



1 A Message From Our President

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2 Nippers

The start of the Nippers season is just around the corner and preparations well underway. Information sessions and...

[Read More](#)



3 Youth Development Programs

This is a call for an expression of interest for a youth development program for girls and boys between the ages of 14-17 who are looking for an alternative or complementary way to engage with the club to your current activities. [read more...](#)



4 SRC & Bronze Courses

As the weather gets warmer and we start gearing towards what is looking to be a fantastic summer at Williamstown, one of the most important courses for the season is upon us: the Surf Rescue Certificate/ Bronze Medallion! [read more...](#)

5 COMPETIONS



IRB

The team was able to come together and support each other to come 3rd overall in State Finals. [read more..](#)



Juniors

Comp training is about to start. Keep an eye out on team app for afternoon training session times. [read more..](#)



Senior Pool Lifesaving

Williamstown had a very successful States, finishing 6th overall. [read more..](#)



Surf Boats

Call Boat Captain, Ann, on 0477 999 971 if you're interested in social rowing. [read more..](#)

6 UPCOMING EVENTS



WOW Challenge

WOW Swim is on again on Saturday, **14th December 2019**. Save the Date! Volunteer your skills..

[Read More](#)



Social & Fundraising

October 26th community, film screening of "2040" | **November 9th** Family Bush Dance and Spit Roast..

[Read More](#)



Mussels Training

Mussels Coach Jason has open water coaching classes starting again for summer 2019/20 in **mid-October..**

[Read More](#)

7 Hall Hire

The hall hire is a great source of income for the club. We offer a fabulous accessible space, with kitchen facilities, and, during the warmer months, the indoor outdoor space and view. [read more...](#)



8 Merchandise

WSLSC is pleased to announce a monthly Merchandise Store at the club the 1st Saturday of each Month between 10.00am -12.00pm. [read more...](#)



Kevin Dennis Holden
Proud sponsors of the
Williamstown Swim &
Life Saving Club

We would like to congratulate the Williamstown Swim & Life Saving Club on receiving their latest grant, allowing them to purchase a brand new Holden with us.

And a big thank you for choosing us as your partner. We hope you're enjoying your brand new Colorado.

As part of our ongoing relationship, we would like to extend an offer to Williamstown Swim & Life Saving Club members and families.

WITH EVERY CAR PURCHASE MADE AT KEVIN DENNIS HOLDEN WE WILL DONATE \$500* TO THE CLUB.

Kevin Dennis
kevindennis.com.au

268-272 Ballarat Rd,
Sunshine
Call 03 9292 9292

*Terms & conditions apply. Visit Kevin Dennis Holden for more information. LMCT 175



Where is the pool??

1 A Message From Our President

Welcome to spring and hopefully some warmer weather as we prepare for the summer season. This coming summer we are pleased to announce that the State govt funded Paid Lifeguard Service will continue at Williamstown Beach. The Service will provide support to and enhance the existing service that volunteers at Williamstown Swimming and Life Saving Club already provide on weekends and public holidays, over the peak summer period.

Williamstown is one of the busiest beaches in Melbourne and draws many of the diverse communities from across Melbourne's western suburbs. Many of the people who flock to our beach are recent arrivals to Australia and some have limited swimming and water safety skills. So, while we will have the paid lifeguard service, our volunteer lifeguard service will be as important and needed as ever.

The WOW Committee has been working hard behind the scenes preparing for the big swim event on December 14th, 2019. See our update in the newsletter.

Also, another welcome return will be the 'floating pool' moored just off from the Club. Dates are to be confirmed with LSV so stay posted.

This is the time to consider taking on a support role, it could be on one of our sub committees or joining the Bronze training which will be commencing in mid- October. If you haven't done your Bronze we encourage you to take up this opportunity. Details of training are mentioned in this newsletter and will be on the Club website and Team App. Many hands make light work so please consider reaching out and helping your lifesaving club.

Gym induction times will be made available shortly. Please keep an eye out for them. All gym users will be required to complete a gym induction to ensure that members are appropriately trained to use the equipment. All members are encouraged to make use of the club facilities. Group fitness sessions, swimming training opportunities, triathlon training and more are available in the new season for all.

Membership renewals have been sent out so don't forget to sign up for another great season at our Club. Renewals are due 30 September.

If you have any questions about your membership, please send an email to

membership@williamstownslsc.org.au

Warm Regards

Paul Sullivan, President

Have you got any historical photos to share?

We continue to gather historic photos and reconnect with past members in the lead up to the club's centenary year. If you have any gems to share or want to help with the planning please contact Kaye Tomkins via info@williamstownslsc.org.au



2 Nippers

The start of the Nippers season is just around the corner and preparations well underway. Information sessions and orientation dates are now on the club calendar and will pop up on advertising boards around Hobsons Bay, so let everyone know and get your friends to join up!

Get Involved In The Sub-Committee

We are now forming our Nippers Sub-Committee for this coming season. A great many tasks both big and small need to be managed – so please come and join us to make sure this season is the best it can be! We have an experienced and friendly team of people that are very interested in helping new members gain experience in the running of different aspects of our fantastic Nippers program.

Another way to become involved is to be a Nipper Age Manager or Water Safety personnel. It is a fantastic and rewarding way to meet the members of our great life saving club. Training will be provided by the Club on evenings and weekends. How inspiring would it be to show your bronze medallion to your little Nipper! Have a look at team app and this newsletter for the latest course dates and times.

Volunteer

If you are looking to help out on the beach, we also require volunteers to assist us on a weekly basis with the following areas:

- Beach set up & pack up
- Beach Sweepers
- BBQ Sausages
- Milo/Cordial
- Water safety (SRC/Bronze Medallion qualification required)

If you are interested or would like to find out more, please email Christine Polgar at juniors@williamstownslsc.org.au

WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB

NIPPERS

Sunday Summer Fun!

EST. 1920

Come & Join Us
for Beach &
Lifesaving Fun!



HAVE A GO!
Sunday 27 Oct, 9.30am
The Clubhouse Lawn
Free Sausage Sizzle!

INFO SESSIONS
Sunday 20 Oct, 11am
Thursday 24 Oct, 6.30pm
Saturday 26 Oct, 2pm



Enquiries: juniors@williamstownslsc.org.au

www.williamstownslsc.org.au



3 YIPS

Hello everyone!

This is a call for an expression of interest for a **youth development program for girls and boys** between the ages of 14-17 who are looking for a alternative or complementary way to engage with the club to your current activities. This program would span the length of the coming season (November-April) and will have a number of dates for different activities.

This program will involve social activities and the opportunity to make new friends, leadership development, and engagement with the club through fundraising and gaining new awards.

This program would be run using the Youth Involvement Program (YIPs) model, more information about this program can be found at the below link.

<https://lsv.com.au/clubs-members/leadership/yips-resources/>

If you are interested in this program, please email your name and contact information to joel.farrow@williamstownslsc.org.au

Those who have already given their EOI from June do not have to resend their EOI!

Thank you!



4 SRC & Bronze Courses

As the weather gets warmer and we start gearing towards what is looking to be a fantastic summer at Williamstown, one of the most important courses for the season is upon us: **the Surf Rescue Certificate/Bronze Medallion!**

The Surf Rescue Certificate is an entry-level award for volunteer patrolling that can be undertaken by members from the age of 13. The SRC teaches you vital skills for patrolling beaches in summer, and its a great introduction into the possibilities for a fulfilling and productive career in volunteer lifesaving.

The Bronze Medallion is another entry-level award for volunteer patrolling that can be undertaken by members from the age of 15. The Bronze Medallion is a slightly more detailed version of the SRC, which still teaches all the vital skills needed for patrolling, whilst also opening up the opportunity for members to gain other awards such as the IRB Crew, IRB Driver, Advanced Resuscitation Techniques Certificate and the Silver Medallion – Basic Beach Management award.

These awards provide the opportunity for members to engage in the following activities within lifesaving:

- Volunteer lifesaving patrols
- Water safety for lifesaving/club-related events (Nippers, swim events, competitions)
- Competitive lifesaving (summer – swim, board, ski, R&R, surf boats/winter – IRB, Pool)

The courses will be conducted in a BLENDED DELIVERY format. This means that you will be required to cover a large portion of the theoretical components of the course online at home. The practical components will be completed during the session times at the club. This will mean that the face to face time commitment for members will be shorter, whilst still getting the best quality training to prepare them for patrolling at Williamstown!

The dates (SUBJECT TO CHANGE) for the first **Bronze/SRC course** for the season are:

Wednesday 9th October – 6:30-8:30pm
 Saturday 12th October – 8:30am-3:00pm
 Wednesday 16th October – 6:30-8:30pm
 Sunday 20th October – 8:30am-3:00pm
 Wednesday 23rd October – 6:30-8:30pm
 Sunday 27th October

ENROLMENTS

To enrol, you will need to create an account (if you don't have one already) on the 'Member Training from Anywhere' website:

<https://mt.lsv-from-anywhere.com.au/login?org=lsv>

Once your account is confirmed, you will be able to enrol in courses for the wide variety of awards, including this course and any other offered by Williamstown S&LSC! It is advisable that you create an account now so that when the courses become available on the website, there is less down time in enrolment!

At this time enrolment is not yet available on Member Training from Anywhere, a notification will be sent out via TeamApp when it becomes available online.

PLEASE NOTE – Enrolment for these courses are a first-in/best-dressed basis. There are limits on the capacities for courses, so you will need to ensure that you enrol on 'Member Training from Anywhere' to secure your place.

To be eligible to participate in the Bronze/SRC course, you will need to:

1. meet the minimum age requirements above;
2. be a financial member of Williamstown S&LSC

If you have any questions about this course or anything regarding training, please do not hesitate to contact me at joel.farrow@williamstownslsc.org.au

REQUALIFICATION DATES

Requal / Skills Maintenance is coming up.
The following dates have been proposed:

Sunday 17 November – 11.00am-2.00pm
All awards (including ART, IRBC, IRBD)

Thursday 28 November – 5.00-8.00pm
- Run swim run – 5.00-6.00pm
- CPR, signals, etc – 5.00-8.00pm

Sunday 8 December – 11.00am-2.00pm
All awards (including ART, IRBC, IRBD)

Look out for sign up details on TeamApp and if you have any queries please contact Joel at joel.farrow@williamstownslsc.org.au



5 Competitions

IRB Update



After having a successful state titles, focus was reset with the teams eyes on retaining the Australian Title for the second year in a row at Kingscliff. We had several team members who were selected to represent Victoria

in the State team Event, this was raced on the Friday with Victoria finishing in a close 3rd. The team faced challenging conditions and unfortunate bad luck at some points, but through it all, the team was able to come together and support each other to come 3rd overall. Congratulations to the team and amazing season, enjoy the summer, preseason starts soon.

Junior Competition

Comp training is also about to start early next term so keep an eye out on team app for confirmation of Monday and Wednesday afternoon training session times. These sessions are available for all Nippers and geared towards Nippers intending to compete for WSLSC at Junior Carnivals throughout the year.

If you are new to Junior sports or your Nipper is keen to join, please email shaun.leith@williamstownslsc.org.au with any queries.



Senior Pool Lifesaving

Willy had a committed team compete in the Pool Lifesaving season.

Lachlan, Mackenzie, Brydie and Tom trained hard all season and Williamstown had a very successful States, finishing 6th overall. Brydie won 4 gold medals and 2 silver, Tom finished up with 3 golds, 2 silvers and a bronze, while Mackenzie and Lachlan had many top 6 finishes and lots of personal best times.

Well done to Tom who represented Williamstown at the SLS Pool Rescue Championships on the Gold Coast in August, with 6 PBs and 6 top 12 finishes in some very competitive races. These amazing results did not go unnoticed and Tom has been named as reserve for the Australian Pool Lifesaving Team competing in the UK in November. Although Tom does not join the team on the trip unless someone withdraws, it is a great achievement to make the team. Congratulations Tom.

Speaking of pools, we anticipate the club pool will be reopening for the season in early November (weather dependent).



Surf Boats

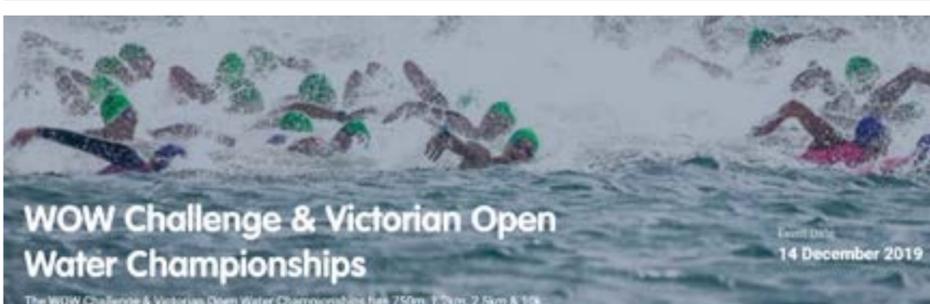
Yes you are our next star sweep? Great we can help with motivated boats, a fully functioning gym at WSLSC, a WSLSC 4wd for towing boats and Maha's travel snack packs.

(I hear the ruffling of feathers and interest - rowing is this fun, even on cold days! So give me a call if you interested in social rowing)

Call our Boat Captain, Ann, on 0477 999 971



6 Upcoming Events



WOW SWIM IS ON AGAIN SATURDAY 14 THE DECEMBER 2019

Despite the 2018 swim being cancelled and being held in March early this year the swim Conditions weren't great but, financially it was the most successful event ever for the club.

Be part of the team, set aside the **14th December** in your diary to help the club at this important fundraiser to increase the balance of the club building.

LEND YOUR MARKETING SKILLS

The WOW Committee is looking for assistance with marketing and Promotion. If you have skills in this area and would like to contribute, please drop us an email on info@wowwilliamstown.com.au or by phone to Club President Paul Sullivan on 0448 581 306 and leave a message and we will get back to you.

SOCIAL AND FUNDRAISING

An entertaining evening was had at Sun Theatre last month, with our movie fundraiser "Once upon a time in Hollywood" bringing on plenty of discussion. Thanks to everyone who supported the event and particularly Shaun and Simone Trigger who brought along many friends.

A small bar gathering was also had to start collecting more information for our **100th birthday celebration**.

COMING EVENTS:

OCTOBER 26TH - community screening of "2040"
Inspiring documentary by Michel Gameau,
a must see for all. **Tickets \$5 are on sale now.**

NOVEMBER 9TH - Family Bush Dance and Spit Roast
Join the bush party for dancing and more. **Tickets on sale soon.**

If you have some ideas or would like to join the
Social & Fundraising subcommittee,
please text Sally on **0409 360 232**



MUSSELS

After many Mussel/WSLSC members continued swimming weekly the entire winter 2019, in the cool winters waters (a verified low of 8 degrees), Williamstown's waters are slowly warming. So, now's the time to hit the open water in preparation for personal fitness and the upcoming Summer 2019/20 swim season, including the WSLSC WOW swim event in December. The Mussels is a friendly supportive "FREE" training opportunity helping you to achieve your open water fitness goals. The course we swim suits all levels and its never a race, swim at your own personal pace and goals.

Mussels Coach Jason has open water coaching classes starting again for summer 2019/20 in **mid-October**, see the Mussels & Coach Jason's website links for full details go to www.williamstownopenwaterswimcoaching.com

See you at the beach.

Cheers,
The Mussels Team



7 HALL HIRE

The hall hire is a great source of income for the club. We offer a fabulous accessible space, with kitchen facilities, and, during the warmer months, the indoor outdoor space and view. So please spread the word, especially to members as we have a good discount rate now!

Having said that, as the summer & patrol season starts, the club will be a lot more active so we will be making hirers aware of this & managing their expectations of what they get within their hire, noting the hall is not for hire during the day. As a club we also have to be mindful to accommodate the hirers when we can. We will constantly reinforce the message about cleaning the hall after hire but people's standards of cleanliness does vary! So please be patient, we will always endeavour to get the hall back to its best condition!!

For further information on hall hire please contact Cara on [0405 001 283](tel:0405001283)



7 MERCHANDISE

WSLSC is pleased to announce a monthly Merchandise Store at the club the 1st Saturday of each Month between 10.00am -12.00pm. All our club gear is available for everyone, we have lots in stock including hoodies, caps, bathers, deck coats, track jackets, tracksuit pants, beanies, engine goggles, club t-shirts, here is a link to our shop for more information <https://williamstownslsc.teamapp.com/store>.

Once Nippers starts we will also run stores during the session. If you can't make it on Saturday's please email merch@williamstownslsc.org.au to organise a time to suit.

The club has received a large number of bathers that we will be selling for \$25 a piece, colours and sizes vary so come down to grab a bargain!!!

Simeone
Merch Coordinator
0405 001 283