yrs

Simon Watkins - 2nd 35-39yrs

Andrea Miller - 3rd 25-29yrs

Steve De Lorenzo (aka Warrior) - 50-54yrs

Manly Surf Carnival

The Bondi Surf Team produced some strong performances at the Manly Surf Carnival. This week we travelled North to take on the best from throughout NSW and some visiting QLD teams. It was to be a long, hot afternoon, but when the time came the Bondi swimmers were ready to race.

After numerous Warrior sessions we are starting to seeing the benefit of the in's and out's training with the surf swimmers.

RESULTS

Luane Rowe - 2nd Open Womens Surf Race

Louise Stevenson - 8th Open Womens Surf Race

Maddi Blomberg - Top 20 Open Womens Surf Race

Andrea Miller - Top 20 Womens Surf Race

Lochie Hinds - 7th Open Mens Surf Race

- Finalist - U17 Mens Surf Race

Scott Van Doormaal - 8th Open Mens Surf Race

Sabrina Warwar - Top 10 U17 Womens Surf Race

BOATS

MANLY

OPEN MEN 4TH ROUND

OPEN WOMEN QUARTER FINAL

RESERVES

11100S TOP 12 OUT OF 120CREWS SEMI FINAL

LIARS 4TH ROUND

EAST COAST MASTERS CARNIVAL AT COLLAROY BEACH SUNDAY 6TH FEBRUARY 2011

This is a great masters carnival and leads us into the championship carnivals there are events for all masters competitors at all standards. You don't have to be the best to turn out for Bondi. We are a team and we need all of our masters competitors at this carnival. Masters racing is in 5 year age groups from over 30 years of age to 60+ years. There is a social BBQ and drinks at the Collaroy SLSC after the carnival. All those masters competitors who wish to go see Viv and the office crew to place in your entries. Attached is the carnival program I will be there ready to go please join me and Coach Simon Watkins. BONDI NEEDS YOU TO FLY THE FLAG.

East_Coast_Masters_Flyer

East_Coast_Masters_Events_List

PROPOSED AUSSIE NATIONALS PROGRAMME: [00003435-docsource](#)

EDUCATION - 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.

Education

Blog

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

IRB NEWS

GENERAL CLUB NEWS

Hi, I had patrol last sun arvo (Ormsby) and accidentally put someone's patrol cap in my bag (either during patrol in tent or immediately after in men's change room). I don't think it belongs to anyone from my patrol so if you could please make a note in the next bondi surfer that'd be great.

Thanks

Christian - 0424 558 981

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

Weekly Nippers News

Welcome Back to Nippers! Nippers Resumes This Sunday January 30th!!!

On Sunday January the 30th, Telstra are supporting our next regular Nippers day on Sunday 30th January. A Telstra tent will be on the beach throughout the morning. You'll have an opportunity to get heaps of giveaways and prizes, and have your photo taken with some of Telstra's sporting ambassadors, including Nathan Hindmarsh and Adam Goodes. See you there!

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, 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

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_-_wk38[1]

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 18)

23/01/2011

A GRADE

1st – Terry Anderson – 2.10

2nd – James Rogers – 1.30

3rd – Jann Ashley – 2.00

Number of starters = 39

B GRADE

1st – Christian Schoener – 1.15

2nd – Leona Stojak – 1.35

3rd – Rozanne Green – 1.30

Number of starters = 24

C GRADE

1st – Michael Hamilton – 1.00

2nd – Sarah Hamilton – 0.30

3rd – Daniel Hamilton – 0.00

Number of Starters - 3

S GRADE

R Tippett, S Hallam, L Engdahl

Number of starters = 3

Total number of starters 69

Another great day at the beach. The water was warm with waves mainly when you were going out. It was another long race. We had 8 members from Emu Park go off in A Grade at 2 minutes. Some came in among the first 6 people. They seemed to enjoy their time at Bondi and participated in the morning patrol

Family's are very important within our Club life and we see this week in and week out at the races. This week it was the turn of the Hamilton's, with the kids heading up our first Cadet race of the season, with Michael winning, followed by Sarah & Daniel. Daniel will not be around next week as he will be at a Nipper development camp. We wish him all the best and look forward to hearing all about the weekend.

A Grade saw that "old stager" Terry win from a very good field, with James & Jann hot on his heels. This race is certainly growing with more and more competitors coming down each week. It will put a smile back on my face when we hit that magical 50 starters.

B Grade which traditionally always had more starters is still a long way from reaching its potential. However, the field is producing some good competition with this weeks winner Christian holding off a fast finishing Leona (who is getting a lot of training done on her bike) with Rozanne, not that far behind.

As always I am more than ably assisted by Raewyn, or should it more correctly be put the other way round. A new face who has been helping out is Tony Hallam with the start of A Grade. Tony is the father of Sarah & Michael, who are regular swimmers with Mum Sandra.

Last week I mentioned the second round of the Club Champo's that will be held next Sunday and I repeat.

"All competitors please note that the second round of the Club Championships will start at 0800 sharp on the 30th January. Please advise if you are competing prior to the day. Late entry's will be taken from 0745 to 0800 & then the events will be closed. The Veterans first round will be held at 1600, with entries taken from 1545 to 1600. Age groups shall be in 5 year stages thirty's to over seventy's This is the same format that we successfully used for the first round of the Champo's. Remember you can not win it or place unless you start, so come down and have a go and enjoy the fun. If you have any query's or concerns give me a call or speak to me on the beach."

Ormsby Patrol had a busy Sunday Arvo. As well as being on the beach some of the members could have thought that they had joined Volunteer Bush Fire brigade. This is how Jake Yuide say it:

"Myself, Damien and Scott Stein noticed the fire from down on the beach so we ran up to the club to investigate. When we arrived Arron Muller was also there and the four of us went up the back to see what was going on. About the same time the beachies arrived and when we got up the back they told us to clear out because there was petrol and other fuels right where the fire was burning. We went back around to near the IRB shed when Dorrie came out of the club and told us that there were

people inside. Aaron and myself then went inside the club to make sure everyone inside got out before anything serious happened. Meanwhile Scott and Damien assisted the beachies in securing a perimeter around the club making sure no one got close to the fire. By the time Aaron and myself finished clearing the club Josh, Justin, Hallam, Scott, Christian, Mike, and Alana were all assisting to keep the public clear of the club along with Damien and Scott Stein. We all continued to do so until we were informed by both the beachies and the fireies that it was safe to allow people to pass on either side of the club, both myself and Damien liaised with the fireies to ensure things were done right on our part.”

Doc