



Bottles

Every Sunday from 4pm.

LIFESAVING - lifesaving@bondisurfclub.com

Please click on this link to see the

roster: <https://spreadsheets.google.com/ccc?key=0Av4Ie40o20FEedGVVZWJGdG16ZUpCNWixOzRMWVdqY1E&hl=en&authkey=CO2Bx5EB>

Any issues or questions please contact James Hutton lifesaving@bondisurfclub.com

If you need a sub for a patrol do the following:

- 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

Kit will be issued this Sunday after club championships to competitors representing the club upon receipt of their \$100 levy for seniors and \$50 for juniors

Surf Sports Calendar 10-12 V8

COOLANGATTA GOLD

The race had a deep water start due to the large and difficult surf that Kurrawa is known for. Wasn't the ideal start to any endurance race after having broken my water supply on the way out to the start line, I then proceeded to paddle the 23km to Coolangatta with not a drop of water, the wind was blowing from the south so it was a tuff 2hr slog directly into it. I came of the Ski leg in 10th place, from here I entered the swim (still with no water as my handlers had no idea I had broken my water pack before the start. I had a very poor swim leg and after 3hrs of racing with no water enjoyed a big drink when getting out of the swim 3.5km at Bilinga. I used the next 4km run as an opportunity to take in as much water as possible, by this stage I was in a less than favourable position going into the board at around 30th place. Getting out of Currumbin for the 5.5km board paddle was pretty tuff with the swell and sweep both running pretty strongly. Hitting the beach at Burliegh I was starting to feel better with that water from before the board leg and knowing I only had 10km of beach ahead (and a steep headland). I ran the 8th fastest 10km run leg, putting me in 22nd position. Bit disappointing, but plenty to work on for next year.

Adriel Young

REPORT FROM STEVE DE LORENZO SURF SWIM COACH FOR OPEN AND MASTERS BONDI SLSC INS & OUTS TRAINING

Last week we saw 26 people attend the Wednesday 6am session this was great to see both myself and my assistance coach Simon Watkins (COACH SIMON) were really pleased to see so many turn out in light surf conditions. We worked what was a long and difficult bank coupled with some solid sand running. We again backed up for a Saturday session from 4pm to 5pm and again this was well attended. We are also now doing a Monday 6pm to 7pm to suite the office workers so no excuses come along and get some fitness going. This program is for all standards yes we have a great top group but the average club person is very welcome. A big thanks to Coach Simon for putting on a few beers and soft drinks after the Saturday session it was so nice to all get together socially. Again I am very impressed with the surf team who all helped out with the Waverley shield Nippers carnival I saw most of our team doing water safety or working in hot conditions selling sausage sandwiches to the masses. We swimmers are team players and the club committee have noticed this commitment well done to you all. See you on the beach.

1st MASTERS MEET OF THE SEASON FRESHWATER MASTERS THIS SATURDAY 20/11/2010 8am start

The first masters carnival is this Saturday the 20th of November 2010 entries close on the 18th November 2010 see the masters flyer in the Bondi Surfer. My role as masters captain is to gather together all of the competitive masters in the club. You don't have to be a champ just turn up and give the racing a go we need competitors to wear the Bondi colours. I will be at Freshwater at 8am to warm up of all those that are there to have a crack at the races. The entries are done via the club so give Vivian Veckrangers a ring at the office and get your entries in it is your responsibility.

EVENTS ON SUNDAY 21/11/2010

The first round of the club championships are being held at the club as advertised in the Newsletter so be there and have a go. Also on the Sunday is the first of this seasons big ocean swim series races at Balmain it is the Dawny's Cockatoo Island Swim. There are two swims a 1km start 8.45am & a 2.5km start 9am. You can only enter one race our great club will be well represented in this race. You can enter on line go to Ocean Swims. I will have the results for the newsletter next week Bondi SLSC club swimmers will be everywhere this season their results will be breathtaking.

SURF CARNIVALS THAT ARE COMPULSORY TO ATTEND 2010-2011 FOR THE BONDI SURF CLUBS SWIM TEAM DECEMBER 2010

Saturday 18th December 2010 Cronulla Open Carnival 1st meet

January 2011

Saturday 8th January 2011 Queenscliff Open Carnival 2nd meet

Saturday 22nd January 2011 Manly Open Carnival 3rd meet

Wednesday 26th January 2011 Australia Day Freshwater Open carnival 4th meet

February 2011

Saturday 5th February 2011 Coogee Open carnival 5th meet

Saturday 12th February 2011 Sydney Branch Open Carnival venue to be advised 6th meet

March 2011

Friday 18th March 2011 to Sunday 20th March 2011 NSW STATE OPEN CHAMPIONSHIPS Kingscliff Beach 7th meet

April 2011

Tuesday 5th April 2011 to Sunday 10th April 2011 AUSTRALIAN OPEN CHAMPIONSHIPS Kurrawa Beach Queensland 8th meet

You are obliged to attend these carnivals for the club unless there is a good reason for non attendance. I have selected these meets because I feel that they are the most beneficial for the individuals in our team. Team uniform is compulsory all competitors will sit together under our Bondi Club Tents hydration and food are your responsibility. Director of Surf Sports Grant Veckrangers will be there to assist at all times as will the swim team coaches Steve de Lorenzo 0422192607 and his assistant coach Simon Watkins 0416703040

MASTERS SURF CARNIVALS THAT ARE COMPULSORY FOR THE BONDI SBLSC MASTERS SWIM TEAM 2010-2011

November 2010

Saturday 20th November 2010 Freshwater Masters Carnival Freshwater Beach 1st meet

February 2011

Saturday 5th February 2011 Sydney Branch Masters Carnival to be held as part of the Coogee Open Carnival 2nd meet

Sunday 6th February 2011 East coast Masters Carnival Collaroy Beach 3rd meet

March 2011

Thursday 17th March 2011 NSW State Masters Carnival Kingscliff Beach 4th meet

April 2011

Saturday 2nd April - Sunday 3rd April 2011 Australian Masters Surf Championships Kurrawa Beach Queensland 5th meet

These meets are also for masters beaches and craft competitors not just the surf swim team. Bondi is developing its overall potential and the masters are is a major priority. Masters provides the coaches for our open teams and showcases our clubs overall strength in surf lifesaving competition. Masters is for everyone it is inclusive you don't have to be a champion. Be part of our wonderful surf sport team.

MASTERS FLYER 2010

Officials

The club urgently requires additional officials for competition, we were often over our quota last year and look to be the same this year.

This applies to IRB drivers who can officiate in water events as well.

Competitor patrol hours

Patrol hours need to be done before the close off at the end of December and get your proficiency done early (see Education for dates)

EDUCATION - education@bondisurfclub.com

For those wanting to do other higher awards, please see the SLSA Sydney listing of awards.

<http://www.surflifesavingsydney.com.au/Lifesaving-and-Education/Training-Courses/>

To register please email your contact details together with the course description to admin@bondisurfclub.com

The next **Bronze induction** is on Sunday 21st November 2010 at 10.30, please invite any friends or family interested in joining.

Our first Bronze for the Season

Proficiencies,

We're halfway through our proficiency program, it's important to update your proficiency asap.

Wednesday 17th November 2010 at 7pm ARTC upgrade for anyone with ARC award.

Sunday 21st November 2010 at 9am Bronze and Spinal.

Saturday 4th December 2010 at 2pm Bronze

Sunday 5th December 2010 at 9am Bronze

Sunday 12th December 2010 at 9am Bronze

Bronze proficiency will have the following components - resuscitation on a manikin, signals, oxygen, radios, defibrillation, run swim run and a board rescue. It should take approximately 2 hours.

ARC Proficiencies are changing to ARTC upgrades - Please print off the upgrade guide and bring to class

ARTC _Suction and Defib Upgrade_ Upgrade Guide VER 1.0 09090

ARTC _Suction Upgrade_ Upgrade Guide VER 1.0 090909 Web

ARC Proficiencies are changing to ARTC upgrades - Please print off the relevant upgrade guide and bring to class.

For those wanting to do other higher awards, please see the SLSA Sydney listing of awards. <http://www.surflifesavingsydney.com.au/Lifesaving-and-Education/Training-Courses/>

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A friendly reminder, there are still uncollected awards and medallions from last season, see the office. We are selling disposable resuscitation masks that go on your key ring at cost. For only \$20, i recommend all members purchase one.

If you are unsure as to the awards you hold or if you are proficient, please go to www.lifesavingonline.com.au and register for a login. You will see all your awards and all your lifesaving details. We will be doing a patrol and competition audit at the end of November to see if anyone is still to complete their proficiencies.

Education Blog

To aid in our communication to members and new members we have a link to valuable educational information. Watch this space for more info, Here's a preview of our blog under development,

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

I look forward to seeing you all on the beach!

Colin Panagakis

Director of Education

www.bondisurfclub.com

GENERAL CLUB NEWS

Bondi Surf Club Christmas Cheer

Sunday 19 December 2010

2.00 pm Kid's party (Santa arriving at 2.30 pm)

5.00 pm Adult festivities

Entertainment and BBQ food available

Celebrate the festive season

Please rsvp your child's attendance to the office adminbondi@people.net.au to ensure Santa has a gift

SURF BOATS:

Wanted: Female Rowers Beginners Welcome

All ages and fitness levels welcome

Please contact: Clayton Ward - Ph. 0415 337 424

SPONSORSHIP NEWS

We welcome the support of Dave Satchell from **Arrow Commodities** who has joined our Captains Club Corporate sponsorship program for season 2010/2011

Thanks again also to long standing supporters **Dial Before You Dig** and **Aussiebum** who contributed prizes for the 2nd Annual Bondi to Watsons Bay Ski/Boat race. Dial Before You Dig had a busy few days at the club that weekend , also launching the Dial Before You Dig Surf boat on Sunday 31st October (see attached photo) This has been the companies 4th Surf boat donated ,support which is unprecedented in our long history with sponsors & donors. Chairman Ross Oates and Dominic Puiiu also braved the unfavourable weather conditions to be on the Beach during the maiden voyage.

Surf sports team supporters **G4S Compliance & Investigations** , **Richardson & Wrench Eastern Suburbs & Moore Bros Plumbing** have also donated the team outfits which arrived at the Club during the week. We look forward to seeing the Bondi flag flying at the forthcoming carnivals.

For further information on how your company could support Bondi SBLSC please contact:

Andrew Hoggett Director of marketing at sponsorship@bondisurfclub.com

BONDI LIONS CLUB CHRISTMAS CAKES NOW ON SALE

Please show your support to our long standing community supporter Bondi Lions by purchasing a Christmas cake from the Club office. The Lions have been fantastic supporters of our School Awareness Program for the past 2 seasons & they have also supplied us much needed lifesaving equipment in past years.

Recommended Retail Prices:

1.5 kg Christmas Cakes - \$13.00 each

1.0 kg Christmas Cakes - \$10.00 each

0.9 kg Christmas Pudding - \$11.00 each

NUTRI GRAIN TV COMMERCIAL

WE ARE CASTING YOUNG ATHLETES TO BE IN A NUTRIGRAIN COMMERCIAL. IN THE AD, ONE PERSON WILL BE PORTRAYED BY 4 DIFFERENT PEOPLE AS WE FOLLOW HIS TRIUMPHS GOWING UP ON THE IRON MAN (OR TRIATHLETE) CIRCUIT.

APPLICANTS MUST BE AVAILABLE TO SHOOT FROM THE 1ST – 4TH DECEMBER.

16/17 YEAR OLD BOY (Fee \$3000)

We are looking for a real tri athlete, surf life saving, junior iron man type. He will be a very active, beach dwelling, fit young man with some performance capabilities (or aspirations!!). The role will be physically demanding so he MUST be skilled in the surf and waves, not afraid to tackle a big swell on a board or out for a swim. And must be good on a bicycle. Must have that distinct iron man / surf life saver physicality.

14/15 YEAR OLD BOY (fee \$2000)

As above. Must be fit and skilled. MUST be confident in the water.

12/13 YEAR OLD BOY (fee \$1500)

As above. Must be fit and skilled.

8 YEAR OLD BOY (fee \$1500)

Doesn't need to be AS skilled as the older boys (clearly as he is younger!) but must look like he lives a very fit and active life in and out of the water.

If you feel you fit any of the briefs above, please EMAIL us a photo of yourself (preferably in training gear) and your age, height and specific skills. Please also include if you have ever won any competitions.

ALSO – we will be at the South end of MANLY BEACH on SUNDAY 14th from 9:30am – 11:30am.

Please make yourself known to the (competition) registration desk to have your photo taken and register your interest in the TV commercial.

Emails to:

kirsty@mcgregorcasting.com

eliza@mcgregorcasting.com

NIPPER NEWS

Mike Gencher: nippers@bondisurfclub.com

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

Bondi_Surfing_Coach_Holiday_Camps_Flyer1[1]

North Bondi Biathlon is on again.

A great mid week hit out/fitness session . Thursday evenings at the North end. 500m swim around buoy, 1lap hard sand run, 1 lap soft sand,500m swim. Meet 6.15 for a 6.30 start (until it gets a bit lighter) at the front of NBSLSC. Must be in any surf club to register so bring all your clubbie mates along. \$10 for the season and includes the occasional BBQ. 2 or 3 waves of starters , lots of females as well as males, and you can sign up for the weekly e-news that gives conditions for that evening. See Sophie who has been running this event successfully for the past few years to register.

Surf swim training sessions

Wednesday mornings 6am-7am and Saturday afternoons at 4pm with Steve De Lorenzo.

Craft training

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

Program Nov 2010 - wk30

SURF RACE SEASON 2010/2011 (Week 8)

14/11/2010

A GRADE

1st – Pep Font – 1.30

2nd – Mark Vincent – 1.50

3rd – Tom Miller – 3.30

Number of starters = 30

B GRADE

1st – Jonathan James – 2.00

2nd – Doug Yuide – 0.45

3rd – Henry Go – 1.35

Number of starters = 20

C GRADE

1st – Rory Weste-Haldane – 2.20

Number of Starters - 1

S GRADE

R Tippett, S Hallam, B Pickering

Number of Starters - 4

Total number of starters - 55

Numbers on the beach and in the water reminded me of the sixties & early seventy's, it was virtual black with people. It was great to see so many nippers competing in the Waverley Shield and hopefully we will see they in the surf race as they get older.

The water was great with a long bank (that Cyril did not appreciate, he would have if he was a little younger and a bit taller) with a couple of waves coming through.

Pep led a hot field up the beach in A Grade, winning by three seconds from Mark, with back marker Tom having his first race of the season finishing strongly. Scott Vandoormal just missed a place by a whisker coming in forth.

B Grade saw a number of time trailers hit the beach at the front of a strong finishing group lead by Jonathan, with veteran surfer Doug nearly getting his first win in a while, with Henry not far behind.

Unfortunately we still have only the one starter in the Cadets with Rory looking for some competition.

Next Sunday is the first round of the Club Championships & so far the entries have been slow coming in. We encourage everyone to come along and compete, even if you are new to the Club and have not done it before. If you do not provide an entry before Sunday you can do so from 7.30 am to 8.00 am when the events start.

Normal Surf Races will start as usual from 10.30 am

At bottles we had a visitor from Gerringong Paddo and his wife Ginger. We were reminiscing about the good old days as you do and he reminded me that in the inter-patrol competition we had such technical events as the backwards relay, the crawling relay and crawling snake race. I remember they were a lot of fun and maybe we can look at fitting them into the inter-patrol competition later in the season.

I look forward to a good turnout this coming week and let me know your thoughts about such events..

Doc

Club Championships (excluding Masters) & Memorial events.

21/11/10,

30/01/11,

27/02/11 &

17/04/11 (if due to weather conditions a round is postponed)

Competition will start at 8.00 am with the beach events.

Please put into your calendars, & make the effort to attend.

Attention all oldies & those young at heart: Club Masters Championships from 3.30 pm

27/2/11

6/3/11,

13/3/11 &

27/3/11 (if due to weather conditions a round is postponed)

In addition the following dates have been marked in:

Mick Shearman Round 1 28/11/10 rescus after surf race

2 27/3/11 rescus after surf race

John F Cox Memorial Round 1 31/10/10,

2 6/2/11,

3 6/3/11

Ron Turner Round 1 7/11/10,

2 13/2/11

All of the above memorial events are open to A & B Grade competitors

PATROL COMPETITION

1st 3rd April 9.00 am

2nd (to be confirmed)

Doc