



## **EDUCATION**

### **MIGRATION TO SURF - THIS SUNDAY!**

Bondi's Migration to Surf program will run this Sunday February 5th, 2012.

The program will run from 9.00am and will include a presentation from the Cancer Council and a theory session on basic beach safety.

If you know anyone who might be interested in taking part – or if you are interested in helping out please email [Bondieducationmanager@gmail.com](mailto:Bondieducationmanager@gmail.com).

### **MIGRATION TO SURF - "LIKE" OUR FACEBOOK PAGE**

One of our biggest challenges is teaching people to understand the surf, especially migrants. There are too many near drownings occurring at our beaches. We need all our club members behind this initiative, **please "Like" our Bondi Surf Awareness M2S" page.**

### **CALLING ALL SRC'S ...**

A new Facebook group for SRC'S members called 'Bondi SRC'S' is now set up. Please join the group and tell all your friends. Parents of SRC members please encourage your kids to join the group.

The group is run by Club Competitors, Natalie Hill & Sarah Veckranges. Nat and Sarah are on hand and will encourage all SRC members to meet up, train, socialize and keep them up to date on what's happening around the club.

### **BOTTLES! BOTTLES! BOTTLES!**

On Sunday February 12, come and join Jon Slack-smith and his outstanding group of instructors - and congratulate the new season Bondi recruits. The presentation kicks off at 6.00pm at Bondi Surf Club Scenic Lounge. Friends and family all welcome!

## COMPETITION

The first club Championships of the year were held last Sunday and what a day it was. Club members flocked in numbers to run, dive, swim, frolic and paddle their way to glory!!!



It was smiles all round as the juniors battled it out on land, sand and sea.....



The boys get their competition on and show just what can be achieved with a little bit of hard-core training!!

### **A WORD FROM OUR BONDI LIFESAVER:**

Guys congratulations on a fantastic club champs. The great numbers show that competitive spirit is alive and well on Bondi. Well done to Jack, Kale, Dori and Scotty for memorable performances.

Special shout out to Gaz who graciously lent his ski out and therefore sacrificed his ironman chances. Good to see its not just competitive spirit, there's plenty of club spirit to be found at the oldest surf club in the world.

As for Capper – who knew that hard training and good coaching actually makes a difference! Nice job!

(Chris Lorang)



Go girls!!! Seasoned professionals Lou and Dory show us just how it's done!

The competition season continues to warm up with the Coogee carnival next Saturday and the East Coast Masters in Collaroy on Sunday! It's never too late to get involved so drop Grant an email (as below) to register your interest. Goooooooooo Bondi!!!!!!

# CARNIVAL CALENDAR 2012

## 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    |

Grant Veckranges [competition@bondisurfclub.com](mailto:competition@bondisurfclub.com)

## BOATIES REPORT



Freshwater carnival was on the weekend, and the Vixens women's crew swept by Harvey were the only Bondi crew on the beach. They did very well, making it into the semi-finals before getting a boat full, just missing out on the final.

This weekend we have a week off, followed by the ASRL boat carnival in Newcastle.

Tim Jarrold



# CLUB TRAINING

Please Note: All session times are on the beach ready to start !

| Re-occurring Bondi Training Schedule |                             |    |           |        |    |         |        | Skill & Effort Level |       |     | Principle Activity Coach         |
|--------------------------------------|-----------------------------|----|-----------|--------|----|---------|--------|----------------------|-------|-----|----------------------------------|
| Day                                  | Activity                    | AM | Start     | Finish | PM | Start   | Finish | High                 | Inter | Low |                                  |
| Monday                               | Ins & Outs                  |    |           |        |    | 6pm     | 7pm    |                      |       |     | Stephen De Lorenzo               |
| Monday                               | Advanced Ski                |    |           |        |    | 5pm     | 6.30pm |                      |       |     | Robert Harvey (Meet N. Bondi)    |
| Monday                               | Ski                         |    |           |        |    | 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                            | Advanced Ski                |    |           |        |    |         |        |                      |       |     | Robert Harvey (Meet N. Bondi)    |
| Wednesday                            | Ins & Outs                  |    |           |        |    | 6pm     | 7pm    |                      |       |     | Stephen De Lorenzo               |
| Wednesday                            | Advanced Ski                |    | 6am       | 7.15am |    |         |        |                      |       |     | Robert Harvey (Meet N. Bondi)    |
| Wednesday                            | Ski                         |    |           |        |    | 6.15pm  | 7.30pm |                      |       |     | Grant Veckranges                 |
| Thursday                             | Rescue Board                |    | 6am       | 7.15am |    |         |        |                      |       |     | Jacob Waks / Pep Font            |
| Thursday                             | Advanced Ski                |    |           |        |    | 5pm     | 6.30pm |                      |       |     | Grant Veckranges                 |
| Thursday                             | Gym, Erg circuit            |    |           |        |    | 6.30pm  | 7.30pm |                      |       |     | TBA                              |
| Saturday                             | Advanced Ski                |    | 7am       | 9am    |    |         |        |                      |       |     | Robert Harvey (Meet North Bondi) |
| Saturday                             | Ski                         |    | 8am       | 10am   |    |         |        |                      |       |     | Grant Veckranges / Gary Emmerton |
| Saturday                             | Ski /Board / Beach Activity |    | 8am       | 9.30am |    |         |        |                      |       |     | Chris Lorang / Pep Front / Jacob |
| Saturday                             | Group Swim                  |    | Club Race |        |    | 10.30am | 11am   |                      |       |     | Club Race                        |
| Sunday                               | Ski / Board                 |    | 8am       | 10am   |    |         |        |                      |       |     | Grant Veckranges                 |
| Sunday                               | Ski /Board / Beach Activity |    | 8am       | 9.30am |    |         |        |                      |       |     | Chris Lorang / Pep Front / Jacob |

## PLEASE NOTE :

These training schedules may change from time to time so please check the Bondi Surfer regularly for changes along with a myriad of additional 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 /equipment

## **SURF RACE (29/01/12)**

### **A GRADE**

1<sup>st</sup> – Jon Slack-Smith – 0.10

2<sup>nd</sup> – Kylie Miller – 1.35

3<sup>rd</sup> – Colin Panagakis – 0.50

Number of starters – 31

### **B GRADE**

1<sup>st</sup> – Rebecca Dowling – 0.45

2<sup>nd</sup> – Rozanne Green – 0.50

3<sup>rd</sup> – Martin Waters – 1.45

Number of starters – 29

### **C GRADE**

1<sup>st</sup> - Peter Riley – 0.50

2<sup>nd</sup> - Alan Williams – 0.50

Number of starters -5

### **S GRADE**

Raewyn Tippett, Sandra Hallam, Tony Hallam, Larry Engdahl

Total number of starters – 68

### **TUBE RACE**

1<sup>st</sup> – Michael Hallam

2<sup>nd</sup> – Peter Riley

3<sup>rd</sup> – Peter Quartly

Other starters – Sandra Hallam, Tony Hallam, Patti Stein, Alan Williams

Good swim on Sunday everyone. The winners in both grades caught good waves to the beach to secure victory. Winners in A Grade were well in front with a number of people coming in together after the place getters. A Grade winner time was 6.45 and the B Grade winner time was 9.30.

Raewyn

## **NIPPER NEWS**

### **CLUB CHAMPIONSHIPS - ROUND 2**

The second round of Club Champos is on this Sunday morning. Regular events as per usual for the U6's & U7's.

### **NIPPER BOARDS**

Once again, all Nipper boards and equipment are to be returned to the container directly following nipper activities. No boards may be used after regular activities cease.

### **BOARD/SURF TRAINING SESSIONS THIS WEEK...**

- Wednesday 5.00pm (Board & Surf)

The session 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](mailto:nippers@bondisurfclub.com.au) . Nippers are to meet at the container to collect a board, and for the briefing by Coaches Chris & Steve.

## **OUR 2011/2012 SPONSORS & DONORS**

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### **OFFICE:**

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

Phone: 9300 9279

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