



## **BETWEEN THE FLAGS**

Maroubra Surf Life  
Saving Club Monthly  
Newsletter  
November 2019



### **HELLO!**

It has already been a great season for MSLSC! We've welcomed new members and patrol numbers are stronger than ever with new Bronze candidates in training. Our girls' team did brilliantly coming 2<sup>nd</sup> in the Coolie Gold and competition teams are looking good! I'd like to congratulate Linda Hession on winning SLSNSW Community Education Program of the Year for the Maroubra Marlins and huge congrats also go to our Club Captain Mathew Harper for being awarded SLSNSW Lifesaver of the Year. It's exciting to see our members being recognised at state and national level for their dedication to SLISA. Your talent, enthusiasm and passion is what makes us such an exceptional club. See you on the beach!

Danny Donohoe, MSLSC President



## **IN THE KNOW**

Stay abreast of what's going on within the MSLSC family.

Visit our website: [maroubraslsc.com.au/](http://maroubraslsc.com.au/)

Find us on Facebook:

[facebook.com/maroubraslsc/](https://facebook.com/maroubraslsc/)

Follow us on Instagram or download our team app:

<https://maroubraslsc.teamapp.com/>

## **NIPPERS NOTES!**

For all Nippers information and events including training schedules, BBQ rosters, competitions, carnivals and championship dates, visit:

<http://www.maroubraslsc.com.au/nippers/scheduled-weekly-activities/>





It was a wonderful evening earlier this month to see some of our members receive recognition for all their dedication and tireless work at the SLSNSW Awards of Excellence night.

Maroubra legends nominated for awards were:

**Jasmin John Georgas for Youth Lifesaver of the Year**

**Mathew Harper for Lifesaver of the Year**

**Maroubra Marlins for Community Education Program of the Year**

When the MC announced that the Maroubra Marlins program won SLSNSW Community Education Program of the Year no one cheered louder than founder of the Marlins, our Surf Sports Director, Linda Hession! "All our members helped with this one and this one is for you!" Linda said.

You can find out more about the Maroubra Marlins initiative and how to get involved later in this newsletter and on our website. Log onto: [maroubraslsc.com.au/nippers/maroubra-marlins/](http://maroubraslsc.com.au/nippers/maroubra-marlins/)

But the top award of the evening went to our amazing Club Captain, Mathew Harper who was praised for his outstanding contribution to surf lifesaving and announced SLSNSW 2019 Lifesaver of the Year. "This award means a lot," Mathew said taking to the stage and making his acceptance speech. "This is not just my award, it's everyone's award. People ask, 'why do we do what we do?' But I don't know what I'd be doing without surf lifesaving."

Guys, you're absolute inspirations and all the nominations and awards were truly deserved. Go Maroubra!





**So you don't miss a patrol here's your November MSLSC roster reminder!**

**Sat 02/11** - 9am-1.45pm – Patrol 4/1.30pm-6pm – Patrol 5  
**Sun 03/11** - 9am-1.45pm – Patrol 6/1.30pm-6pm – Patrol 7  
**Sat 09/11** - 9am-1.45pm – Patrol 8/1.30pm-6pm – Patrol 9  
**Sun 10/11** - 9am-1.45pm – Patrol 10/1.30pm-6pm – Patrol 11  
**Sat 16/11** - 9am-1.45pm – Patrol 12/1.30pm-6pm – Patrol 13  
**Sun 17/11** - 9am-1.45pm – Patrol 14/1.30pm-6pm – Patrol 15  
**Sat 23/11** - 9am-1.45pm – Patrol 1/1.30pm-6pm – Patrol 2  
**Sun 24/11** - 9am-1.45pm – Patrol 3/1.30pm-6pm – Patrol 4  
**Sat 30/11** - 9am-1.45pm – Patrol 5/1.30pm-6pm – Patrol 6

## **Proficiencies**

These will be held on the **17/11, 24/11** and **8/12** at 8am for Spinal and ARTC followed by Bronze at 9am. Please note Bronze proficiency is a run-swim-run as well as first aid, signals, radios, rescues and resuscitation.

Remember if you can't make your rostered patrol just hop onto our Members Only Facebook page and post a swap request with a fellow lifesaver: [facebook.com/groups/1413770945509317/](https://www.facebook.com/groups/1413770945509317/)





## GO ON, HAVE A ROW!

This season is going to be huge for our boaties and all rival surf clubs know they're a force to be reckoned with! If you want to be part of their success, Coach, Cliff and his crew will be hosting a 'Have a Row' session on Sat 2<sup>nd</sup> Nov. Head to the beach at Yarra Bay Sailing Club for 7.30am. If you can't make it, don't worry just drop Cliff an email expressing your interest: [cliff.gerathy@gmail.com](mailto:cliff.gerathy@gmail.com)



## OFFICE HOURS

The surf club office is open on Sunday mornings to assist all members with their needs – from new fobs and uniforms to purchasing club merchandise and processing paperwork. If you can't make it to the club on a Sunday or if the office isn't open please email our Secretary, Frankie Bryant at [secretary@maroubraslsc.com.au](mailto:secretary@maroubraslsc.com.au) and she'll get back to you.



## MARCH PAST

Our team look set to march away with many trophies this summer despite their much-loved coach Brian Purdon retiring. Farah Messina is now leading the dedicated team, who'll continue to do Brian proud. Guest coaches, Ray and Jennette from the Northern Beaches will also be putting them through their paces! Ladies march at 5.30pm Friday's (followed by wine and nibbles... of course!)

## MAROUBRA MARLINS

Our award-winning Maroubra Marlins program starts again on Sunday 24<sup>th</sup> Nov at 10-11am and every Sunday after. It offers children and young adults with learning disabilities the chance to have fun in the surf and learn new water skills. To be involved and for more info email: [membership@maroubraslsc.com.au](mailto:membership@maroubraslsc.com.au)





## IRB NEWS

Fifty years ago the Inflatable Rescue Boat (IRB), also known as the rubber ducky transformed how we perform rescues.

Currently, around Australia there are 1,094 IRBs in operation with 7,292 drivers and 4,388 crew. Fancy becoming one of them? Join our fast-growing and talented IRB team now and email:

[irbracing@maroubraslsc.com.au](mailto:irbracing@maroubraslsc.com.au)



## SURF RESCUE 30 BASE GRAND OPENING

Just a few weeks ago Randwick City Council celebrated with lifesavers and the community the official opening of the new offshore rescue boat base on Fisherman Road in Malabar. It's home to Surf Rescue 30 and if you missed the grand reveal, next time you're that way you should pop in and see it for yourself.



## SHOUT OUT TO OUR SPONSORS!

We're so grateful for the support we receive from our proud sponsors and this month we'd like to welcome our newest partner, Sydney Jiu Jitsu Academy! Based on Maroubra Road, John Walton and his team (left) are offering MSLSC members a FREE martial arts lesson every Saturday at the surf club 4-5pm! How good's that? See you on Sat! Thanks guys!

<https://sjjamaroubra.com.au/>

## GARIE BEACH PATROL

Don't miss out on a day helping out Garie SLSC on Sat 23<sup>rd</sup> Nov.

We need a minimum of five lifesavers to leave around 8am to do the 10am-4pm shift. It's a great way to experience a remote beach patrol at beautiful Garie (right). If you're interested email:

[clubcaptain@maroubraslsc.com.au](mailto:clubcaptain@maroubraslsc.com.au)





Last month a small group of Maroubra lifesavers travelled to Queensland to compete in the Coolangatta Gold 2019! In the contest dubbed as the ultimate fitness race and toughest of all surf lifesaving events, our participants waved the Maroubra flag loud and proud! Competing in the short course race was Eliot Groom (bottom right), Roger Souter and Kyle O'Sullivan. In colder than usual conditions, all three gave a stellar performance which saw Roger finishing 75<sup>th</sup> overall (5<sup>th</sup> in his 50+ age group) and Kyle finishing 19<sup>th</sup> overall (9<sup>th</sup> in his U19 age group). The following day our team YTG - Maddie Hession, Sami Goldrick, Brianna and Paris Tier (above) were pumped for the long course competing in the women's open team event. On Sunday morning Brianna took to the water for a gruelling 23km ski leg; paddling with pace she set YTG up perfectly for a cracking race. Next, Paris (middle right) sprinted 2.1km to reach Sami who smashed through the swell in the 3.5km swim. Then it was Maddie's time to shine as she pelted through the water for the 6.1km board leg and bringing it home was Paris who sprinted 7.1km, charging across the finish line to win the team 2<sup>nd</sup> place! The crowd in the grandstand roared when the girls took to the stage to collect their medals.

Tired, weak and weary – after a power nap it didn't stop the guys and the girls congregating to celebrate their absolutely mind-blowing achievements later that day... and late into the night!

Legendary coaches, Peter Kirkwood, Lisa McGuigan and Brodie Schott couldn't be more proud of our MSLSC competitors who took on some of Australia's most elite athletes.

"A massive thanks to our coaches," said short course competitor, Eliot. "And thanks to the support crew over the weekend. It was a great experience from start to finish and I'd recommend it to anyone. Bring on Coolie Gold 2020! Who's keen?" Congrats guys – you did us super proud!



If you're inspired by these guys and want to get involved in surf sports, read on in this issue of Between the Flags!

# **SUMMER** **SURF SPORTS NEWS**

## **Club Races**

Come join us at the green flags on the water's edge every Sunday morning (except competition days and over the Christmas break) at 8:30am on the dot for the start of our club races! We have an over 50s swim race followed by U15, U17, U19, Opens and then Board, Iron and Ski events. Bring your goggles, swimwear, craft (if applicable) and most importantly, an enthusiastic smile! All races are time handicapped so it's perfect for all levels of ability – no excuses, everyone is welcome!

## **Club Championships**

At the Club Championships points are awarded for the top six places and accumulated over three rounds. Trophies are then awarded to highest points holders at the end of season.

### **Championship Dates:**

CC Round 1	17 <sup>th</sup> November
CC Round 2	2 <sup>nd</sup> February
CC Round 3	29 <sup>th</sup> March

Keen for some pre-race practice? **Board training sessions** are run by Head Coach, Lisa McGuigan and Assistant Coach, Peter (Cuz) Kirkwood at 4.30pm Tues and Thurs; and 8.30am Sunday. There are also **Surf Ski training sessions** which are overseen by Lisa and run by Assistant Coach, Brodie Schott at 6am Thurs and 7.30am Sat on the beach.

*\*See the MSLSC Team App Surf Sports Calendar for details.*



# **CARNIVAL CRAZY**

For Nippers wanting to compete this year, visit:

<http://www.maroubraslsc.com.au/nippers/nippers-surf-sports/> and [maroubraslsc.com.au/nippers/competition-calendar-for-nippers/](http://www.maroubraslsc.com.au/nippers/competition-calendar-for-nippers/)

Other competitors, visit:

<http://www.maroubraslsc.com.au/surf-sports/> and <http://www.maroubraslsc.com.au/calendar/> or [maroubraslsc.teamapp.com/](http://maroubraslsc.teamapp.com/)

The above sites have details about planned training sessions and upcoming carnivals dates as well as the requirements to attend the major championships - Branch, State & Nationals.

For Nippers carnival entry enquiries email:

[nippersracesecretary@maroubraslsc.com.au](mailto:nippersracesecretary@maroubraslsc.com.au)

For all other carnival entry enquiries email Sarah Goldrick:

[racesecretary@maroubraslsc.com.au](mailto:racesecretary@maroubraslsc.com.au)

## **Sun 3<sup>rd</sup> Nov**

Randwick Shield Carnival

## **Sat 9<sup>th</sup> Nov:**

Sydney Water Surf Carnival Series (Round 3) at Towradgi SLSC

Boats Ocean Thunder (Round 1)

Freshwater MP and Masters Carnival

## **Sat 16<sup>th</sup> Nov**

Cronulla Annual Short Course Carnival – entries close Nov 6<sup>th</sup>

South Coast Boat Series (SCBS Round 1) at Bulli

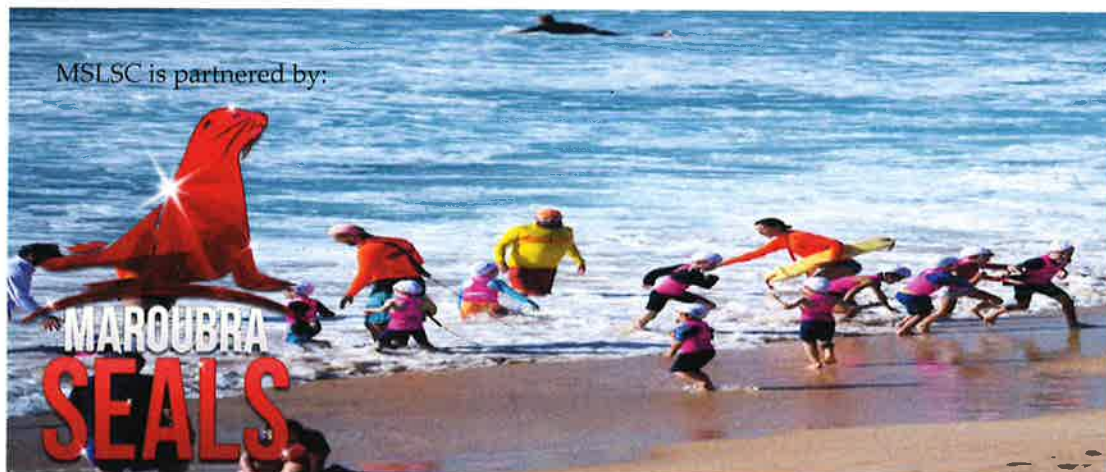
## **Sat 23<sup>rd</sup> Nov:**

Coffs Harbour Boat Bash

## **Sat 30<sup>th</sup> Nov:**

Sydney Water (Round 4) at Bulli





MSLSC is partnered by:

**MAROUBRA  
SEALS**

## BETWEEN THE FLAGS **NIPPERS NOTES!**

Here's a wave of info for the kids  
and Co. this month!

[maroubraslsc.com.au/nippers/](http://maroubraslsc.com.au/nippers/)



## **BBQ ROSTER & BEACH DUTIES**

Each week different Age Groups  
are on duty to set up the beach for  
Nippers (that includes sponsors  
flags and the BBQ). Those rostered  
also run the BBQ and pack up the  
beach. Don't miss your turn. Visit:  
[http://www.maroubraslsc.com.au/  
nippers/scheduled-weekly-  
activities/](http://www.maroubraslsc.com.au/nippers/scheduled-weekly-activities/)

## **YOUNGSTERS BOARD TRAINING**

Saturday board training is back  
and being held at Frenchman's  
Beach, La Perouse. There are two  
groups: one for beginners, the  
other for intermediate and  
advanced. All Nippers must wear  
their pink vest and caps to  
participate. Arrive at 7.45am for  
an 8am start.



## **THE SEASON'S IN FULL SWING**

Nippers season began and  
despite the chilly weather, the  
beach was packed with new  
recruits and existing members!  
Vest and caps were dished out,  
proficiency swims were  
underway and hundreds of  
sausages were sizzling on the  
BBQ! "I'd like to thank  
everyone for coming and for  
ensuring a great start to the  
Nippers season," our Director  
of Junior Development, John  
Georgas said. "It was a great  
day for everyone."



MSLSC is partnered by:



## BETWEEN THE FLAGS NIPPERS NOTES CONT...!

Here's a wave of info for the kids  
and Co. this month!

[maroubra.slsc.com.au/nippers/](http://maroubra.slsc.com.au/nippers/)



## NIPPERS START TIMES

### Under 6 to Under 8

Arrive: 7.45am

Start: 8am

Finish: 9am

### Under 9 to Under 14

Arrive: 8.45am

Start: 9am

Finish: 10.30am

\*Times are approx and subject  
to surf and weather conditions.



## HAPPY SNAP OFFER!

Our official photographer Glenn  
Duffus is offering MSLSC Nippers  
families a *Portraits With A Difference*  
discount (eg. left). For just \$99 you  
can enjoy a memory-making family  
photoshoot and a 20cm x 30cm  
professional print valued at \$250.  
Offer ends 08/12/19.

Contact Glenn at:  
[glenn@gdphoto.com.au](mailto:glenn@gdphoto.com.au)

## SUNDAY MEAT RAFFLE

Keep an eye out for our raffle ticket  
sellers on Sunday mornings and you  
could be in with the chance to win a  
yummy meat tray! Tickets are onsale  
between 8-10am followed by the prize  
draw at 10.30am. Buy the golden  
ticket and Sunday lunch for the  
family is sorted! Good luck!



# We Need Your Help!

Calling for parent and guardian volunteers! We're looking for extra help to ensure our Nippers programmes continue to run efficiently and effectively; and are as fun as ever. It'd great if you could put your hand up to assist! Sparked your interest? Then please drop us a line at: [nippers@maroubraclsc.com.au](mailto:nippers@maroubraclsc.com.au)

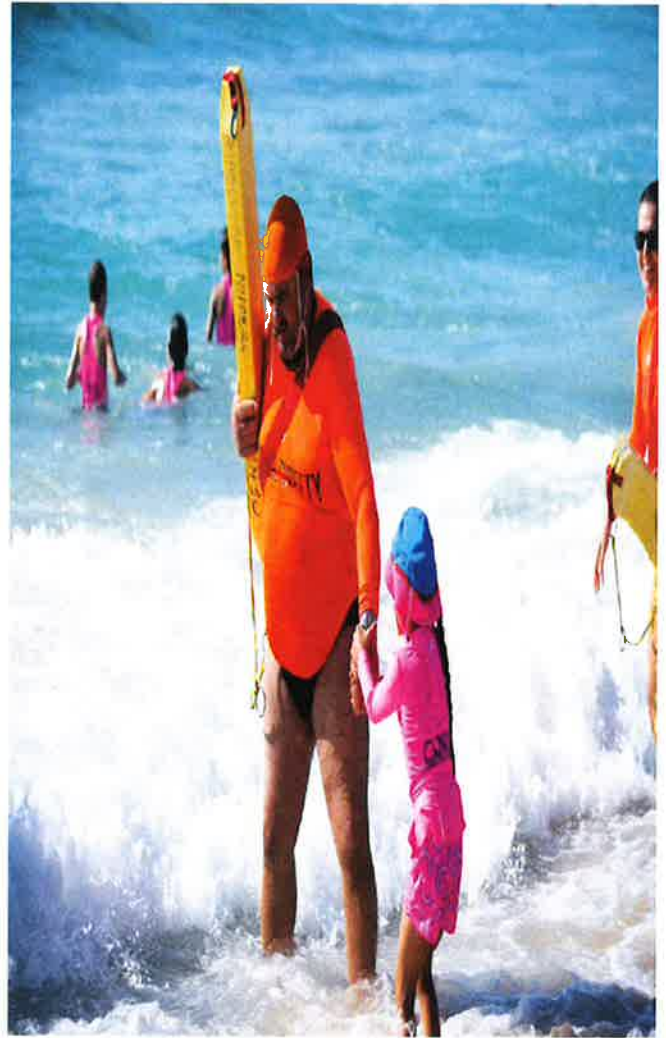
Here are some areas where you could get involved:

**BBQ** – cook up a storm and collect coins to ensure our busy barbeque is run each week and hungry mouths are fed.

**Age Manager Assistants** – help support Age Managers who run the courses for their respective age groups. This role requires you to complete the Age Managers course and be a general member.

**Age Liaison Managers** - assist Age Managers in running the programs by co-ordinating parents and guardians. The role involves delivering updates and information to parents and overseeing the BBQ roster among other duties. It is recommended but not required that Age Liaison Managers hold an Age Managers Certificate.

**Water Safety** – support and assist with all water activities. It is mandatory that all Water safety persons have their SRC or Bronze Medallion qualification.





## **BETWEEN THE FLAGS**

We hope you've enjoyed reading our November newsletter but just before we go, here's a few final notices...

Happy lifesaving and see you next month!



## **BRONZE & ARTC NOTICEBOARD**

Bronze candidates are currently in training, learning signals, board skills, CPR and doing their run-swim-runs in prep for their assessment in December. If you want to get your SRC or Bronze Medallion there will be another course starting in January. Become a lifesaver, get fit, meet new people and have a ball! We want you! For an info pack email: [bronze@maroubra.slsc.com.au](mailto:bronze@maroubra.slsc.com.au)



## **LITTLE LIFESAVERS**

These two champs (left) are incredible role models for MSLSC and certainly pathing the way for our young lifesavers of the future. Congratulations to Marcus Da Silva and Miah Georgas who were commended at the 2019 Randwick City Council Sports Awards recently. Marcus took top award for Jnr Male Athlete of the Year and Miah was finalist in Jnr Female Athlete of the Year category. Well done guys!

## **3 BAY CHALLENGE**

We're looking for 8 members to assist with running water safety for the 3 Bay Challenge on Sunday 10<sup>th</sup> Nov. The event raises money for numerous charities and has the club as a benefactor. If you're available and can help out, there's a small thank you gift in it for you! Let us know via email or Facebook. [3baychallenge.com.au](http://3baychallenge.com.au)

