



WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB NEWSLETTER

NOVEMBER 2019



1 A Message From Our President

With the season well underway, and our eager patrollers ready to keep our beaches safe it's a great opportunity to welcome new members to our wonderful club. For some your journey in lifesaving is about to begin and for others it is part of a long commitment to lifesaving.

Over the past few months the club has started working on the Master Plan for the upgrade of the club facilities. We are now seeking your thoughts and ideas to help the development of the Master Plan.

Drop in to one of the following information sessions for a chat:

- 6pm Wednesday 4th December
- 11am Sunday 8th December
(drop in to the hall while nippers is running)

It is a very exciting (and somewhat daunting) project for the club – a once in a generation opportunity. If you have been a member for 10+ years or 10 weeks, we are interested in your opinions. If you can't make the meeting feel free to email your thoughts to info@williamstownslsc.org.au. The outcomes from the information sessions will be passed on to the project architects appointed by Hobsons Bay Council to assist the preparation of the Master Plan which we expect will go on public exhibition in 2020.

As always, get involved, be safe around the water and enjoy your terrific club. See you at the beach!

Warm Regards

Paul Sullivan - President
& Mark Frisby - Director of Major Projects



2 WSLSC JUNIOR COMPETITION UPDATE

The Junior Competition Team is well into pre-season training and clear plans for the season are being established. Thanks to Matt, Fiona, Doug, senior/youth competition team members, others who have launched the 2019/20 season and are getting the job done.

Sally and Simeone and Co. are guiding the R n R team to greatness again with multiple sessions running each week. Michael is looking after running/beach on a Monday night through wind, rain and shine. You will also see our junior comp members skilling up via Surf Ed. within the whole-of-club program on Sunday morning and providing mentoring to new/emerging junior members.

Inter-club carnivals kick off at Ocean Grove on the 7th December with R n R and a full beach/water program. The following week (Sunday 15th December, the day after WOW swim) the second carnival is at Altona LSC and we expect a solid team turn out for our neighbouring beach. There are forever great/essential opportunities for parents to get involved, in particular, we are very keen to skill up Officials – the warmest, safest job on the beach!

For more information about the junior competition team or volunteering contact: Rebecca Patrick (Junior Team Manager) info@williamstownslsc.org.au or Shaun Leith

NIPPERS WHO WANT MORE

Enjoying WSLSC Nippers (Surf Education) on a Sunday morning? Want more – fitness, skills, teamwork? Your nipper is welcome to come and try the u8 – u13 training sessions with the junior competition team.

SESSION TIMES ARE:

Monday 5 – 6pm beach training (beach run, sprints, flags, relays)

Wednesday 4 – 5.30pm water training (board, swim, wade, relays etc) and

Sunday 10.15 – 11.30am beach and/or water training.

You can do 1 or all 3 depending on your schedule and your nipper's preference for beach or water. From there your nipper can try an inter-club carnival where they compete in individual and team events in their age group. The next carnival is at Altona on Sunday 15th December – close and on the bay!

Here is more information about junior competition:
<https://williamstownslsc.org.au/competition/juniors/>

Interested - please contact the Junior Team Manager Rebecca Patrick at info@williamstownslsc.org.au



SENIOR-STATE TEAM POOL LIFESAVING

Congratulations to Tom Frisby who has been selected for the Victorian State Team, and Brydie Logan in the Victorian Development Team for Pool Lifesaving.

The 2 Williamstown members will travel to Perth in January to compete in the RLSSA Pool Lifesaving National Championships, and will continue to train hard over the next few months in preparation.

Tom has had a very successful year in this sport after being named a reserve for the Australian Team competing in UK in November.



3 Social and Fundraising

Thanks to all the members and guests for attending “2040” screening and our family BBQ/ Brisket night. It was agreed that these were great nights for catching up with old and new faces, becoming inspired about the future, and enjoying a great meal.

FUTURE EVENTS

Social bar nights have been booked for **November 22nd, Dec 6th and 20th.**
Fingers crossed for good weather.

If you are **INTERESTED IN GETTING YOUR RSA** and are able to volunteer to open/serve in the bar, please contact Sally on **0409 360 232.**



WILLIAMSTOWN BEACH PARKRUN IS COMING

Parkrun are free, weekly (**every Saturday at 8am**), timed, 5km, community events organised by teams of volunteers.

They are inclusive, open to all, non-commercial, non-campaigning, with a view of creating a community event with longevity in mind.

The Williamstown Beach parkrun will commence at the Williamstown SLSC, running along the pathways in the Jawbone Flora and Fauna Reserve and finish back at the magnificent Williamstown SLSC. It's a beautiful run, quiet, lots of wildlife, open space, no pollution, no cars, relatively flat and would be a great training run for all WSLSC members. Can't get better than that!!

Parkrun contact is Brony Rowleson – **0408 296 957**

Centenary

Williamstown SLSC will be turning 100 in 2020.

Such a momentous occasion deserves a celebration and a wallow down memory lane.

Jacqui Hewitt and Kaye Tomkins have been pulling together the history, stories, images and articles from the last century. It is truly amazing to see what they have done. And this is only the start. They are still trying to make contact with some of the past members

to glean tales from the archives. If you know of families who have moved away or had past involvement in the club please let them know that the club will be celebrating our 100 years of Williamstown community lifesaving.



So, keep 1st May, 2020 clear in your diary for a celebration of Williamstown Swimming and Lifesaving Club past and present.

Many hands make light work so if you have an interest in the historic side of the club, searching for past members, event organisation or spreading the word, we would love to hear from you – contact the Centenary Crew (Kaye Tomkins or Jacqui Hewitt) at info@williamstownslsc.org.au

WEDDING BELLS

Congratulations to Scott Ivey and Sophie Raynor who are tying the knot in a Queensland ceremony 29 November.





4 WOW Swim

WOW swim is coming up.

Keep Saturday 14 December clear to come swim, watch, volunteer, be part of the event of the sea

VOLUNTEER FOR THE WOW CHALLENGE

Our biggest fundraiser is on again and we are calling for all hands on deck to assist in again making the WOW the best open water swim of the season!!

We welcome and encourage everyone to be a part of all the action and fun of the WOW Challenge, there are lots of varied roles to suit all skills and time you have available, with your help we can make our club's event a special day.

SIGN UP HERE:

https://www.signupgenius.com/go/70A0B4FA4A829A4F94-volunteer

We will be hosting a Volunteer Briefing night on Monday 9 December at 6.00pm.

In appreciation of our volunteers we will be providing pizzas on the night. There will be volunteer t-shirts available on the day and your Area Manager will be happy to brief you on any role you have signed up for!

If you have queries please contact us on info@williamstownslsc.org.au or call the WOW swim line direct on 0448 581 306



TO A "FREE", FUN, SUPPORTIVE, WEEKLY OCEAN SWIM & OPEN WATER TRAINING GROUP RAIN, HAIL, OR SHINE! "WINTER", SPRING, AUTUMN, SUMMER..."WE SWIM EVERY WEEK ALL YEAR" WE SWIM ALL YEAR ROUND EVERY SATURDAY MORNING 10.30am @ WILLIAMSTOWN SLSC BEACH FOR FULL DETAILS GO TO> www.meetup.com/Melbourne-Ocean-Swimming to RSVP attendance & details



This is not a Class...Just lap swimmers "group" training at their own personal pace & fitness goals,!

FOR FULL DETAILS GO TO> www.meetup.com/Melbourne-Ocean-Swimming



5 BUILDINGS AND GROUNDS

The grounds and pool have been undergoing seasonal maintenance over the last several weeks, with mowing, edging and cleaning the pool.

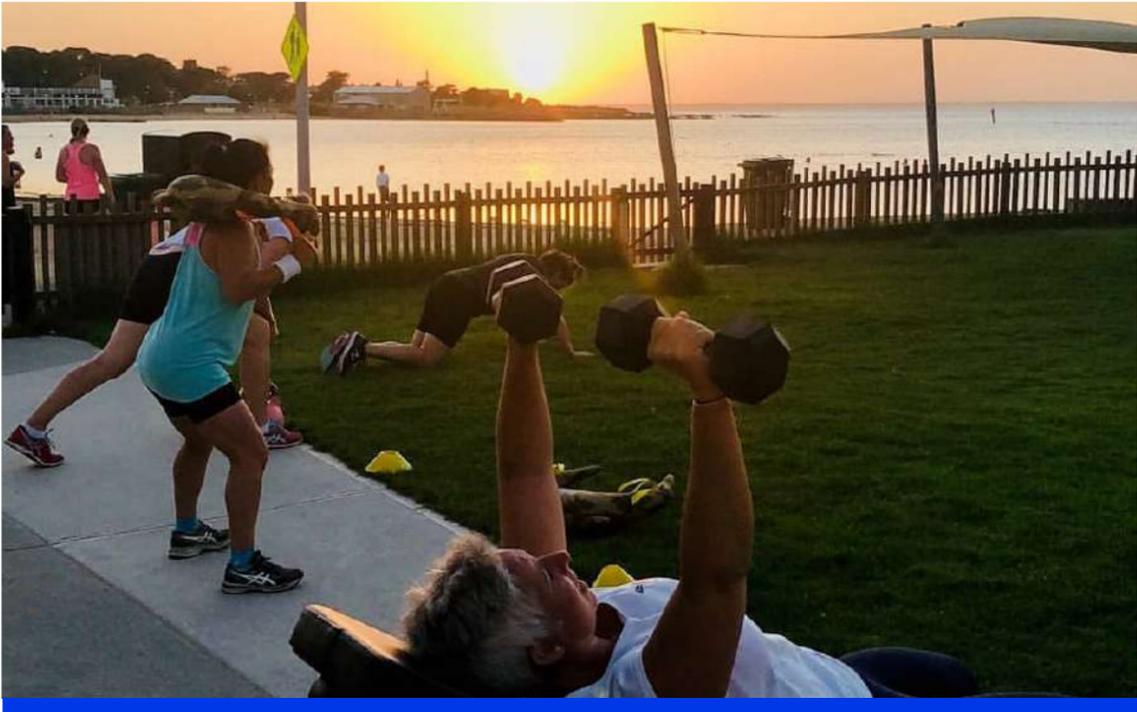
Thank you to Peter who helped mount the chlorine pump, Johan for installing the overflow and securing the infeed line for chlorine, and Neil for mowing and fertilizing the lawns.

Great news the solar heating is working and taking the edge off the cold water.

The pool was unofficially opened on 1st Nov but weather kept it from continued opening, as well as lack of pool lifeguards. On Wednesday 20th November the pool will be open with our first predicted day over 30 degrees Celsius. If the weather is predicted over 25 degrees the pool will generally be open between 4 and 6pm, pending Pool Lifeguard availability.

If unsure please look at the BOM weather app. The pool will also generally be open on patrol days as long as there are lifeguards available. Please remember if you bring furniture into pool area please remove it when you leave.





6 GYM & FITNESS

We are introducing gym inductions this season. We want you to be safe and get the most out of your work out. ETPA have kindly offered to run the inductions over November and December. Keep an eye out on Team App for updates.

The next induction is on **Saturday 30th November 10-11am.**

Fob access to the gym will be removed in the near future unless you have been inducted so please jump on it and make time to attend.

Reminder that the gym is for use by WSLSC members only and kids are not permitted to use the equipment.

COME JOIN DAVE LY'S GROUP SESSIONS OVERLOOKING THE BEACH.

Friday 6am Strength and Conditioning session **\$8 for members**

Or join ETPA evening sessions **\$5 for members**
(let Matt Tippet know if you are attending on 0414 303 464):

- Tuesday 7pm BYO bike and windtrainer (if you have one)
- Thursday 7pm Strength and Conditioning session

WETSUIT TEST DAY

The wetsuit Test Day is on the **30th of November between 9-11am.** We will have the full range of Orca wetsuits for testing. Any WSLSC member can then purchase a wetsuit at 20% off RRP if they wish.

More info on Facebook at:

https://www.facebook.com/events/1224740631064851/?active_tab=discussion



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\$50

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Mention this gift voucher when you ring to make your booking with the team at Peter Sadler.

gift vouchers are able to be transferred to friends, family (and anyone), however, only one can be used at any one time.

Condition apply 5 hours minimum.
Not valid for express moves



A THANK YOU TO OUR PARTNER
PETER SADLER REMOVALS & LOGISTICS

Moving home can be a stressful experience. There is so much to work out: packing, unpacking, setting up furniture and appliances, amongst other things. With so much stress already a part of the moving experience, you shouldn't have to worry about the efficiency of your removalist team.

Peter Sadler Removals believes in providing the fastest and most effective residential movers service for people in Melbourne. We take care of everything from wrapping to packing, loading, unloading and setting up of your furniture as well as all the logistics. We are a family-operated business with over 20 years of experience. Peter Sadler started in Williamstown and we are very proud of being considered as the trusted local removalist company.

<https://www.petersadlerremovals.com.au/residential/>



Students sporting our new WOW Schools Program sun-smart gear.

7 WOW SCHOOLS PROGRAM

WSLSC / WOW SCHOOLS PROGRAM IS WELL UNDERWAY FOR 2019/2020...

The WOW Learning Experience is a program in which Williamstown S&SLC partners with local schools to provide activities to familiarise students with their local water environments - emphasising beach and water safety.

Providing youth with skills that prepare them for visits to their local aquatic environment is essential if we are to reduce accidental injury and death by drowning in the community. Delivery of this program is essential for our community.

The WOW Learning Program runs Monday to Friday 9.00am till 2.30pm within the weeks of term 1 and 4 at Williamstown and is staffed by some of our qualified WSLSC members who continue the message within our community to be safe around water.

After a successful Community Grant application in 2019 through HBCC our students are able to be sun-smart whilst participating in the WOW Schools Program.

Williamstown Primary School Fete

An onslaught of competitive kids took on the rowing machine challenge at the Williamstown Primary School Seaside Fair on 17 November.

How far can you row in 1 minute? Apparently quite a long way! And you even get better with practice some found. Loved your enthusiasm young and old.

With over 100 names on the tally board aged from 4 to 50+ years it was great to see so many existing and potential club members get involved. A great day was had by all.





8 Starfish Nippers

Starfish Nippers and volunteers were keen and excited to be on the beach, the cooler weather and not being able to go into the water made the program focus on the Starfish Nippers working on their goals for the season, with much fun help from the Starfish Volunteers. Beach Activities were to be had with flags, relays and learning baton handling. Starfish revisited beach signals. Well done to all our Starfish Nippers.





9 MERCHANDISE

Towels are in!

Just in time for Christmas, and brand new to the club, are these colourful towels in quick dry polyester material they come with or without a hood in small and large sizes. Great for all ages.

We are also expecting our next shipment of hoodies to arrive in the next 3 weeks.

**Come along to our shop days on either
Saturday 7th December or Sunday 15th December.**

**For any merchandise queries email Simeone at
merch@williamstownslsc.org.au**

THANK YOU TO OUR SPONSORS

