

Maroubra Surf Sports

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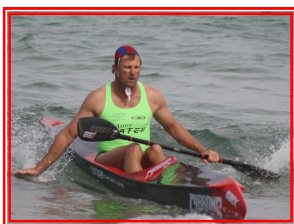
Sydney Water Round 1 at Corrimal

'A journey of 1000 miles begins with the first steps' and as such our first surf carnival for this season was the Sydney Water Round 1 in perfect conditions at Corrimal Beach. The best athletes in the state were at this carnival representing the NSW High Performance Squad. As well as a small but dedicated group of young Maroubra Lifesavers who showed that our squad has 'speed to burn' this season.

As this is only the start of the season it is natural and ideal for most of our squad not to be at peak fitness at this time of the year as we want to be at our best at the end of the season when it counts. However, in saying that every one of our competitors showed they have good speed in all disciplines and I know that they will improve as the training gets harder. Our Squad's most senior member Tara Coleman raced up the front of the field in all of her races against tough competition and came away with placing in all of her events. Our Jetstar hostie Tatum Lawler had her first hit out at a carnival since the Nutri Grain trial and showed that she is on the pace with the best of them and is doing a good job balancing full time work and training.

Jake Smith and Abbey Schott both competed in their first ski races with Jake not too far behind the lead bunch. Abbey and Bella Raymond both did a great job in making the ski final in a high class field and there is plenty of improvement left in both of them. Abbey also paddled a fantastic first leg in the ski relay and actually came in next to Australian Champion Lara Moses who recently won the NSW Endurance Championship. Importantly both Bella and Abbey showed that they can sprint off the beach with the best of them and I have no doubt they will be up the front in coming carnivals. Abbey and Bella also teamed up in the open board relay and absolutely blitzed the experienced North Bondi team of Sophie Thompson and Georgia Fayn. Our most improved athlete of the winter program Jake Walsh again achieved his personal best at this carnival coming off the ski in the open ironman in 4th place and just missing out on a place in the final. As there is no U/19 division at this carnival both Brodie Schott and Jake proved they can step up with the best open competitors and were on the pace in every race they competed in. I am very excited about our squad this season and with dedicated hard work I believe we will have a great season.

Submitted by Darren Schott



NSW Endurance Championships 'the race of truth'

Last weekend the NSW Enduro Champs were held in perfect conditions at Ocean Beach. In the Tour de France they call the time trial stages 'the race of truth' and I believe in Enduro Championships are Surf Lifesaving's equivalent. To race against the best in NSW over long distances in flat water is pure truth serum as there are no excuses possible for your performance. In saying that I want to acknowledge all of our squad's athletes who travelled to the Central Coast to put themselves through extended periods of pain.

Everyone put in their best effort and pushed themselves in their races. I saw Jake Smith out sprint 2 other competitors to finish the U/17 4k board race in a top ten position. I also saw Brodie Schott, despite suffering cramps, out sprint another competitor in the U/19 4k board race only to be wrongly awarded 4th place when everyone saw he clearly finished in 3rd. Ben Thornton was crowned U/17 2k Surf Race Champion. Kate Solomonson and Tara Coleman both came 2nd in their surf races. In the U/19 ski, Brodie Schott finished a close second and Jake Walsh won a run up the beach for 3rd place. Gil finished 2nd in the Open 5k beach run behind our part time squad member Bart from South Maroubra. In the Ironwoman Tara Coleman was beaten into second place only by inches by Australian Champion Amy Nurthen. Kate Solomonson finished in 5th place in the Ironwoman, and Jake Walsh finished in 6th place. I would like to thank Debbie and Adrian for transporting, putting up and taking down the new DP World tent as well as all of the other parents who provided support to our athletes. As a result of the presence of our tent and our dedicated athletes, Maroubra once again had a strong presence on the beach and I would say we were in the top 3 clubs for numbers of competitors and supporters closely behind Terrigal and Cronulla.

Submitted by Darren Schott



Athlete Profile—Abbey Schott

HOW MANY YEARS HAVE YOU BEEN IN SURF LIFE SAVING? 10 years

BEST LEG? Ski.

FAVOURITE IRONMAN / IRONWOMAN? Tara Coleman and Jake Walsh.

BOARD YOU PADDLE? Kracka.

SKI YOU PADDLE? Gibbons.

BIGGEST INFLUENCE ON YOUR CAREER? My dad.

BIGGEST INFLUENCE IN YOUR LIFE? My mum and dad.

TOP THREE COMPETITION RESULTS? 2011 state swim final, 2011 Aust tube rescue semi final and board semi final.

2011/2012 SEASON GOALS? Make State and Aussie finals in board and ski.

CAREER GOALS? To stay fit and healthy.

DO YOU HAVE ANY SPONSORS (AND IF SO, WHO)? Designer Kutz Hairdressers from Malabar Rd, Sth Coogee they sponsored my board.

WHAT'S THE WORST THING THAT HAS EVER HAPPENED TO YOU IN THE SURF? A broken finger whilst surf training.

HOW DO YOU PREPARE FOR CARNIVALS? A good sleep and eating well

WHAT TYPE OF DIET DO YOU NEED? Lots of food.

ADVICE FOR OUR YOUNGER COMPETITORS? Have fun in the surf and sun.

FAVOURITE TV SHOW? Funniest Home Videos.

FAVOURITE MOVIE? Footloose.

FAVOURITE SPORTING TEAM? Rabbitohs.



Proficiency

The Lifesaving Committee reminds all active patrolling members and competitors that they must complete an annual proficiency assessment for the following awards currently held: Bronze Medallion / Surf Rescue Certificate.

All active patrolling members must be proficient by the 31 Dec 2011. **Members not proficient by 31 Dec 2011 will not be able to patrol for the remainder of the 2011/2012 season.**

Competitors must also be proficient in Bronze Medallion / Surf Rescue Certificate by the 31 December 2011 to be able to compete for the remainder of the season. Patrol hours are from 1st January 2011 to 31st December 2011.

Bronze + SRC - 5th Nov (9am), 20th Nov (8.30am), 3rd Dec (9am), 11th Dec (8.30am), 18th Dec (8.30am).

LIFESAVING ONLINE: Lifesaving online is a service by which all club members can update details, check patrol hours, patrol rosters and awards. Go to the link below and follow the instructions to register: www.lifesavingonline.com.au



Calendar of Events

CARNIVAL CALENDAR 2011/2012			
Sundays – 9.00am		Club Races – All Members Welcome	Maroubra
5/11/11	Sun	East Coast Surf Festival R1	Ocean Beach
5/11/11	Sat	Cronulla Open Carnival	Cronulla
6/11/11	Sun	Sydney Branch Selections R2	Maroubra?
12/11/11@12.30pm	Sat	Sydney Water Surf Premiership R2	Shellharbour
13/11/11	Sun	Club Championships Round 1	8.30am start



Turbo Surf Designs are Offering Maroubra SLSC 20% of Retail Prices for Stand up Paddle Boards / Body Boards / Soft Boards

With the warmer weather already upon us and less than 2 months to xmas, now is the time to order the beach supplies for the kids and for yourself. As a friend of Turbo Surf Designs, they are offering Maroubra SLSC a unique

opportunity to buy direct from the Turbo factory at prices 20% below recommended retail price and will include free delivery to your door. Delivery can be arranged now or stock set aside and deliver closer to xmas. Turbo accepts all forms of payment including EFTPOS, credit card, bank deposit, PAYPAL, cheque or cash.

Turbo Surf Designs range includes:

- Soft surfboards in all sizes from 37 inches for the babies or 9 feet for the adults. Available in Turbo Surf branding for the guys or Milkshakes for the girls
- Bodyboards in all sizes and price points again available in Turbo Surf branding for the guys or Milkshakes for the girls
- Stand Up Paddle Boards in both soft top option and the performance epoxy boards. All accessories available.

Please contact either Sam or Gregg Taylor at Turbo Surf Designs on (02) 9531 8491 or sam@turbosurfdesign.com.au

www.turbosurfdesigns.com.au Please mention Maroubra SLSC for your discount.

Australian Institute of Sports Tips

Cramps and Stitches

Just about everyone who has ventured onto the exercise arena has experienced either a cramp or a stitch at some time. These complaints can range from mildly uncomfortable to severely debilitating and are a great source of frustration to everyone from recreational exercisers to serious athletes. Unfortunately, scientists know very little about the two conditions and how to avoid them. Consequently, there is a lot of folklore surrounding the topic, making it difficult to know exactly how to deal with these problems.

What is cramp?

Cramps occurring during exercise are referred to as Exercise Associated Muscle Cramps (EAMC), to distinguish them from those that may occur at rest or as a symptom of an underlying medical condition. EAMC's are best described as a sudden, tight and intense pain that most commonly occurs in the muscle groups directly involved in the exercise task e.g. gastrocnemius (calf) while running. They can range from a slight twinge to an excruciating pain, and may last for a few seconds or several minutes. An EAMC can be a one-off or occur several times before the muscle relaxes and the pain goes away.

How can I avoid cramp?

- Allow adequate recovery and rest for muscles after hard training sessions.
- Increase strength and fitness. Stronger, fitter muscles are more resilient to fatigue and therefore cramp.
- Be cautious when changing speed or intensity especially during the later stages of exercise. Fatigued muscles take longer to adapt to increased workloads.
- Wear comfortable, unrestrictive clothing and footwear.

While there remains little strong evidence that dehydration is associated with EAMC, it's still important that athletes practice good hydration practices both before and during exercise to optimise training and competition performance.

How should cramp be treated?

Resting and stretching helps to decrease the muscle contraction and allow the muscle to relax. Massaging the area may also assist, while applying ice can stop the spasm and help to relieve the pain.

What is a stitch?

In the scientific literature stitches are referred to Exercise-related Transient Abdominal Pain and are described as localised pain usually felt on the side, just below the ribs, which sometimes accompanied by a stabbing sensation in the shoulder joint. The pain can range from sharp or stabbing to mild cramping, aching or pulling. Sometimes people can exercise through the pain, though usually the sufferer is forced to slow down or cease exercise. Stitches usually disappear within a few minutes after ceasing exercise however some people experience some residual soreness for a few days, especially after severe pain. While the stitch seems to be more prevalent in activities that involve vigorous upright, repetitive movement of the torso e.g. running and horse riding, it can occur in any type of sporting activity.

How can I avoid stitch?

Eating too closely to exercise or consuming inappropriate foods seems to increase the chances of athletes experiencing a stitch during exercise. High-fat and fibre foods are more likely to cause problems. The likelihood of stitch occurring may be reduced by allowing 2-4 hours before exercising after a large meal and choosing high-carbohydrate, low-fat and moderate to low protein options in the pre-exercise meal.

Immediately before and during exercise, athletes should avoid consuming highly concentrated fluids such as soft drink, cordial and fruit juice, as they seem to increase the risk of stitches occurring during exercise. These type of drinks empty more slowly from the stomach than both water and sports drink, thereby leaving the stomach more distended for longer. It is also preferable for athletes to consume small amounts of fluid regularly during exercise, as this is better tolerated than large volumes of fluids being consumed at one time.

How should stitch be treated?

Sometimes the stitch eases if you slow down and drop your intensity for a period. However, the most common way to alleviate stitch is to bend forward while pushing on the affected area and breathing deeply. Sometimes this can be done while exercising but usually the pain eases more quickly when exercise is ceased. Another option is to lie down while elevating your hips.

Australian Institute of Sports Athlete Recipe's

Beef & Vegetable Satay Sticks

500 g rump steak, cut into 2-cm cubes
6 spring onions, cut into 3-cm lengths
1 large red capsicum, cut into cubes
200 g button mushrooms, halved
2 large zucchini, cut into thick slices
2 tablespoons oil-free French dressing
1 teaspoon honey



HINT: Any lean meat can be used to make the satay. Vegetarians can use firm tofu diced into cubes.

Soak bamboo skewers in water for 10 minutes to prevent them from burning under the grill. Thread the steak, spring onion, capsicum, mushrooms and zucchini onto the skewers. Place skewers on a foil-lined grill tray and baste with combined dressing and honey. Cook under a preheated grill on high, or on a barbecue hot plate, basting and turning a couple of times during cooking until the beef is tender. Serve skewers with a salad or wrapped in a piece of Lebanese bread with rocket. Drizzle with your favourite sauce. Serve with salad on the side, if desired.

Fish in Foil Parcels

Spray of canola or olive oil
4 white boneless fish fillets
2 tablespoons lemon juice
2 spring onions, finely sliced
1 carrot, cut into thin strips
1 zucchini (courgette), cut into thin strips
2 teaspoons finely grated lemon rind



HINT: This dish is low in carbohydrate so serve with plenty of rice or potatoes and a large bread roll to reach a carbohydrate 'gold'.

Preheat a barbecue grill plate or frying pan to hot. Tear 4 large square sheets of foil and spray very lightly with oil. Place a fish fillet on each sheet and sprinkle with lemon juice. Divide the spring onions, carrot, zucchini and lemon rind into four portions and spread over the fish. Fold the foil over to seal completely. Place on the barbecue or in the pan and cook for about 8 minutes. Test the fish by flaking the thickest part of the fillet with a fork - if the flesh is white, the fish is cooked. Serve the fish with rice or boiled new potatoes.

Banana Cake

3 tablespoons margarine
½ cup caster (superfine) sugar
3 large ripe bananas, chopped
2 eggs
1 teaspoon vanilla essence
1 cup self-raising flour
1 cup wholemeal self-raising flour
185 mL (¾ cup buttermilk)

ICING (optional)

¾ cup icing sugar
1 tablespoon lemon juice
2-4 teaspoons boiling water



HINT: Buttermilk is used for low-fat baking. It is cultured (like yoghurt), and therefore quite acidic which makes the cake tender and moist.

Preheat the oven to moderate (180°C or 350°F). Lightly grease a 20 cm round cake pan, and line the base with baking paper. Using electric beaters, beat margarine, sugar and bananas until well combined and banana is almost smooth. Add the eggs one at a time, beating well after each addition, then beat in the vanilla. Sift flours into the bowl, and pour in milk. Fold in quickly and lightly until just combined, but do not over beat or the cake will be tough. Pour into prepared pan, and bake for about 70 minutes or until a skewer or knife inserted into the centre of the cake comes out clean. Leave in the pan for 5 minutes before turning out onto a wire rack to cool. If you are icing the cake, wait until it is completely cooled. Sift icing sugar into a bowl and stir in juice and enough water to make a thin icing. Spread over the cake and leave to set.

Athlete Profile—Kate Solomonson

How many years have you been in Surf Life Saving? 13 years.

Best Leg? Swim.

Favourite Ironman /Ironwoman? Tara Coleman.

Board You Paddle? Kracka all the way.

Ski You Paddle? Uhhhhh at the moment I think it's a Forcefield.

Biggest Influence On Your Career? My parents.

Biggest Influence In Your Life? Definitely my mum.

Top Three Competition Results? 2010 State Bronze Medallist Surf Teams, final swim 2011 State, 1st North Bondi 1km ocean swim 2011.

2011/2012 Season Goals? Finals at Aussies, top 10 at State for swim.

Career Goals? Nutri-Grain Ironperson and to become a firefighter hahahaha.

Do You Have Any Sponsors (And If So, Who?) No.

What's the worst thing that has ever happened to you in the surf? Well I always get dings in my board, at the worst times too, always before State (touch wood).

How do you prepare for carnivals? Just train hard and taper a few days before.

What type of diet do you need? Well, lots of fruit and veggies, I try to stay away from lollies but chocolate is definitely my weakness.

Advice for our younger competitors? Just have fun and never give up.

Favourite singer? Justin Bieber.

Favourite TV Show? Rush, Sea Patrol, Criminal Minds definitely the favs.

Favourite Move? 27 dresses.

Favourite Sporting Team? Don't have one.



Highlights from Sydney Water & NSW Endurance



Sponsors

Maroubra Surf Sports would like to thank the following sponsor's for their generous donations and support for the coming season.



Our Partner Maroubra Seals Sports & Community Club

Are proud sponsors of Maroubra SLSC Surf Sports, the club offers the following for our community:

- Seals Bistro open 7 days: Lunch 11am–2.30pm, Dinner 5pm–8.30pm Monday to Saturday 11am–8.30pm on Sunday.
- Free Entertainment: Thursday, Friday & Saturday nights.
- Intra Clubs: Basketball, Bridge, Fishing, Golf, Karate, Indoor Swimming, Dance, Snooker & Table Tennis.
- State of the art gymnasium, 25m heated swimming pool plus male & female saunas.
- Function facilities and conference rooms.
- Raffles—Thursday & Friday nights 7pm & Sunday afternoons 1pm.



DP WORLD

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