

The Bondi Surfer - 2 March 2011



Golf Day - 11 March 2011

Stan Mac Relay 27 March 2011

LIFESAVING - lifesaving@bondisurfclub.com

Please click on this link to see the

roster: <https://spreadsheets.google.com/ccc?key=0Av4Ie40o20FEeGVVZWJGdG16ZUpCNWixOzRMWVdqY1E&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 \(2\)](#)

COMPETITION - surfsports@bondisurfclub.com

ALLPHONES NSW MASTERS AND OPEN CHAMPIONSHIPS: 17-20 March 2011

Good luck to all competitors. Please make sure your competition levy has been paid and all travel arrangements have been given to the Director of Competitions: Grant Veckranges: surfsports@bondisurfclub.com

2011 AUSTRALIAN SURF LIFE SAVING CHAMPIONSHIPS, KURRAWA, QLD, TOURING TEAM NOTICE.

All intending members of the Club's Touring Team to the Australian Surf Titles at Kurrawa Beach, Queensland, 2 to 11 April 2011, are advised that they are required to attend a full team meeting at the Clubhouse (Scenic Lounge), commencing at 3pm on Sunday 13 MARCH 2011.

Attendance is compulsory for all team members, including both Masters and Open events.

Meeting business will include outline of team member requirements, signing Code of Conduct acknowledgements (No sign – no travel), provision of additional team clothing, and a team photograph.

Intending competitors should note that tour team levies (\$100) must be paid by Friday 4 March 2011. (No levy – no accommodation).

Team members are also advised that the traditional Touring Team Dinner will be held at Mario's Restaurant, Broadbeach, at 6.30pm on Thursday 7 April 2011 at 6.30pm. As usual, attendance is compulsory.

Further Team Notices will follow in the Bondi Surfer in coming weeks. Members with any queries or inquiries should refer same to respective competition section heads.

John Greaves Rod Harvey

Team Manager Assistant Team Manager

IRB NEWS:

EDUCATION - education@bondisurfclub.com

CPR

This latest guideline on CPR is just out. Have a careful read, much of the recent trend in thinking and practice is now in our guidelines.

Changes to CPR following Australian Resuscitation Council Guideline changes 110106 - final

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
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 LinkedIn. Jon Slack-Smith is running our first and official LinkedIn 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

Education

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

Blog

GENERAL CLUB NEWS

Patron Les Hawkins:

Les is doing really well. He is now gracing the sands of Bondi on Sundays to watch the Surf Races and is going into the surf at 6am with David at Maroubra.

Regards Liz Hawkins

Position Vacant - SLSA Lifesaving Services Coordinator. [Position Vacant - SLSA Lifesaving Services Coordinator](#)

THE BALL IS BACK! With the theme "Return to Glamour"

The Bondi SBLSC Ball will be on Saturday May 21st starting at 7pm. Venue will be announced in the next fortnight and from early interest we expect tickets to go very fast so don't leave it too long!

Tickets are \$120 though if you pay for a table of ten the cost per ticket will be \$110. Under 18s are allowed with 16 being the minimum age, tickets are \$80 for anyone that is Under 18 at the time of the ball (not the time of purchase). Your ticket covers food and alcohol till midnight. Partners and friends are welcome so invite them along. There will be music to dance to and speeches will be kept to an absolute minimum!

You can purchase from the office at the surf club by going down there or on 9300 9279. It will be a formal dress code so dress up (no, that doesn't mean you just iron your jeans!) and get your tickets before it sells out!

Contact Jacob Waks on deputyresident@bondisurfclub.com if you have any questions.

PLEASE RETURN:

If anyone removed a gas bottle and table from the boat shed could they please return it as it belongs to one of our members

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.

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

2nd Round of Annual Photos

On Sunday March 13th 2011 we will be having a second round of group and age group photos taken of the kids during the morning activities for the Bondi Nippers annual report. Sorry for the inconvenience, but Tim Reed, the photographer, club

member & true gentleman had a mix-up with his camera. On Behalf of Tim, although completely unnecessary... he would like to offer his sincere apologies to everyone involved in Sunday morning's group shots for making a mistake with the result that we now have very nice Black and White shots rather than colour. Tim is extremely upset on everybody's behalf. He had taken a sequence of shots the day before with the camera set to Black and White and forgot to reset it to colour. The regular activities will again, be disrupted as little as possible.

Please make sure your child is wearing the Bondi Nippers uniform of rashie, cossie and cap. Please, be on time as we will start with a group photo at the front of the club, directly after muster. Bondi & Tamarama Nippers Day

This Sunday, March the 6th, we host our annual Bondi/Tamarama Nippers Day!

The Nippers from Tamarama come down to join us in our regular activities. It is a great day, and a great opportunity to have fun & a little competition with our Nipper neighbours! The activities are as per usual, and kick off with muster at 9.00am.

BBQ Roster Bondi Nippers BBQ-

Sunday Feb 27th - Under 10's age group rostered on. We need parents on duty at 7.30am!

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. Boards A reminder to all Nippers & Parents, all boards are to be returned to the storage container directly following nipper activities on Sunday. There are no exceptions to this rule.

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 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/>

SunGreenaway 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/>

Grill'd Healthy Burgers <http://www.grilld.com.au>

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

Grill's Burgers Darlinghurst

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

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_-_wk42[1]

Program_FEB_2011_-_wk43[1]

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 23)

27/02/2011

A GRADE

1st –Colin Thackeray – 1.15

2nd – Linda Mead – 1.30

3rd – Scott Palmer – 1.10

Number of starters = 45

B GRADE

1st – Alan Williams – 0.30

2nd – Martin Waters – 2.10

3rd – Jay Sabblah – 1.45

Number of starters = 37

C GRADE

1st – Manon Saint-Clair – 1.00

2nd – Michael Hamilton – 1.00

3rd – Alan Williams – 0.00

Number of Starters - 17

S GRADE

R Tippett,

S Hallam & T Hallam

Number of starters = 3

Total number of starters = 102

Clubbies,

The best Sunday morning of the season, imagine what it would have been like if that gentle rain early on had not kept the crowds away.

It all started at 7.14 with entries for the third round of the Club Chanpo's. We seem to be getting better at it. Unfortunately we could still do with some more competitors. The exception was the Surf Race with half the Club competing and my thanks to Andrew Hoggett for getting so many of our elder statesmen down to the beach for a 9.00 am start.. We saw a consummate swim from Tom Miller (whose parents did not go all that badly in the Masters) who blitzed the competition and picked up a trickle of a wave and feathered it all the way to the beach. It was unfortunate that up and coming young competitor was not well and missed a couple of events. We hope you are over it quickly and back into it.

To all those who competed thank you. To Maggi & Raewyn as always I really appreciate your support, as I could not do it without you. Keiran came down and helped as well & that was great, as did a number of other members, thanks.

Without missing a beat we moved to the weekly races which are now sponsored by Grill'd Restaurant in Darlington. Will all placegetters see me after next weeks race & I will provide you with a voucher.

I saw again what a morning; with a 102 starters. The Cadets started the proceedings with Manon swimming a great race followed by Michael and Alan a close third. Next week we will put the Cadets off after B Grade so that they can watch, pick up a bit of surf awareness and ask questions of our Senior Competitors.

B Grade was another interesting race with half of the orange caps jumping the gun & going off at go and not two minutes. I am sure a lot of them will make great boaties. Cadet Alan Williams after all the confusion and his good swim in the previous race, came in first followed by Martin & Jay.

A Grade saw the return of Big Bad Colin T for a first up win. Linda followed him in with Scott P not far behind. Another regular Ziggy has been in the wars, however, he tells me he is ok and the scarring is not noticeable. So remember use block out and wear appropriate clothing whenever in the sun, it pays in the long run.

We then moved into the Masters with a small group of competitors backing up for one final race of the day. The final round will be held on the 13th March.

To all PATROL CAPTAINS remember the first inter patrol competition will be held on the 3rd April, so get you members organized. Any questions, please give me a call, we will be looking at a six man team, with all races team events. Just imagine if everyone from Sunday brought down a friend for next weeks race, we would have almost as many competitors as the Nippers. So make the effort and enjoy the fun and come down and have a swim or enjoy the camaraderie.

If Les can make it, so can you!

Doc