



**CLIFTON BEACH SURF LIFESAVING  
BEAR FACTS NEWSLETTER  
SEPTEMBER 2021  
"PREMIER CLUB"**

1990/91, 1993/94, 1998/99, 2006/07, 2008/09, 2020/21

Hi again to all our members,

There has been plenty happening over the past month, and, with the season fast approaching, it looks like plenty of exciting times ahead for the club. A big thanks to all of you who have put up your hands and volunteered for a role within the club; it is because of your generosity that we can continue to offer a great program for our members and the people who visit Clifton Beach.

It has been pleasing to see the support that the Super Sunday sessions have been receiving. It goes to show how many of you are keen to get back in the water and work on your skills! Boards, skis and boats have been gracing the sheltered water at Seven Mile Beach, and there is room for you if you are keen to get involved.

Well done to all our members who participated in the Pool Rescue Competitions in Launceston. A good time was had by all, and the sessions proved invaluable in improving the skills of those who were there. Thanks to the parents who attended, and to Eleanor for her organisation. There is plenty coming up for athletes, lifesavers and the club as a whole:

- The Marathon series kicks off in Somerset on Oct 2, with further events in Burnie and, of course, culminating with the Surf Safari here in Hobart. I encourage everyone to get involved in some way, either competing, supporting or representing us on the Peppermint Bay Boat!
- There will be important information coming out soon regarding proficiencies and life-saving for the coming season, and about training sessions for qualifications. I encourage everyone that will be volunteering on the beach to be Rescue Ready and to have a go at improving what they already do; this might be as simple as working on their swimming or achieving a new qualification. It is the reason we exist as a club, and we owe it to ourselves to make sure we do as good a job as possible in keeping our beach safe.

Finally, after a big day competing at the Surf Safari on Nov 6th, you are invited back to the club as we not only celebrate our achievement as Tasmanian Club of the Year, but we go live nationally for the Virtual SLSA Awards of Excellence! It will be a big night so come on down and help us celebrate.

*Thanks  
Chappy*

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## Club Captain Report from Simon

Clifton is planning on delivering IRB crew/drivers, SRC and a bronze course. IRB courses dates are locked in, but we are still trying to lock in some dates for the SRC/Bronze course.

IRB Driver/Crew Course – if you want to do this course contact me a.s.a.p as the courses are now 90% full.

### **Please put these dates in your diary**

- **Sunday 17th October** = Introduction/IRB Theory/Basic driving and crewing
- Meet at Clifton Beach SLSC 9am but may move to Cremorne for practical depending on swell
- **Sunday 24th October** = Basic to more advanced driving and crewing/Emergency procedures
- **Sunday 7th November** Advanced driving and crewing/Intro. to patient pick-ups
- **Saturday 13th November** = SAR Theory and Exercise/Patient pick-ups
- **Sunday 14<sup>th</sup> November** = Catch-up Session and Practice pre-assessment
- **Working bee on the 31st of October**, please come down and help get the clubhouse ship shape.
- **Patrol Captain get together** 14 October 6pm at the Clubhouse

Bronze and SRC courses dates TBC once we have locked in the trainers.

### **Southern Search and Rescue Exercise**

On Saturday 18<sup>th</sup> September Clifton Beach members were involved with SLST in supporting Tasmania Police in a Marine Search and Rescue Exercise in Fredrick Henry Bay and Norfolk Bay.

SLST had many assets involved including; 5 Inflatable Rescue Boats, 2 Rescue Water Craft (Jet Skis) and 2 Marine Rescue Vessels, with support from SurfCom, 3 State Duty Officers and 2 Regional Duty Officers.

All worked alongside Tasmania Police and Ambulance Tasmania to complete a training exercise involving 8 patients in total.

Thanks to The Clifton Club Members who were involved in this important training exercise.



## Senior Coach Report from Courtney

A couple of weeks ago, our Senior Team took on a team building walk to Shipstern's Bluff. It was an excellent day out for all and the start of many fun team-based activities. We stopped halfway down for caffeine refreshments and to admire the beautiful views of Pirates Bay Lookout.

All senior members have been training very hard with swimming, board, and ski sessions underway weekly. If you haven't started training yet... it's not too late to get started and the water is only getting warmer. Our senior ski paddlers are being put through their paces in a couple of weeks' time with a one off technique session with none other than ski paddling extraordinaire Grinner!!

Our development ski is in its third week with paddlers really starting to improve on their skills and confidence! For many of these paddlers, it is their first time on a surf ski!! They are spending less time in the water swimming each session with is excellent to see!

Next up for our team building, we have our Bicheno training weekend coming up on the 9th and 10th of October. Please let Courtney, Barney or Matt know if you would like to attend or any further information. All you will need to do at this stage is to organise your own accommodation/ camping (Seaview holiday park) and we will let you know what the weekend has in store as the time approaches!

Our senior squad has started the training season off well with their commitment levels at an all time high. A strong winter will set us up for an even stronger summer!





## Nippers Report

Hello to all our Nippers,

What an active team you are. Soccer, netball, basketball, cross country running, mountain biking, gymnastics, hiking, swimming, Park Runs, skate boarding, football, water polo, diving, underwater hockey, surfing, rock climbing, futsal. Have I missed anything? I have seen so many familiar faces pop up on various social media posts and team lists over the past few months. It's great to see how active so many of you have been over the winter months.

Soon it will be time to dust off the pink vests and club caps and make sure the wetsuits still fit. We are 6 weeks out from the start of our Nippers season! Who's excited?! We are really looking forward to seeing you all very soon.

Our program will launch on Sunday November 7th at the Clarence Pool. As in previous years we will have a few sessions at Clarence Pool and Cremorne before heading to Clifton Beach at the beginning of December. More information will be provided over the coming weeks, so keep a lookout on our Facebook page.

If you haven't been swimming over winter now would be a great time to head to the pool. It doesn't have to be anything formal, just go and have some fun. Maybe even organise some of your teammates to join you. Practice getting things off the bottom of the pool, pretend you are diving under waves, float on your back like a starfish or even swim a few laps if you can. The more time you can spend in the water, the more confident you will be when we hit the beach.

Nippers, please encourage your parents / guardians to have a think about how they could be involved in our program over the coming season. As you know all our sessions are run by a group of dedicated parents and supported by our Life Savers on Patrol. To have 150+ Nippers on the beach takes a huge team effort. If they aren't sure how they can be involved please encourage them to email me and let them know to keep an eye on our Facebook page over the coming weeks.

It's been terrific to see a small, but determined group of you at our training sessions at Seven Mile Beach over the past few weeks. Thank you to Shayne for coaching the crew. If you are an Under 11+ and keen to get in some pre-season training, then you are more than welcome to join in. Information about training sessions is posted on the Members Facebook.

The first event for the Surf Sports Calendar is the Surf Safari on Saturday 6th November. This is an endurance event, with Under 11 - Under 13's paddling 2km and our Under 14's paddling 4km's. This is a really fun yet challenging event and a great way to get back into Nippers. Entries are now open: <https://www.webscorer.com/register?raceid=248416>

I'm looking forward to seeing you all in 6 weeks' time, for what I know will be another exciting season on the beach at Clifton.

Eleanor

Yummy!!

Breakfast

At

Seven Mile

Beach



## Pool Rescue Competition #2

We had a small but mighty team head to Launceston last weekend to attend the second Pool Rescue Competition. Thank you to our Team Manager, Katie Groom and to all the parents, who not only made the journey up the midlands, but supported the event by fulfilling official roles.

I asked the team to share their experiences. The overwhelming feedback has been how well run the events have been. They have been lots of fun and with a no pressure atmosphere and fantastic camaraderie amongst the clubs. These are some specific responses from some of our team:

From our Team Manager Katie Groom: "A highlight for me was the way the organisers went out of their way to make sure all competitors knew what they needed to do and the constant coaching on the sidelines for those who were keen to get extra instruction. It was great to cover some different events and give kids as much exposure as possible. I was also really proud to observe the way the Clifton kids went out of their way to help pack up at the end and thanked the organisers for such a great day. We are so lucky to be part of such an awesome club."

Alex Bishop said winning the line toss with Sara was his favourite part of the day. And having seen the video of this event I can agree that they both should be very proud. Amazing throwing technique Alex.

Charlotte Bech said her favourite part of her day was the line throw and winning the relay! And also that it was fun to be with her mates!

I think all our members who attended should be very proud for giving it a go and embracing the challenge. These have been fantastic events run by SLST and the organisers have supported our participants in gaining the skills and confidence to be able to participate. If you missed out on the last two, never fear, SLST plan to run more pool competitions at the end of next season including some in Hobart! Not sure about the event? You will never know unless you give it a go!







**DON'T FORGET IMPORTANT DATES FOR JUNIORS**

**6<sup>TH</sup> NOVEMBER (Saturday) – U/11 –U/14 Board Paddle at Surf Safari**

**7<sup>TH</sup> NOVEMBER (Sunday) – start of Pool session at Clarence Pool**

## Upcoming Calendar for Season 2021-2022

### NOVEMBER

Saturday 6th	Mercury HOFM Surf Safari)	Long Beach Sandy Bay	Endurance Series
Sunday 7th	IRB Comp Training	TBC (South)	IRB Competition
Saturday 20th	IRB Comp Training	TBC (East)	“ “
Saturday 27th	Surf Festival	Carlton Park SLSC	Special Events
“ “ “	TOSS Race 1	“ “ “	Tasmanian Ocean Swim Series
	Clearwater Classic		

### DECEMBER

Saturday 4 <sup>th</sup>	Regional Carnival	Ulverstone SLSC	Special Event
Saturday 4 <sup>th</sup>	TOSS Race 2	Port Sorell SLSC	Tasmanian Ocean Swim Series
Sunday 5 <sup>th</sup>	Penguin Island	Devonport SLSC	Tasmanian Ocean Swim Series
Saturday 18 <sup>th</sup>	TOSS Race 3	Clifton Beach SLSC	Special Event
	Pub to Club		
	Regional Carnival		

### JANUARY

Saturday 1 <sup>st</sup>	TOSS Race 4	Bellerive Beach	Tasmanian Ocean Swim Series
Saturday 8 <sup>th</sup>	Brooke St 1200	Bridport SLSC	Junior Surf Sports
Sunday 9 <sup>th</sup>	Junior Statewide Carnival	“ “	Senior Surf Sports
Saturday 15 <sup>th</sup>	Senior Statewide Carnival	TBC	National Event
Saturday 15 <sup>th</sup>	Nutri Grain Series	Bridport SLSC	Tasmanian Ocean Swim Series
Sunday 16 <sup>th</sup>	Team Events	TBC	National Event
Friday 21 <sup>st</sup>	TOSS Race 5	NSW	National Event
Saturday 22 <sup>nd</sup>	Swim the Pier	Freshwater SLSC	SLNSW Event
Sunday 23 <sup>rd</sup>	Nutri Grain Series	Manly SLSC	“ “ “
Wednesday 26 <sup>th</sup>	Team Events	Kingston Beach SLSC	Tasmanian Ocean Swim Series
Saturday 29 <sup>th</sup>	Interstates/YPC	Clifton Beach SLSC	Junior Surf Sports
Sunday 30 <sup>th</sup>	Freshwater Carnival	“ “ “	Senior Surf Sports
	Manly Carnival		
	TOSS Race 6		
	Australia Day Swim		

### FEBRUARY

Saturday 5th	Senior Statewide Carnival	Devonport SLSC	Senior Surf Sports
Sunday 6th	Junior Statewide Carnival	Port Sorell SLSC	Junior Surf Sports
Saturday 19th	Junior Statewide Carnival	Burnie SLSC	Junior Surf Sports
Saturday 19th	TOSS Race 7	“ “	Tasmanian Ocean Swim Series
Sunday 20th	Senior Statewide Carnival	Burnie SLSC	Senior Surf Sports
Saturday 26 <sup>th</sup>	Masters Championships	Boat Harbour SLSC	Championships Event
Sunday 27th	TOSS Race 8	“ “ “	Tasmanian Ocean Swim Series
Sunday 27 <sup>th</sup>	Champion Lifesaver	Boat Harbour	Lifesaving Championships

### MARCH

Saturday 5 <sup>th</sup>	Junior State Championships	Penguin SLSC	Championship Event
Sunday 6 <sup>th</sup>	“ “ “ “ “	“ “ “	“ “ “ “
Tuesday 15 <sup>th</sup>	High School Surf League	TBC (North)	Community Program
Thursday 17 <sup>th</sup>	High School Surf League	TBC (South)	Community Program
Saturday 19 <sup>th</sup>	Senior State Championships	Carlton Park SLSC	Championships Event
Sunday 20 <sup>th</sup>	“ “ “ “ “ “	“ “ “ “	“ “ “ “
Saturday 26 <sup>th</sup>	TOSS Race 9	Seven Mile Beach	Tasmanian Ocean Swim Series
Saturday 26 <sup>th</sup>	Patrol Competition	Kingston SLSC	Lifesaving Championships

Sunday 27<sup>th</sup>  
 Sunday 27<sup>th</sup>

First Aid Competition  
 TOSS Race 10

“ “ “  
 Blackmans Bay

“ “ “ “ “ “  
 Tasmanian Ocean  
 Swim Series

**APRIL**

2<sup>ND</sup> – 4<sup>TH</sup>

Aussie Youth

Scarborough WA

National Championships  
 Event

4<sup>th</sup> – 6<sup>th</sup>

Aussie Masters

“ “ “ “

“ “ “ “ “

6<sup>th</sup> – 10<sup>th</sup>

Aussie Opens

“ “ “ “

“ “ “ “ “

Sunday 24<sup>th</sup>

IRB Statewide Championships

TBC

Statewide Championships  
 Event

Saturday 30<sup>th</sup>

Long Course Pool  
 Rescue Championships

Clarence YMCA

“ “ “ “ “ “

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