



# THE BONDI SURFER

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## UPCOMING EVENTS

24 September 2011 – Patrols start  
25 September 2011 – Club Handicap Surf Race  
9 October 2011 - Bronze Course 2 Induction  
6 November 2011 – Club Champo's round one

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

**Club Championship dates to diarise for juniors, seniors and masters are; 6/11/11, 29/01/12 and 18/03/12**

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

The start of the new surf patrol season is almost here. The warm weather is reminding us that it's time to get back to the beach.

Please make sure you have a look at the patrol roster which is on-line here:-

<https://docs.google.com/spreadsheet/ccc?authkey=CO2Bx5EB&key=0Av4Ie40o20FEdGVVZWJGdG16ZUpCNWlxQzRMWVdqY1E&hl=en&authkey=CO2Bx5EB#gid=0>

**Important note:**

*The patrol roster has been modified for Easter and beyond.*

Unfortunately Good Friday (6<sup>th</sup> April) was omitted in the original roster, so has now been added in.

The month has an extra six patrols because of the number of holiday dates, so although only covering about a three week time period, quite a number of the last month's patrols are affected.

***Please check your patrols.***

If you have questions to do with Lifesaving and your patrols, please contact me at [lifesaving@bondisurfclub.com](mailto:lifesaving@bondisurfclub.com)

Charles Cotton  
Captain of Lifesaving

E mails have been sent out with your patrol rosters. Contact the office or Charles Cotton if you have any questions.

In Education news, Bondi's first Bronze course kicks off on Sunday September 18.

The first group of Bronzies, appropriately called "The Bondi Icebreakers", will be led by super instructors Paul Capper, Karuna Elliott, Chris Bennett and Matt Brewer. Be sure to say g'day when you are next down at the beach.

Our next induction dates are:

Bronze Course 2: October 9, 2011

Bronze Course 3: November 13, 2011

Bronze Course 4: January 22, 2012

Bronze Course 5: February 5, 2012

Becoming a Bondi lifesaver is a fun and rewarding experience so spread the word amongst friends, family and work colleagues. Anyone interested in signing up, can register via the office.

EDUCATION BLOG:

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

## **GENERAL CLUB NEWS**

### **MEMBERSHIP FEES ARE NOW OVERDUE.**

Go to [www.lifesavingonline.com.au](http://www.lifesavingonline.com.au) to pay or contact the office with any queries as tags will be cut off at the end of August 2011

### **CERTIFICATES AND AWARDS**

All members who have done a Bronze, Silver, Gold Medallion, First Aid course or other award in the last 3 years please collect your certificates and medals from the office.

### **OFFICE:**

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

## **NIPPER NEWS** - [nippers@bondisurfclub.com](mailto:nippers@bondisurfclub.com)

### **REGISTRATIONS**

Dear Nipper Families

There is one more registration day – Sunday, 18<sup>th</sup> September 12.30pm – 2.30pm (new and returning Nippers). Please refer to the "How to Join" tab, in the Nippers section of our website, for all registration information. [www.bondisurfclub.com](http://www.bondisurfclub.com)

**Please read all information regarding registration to ensure your child does not miss out on a spot! If your child is required to participate in preliminary evaluation proficiency, make sure they do so BEFORE YOU HAND IN THE PAPERWORK AT THE CLUB!!! Swims are being held at the Swiss Grand Pool.**

**Also, please be aware, that until all swims & forms are completed, your child will not be registered!!!**

This year we will keep you up-to-date with regular e-mails, so please make sure you give us your current e-mail address and advise us if your e-mail changes. In a similar way, please keep your mobile phone contact number up to date too.

For those who don't use e-mail, all notes and hard copies of e-mails will be on display on the Nipper noticeboard, just outside the Nipper room inside the clubhouse.

**Please visit the website [www.bondisurfclub.com](http://www.bondisurfclub.com) and go to the Nippers section, as it explains all you have to do to register both returning and new Nippers for the forthcoming season.**

This year, there will be three registration days – Sunday, 28<sup>th</sup> August (for returning Nippers only), Saturday, 10<sup>th</sup> September (for new and returning Nippers) and Sunday, 18<sup>th</sup> September (again, new and returning Nippers).

Due to restrictions on numbers, there is no guarantee registrations on all these dates will be accepted. Numbers in each age group are limited.

Bondi Nippers will commence at 9 am on Sunday, 9<sup>th</sup> October 2011 for U8's to U14's.

Nippers will start on 16<sup>th</sup> October for U6 and U7's (9am).

### **BONDI NIPPER PARENT VOLUNTEER POLICY**

Assistance with the running of Nippers, through training, water safety, officiating, coaching, fundraising, BBQ's and all of our activities is more than welcome - **it is essential!**

Without the help of parents, our program simply does not function. Over the last few years, we have seen a sharp decline in the number of parents volunteering their time on Sunday mornings. We have now had to adopt a new policy, in order to secure a volunteer work force, and continued success of our Nipper program. This policy has been adopted by a number of clubs in our area which face the same issues we are encountering at Bondi Nippers.

From the start of the 2011/2012 Bondi Nipper season, no child will be registered in our program unless one parent/guardian commits to one of the many positions required every Sunday morning.

Special circumstances will be assessed on an individual basis by the Director of Juniors.

### **Slipstream is having an Amazing Huge Board Sale!!!**

Slipstream is having a massive winter warmer sale! Their boards are the best, and the prices can't be beaten! Get in quick to make sure you take advantage of the great savings. We encourage all to get & use their own Nipper Boards.

[http://www.oo.com.au/Slipstream\\_Surf\\_C3617.cfm](http://www.oo.com.au/Slipstream_Surf_C3617.cfm)

## **CLUB TRAINING**

Swimming: Contact Steve De Lorenzo

### **BONDI SKI/BOARD TRAINING PLAN:** Darren Schott

Wednesday afternoons 5pm - board or boxing and  
Sunday morning Board at 8am and Ski at 9am.

Tuesday 6pm, general/gym/erg Grant 6.30

Thursday 6 pm general/gym/erg

Sat 2.30pm long paddle Grant

Land Training with Simon Watkins every Tuesday at 6.30pm. Meet outside the club house.

Non-members can join in for \$10

## **SURF RACE**

***SURF RACE SEASON      2011 2012      (preview to week 1 & beyond)***

Another season has already been placed in the starters hands & the gun goes off for our first race of the season at **10.30 AM** (as per advice from the Board) on **Sunday 25<sup>th</sup> September**.

As always it will be a fun swim with double points to get the season off to a great start. I will be missing the first race due to being on my way home from Turkey, Raewyn will be down as always & will be running the show.

Always the optimist, I look forward to a great season, where all classes of members come down; race seriously, have a paddle or just watch. We would love to see you all attending each week or at least as often as possible.

The races are a great way to improving your surf skills by participating & watching some our greats go around. I still marvel at Kieran & others, who make it look so easy & enjoy the occasion win against them, which is always possible in handicapped surf racing.

Last season a number of Nippers competed & they are most welcome to come down & have a go, as are their parents.

Remember it's all about being a part of a great tradition that holds as true today as it did when I joined as a Cadet all those years ago in season 63/64.

I have included how points are allocated. You will not that it is geared for regular attendance & I make no bones about wanting your there as often as possible.

Many of our Members are or were members of Bondi Amateur Swimming Club & I have attached two fliers, respect to their activities.

The first is about the coming season & the second with respect to their 120 season activities, which will see a number of our prominent members MC'g the end of season night. Hopefully we will see a lot of our members present.

Don't forget to mark your calendar from the 25<sup>th</sup> September for the next 30 odd weeks for an enjoyable start to the day with Bondi Surf Bathers' Life Saving Club's Surf Race

Cheers

Doc

### SURF RACE GUIDELINES

#### Time Adjustments

##### Increases

1<sup>st</sup> place – time increases by 40 seconds

2<sup>nd</sup> place – time increases by 30 seconds

3<sup>rd</sup> place – time increases by 20 seconds

Should the same person win 2 weeks in a row, their time increases by 1 minute. If they win 3 weeks in a row, their time increases by 2 minutes

##### Reductions

This starts from the first race of the season and re-starts the week after obtaining a place.

No place for 4 swims in a row – time decreases by 15 seconds

No place obtained in 6 weeks and having done 4 swims in this time – time decreases by 10 seconds

No place obtained in 7 weeks or more and having done 4 swims in this time – time decreases by 5 seconds