

FEBRUARY 2020

### 1 A Message From Our President

Claire delivers a short introduction in Paul's absence, plus a historic photo for 'from the archives'

### 2 Competitions



#### Masters

Congratulations to our Masters team who recently competed at Lorne in challenging conditions.



#### Seniors

Congratulations to Tom Frisby and Brydie Logan.

### 3 Master plan updates

Would you like to be involved in the development of the club Master Plan? The process to date has focused on preliminary concepts to work out how much funding is required. The club is looking to create a subcommittee to guide the next steps of the process. If you are interested in being involved, come along to a meeting at the club 6pm 18 March get in touch with the club or Mark Frisby mark.frisby@williamstownslsc.org.au for further information.

### 4 Social & Fundraising

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!



### 5 R&R

The Williamstown Open Women's R&R team have continued to improve over the past few months and their dedicated early morning training on Wednesdays at 6am and 4pm on Sundays is starting to show great results.

### 6 Gym & Fitness

Another great turnout for gym inductions in February.



### 7 Mussels

#### Mussels Training

All are invited to a "free", fun, supportive, weekly ocean swim & open water training group

### 8 Starfish Nippers

As all the nippers were resting over the new year period, Starfish Nippers attended the 2nd Hampton Starfish Carnival, it was a great success with WS&LSC attending and having a



### 9 Centenary

Come celebrate Williamstown Swimming and Life Saving Club's 100th year.

An amazing opportunity for past & present members, friends and neighbours to reminisce over a three course dinner at Williamstown Town Hall.

### 10 National Leadership

Learn about Joel Farrow's participation in the National Leadership College 2020 run by Surf Life Saving Australia.



The Williamstown Swimming and Life Saving Club and the Hobsons Bay City Council were proud to be the open water swimming partner for the IGLA

### 11 Big Bay Swim 2020 & IGLA

Sunday February 2020

After 30 years of hosting the Big Bay Swim across the bay from Port Melbourne to Williamstown, the Rotary Club of Gellibrand passed on the swim to the Williamstown Swimming and Life Saving Club



### 12 Kids Fun Tri Challenge

Calling all 7-11 years old. Come Try, the Fun Tri Challenge.



### 13 The Goggle Project

The Goggle Project spreads the love of swimming worldwide by sending unwanted swimming equipment to all corners of the globe, allowing those less privileged with the opportunity to see the world of under water for the first time.



## 1 A Message From Our President

WSLSC is always looking forward - to the next patrol, community event, competition - but as we enter 2020 it also prompts the club to look back at our history, as we officially turned 100 years old on 8 January. A special crew of members have been taking a trip down memory lane, scrutinising honour boards, ledgers, photographs through the ages and re-establishing contact with former members. A centenary evening celebration is planned at Williamstown Townhall on Saturday 2 May. The aim is to gather as many existing & former members, friends and acquaintances to remember the club's ten decades of history. Tickets go on sale 1 March. Come and join us to celebrate the milestone and be part of a momentous event that creates history as we move into the club's second century.

Big thanks to all the patrollers and volunteers who have kept our community safe over the crazy weather period we have endured this last month. Our amazing volunteers recently ran a fabulously successful Big Bay Swim and International Gay and Lesbian Aquatics Championships, a first from Williamstown Beach. These events and the weekly corralling of over 300 hundred nippers, manning the bar, sorting lost property, maintaining the building, making sandwiches and more, simply wouldn't happen without the WSLSC community. Thank you all for your time and efforts.

Best regards

Claire Howell Vice 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](mailto:info@williamstownslsc.org.au)



Masters in Action



## 2 Competitions

### Masters

Our Masters team competes at Lorne

Congratulations to our Masters team who recently competed at Lorne in challenging conditions at the 2020 Master Championships. It was totally

inspiring to watch anyone who braved the waters. When the water team events were called off due to unsafe water conditions, our team turned to the beach to give it a go. It was lots of fun to watch Williamstown on the sprint track!

Congratulations to Gillian, Valerie, Sally, Simeone, Michelle, Claire, Claire (too!) Andrew, Mick, Darren, Trav, Paul, Brad and Daniel for flying the Williamstown flag, bringing home the bling and managing to place WSLSC an impressive 7 out of 30 clubs! Can't wait for next year..



### Seniors

Congratulations to Tom Frisby and Brydie Logan who represented Williamstown while competing in the Victorian State Team at the Australian Pool Lifesaving Championships in Perth. They had a very successful competition, with Brydie's team winning the CPR component and Tom's team were successful in the SERC (simulated emergency rescue competition) and many PBs in individual events. These are 2 great lifesavers and we are lucky to have them patrolling our beach!





### 3 WSLSC Master Plan

Would you like to be involved in the development of the club Master Plan? The process to date has focused on preliminary concepts to work out how much funding is required. The club is looking to create a subcommittee to guide the next steps of the process. If you are interested in being involved, come along to a meeting at the club 6pm 18 March get in touch with the club or Mark Frisby mark.frisby@williamstownslsc.org.au for further information.

### 4 Social and Fundraising

Our busy bar people have managed to open the bar for Friday night social drinks several times over the past month. Unfortunately, the weather hasn't always been kind for outside drinks (too hot or too cold), but the fridge has required restocking! Thanks to Bruce Collins for manning the BBQ with our Mallacoota fundraiser BBQ, and to our volunteer bar staff.

It would be great to have a few more RSA's on our bar staff list. If you have your RSA and would be available to open the bar several times a year, or if you are interested in getting your RSA, please contact Sally below.

On the social front – our Senior and Masters competition teams have been hanging out at Lorne and enjoying the Frisby brisket speciality. If you are interested in supporting the team over the March Seniors Weekend (March 21-22), I heard that brisket will be up for offer again!

Our next big fundraising event will be our approved Tin Rattle on April 26th (Sunday). The commitment is 2 hours between 10-4pm. Love to hear from members that are yet to volunteer for the season too.

“2040” – (Damon Gameau) – A successful community screening of 2040 was held at the club house in September 2019. If you would like to borrow the DVD (private use only), it is now available for gold coin donation.



## 5 R&R

R&R provides a framework within our club that can develop the teamwork abilities of members and provide an avenue for both juniors and seniors to compete, where there is no prejudice for those who may not be the fastest swimmers, board paddlers or the fastest sprinters.

### Rather, R&R rewards those who have mental skill, agility and determination

The Williamstown Open Women's R&R team have continued to improve over the past few months and their dedicated early morning training on Wednesdays at 6am and 4pm on Sundays is starting to show great results.

The Open Ladies Team: Sally Leung, Cara McMahon, Claire Howell, Valarie McHenry, & Simone Logan have entered for the State Titles at Lorne on the 21st March and are looking well to win a medal in their first years competition. At the recent Geoff Waters Memorial Competition carnival in Lorne on 9th Feb, the ladies gained second place and managed to better their previous score result by 50% - a fantastic effort in such a short time in this exacting SLSA sport.

Our Under 15 team is also continuing to learn and grow in the event and had a successful carnival with a silver and bronze for our youth girls and a first pennant for the 5 person event.

We ask all Williamstown members to come and cheer both our teams along at the STATE TITLES at Lorne on Saturday morning, 21st of March.

The Open women's team are also the Reel Carriers in the MARCH PAST team to march on Saturday of the Victorian Titles. Well done girls!

AUSSIE TITLES at Broadbeach in Qld April 21st to 26th APRIL.

Both our female teams are traveling to Queensland to compete at the Australian Surf Life Saving Championships in April and are looking for some sponsorship support.

For those that do not know, our under 15 team won a Bronze Medal at last year's Aussies.

Congratulations all, and good luck for your journey towards Aussies.



## 6 Gym & Fitness

Another great turnout for gym inductions in Feb. At this stage, after 5 inductions run by ETPA (thank you so much), we would like to think that everyone who intends to use the gym has attended. Additional sessions can be arranged but at present we have not had any requests.

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

Also, please leave the gym tidy and clean. Take a cloth / towel with you to wipe down the equipment after your workout.

And if a group session is more your thing....

Dave Ly runs group sessions out on the club grassed area and they are proving very popular. Refreshing to see the gender balance equalising over the last month, with the sessions becoming increasingly popular with the guys.

- 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):

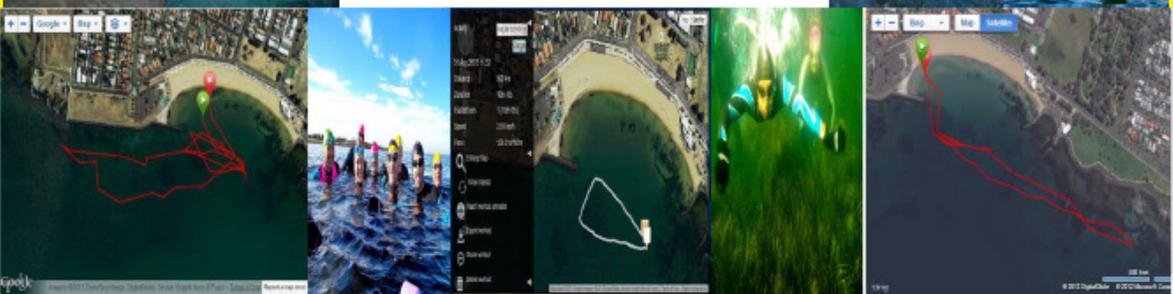
- Tuesday 7pm BYO bike and windtrainer (if you have one)



# 7 Williamstown Mussels



**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](http://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](http://www.meetup.com/Melbourne-Ocean-Swimming)**



## 8 Starfish Nippers

As all the nippers were resting over the new year period, Starfish Nippers attended the 2nd Hampton Starfish Carnival, it was a great success with WS&LSC attending and having a fantastic day.

Our starfish Nipper program was privileged to be asked to feature on the channel 7 Health & Wellness Program.

You may of noticed Michael the cameraman and the crew filming, this occurred Sunday 23 February 2020. It will feature our starstruck Nippers, parents and volunteers sharing their experience and value that the program provides to our Starfish Nippers & families.

This will be aired in May sometime, and we will keep you posted to the date coming real soon.

Thanks to all the wonderful families supporting the event and attending with the Starfish Nippers, also a huge thanks to our volunteers.

Thanks to Hampton Lifesaving Club once again

Veronica





## 9 Centenary

Come celebrate Williamstown Swimming and Life Saving Club's 100th year.

An amazing opportunity for past & present members, friends and neighbours to reminisce over a three course dinner at Williamstown Town Hall.

Over the evening the 100 year story of the club will be shared, plus historic photographs and exhibits on display to spark those memories.

Cocktail attire. 18yrs+ only. Licensed bar.

A great excuse to get back in touch with the friends you spent time with decades ago on Williamstown Beach.

Cost: \$85 per person OR \$800 per Table of 10

Event date: Saturday 2 May

Event times: 6.30 -11.00pm

Booking process: Tickets available soon :)

Email [WSLSC100@williamstownslsc.org.au](mailto:WSLSC100@williamstownslsc.org.au) with queries.

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.

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 at [WSLSC100@williamstownslsc.org.au](mailto:WSLSC100@williamstownslsc.org.au)

Next Centenary sub-committee meeting Thursday 12 March 7pm at the club. Feel free to come and join the group. All welcome



## 10 National Leadership College

In early February, I was lucky enough to be selected to represent Williamstown S&LSC and Victoria at the National Leadership College 2020 run by Surf Life Saving Australia. This program is offered to members between 20-30 years of age. This program brings together emerging leaders from club all around Australia for a week of leadership development, teamwork activities and discussion about the lifesaving movement and moving it into the future. The program was based in Sydney, which houses the headquarters for the governing body of lifesaving.

The 23 participants of the program were guided by 4 facilitators from Queensland, Western Australia, New South Wales and Victoria, all of whom had been through the program previously, led by the amazing Dr Nancy Joseph. The week consisted of themed days, with each day focusing on a different element of leadership development, and including a range of activities and incredible guest speakers from both within lifesaving at Club, State and National levels, and from external organisations such as NSW Fire and Rescue and Engage Health. A surprising part of the week was a focus on stepping out of your comfort zone, which resulted in me giving a speech about dogs and cats in the Shangri-La



Throughout the week, I forged some amazing friendships with incredible people, many of whom are involved in similar areas of their clubs, and was able to learn about how lifesaving is involved in the communities around the country. This week opened my eyes to all of the possibilities that are available to members in the lifesaving movement, and highly recommend this program to anyone looking to broaden themselves and their skills in leadership, communication and collaboration



# BIG BAY SWIM 2020

## 11 Big Bay Swim 2020 & IGLA Championships

After 30 years of hosting the Big Bay Swim across the bay from Port Melbourne to Williamstown, the Rotary Club of Gellibrand passed on the swim to the Williamstown Swimming and Life Saving Club.

The Williamstown Swimming and Life Saving Club and the Hobsons Bay City Council were proud to be the open water swimming partner for the 2020 IGLA Championships. International Gay & Lesbian Aquatics

How good was the weather and water conditions for our first Big Bay Swim?

Let's hope for a repeat for December's WOW Challenge.

The weather brought out a few extra swimmers on the day and we ended up with a total of 103 swimmers, plus another 66 IGLA swimmers.

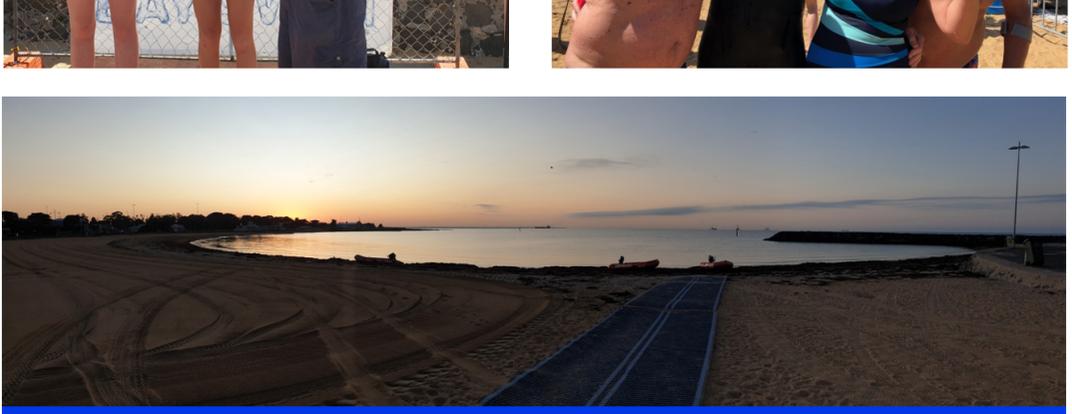
Apart from a shark sighting delaying the start, everything went smoothly. The IGLA contingent will have a great story to tell their friends and families on return to their home countries.

Thanks to all of the volunteers and the organising committee, especially; Simeone Logan, Pip Grummet, Iain Dickson, Mark Frisby, Michael McMahon, Olivia Koster & Alex Walton.

Special thanks to St. Kilda Life Saving Club for the loan of the rainbow lead boat.

"Everybody, Every Day, Anybody, Any Day"

Staeven





## 12 Kids Fun Tri Challenge

Calling all 7-11 years old. Come Try, the Fun Tri Challenge.

In conjunction with ETPA we are offering a "Come Try it" style Triathlon for kids 7-11 years.

The swim is only 150m, of which the kids can walk in shallow water if required. The bike ride of 3k is on closed roads and the kids can use, BMX, Mountain bikes or road bike. It's really about fun and participation. The 1k Run is along the foot path near the beach and is out and back.

This is a great event for any child wishing to develop his/her aerobic endurance and be exposed to a different sport. The link for registration is below and the event flyer is attached.

<https://www.registernow.com.au/secure/Register.aspx?E=37939>

For further information contact Mathew Tippett.

Mob: 0414 303 464

Email: [mat@etpa.com.au](mailto:mat@etpa.com.au)

Web: [www.etpa.com.au](http://www.etpa.com.au)

Facebook: [www.facebook.com/etpaus](http://www.facebook.com/etpaus)

**Kids Fun Tri Challenge**

**In conjunction with the invitational race**

**April 5th, 2020**

**Location:**  
~ Williamstown beach Swimming and lifesaving club

**Fun Tri Challenge**  
**Ages:** 7 - 11 years  
**Swim** - 150m  
**Bike** - 3km  
**Run** - 1km

**Start Time:**  
~ 7:30am sharp

**For registration or race info:**  
[etpa.com.au](http://etpa.com.au)

ETPA & Williamstown SLSC



## 13 The Goggle Project

The Goggle Project spreads the love of swimming worldwide by sending unwanted swimming equipment to all corners of the globe, allowing those less privileged with the opportunity to see the world of under water for the first time.

There is a donation box at the club for any unwanted swimming equipment, especially goggles ;)

<https://www.goggleproject.com.au/>

<https://www.instagram.com/goggleprojectaus/>

## THANK YOU TO OUR SPONSORS



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