



CLIFTON BEACH SURF LIFE SAVING CLUB INC

"PREMIER CLUB"

1990/91, 1993/94, 1998/99, 2006/07, 2008/2009

BEAR FACTS NEWSLETTER

February 2020

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President's Report

Hi all Cliftoners

With 2019 behind us and 2020 well underway, club members have been involved in various activities both in the water and on the land.

A big congratulations to Ron Kelly being named Clarence Senior Citizen of the Year together with a nomination for Zia Mitchellmore for Junior Citizen of the year.

A big thank you must go out to Craig Sly together with the assistance of Barney, Richard and Clinger who ventured over Bass Strait with a strong team to compete at the Manly and Fresh Water carnivals.

I understand that everyone had a great time and learned a lot from their trip which may become the norm for our competitors depending on where the Interstates head.

During the next month, we have the Clifton carnivals on the 15th and 16th February 2020 together with the Hydrothon on 22nd and 23rd February 2020.

At these events, which we are hosting, we need all hands on deck! To set up, pack up and more importantly provide water safety during the day. So please put your hand up before you are asked as it is hard on those people who do everything all the time. Please contact myself, Simon, Barney or Pete Williams to assist wherever you feel you are able. We need to make sure that our beach and our club are ready to host these events.



Speaking of carnivals, I was privileged to officiate down at the Carlton Junior Carnival on 5 January, when the conditions for Nippers were challenging with a decent size swell coming in on a lovely sunny day. It was fantastic to see the Clifton Nippers put all their training they have received from Chappie and the coaches in to place with some great results being achieved.

I look forward to watching the Nippers compete at our carnival together with the State Titles at Carlton in approximately five weeks' time.

I hope to see you all at the beach. *Cheers Rogo*

Tassie Hydrothon All Female Festival

22nd – 23rd February at Clifton SLSC

Hydrothon is coming back to Clifton Beach and thanks to Surf Life Saving Tasmania, we are bringing eight Iron Women to help celebrate 40years of women in lifesaving with a two day festival.

The two day event will include the Hydrothon all Female Clinic (Sat 22nd Feb) and for the first time in history, a Female Only Surf Racing Carnival (Sun 23rd Feb).

The clinic is open to girl's 9-17years and the carnival for U9s to Open.
Choose to take part in both day's or just the clinic or carnival - the choice is yours.

Come learn from our mentors:-
Harriet Brown, Lizzie Welborn, Maddy Dunn, Naomi Scott, Kirsty Higgison, Ela Heiniger, Emily Doyle and Brielle Cooper.

PLUS, watch the women race and also join you in some fun team races on Sunday.
Lots of giveaways and heaps of value for a flat entry fee of \$65.00 (+booking fee).

A Rashie, Buff, Swim Cap and Tote Bag all included.

The Hydrothon All Female Clinic is proudly supported by Macquarie Sports

Please contact the coordinators listed below with your availability to help with the following for the Hydrothon;

- **Water Safety:** Peter Williams 0418 300 109
- **Set up/Pack up daily operations:** Simon Bailey 0402 112 770 Craig Rogerson 0418 120 796
- **Catering:** Anthea Bishop 0449 557 822

URGENT REMINDER MEMBERS ARE REQUIRED FOR WATER SAFETY

ON THE FOLLOWING DATES:

15TH & 16TH February

22nd & 23rd February

Please txt Pete: 0418 300 109

Club Captain's Report

Welcome to 2020, what a start to the year we have had. It has been fantastic to see the Club members enjoying the surf, completing their patrol commitments and competing around the state at the various carnivals.

Congratulations to our new SRC and Bronze members, your commitment to achieving these awards is greatly appreciated by the club and its members. As we grow our patrolling numbers we build on our life saving capabilities. Our long term plan is to increase our patrol back up to 10 and accredited trainers to 3 and with our nippers program flourishing this should not be a problem.

Another area which we would like to increase our capabilities is the area of competition officials. The club is required to meet its commitment of providing officials at each carnival and sadly we are lacking in this area. All accreditation is provide free of charge and as usual the more members who become officials means that we can share the load.

If you are interested in doing this then please speak with one of our current accredited officials, Barney Reardon, Simon Kay or Club President Craig Rogerson

It was great to see so many new faces make the trip to Boat Harbour recently. Many of our nippers are showing great willingness to learn and hone their skills. It is through the support from our coaches and age managers that we are seeing our competitor numbers increasing at the carnivals.

Our seniors are mixing it with bigger clubs and even though our numbers are low we are very competitive regularly finishing at the pointy end of the field. Our under 13 competitors REGULARLY step up to support our under 14 competitors in the team events. This means that these U13 are doing twice the amount of water events than the other competitors in their age groups but they do it with no complaints just the willingness to help out their fellow club members.

Our patrol teams reduced from 8 to 7 this season meaning that patrolling members are now required to perform 6 patrols this season. This happened due to some members opting to move onto the active reserves list. The club has no issue with these requests and currently we have 18 people on the active reserve list.

It was communicated previously that the Club expected members on the active reserve list to meet our commitments relating to the triathlon events. However the Club struggles to meet these commitments, particularly with IRB drivers and crew for each event. Unfortunately we are having to call on patrolling members to attend these event with many of these members also providing water safety for our nippers programs.

We all need to make the effort to support the Clubs commitments I am asking that those on our active reserve list ensure that they are financial members and make every effort to respond to requests to perform water safety duties for the remainder of the season.

We have a junior and senior carnival on the 15th and 16th of February. This is a fantastic opportunity to host fellow clubs from around the state. It also allows our nippers who have not yet competed do so on their home turf.

To be able to hold these carnivals we need ***all members*** to help with set up and pack up, catering over the two days as well as to provide water safety. If we all pitch in and give a hand then it will mean that the event will run smoothly and that all members are able to enjoy the weekend.

Commitment can be for a few hours, half a day or both days.

Please contact the coordinators listed below with your availability to help with the following;

- ❖ **Water Safety:** Peter Williams 0418 300 109
- ❖ **Set up/Pack up daily operations:** Simon Bailey 0402 112 770 Craig Rogerson 0418 120 796
- ❖ **Catering:** Anthea Bishop 0449 557 822

Manly/Freshwater Carnival tour January 2020 from Craig

The Clifton Beach senior competition team has recently returned from an exciting and successful trip to Sydney's northern beaches to compete in two of Australia's iconic and long term carnivals held over the Australia Day long weekend.

The gear trailer departed on the Spirit of Tasmania on Tuesday night arriving in Sydney at the North Narrabeen caravan park on Thursday 23rd. The remainder of the team arrived by air and were welcomed to a sweltering 41 degree day at 5pm.

Fortunately the luxurious team bus, hired with support from Rogerson and Birch surveyors, was air conditioned and the driver had a cool head as we manoeuvred the peak hour traffic to arrive at the park.

Plans were put in place for the weekend and a sweaty night's sleep was had with the alarms set for 5am for a 6 am departure for our first training session to familiarize ourselves with conditions.

We arrived at Freshwater beach which is a swell magnet to find some very nice lines around the 4 foot mark on the sets. The swell was NE and hitting the southern end very nicely.

After unpacking the gear we headed to the sand and scoped the arena with ski paddlers heading out through the northerly rip and board paddlers following closely before heading to the southern end to catch some waves. Competitors adapted to the open ocean conditions quickly and soon understood the importance of our training sessions with popping and rolling required. By the end of the session everyone was comfortable and had adapted well and were ready to race come Saturday.

That was until some decided to go for a swim in the rip and took some-time to return to the beach!

The younger team members were very lucky with organizers announcing that under 14 events would be added to the program, something that hopefully continues so that age group can take part in coming years.

After another hot day with intermittent thunder storms and a quick body surf, another hot night's sleep was had before another 6am departure for Manly carnival.

The NE swell had dropped slightly, however the high tide ensured a punchy beach break that saw many competitors come to grief on the start line, as well as some great waves to be had on the return to the beach. Our competitors adapted quickly to the shore dump, although sometimes there was just no escaping it, as well as the sweep running along the beach.

Our younger competitors raced well with outstanding results finishing well up in the pack as did Dan Reardon in both his Swim and Ironman making the semi-final.

Our under 17 and 19 competitors competed in the same arena also finishing in the main pack in most races with highlights of Hayley making the ski semi as well as Miriam Boulton in the under 19. Miriam and Zia also qualified for the iron race at Freshwater by virtue of being in the semi at Manly.

Other competitors all had personal highlights on the day with Kate Reardon doing well in all disciplines, in particular handling her ski in the tricky conditions. Mary Clingeffer and Asta Mitchelmore also had great days and honed their skills in both the individual and team events.

After a short recovery session that afternoon, body surfing 3 foot shore dumpers at North Narrabeen, while being told off by the lifesavers for going out too far, we had a hearty dinner cooked up by the support team and hot the sack for an earlier start the next day.

Freshwater, one of Australia's oldest carnivals, was celebrating the 107th year, and turned on ideal conditions all day. This small tricky beach is renowned for strong currents and leaky waves and it didn't disappoint on the day.

The highlight definitely came in the last event with Miriam and Hayley placing 3rd in the under 19 double ski final, but there were plenty more in all areas.

Miriam performed well in the u/19 iron final placing 3rd in the first ski leg before dropping a few spots in the board and swim but there is no doubt that the gaps are getting smaller.

Our u/17 ski paddlers turned out in force with 4 competitors Mary, Asta, Kate and Hayley lining up. Conditions were somewhat fluke with sets appearing and taking its toll on the field and skis floating around to manoeuvre through on the way in. All four girls did well in these tricky conditions as did our under 19's Zia and Miriam.

Team events were outstanding with relays in most races where possible, and the commentators were very impressed to see a club from Tassie in the mix.

Dan (u/15) and Maya and Cate (u/14) had a whirlwind morning racing solidly for the first 1 1/2 hours. All backed up well from the previous day placing mid field.

Overall the trip was a tremendous learning experience for all competitors, and they should take confidence from where they all placed, while still learning and understanding what is required to continually improve in those type of conditions.

Monday saw fierce competition at Luna Park, with a few scared faces on display, but overall goals on this day were achieved!

A huge thank you to Barney and Sharon for their financial support to enable the trailer and gear to be transported, as well as Rogo (Mr Pres) for the hire of the team bus, without this assistance we wouldn't have been able to do it. Also to everyone who brought chocolates and raffle tickets to assist "we all thank you".

To our support team, Anthony, Richard, Matt, Ned, Ella, Lewis, Meegan and Anna, on behalf of all competitors we thank you.

Let's hope we can do this, and maybe a few other trips next season!

Only 11 weeks to Aussies! Back to training now!

#SWIMBOARDSKIFORME



URGENT REMINDER: MEMBERSHIPS EXPIRED 31 December 2019. PAYMENTS ARE NOW OVERDUE !!!!!

DO YOU HAVE A CLIFTON CLUB HOUSE KEY.

If so could you please advise Sian of the number ie P or MCKL by text to 0407399623 or email to sian@antennastasmania.com.au

Nipper Report from Anthony

It has been a big summer so far for our Nippers at Clifton Beach, with much more in the pipeline! Firstly, it has been great to see so many families and kids involved in the program. The kids have had a great attitude on the beach and in the water, and we are seeing some real improvement in their skills and understanding of the ocean.

Also, we are most appreciative of all the parents who have assisted in lots of ways around the club. Next, we have had some great results at the various carnivals that have been held around the state. There has been some real application to the training and attendance at the events, with the kids showing plenty of resilience and having lots of fun.

Finally, we have been involved with a number of different activities that have helped build the skills of the kids and promote what our club has to offer. These activities have included the Iron-Ocean series in Burnie and the Sandy Bay Regatta.

There is a lot more to come, with the Burnie and Clifton carnivals, as well as the Hydrothon in the next month.

There is also the State Titles coming up at the end of summer - phew!

The key thing for the kids is that no matter what their level of participation, they are out there having fun, learning new things, and doing activities that keep them healthy and engaged.

We look forward to what the rest of the summer has to offer and seeing what the Nippers can achieve by seasons end.



Report from Patrol Officer – Ned

Bronze + SRC Course Report

Congratulations must go to our newest lifesavers who have been working to keep our beach safe from the beginning of January! We have seen our first group of Bronze and SRC course got assessed (and all passed) with more members to come!

Well done to Matt on getting his Bronze Medallion and to Ashton, Austin, James, Maya and Cate for successfully completing their Surf Rescue Certificate!

Don't forget to come and say "hi 🐾" to these guys next time you see them on the beach! We would also like to thank their friends over at Kingston Beach SLSC for holding the assessment and getting everyone through, with over 100 individual First Aid Scenario Assessments held across both Clubs.



Life Saving Development Camp

Over 6 days in January, youth Lifesavers from across the state have participated in the 2020 Surf Life Saving Tasmania, Life Saving Development Camp.

Over the week candidates on the camp have participated in an intense week of training to assist them in their lifesaving ventures as well as teaching life and leadership skills.

Each of these legends received their IRB Crew, Advanced Resuscitations Certificate and Provide First Aid!

We would like to congratulate our successful candidates, Asta, Georgia, Luke and Kate as well as Ned as part of the camp management team.

Training included everything from car crash scenarios to IRB training at Marwaha Beach in the waves. They will be hitting the beach over the coming weeks and are keen to pass on these skills!





Upcoming Carnivals

Juniors:-

Saturday 1st February – Burnie

Saturday 15th February – Clifton Beach

Saturday 29th February & Sunday 1st March – Junior Championships – Carlton Park

Seniors:

Sunday 2nd February – Burnie

Sunday 16th February – Clifton

Saturday 21st & Sunday 22nd March – Senior Championships – Burnie

Masters:

Saturday 8th February – Bridport

Aussies:-

Saturday 18th April – Sunday 26th April - Broadbeach & North Burleigh

For the Senior Carnivals and the Master Carnival

(Master carnival competitors must be 30 + years of age to be eligible to compete)

If you are intending to compete at any of the Senior/Masters/Aussies carnivals please email or txt

Senior Competition Manager: Richard Boulton

(m) 0420 873 485 Email: competition@cliftonbeachslsc.com.au



Thank You” to the club’s Supporter and Sponsors

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