



GENERAL NEWS

SAD PASSING OF RHONDA LEITCH

It is deep regret that we advise of the passing of Rhonda Leitch, wife of Life Member Robert (Bob) Leitch. Rhonda passed away at home, surrounded by her family, early on Monday 23 January 2012 following a long and courageous battle with cancer.

Her funeral will be held at 11am on Tuesday 31 January 2012 at Mary Immaculate Catholic Church, Victoria Street, Waverley, and will be followed by a private family cremation. Afterwards, mourners are invited to join the family at Ravesis', Bondi Beach, to continue the celebration of Rhonda's life.

Andy Winters, President.

WAVERLEY COUNCIL PARKING CONCESSIONS:

Parking concessions between mid-January to end of April are as follows:

Club members whose names on the **type 1** patrol list are **not** entitled to any parking concessions on days when patrols are rostered unless they are actually on patrol or nipper duty – at which time their names are sent on a separate list to the exit booth (it is your responsibility to ensure your name is on the list and that the list is at the exit booth before you exit).

Patrol members on the separate list are entitled to all day free parking on the day. Nipper parents on the list are entitled to free parking up to 1pm on the Sunday. If your name is not on the list you will be expected to pay standard parking fees.

ON NON-PATROL DAYS MEMBERS ON THE TYPE 1 LIST ARE ENTITLED TO 4 HOURS FREE PARKING PER DAY.

Club members whose names appear on the **type 2** list are entitled to all day free parking every day on which patrols are rostered and 4 hours free parking on all other days.

Probationary members who have passed their bronze medallion will be transferred from type 2 list to type 1 list.

BOATIES

Surf boat crew from all corners of Australia converged on Manly Beach last weekend for one of the biggest boat carnivals on the calendar. As Manly is such a big carnival, heats and eliminations are held on Saturday, with finals held on Sunday.

Harvey's Open Men had a shocker first race, then a couple of brilliant races in the 3 heat round robin, and qualified for the elimination round with ease. Then another strong display from both rowers and sweep ensured that the 1100's qualified for the Quarter Finals on Sunday.

The Blackbirds open women, guided by their new sweep, Clayton Ward rowed well through the rounds and elimination and also made the Sunday finals.

Harvey's Open Women, the Vixens also made it through the round robin with ease. In the elimination round, however, they were hit hard by a growing easterly swell, and with a boat full of water could not quite row it back to the other crews and missed out on the Sunday finals.

After a bit of lightening, thunder and some lunch, the Teletubbies arrived at the tent ready to resume afternoon racing in the Reserves division. The men did very well, making it through the rounds, all the way to the 5th and last round of the day, unlucky not to make the Sunday racing.

The 1100's and Blackbirds stayed well away from the Steyne Hotel preparing for the Sunday finals. The 1100's were first up in the quarter final, 4 in the race, 3 through to the semi's and posted a 2nd thanks to a brilliant wave that Harvey ordered from the gate cans. The Blackbirds quarter final was next. Another strong display of rowing from the girls, and a great wave held by the new sweep and easy progression to the semi-finals as well.

The swell picked up for the semis, it was now a solid 4 foot messy onshore. The 1100's were hit numerous times, wiping off the boat speed enough for the rest of the field to get away. A fat wave from the gate cans was their only hope of getting through, but it was not to be. A couple of bent rowlocks later and the boat was on the trailer and the boys were very happy with a semi-finals appearance.

It was the same story for the Blackbirds, hit hard by the growing swell and dropping tide. They fell victim to a few big whacks and couldn't quite peg the field back. Semi-finals (top 12) at Manly is a great effort from this crew with a new sweep and only limited training time in the boat this season.

Freshwater carnival this weekend. Some have said an unfair beach, we will wait and see. Over and out.



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

BEACH SPRINTS / FLAGS TRAINING: Training session at 6pm Monday evening with Grant Veckranges. For anyone interested in working on their sprint skills come along for some drills, tips and sprint training.

COMPETITION:

Plenty of carnivals and competition coming up! Club Champs this Sunday and both Coogee and Collaroy next weekend. To get involved, email Grant (as per email below), and register your interest!



Fun times aplenty at the last carnival in Cronulla! So do your club proud, don the competition cap and get out there!!!!

CARNIVAL CALENDAR 2012			
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

[For more info regarding competing at State or Aussies click here](#)

Grant Veckranges competition@bondisurfclub.com

SURF RACE (week 18) 22/01/2012

A GRADE

1st – Bruce Campbell – 0.00 (GO) (6 min 00 sec)

2nd – Martin Greenberg – 0.20

3rd – Daniel McKell – 2.05

Number of starters – 25

B GRADE

1st – Rachel Lindup – 0.30 (* min 05 sec)

2nd – John Tuohy – 1.05

3rd – Steve Willmott – 1.00

Number of starters – 26

C GRADE

1st = Peter Riley and Alan Williams

Number of starters - 2

Both cadets swam in B Grade instead of doing C Grade

S GRADE

Raewyn Tippett, Sandra Hallam, Tony Hallam, Larry Engdahl

Total number of starters – 57

TUBE RACE

No race due to conditions

Fellow Surfer's,

Not a bad day, considering the weather on Saturday. The beach was still messy with some strong rips & currents. Lots of water coming over the already full bank, especially for those not over 6 foot.

Bruce Campbell must have been sucking on his swims to get down to GO. Another Bondi Amateur from the 60's, he caught a good wave to have an armchair ride in, using his considerable surfing skills. Talking of skills he is off skiing for a holiday & we will see him back in April. Have a great trip.

Martin was a good second, with Danny just pipping out that competitive youngster Michael H. B Grade saw Rachael win comfortably from John & Steve.

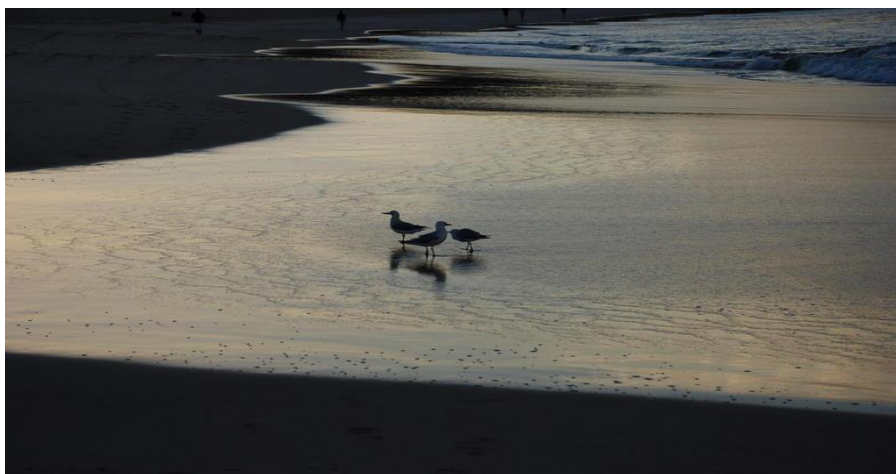
With schools getting ready to open their doors for another epic battle, hopefully we will see more of their charges having their R & R on the beach.

The beach conditions were such that we abandoned any attempt to hold tube races. Once again the Patrol & IRB worked well in getting the buoys out & providing water safety.

Memorial event details are as follows:

John F. Cox	12 th Feb & 8 th Apr
Ron Turner	25 th March
Mick Shearman	19 th Feb

Doc



WEEKLY NIPPERS NEWS

WELCOME BACK NIPPERS!!!

Yes, Nippers resumes this Sunday morning, January 29th, with muster commencing at 9.00am. As always, Nipper board training will be at 8.00am. All participants of board training are to meet at the club side of the pedestrian crossing for a briefing from Coach Chris and Water Safety.

CONGRATULATIONS UNDER 14's!

Congratulations to our Under 14's for successfully completing their Surf Rescue Certificates (SRC's)! This is a great group of young people, who have dedicated the last 3 months to learning and training to become our newest Bondi Lifesavers! When you see these spectacular young people, proudly wearing their uniforms on the beach, please welcome them, and assist them as they are the future of our club.

COOGEE OPEN SURF CARNIVAL

The "Coogee Open Surf Carnival" is on Saturday 4th February 2012. For more information, see the flyer on the JAC door.

A Very Interesting Read...

<http://www.optuszoo.com.au/news/state/smh/surf-clubs-draw-a-line-in-the-sand/564233>

A GROWING number of NSW surf lifesaving clubs are changing the emphasis of their nippers programs to offer less competitive activities in the hope of making more children feel included.

Children elbowing each other out of the way to win the traditional flag race has been synonymous with surf lifesaving for decades. But at Queenscliff Beach on Sunday mornings now, they dive through a hoop to learn how to catch the flag properly.

"It's about learning the tricks of the trade instead of just seeing who comes first," said Queenscliff Surf Life Saving Club's nippers co-ordinator, Garry "Gaz" Farrar. "The flags are great for competitive kids. But if you're the first one knocked out, you can be waiting quite a while. They might not want to come back.

"It's the same with our running games, which are more about teaching the kids how to run properly in sand, rather than who's going to come first, second and third. It's not about being first past the post, which I think has taken a lot of the pressure off."

Other sports to have introduced more inclusive versions of their activities for children include AFL, whose Auskick program for five to nine-year-olds is focused on participation and acquiring skills. Competition is introduced only when players reach their teens. Cricket has a version in which a pair of children bat for four overs, regardless of how many times they are dismissed.

The growing emphasis on participation for fun rather than competition, however, might not be sufficient to motivate children, according to a top Olympic official.

The deputy chef de mission of Australia's 2012 Olympic team, Kitty Chiller, said children needed to see winners. Only athletes who won medals received the public profile that in turn inspired children to take up sports.

"What greater inspiration for a kid to get off the couch or off the computer than Cadel Evans?" Ms Chiller, a former pentathlete, said. "The more medals we have, the better inspiration for kids. It's the people who finish on the podium who get the attention, who make kids think 'I want to be like them'. If you ask me who came fourth, I can't say."

Ms Chiller said that while the Australian Olympic Committee was "just as much about participation", the modern world of professional sport demanded that it was "not a matter of handing out money and not expecting results".

The Australian and British teams are anticipating a battle at the London Games in July and August, as both countries are in pursuit of a top-five finish in the medal tally.

The federal Minister for Sport, Mark Arbib, stopped short of saying children needed to see only winners to be inspired to take up sports.

"My hope is that parents will get involved and help give their kids a love of sport," he said. "It will be something that will set them up for a happy and healthy life."

He agreed that the Olympics inspired children to play sports.

"There is no greater benefit to our country than getting kids away from their computers and TV and out onto the playing field," he said.

Cricket Australia's general manager of game development, Damien de Bohun, said its program for five to 12-year-olds teaches kids the basic skills fundamental to their enjoyment of the game.

"Letting them play on their terms is the starting point - competition comes in time for those who want it but it's important to let children participate and enjoy learning the skills of the game to begin with," Mr de Bohun said.

Not all parents see competition from an early age as a bad thing. Michael Turner said his son, Owen, 10, started to mature more quickly once he began playing competitive club cricket two years ago for the Ryde-Hunters Hill Pirates.

"He seemed to become more placid and better at school," Mr Turner said. "The competition makes him more balanced and I've found that being involved in things socially has become a lot easier for him. It really depends on the individual, I think."

The manager of member services for Surf Life Saving NSW, Claire Parry, said Queenscliff was not alone in favouring participation over competition. "Big clubs such as Queenscliff and Coogee, as well as small clubs such as Taree Old Bar and Wauchope Bonny Hills, are more focused now on what actually engages young people in surf lifesaving, rather than what creates great athletes," Ms Parry said.

Mr Farrar maintains that surf lifesaving is much more than trying to become an ironman. It's about learning to swim and understanding the surf and environmental issues.

"If the kids think it's only about competition, they're more likely to step away from it," he said. "It's like any sport - if you can't be a great footballer or cricketer, it doesn't mean you shouldn't play the game."

BOARD/SURF TRAINING

- 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. Nippers are to meet at the container to collect a board, and for the briefing by Coaches Chris & Steve.

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OFFICE:

Phone: 9300 9279

info@bondisurfclub.com