



THE BONDI SURFER



UPCOMING EVENTS

SATURDAY 19TH NOVEMBER: Freshwater Masters Carnival

SUNDAY 20TH NOVEMBER: Summer Launch Party (see social news)

EDUCATION

BRONZE MEDALLION GRADUATION

Come and join Paul Capper and his excellent team of instructors to congratulate the new season Bondi recurits, aptly named the Icebreakers.

The presentation kicks off at 6.00pm, Bondi Surf Club – downstairs in the hall – followed by drinks and celebrations at The Beach Road Hotel. Friends and family all welcome.

2011 PROFICIENCY DATES

DATE	TIME	AWARD
Sunday 27th November	8am 11am	IRB Bronze + Spinal
Tuesday 29th November	7pm	ARTC
Sunday 4th December	11am	Bronze + Spinal

HIGHER AWARDS – REGISTER NOW

Please email Vivienne or Leanne in the office with your NAME and COURSE (i.e Silver Beach Management) in the subject header. The office will add you to a waiting list.

Courses fill up – so be sure to get in quick.

Email: Bondi Surf Club email: adminbondi@people.net.au

EDUCATION BLOG:

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

Colin Panagakis

education@bondisurfclub.com

LIFESAVING

PATROL UNIFORMS

Just a reminder that you need to be wearing your full patrol uniform while on patrol. This includes the patrol shorts, patrol shirt, the red/yellow patrol cap tied securely, and either the 'Surf Rescue' approved peaked cap, or the 'Surf Rescue' wide brimmed hat.

Please note that one or other of these caps/hats must be worn while patrolling on the beach. Note the Bondi visor is not part of the approved patrol uniform.

The 'Surf Rescue' wide brimmed hat is available as free issue (one per member) from the office. Woodside kindly sponsored this for all Lifesavers last season.

The long sleeved 'Surf Rescue' rashie is very good for extended periods of in-water patrolling.

ACTIVE PATROLLING

Please remember when you are patrolling the standards you project are visible to the public, the Lifeguards, patrol inspectors and your other patrol members.

It is disappointing to see this standard compromised on occasion when members sit down while patrolling, or lie back and don't observe their area of the beach and water properly. It only takes a moment for someone to go under.

If you think we have this well covered, just watch the number of occasions that the IRB requests to come to shore, and the patrol is late in responding, or sees it at all.

All patrol members should be standing near the water's edge, with at least one of them with tube in hand, and ideally a radio in their patrol group. If it is a roving or outpost type of patrol, a couple of tubes, first aid kit and radio are the minimum requirements.

And please organise yourselves with a whistle. The club office sells these for a dollar or you can go to Rebel Sports or a similar shop and get one. You really can't effectively patrol and get swimmers' attention without one.

RADIO CHANNELS

I think most patrolling members are clear on this now. The patrol radios are to be set to channel 2 'PATROL' for the members themselves. Communication on channel 3 'BONDI' (aka 'SURFCOM') is reserved for the Patrol Captain, and should be limited to essential traffic.

If the Patrol Captain or his designated person (perhaps the observer on the trailer) need to contact the Bondi Lifeguards, this can be done on channel 9 'CH9'. Remember to identify that it is the Bondi Lifeguards you want, channel 9 travels to other beaches as well. You may end up with Maroubra or Coogee Lifeguards if radio transmission at that time is favourable.

PATROL REQUIREMENTS

Remember that if you are on 'Special Duties' (and not a Rostered patrol), you still have to do one patrol per month. And if you have missed a rostered patrol, you need to do a make-up patrol. Details of these requirements and others are in the club Rule Book and/or Bye Laws. Also on the Patrol roster document.

BONDI PATROL ROSTER (on-line Google document)

Check your patrol dates, times. See who is on patrol with you. Proficiency dates, active member categories.

<https://docs.google.com/spreadsheet/ccc?authkey=CO2Bx5EB&key=0Av4le40o20FEEdGVVZWJGd>

This is an active document, and changes regularly. Please link to it and find out the information that you need.

BONDI PATROL SWAPS (on-line Google document)

If you need a swap, enter your details here first of all. All patrol swap requests should go into this document, whether you are a Patrol Member, Patrol Captain/Vice Captain, IRB Driver or Crew. It is a record of swap requests, and is one of the documents referred to by Judiciary.

<https://docs.google.com/spreadsheets/d/1EhY1E&hl=en&authkey=CO2Bx5EB#gid=0>

LIFESAVING ONLINE

https://www.lifesavingonline.com.au/SLSA_Online/modules/home/index.php

Lifesaving Online is a self-service membership portal for members of clubs and support organisations in Surf Lifesaving. You can renew membership, apply to join a club and check your details, awards and patrol hours from this site. Please make sure your contact details (especially email address) are up to date.

Use this facility to check that your patrol hours have been recorded as you expect. Sometimes the patrol log is very difficult to read, or has been incorrectly filled out. Your patrol time may not have been entered as you expect. It is your responsibility to check what is on the system.

Thank you to all patrolling members for their hard work this season so far. The first few weekends were shockers in terms of weather, but hopefully that is behind us. Last weekend, like the one before it, saw a good many rescues in the afternoon periods, probably as more people headed to the beach to enjoy the warm weather.

Bill Measday

clubcaptain@bondisurfclub.com

Charles Cotton

lifesaving@bondisurfclub.com

BOATIES REPORT:



G'day and welcome to the 2012 season from the boat shed. The ladies and the U23 men have been flying the flag for Bondi early in the season.

Harvey's ladies crew, the Vixens have been training hard and have posted some good results. A 3rd place in the Bondi to Watson's Bay and an impressive 1st in the Sydney Branch season opener at Eloura looks promising for the girls.

Beak has made a return to the big stick this season, his ladies, the Blackbirds have also found some good early boat speed, nabbing a 2nd place in the Bondi to Watson's Bay race.

Hoggies Under 23 crew, the Bourkies are looking musclier, leaner and meaner this season. They came in mid-field in Bondi to Watson's bay, and recently a 4th at the Garie Dash

Harvey's A crew, the 1100's, are back again with the same crew and have been training hard. No carnival results yet as trivial matters such as weddings and surgery have taken priority early in the season.

No club would be complete without a reserve's crew, and Harvey's Fairy floss are back and slightly modified with a Queensland import. They have not raced yet as they are still adjusting to the ban on Savlon in the boat. Coming from the north, it's going to be tough on the boys, but we all know it's for the best. Let's hope for some more good results from them this season.

None of the Masters have competed in carnivals yet, but those crews will be back on the beach soon. There are a few bigger carnivals coming up before Christmas such as Coffs Harbour, Mollmook and Queenscliff. Good luck to those crews competing and the results will be posted right here.

Tim Jarrold



SOCIAL NEWS

CHRISTMAS PARTY: SATURDAY 3RD DECEMBER

Have you been naughty or nice????

Come show off your true colours at Bondi SBLSC annual Naughty or Nice Christmas party, and get in the Mood...

for Christmas that is! Join us for the the sexiest party of the season at the gorgeous ocean view bar at the Bondi Lifesaving Club.

Dress to show how you've been acting all year...and remember you can't hide anything from Santa!



LIMITED TICKETS, \$ 15, BOOK NOW, DON'T MISS OUT!

COMPETITION:

UPCOMING CARNIVAL EVENTS:

CARNIVAL CALENDAR 2011/2012			
22/10/2011	Sat	Bondi 2 Watsons Bay– Ocean series SKI RACE	Bondi
NOVEMBER			
12/11/2011	Sat	Narrabeen Downwind– Ocean series SKI RACE	Palm Beach
13/11/2011	Sun	Club Championships	Bondi
19/11/2011	Sat	Freshwater Masters Carnival	Freshwater
26/11/2011	Sat	King of the Harbour– Ocean series SKI RACE	Manly
DECEMBER			
3/12/2011	Sat	Queenscliff Open Carnival	Queenscliff
17/12/2011	Sat	North Cronulla Carnival – 8am	North Cronulla
17/12/2011	Sat	20 Beaches– Ocean-series SKI RACE	Palm Beach
JANUARY			
13/01/2012	Fri	Twilight Masters	Cronulla
14/01/2012	Sat	Wanda Intercities Carnival	Wanda
21/01/2012	Sat	Manly Carnival	Manly
29/01/2012	Sun	Club Championship	Bondi
FEBRUARY			
4/02/2012	Sat	Coogee Carnival	Coogee
5/02/2012	Sun	East Coast Masters	Collaroy
11/02/2012	Sat	Sydney Branch Champ. – Open & Masters	TBA
MARCH			
8/03/2012	Thu	NSW Masters Championships	Kingscliff
9-11/3/12	F-Sun	NSW Open Championships	Kingscliff
18/11/2012	Sun	Club Championship	Bondi
26-1/4/12	M-S	Aussie titles	Kurrawa

Yellow = Club Championships, Green = Masters, Red = Open under 30 yrs

CLUB TRAINING

Re-occurring Bondi Training Schedule

Day	Activity	AM	Start	Finish	PM	Start	Finish	Principle Activity Coach's
Monday	Ins & Outs					6pm	7pm	Stephen De Lorenzo
Monday	Ski / Board					6.15pm	7.30pm	Grant Veckranges
Tuesday	Rescue Board		6am	7.15am				Gary Emmerton
Tuesday	Gym, Erg circuit					6pm	6.30pm	TBA
Tuesday	Dry land Training					6.30pm	7.30pm	Coach Simon
Wednesday	Ins & Outs		6am	7am				Coach Simon / Peter Longly
Wednesday	Ins & Outs					6pm	7pm	Stephen De Lorenzo
Wednesday	Ski					6.15pm	7.30pm	Grant Veckranges
Thursday	Rescue Board		6am	7.15am				Jacob Waks / Pep Font
Thursday	Gym, Erg circuit					6.30pm	7.30pm	TBA
Friday								
Saturday	Ski		8am	10am				Gary Emmerton
Sunday	Ski / Board		8am	10am				Grant Veckranges

PLEASE NOTE :

These training schedules may change from time to time so please check the Bondi Surfer regularly for changes along with myriad of additional actives being posted on the Bondi Training Squad (Facebook Site).

1. Surf Conditions will dictate the session format.
2. All participants must be registered members of Bondi Surf Club /or sign the disclaimer.
3. Only Club Members are able to use club craft and/or equipment.

SURF RACE (13/11/2011)

A GRADE

1st – Nick Nezval – 0.35
 2nd – Ziggy Legins – 1.15
 3rd – Roger Butler – 0.00 (GO)
 Number of starters – 33

B GRADE

1st – Lisa Walton – 1.15
 2nd – Alan Williams – 0.25
 3rd – Kirby Smith – 1.00
 Number of starters – 26

C GRADE

1st – Joe Weste-Haldane – 1.05
 2nd = - Alan Williams and Peter Riley – both off at 1.20

S GRADE

Sandra Hallam, Tony Hallam, Raewyn Tippett, Larry Engdahl.
 Total number of starters – 64

TUBE RACE

No race held due to buoys being used elsewhere. Expressions of interest from: Alan Williams, Paul Williams and Peter Riley.

Fellow surfers,

I watched from the prom & it will be a couple of weeks before I can get in the water again, which is driving me crazy. Once again it was a beautiful day, but a very small wave. My comments about the races come from the blur as I watch from a distance and my reliable assistants Raewyn & Tony.

A Grade saw Nezy off a very low handicap, come in a head of the always competitive Ziggy, who I am lead to believe is still into heavy training at UNSW pool. Roger what can I say a great achievement from go, I know it is always hard to lead from the start & you had to try hard with everyone trying to come through on you.

C Grade saw the Mighty Joe come through first again, followed by Alan in his second race, as was Peter who dead-heated with him.

Water safety is something that has been an issue since I first joined the Club almost fifty years ago & probably was since the races started. I know it is annoying to have to wait for the ducky to be not just in the water but in position, before the race can commence.

These days there is a lot more pressure on Club & member's to do the right thing & if anything goes wrong & there is no water safety the responsible member could be held criminally negligent, which means it is possible for a gaol term to be imposed.

We certainly did not have adequate water safety on Sunday & as such in future races will be abandoned if it is not available, something I sincerely hope does not ever occur. The Club's problem is the same criteria applies to all organised water activities, be it Bronze training, proficiencies or whatever.

Just a reminder that Bondi Amateur Swimming Club hold races at the Baths each Saturday from 9.30 am, with distances from 25m to 400m. They would be very happy to see you. In addition Learn to Swim classes have started & are free to all members, so if you know someone who cannot swim let them know about the amateurs.

They (BASC) have advised of a good response to their 120 Annual Reunion dinner on the 14th April, however, there are many members who have not contacted them as yet, so please do not be shy & give me a yell (9320 2722 wk) or Sandra Hallam (9130 5082).

I look forward to seeing you all this coming week.

Doc

NIPPER NEWS

Don't forget!!!

Muster is at 9.00 am & sign off 11.00 am on North (playground side) of the club.

Dates to Remember

- South Maroubra SLSC – U8 – U17 Surf Carnival – Saturday December 3rd.
At South Maroubra Beach, Carnival mark off 7.30am till 8:30am
Carnival commences at 9.00am. Late Registrations 7.30am to 8.00am
- Twilight Nippers Christmas Party
Friday 16th December 5-8 pm
- Christmas Nippers swimwear sale
Limited stock and sizes

Board/Surf Training

Board/Surf Training sessions...

- Saturday 8.00am (Board & Sprint/Sand)
- Sunday 8.00am – 8.45am (Board & Sprint/Sand)
- Wednesday 5.00pm (Board & Surf)

The sessions on Saturday & Wednesday will be a session that combines Board, Surf & Sand training. Sunday is a Boards session with a separate sprint training session.

Let us know if you want to come along to ensure we have adequate Water Safety in attendance. If you plan on coming, send an email to Michael at nippers@bondisurfclub.com.au . Nippers are to meet at the container to collect a board, and for the briefing by Coaches Chris & Steve.

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Body Express Swim School <http://www.bodyexpress.com.au/swim>

Beach Road Bistro <http://www.beachroadbondi.com.au/>

Bonds <http://www.bonds.com.au/>

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OFFICE:

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

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