

LONG REEF SURF LIFE SAVING CLUB INC

The Reef Recorder



September 2010

From the Presidents pen: Doug Lucas

Welcome to what will be another exciting season in 2010-11. This year it was great to see one of the largest AGM (15/8/10) meetings with 77 club members coming to have their say on how they wished for the club to be run followed by a Spit Roast lunch and a massive hail storm. The AGM saw a number of changes on the Board of Management. I thank those standing down for their contributions over the past seasons and I welcome those new members to the Board. It promises to be again another exciting season for Long Reef and our Board will continue to focus strongly on Lifesaving, education and youth development. We are keen and very enthusiastic to ensure that all our members and sections of our club receive a fair & balanced share of our resources, finances and are given all the opportunities that our club and greater organisation has to offer. Thank-you to SNB Branch President Gordon Lang for your attendance and words from the branch. Also congratulations to Stephen Cox awarded Distinguished Service Membership.

This season it will be very exciting to welcome 47 Abbotsleigh School girls to the club who will complete their Bronze Medallion. This will challenge our Instructors and Assessors and we hope will provide a great injection of enthusiasm to retain Shore boys and get involved in other club activities. This season we will also again be involved in running the Fenn Cup Ocean Series. We have made a number of changes to how the series will be run which will increase the return the club will get from the large workload. It is hoped that we can work to further establish the series and potentially establish an on-going income stream for seasons to come.

So that's it from me. I look forward to seeing you all on the beach during the season. Remember this club is your club and needs your support as members to keep the place running so don't be afraid during the season to jump in and give it a hand. There are plenty of activities / events that the club is running to help make Longy a better place for all involved,

The old saying the more you put in the more you get out has never been closer to the truth.

Long Reef Board of Management for 2010-11 season

President: Doug Lucas	E: president@longreef.com	M: 0410 517 076
Vice President: James Selosse	E: vice.president@longreef.com	M: 0418445023
Executive Directors: Kristie Thomas & Pete Chaney	E: exec.director@longreef.com	
Director of Administration: Rob Pearson	E: dir.admin@longreef.com	M: 0417698515
Director of Finance (Treasurer): Rob Warby	E: dir.sponsorship@longreef.com	M: 0412398304
Director of Sponsorship & Marketing: Seamus Redmond	E: dir.sponsorship@longreef.com	M: 0412689057
Director of Life Saving (Club Captain): Nick Warby	E: dir.lifesaving@longreef.com	M: 0422060142
Director of Education (Chief Instructor): Ian Wallace	E: dir.education@longreef.com	M: 0414752848
Director of Surf Sports: Pete Selosse	E: dir.surfsports@longreef.com	M: 0428408754
Director of Youth: Rhonda Ferguson	E: nippers@longreef.com	M: 0416 275 251

The other fine people who will help lead our club this season

Vice Captains: Andrew Selosse and Tim South

Child Protection Officer: Bernadette McAlinden

Chief Assessor: Lachlan Gadd

Cadets: Stella Watson

IRB Captain: Nathan Gibson

Asst Treasurer: Michelle Limana

Board, Ski & Swim Captains: Jonah Beard and James Cockerill

Captain of Beach Competition: Matt Brown

Clothing: Sandra Smidt and Belinda Kent

Boat Captain: Alice Clarke

Membership renewals for the upcoming season

Membership can be done online at:

<https://www.lifesavingonline.com.au/SLSA Online/modules/home/index.php>

OR by filling out a paper membership form that is at the club. \

Payment can be made securely online at:

<http://www.slsa.asn.au/default.aspx?s= paymentgateway>

Membership fees for the upcoming season:

Membership category	Annual fee	Joining fee (new members only)	Competition Fee
Nipper (U6 – U13)	\$85	\$15	n/a
Cadet (U14 – U18)	\$90	\$15	n/a
Adult Member (Active, Active Reserve and Long Service)	\$120	\$15	\$50
Family Membership	\$225	\$15 pp	n/a
Sustaining Benefactor	\$70	n/a	n/a
Life Member/	n/a	n/a	n/a

Nippers News

Registration Day: for all Nippers and Cadets will be held at Long Reef SLSC on Sunday 12th & 19th September from 10am – 12pm.

Age managers: are still needed for several age groups in nippers. If you are an energetic and outgoing person who is able to provide a safe, fun and engaging program for an age group contact Rhonda at nippers@longreef.com

Upcoming Dates

Sunday 12th September: Nippers & Cadets Registration

Saturday 18th September: Fenn Cup

Sunday 19th September: Nippers and Cadets Registration

Saturday 26th September: Patrols Begin

Saturday 16th October: Abbotsleigh and Shore start

Long Reef gets on Radio/ TV in City 2 Surf

While several members were thinking of the hill (and possible Oxyviva) that awaited them, five Longy members were busy at the start line of the City to Surf promoting Surf Life Saving on behalf of Corporate Sponsor Westpac. Apart from waking up at 5am on a chilly winter morning, some of the highlights included Angus Parker and Ben Tresidder featuring in a Channel Ten/ One HD Interview with Grant Hackett. As well as this Angus and Nick Warby were interviewed for Vega 95.6 FM's breakfast show. Angus Foster and Jono Eagle also got to meet Grant Hackett and Kristina Kenally whom they stood next to cheer on the runners at the start of the race!



Long Reef's newest Life Savers!

Congratulations to Long Reef's newest Life Savers – Alex Creer, Matt Meakes and Ed Poate who passed their Bronze and Surf Rescue Certificates in great form. Alex now joins her two sons who also passed their BM & SRC at Long Reef in 2009. For Matt it was a simple upgrade from SRC to Bronze after already being included in the top 10 patrollers list as well as being nominated for the Branch Rookie of the Year. Ed's SRC topped off a great competitive season in U13's and Ed will now be able to return to competing in the upcoming season.



Fenn Cup returns to Long Reef

Some of Australia's elite iron men and women will soon return to compete in the Fenn Cup for 2010-11. The Fenn Cup will be co-hosted by Long Reef SLSC and Ocean Paddler and forms part of the Australian Ocean Racing Series.

The first race is on Saturday 18th September, 2010 and the club will need help in the areas of water safety, BBQ's, registration, timing, recording and first aid. For any questions please contact Seamus or Doug (contact details on page 1).



Big names come to Long Reef beach! Left: Hayley Bateup and Right: Doug interviews Kellogg's Iron Man Champion Shannon Eckstein on Long Reef Beach, January 2010.

Board, Ski, Swim and Beach team news: What's been happening around the Reef?

Inspired by the hit 1984 movie, seven members of Longy and one member of Swansea Belmont SLSC will compete in the Coolangatta Gold in November. The team of James Cockerill, Andrew Selosse, Jonah Beard, Josh Ferris, Matt Brown, Emma Jeffcoat and former Coolangatta survivor Doug Lucas as well as Sam Djodan from Swansea will contest what is described as the one of the world's toughest and most respected endurance races! These competitors have been in training over winter and have been joined by their Chief Motivators Tom O'Connor, James Robson, Aaron Lucas, Jack Neighbour, Ed Poate, Hamish Gates and Coaches Ben Neighbour and Doug Lucas at their board trainings.

At the end of August Emma Jeffcoat travelled to the Dardanelles to compete in an Ocean Swim from Gallipoli to main land Turkey. Emma swum against 450 other swimmers ended up coming third in the U18 girls category – a great result! In previous seasons Emma has shown her athletic talents winning a number of medals at Branch, State and National Carnivals. This season looks to be no different with Emma moving into the U17's age group. Emma was doing swim training seven days a week for the last few months for the Dardanelles race and will continue training for the Coolangatta Gold in November!

Greetings from the Longy Boaties!

As the season draws closer, the Boaties are beginning to dust off the cob webs, sneak back into the speedos and hit the surf for a fun year ahead! We are also sizing up the new gym equipment and giving our muscles a much needed work out!

It has been great to see our latest crew out on the water having a bit of fun in boats – a big welcome to Molly, Grace, Emma & Pete. Hopefully Coxy has recovered from the hailstorm he took you out in after the AGM!

All being well we should have about half a dozen crews on the water for the season!

The new boat is on the drawing board and we are busy trying to rustle up Sponsors for the latest addition to the fleet...fingers crossed! (and naturally any offers or suggestions welcome!). All being well the new boat will arrive before Christmas when we are all a little more fine tuned and ready to put it through its paces for all the Championship events.

We are eagerly awaiting the new season and seeing everyone down at the Club.

If you have the urge to jump in a boat please contact our boat Captain Alice Clarke 0418 496 922 and we will see if we can't arrange something! Honestly catching a wave in a Longy surfboat is one of the most fun experiences you will ever have!!

Surf Com, Long Reef has the following members signing on:

Julia Murphy, Jess Foran, Aaron Lucas, James Robson, Sam Heath, Ben Hutt (from Tamarama SLSC) and David & Dayna Spink (from South Long Reef SLSC (aka Dee Why). Welcome!

Long Reef will set up Roving Patrols in:

France: Number 1 Flying Boatman and Aussies Gold Medallist Ross Jenkins is rumored to be sneaking over to France for a year!

Yamba: Adam "Aboonga" L'Green who will be taking it easy up North, in Yamba for the season.

Proficiency Requirements for 2010-11

In previous seasons Longy has held proficiencies on three Sundays. This season proficiency will be run individually with each patrol, on their second rostered patrol date. If you cannot make your patrol's second patrol, feel free to go to any other patrol.

Advanced Resuscitation Techniques Certificate replaces ARC

SLSA have introduced a new award, ART which will replace the old ARC and Defibrillation awards. The new award combines the ARC and Defibrillation course in one and adds another component being suction. Suction is the process of pumping out vomit and other small debris from a patient's mouth when they are unconscious using a device similar to what a dentist uses.

If you hold both ARC and Defibrillation awards: You will need to do a suction update which will be run on your proficiency day.

If you hold the ARC award: You will need to do a Defibrillation and suction update which will be run on your proficiency.

If you hold the Defibrillation award: In order to keep this award current you will be required to do the full ART course which will be run early in 2011. Unfortunately there are no points for creativity or paint in the ART course.

If you do not complete the ART update your ARC and Defibrillation awards will not remain proficient.

Not yet a Life Saver? Do your Bronze Medallion!

Mums and Dads: There is no better way to impress your kids than showing them your new red and yellow uniform! Doing your Bronze Medallion can also get you out of Sunday morning gardening and those annoying family BBQ's.

Kids (aged 13+): There is no better way to show off to your friends than to tell them you are a lifesaver. As well as this you will now have a legitimate excuse to hang out at the beach with your mates than to go on patrol. Bronze and Surf Rescue courses start soon. Contact Ian Wallace at dir.education@longreef.com or visit www.longreef.com for more information.

Upcoming Courses

Silver Medallion Basic Beach Management
26th September, 9am, Branch Office

Spinal Management
9th October, 9am, North Curl Curl SLSC

Bronze Medallion (18+)
13th October, 7:00pm, Long Reef SLSC

Surf Rescue Certificate/ Bronze Medallion (13 – 18's)
14th October, 6:30pm, Long Reef SLSC

Silver Medallion Advanced Emergency Care
8th November, 6:15pm, Branch Office

Education Contacts:

Ian Wallace: dir.education@longreef.com

Lachlan Gadd: Lachlan_gadd@hotmail.com

Its Spring! Better get cleaning!

LONG REEF SURF LIFE SAVING CLUB INC

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178 SOUTH CREEK RD
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