



WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB NEWSLETTER

FEB 2021

A Message From The Committee!

2020 presented us all with a wide variety of challenges, and has resulted in some fundamental changes to how we operate, not just in lifesaving, but how we perceive the world.

Nevertheless, our members have persevered, worked through the chaos and it has resulted in a fantastic season so far in 2020/2021!

From our patrols, to our Nippers/Starfish Nippers Programs, competition, Awards Training and everything in between, we have had some incredible growth, new beginnings, development and achievements throughout the season, and we look forward to so much more in the future!

The Committee would also like to thank each and every one of our members for returning to Williamstown S&LSC this season. It is a truly wonderful experience seeing a community of like-minded people come together under a common goal and continue to achieve great things for the betterment of the Club and the wider community!

It's been a busy season so far, and with plenty more still to come, we couldn't be more excited!

Best Wishes,

The Club Committee (Paul, Claire, Rod, Daria, Mark, Sally, Andree, Gerry, Shaun, Alex and Joel)



FEB 2021

WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB NEWSLETTER

WHAT'S HAPPENING AROUND THE CLUB!

WOW Challenge

Patrols

Beach Lifeguards

Nippers/Starfish Program

Awards Training

Summer Competition

Club Pool

Boaties Bar – Friday Nights

Ambulance Victoria partnership with WS&LSC

COVID-19 Update

Swim Coaching with Grant Siedle (The Rip Swim)

Fitness Classes with David Ly (Top Boxing Fitness)

WS&LSC Supporter Appreciation



FEB 2021

WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB NEWSLETTER

WOW CHALLENGE

We are excited for the annual upcoming WOW on 28th February 2021!! This will be the 7th year we will be hosting the Challenge, Victoria's world class, championship distance, open water swim event.

We are looking forward to getting our members together to volunteer for this BIG event that brings lots of sponsorship \$ and awareness to our club!! We cannot run this event without the amazing members we have at the club who volunteer hours of time and knowledge before, during and after these events!

Join our Race Director Iain Dickson, Chief Marshall Pip Grummet, Water Safety Co-ordinator Alistair Thomas, Emergency Management Co-ordinator Alex Walton, Volunteer Coordinator Cara McMahon, Registrations Coordinator Staeven Vallak, First Aid Officer Marcus Stacey and Beach Set up Coordinator / Web designer Jason Coghlan to help make this event a COVIDsafe and successful event!

To get involved in this fabulous event we welcome any time and skills you have to offer please register via <https://www.signupgenius.com/go/70A0B4FA4A829A4F94-volunteer1>

If you have your Bronze or SRC and are available on the day please for water safety, please contact Alistair at a.thomas@outlook.com.au to confirm your availability or sign up here: <https://docs.google.com/spreadsheets/d/1TLJR5cevy8UhDZGh8wmi345LrUZLmgq-2Dp9LTOOAj0/edit?usp=sharing>



The Volunteer Briefing will be at the Club on Tuesday 23rd Feb @ 6pm – Pizzas Provided

The WOW Challenge would not be possible without our amazing supporters:

Port of Melbourne



**HOBSONS
BAY CITY
COUNCIL**



The WOW Committee and the WS&LSC Committee are looking forward to a fantastic event!



FEB 2021

WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB NEWSLETTER

PATROLS @ WILLIAMSTOWN BEACH

What a season it has been for our volunteer patrollers at Williamstown Beach! The season has brought with it many challenges, primarily the COVID-19 pandemic and the numerous requirements and changes that have had to be made to our operations to continue serving the Williamstown, Hobsons Bay and western Melbourne communities.

No matter the challenges and changes that have been thrown, our volunteer lifesavers have risen to the occasion and performed with courage, dedication, and a smile! With sometimes weekly changes to how patrols are to operate, and with the hard work from Life Saving Victoria and our Club COVID Coordinators, our patrollers have turn up rain, hail, and shine to deliver a vital community service throughout the season.

After nearly 20 requal sessions, and with a combined 1100 hours completed by 99 volunteer patrollers so far this season, we are so proud of all of those who continue to serve our community and keep Williamstown beach a safe place to enjoy the water! Thank you all!





FEB 2021

WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB NEWSLETTER

BEACH LIFEGUARDS

To compliment our volunteer lifesavers, and to assist with rising numbers attending Williamstown Beach during the week and outside of volunteer patrol hours, Life Saving Victoria have continued the Beach Lifeguard and Rescue Water Craft (Jet Ski) services at Williamstown Beach this summer, and have also extended their program at our great beach with the saddening numbers of drowning deaths in Victoria waterways this summer.

The members that work and volunteer as Beach Lifeguards and RWC Operators are some of the most highly qualified personnel in lifesaving and help extend aquatic rescue and emergency safety services to more areas around Victoria. In the 2020/21 season, a number of Williamstown S&LSC members have participated in these great programs, and the Club Committee would like to highlight and commend these members dedication to the core values of our movement.

Beach Lifeguards

Jesse Coulson (pictured)
Tom Frisby
Nick Frisby
Erin Damen
Jai Sullivan

RWC Operators

Alex Walton
Shaun Leith
Christian Aquila





FEB 2021

WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB NEWSLETTER

NIPPERS / STARFISH PROGRAMS

Our Nippers and Starfish Nippers program had a delayed start to the season this year, with extensive COVID planning needed to comply with LSV and State Government requirements to run a program of this size. But thanks to the hard work of our Director of Junior Activities Andree Parker, Starfish Coordinator Veronica Treloar, as well as the team of Age Managers, water safety and volunteers who works tirelessly to make the program what it is, a 5-week program was able to be delivered over January and February.

Our Nippers have been enjoying the various activities throughout this time, with our aim this season to provide a fun, engaging outlet for our young members to get involved in lifesaving again after a long break through 2020, and it has been all smiles so far!

The Nippers and Starfish Nippers programs are very important to Williamstown S&LSC in both educating youth about water safety, as well as developing the next generation of lifesavers to continue serving the local community! Well done to everyone involved this year!





FEB 2021

WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB NEWSLETTER

AWARDS TRAINING

Our fantastic team of Trainers, Assessors and Facilitators have been hard at work this season delivering many Skills Maintenance sessions before the end of 2020, as well as running key courses such as the Bronze Medallion in November/December and the Surf Rescue Certificate course currently underway.

Our Bronze Medallion course saw 11 new patrollers undertake their training, ready for patrol in the new season! A big congratulations to Neil Emmett, Luke Newey, Andrew Canet, Tiffany Patrick, Chloe Phelan, Ann Renda, Talia Rodder, Thomas Fishley, Xavier Snelling, Victor Rajewski and Jake Smith!

Our current Surf Rescue Certificate course has 14 promising young boys and girls undergoing training to become volunteer lifesavers for the first time, with the goal to begin patrolling Williamstown Beach in 2021! These are an amazing groups of young teenagers who represent the next generation of lifesavers, members and leaders within our community. Well done everyone for getting involved!



We are also looking to run additional courses for members over the coming months, and are seeking expressions of interest in these courses. If you have yet to sign up, please see the links below:

Bronze Medallion Course April/Term 1 School Holidays 2021: <https://forms.gle/6kSTCL4bQwxtpUB7>

Advanced Resuscitation Techniques (ART) Award: <https://forms.gle/5yYSL5MMA7XkmutT9>

First Aid (FA) Award: <https://forms.gle/v28f32RQgLLWvcZvL8>

Silver Medallion – Beach Management (SMBM) Award: <https://forms.gle/9Kmo8BcZWWN3sgHa9>



FEB 2021

WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB NEWSLETTER

SUMMER COMPETITION

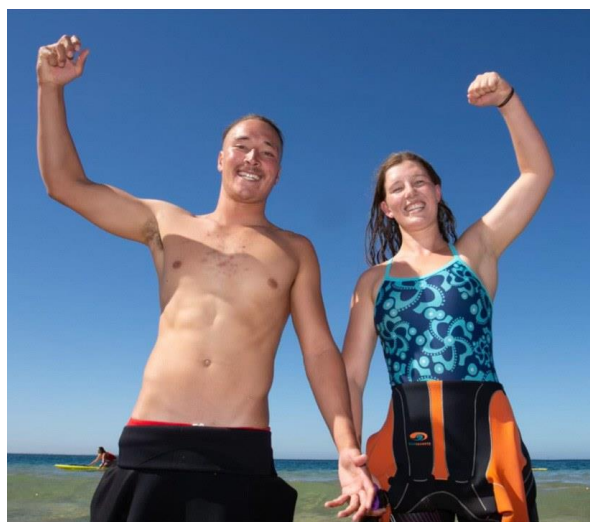
Rain, or shine, a pandemic has not stopped our competitors from representing the blue and yellow at carnivals around the state over summer! Competition has been limited due to the COVID-19 pandemic, but this has not stopped some of our members from producing fantastic results!



Under the guide of coach/sweep Tim McFarlane, our Surf Boat Ladies crew have been working very hard competing in the Victorian Surf Rowers League over the summer, and continued their great work with a Silver Medal finish in the Womens 180s at the Victorian Masters Championships at Lorne!

Men's competitors Marcus Stacey, James Muller and Damien Bull also came home with a Gold Medal in the Mens 160s in a composite team with St Kilda! Excellent work fellas!

In the first Senior carnival of the season, brothers Tom and Nick Frisby braved the blustery conditions at Lorne to represent Williamstown! Well done to both of you for training through the pandemic and making us proud! A big shoutout to Leonie, Craig, Lachy, Bruce and Sally D for supporting our boys and the carnival on the day!



Member Jesse Coulson took out first place in the 2021 Portsea Swim Classic, leading to way in the 1.5km 'Classic' swim event.

This event catered for nearly 2000 swimmers across multiple categories, an amazing result!



FEB 2021

WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB NEWSLETTER

CLUB POOL

Our Club Pool has been a popular feature throughout this summer, with changes to restrictions surrounding outdoor pools lifting enough that we have been able to open up to members and provide a great space for and enjoyment throughout the summer period! As part of our development of opportunities for members, we have begun offering lap swimming only sessions on dedicated morning, as well as afternoon sessions for general use for escape the heat!

A big thanks to our lifeguards Macayla Newey, Jack Fishley, Rebecca Cameron, Conrad Butler-Bowden, Chelsea Coulson, Gerry and Gillian Schalkwijk! Also thanks to our Lifeguard Manager Jai Sullivan for assisting organizing the pool this season!



fun

in

BOATIES BAR – FRIDAY NIGHTS

A weekly staple of the summer season at Williamstown S&LSC has been our Friday night Boaties Bar!

Run by our lovely ladies Surf Boat crew, the Boaties Bar has provided a weekly opportunity for members to gather in a COVID-safe environment, catch up with friends over a drink, and stay in touch with this amazing community of people we call our lifesaving club. The bar is also stocked with a range of alcoholic and non-alcoholic beverages to suit the tastes of everyone, and has been open in all conditions throughout summer! Thank you to our incredible Boaties for providing this great opportunity for members!





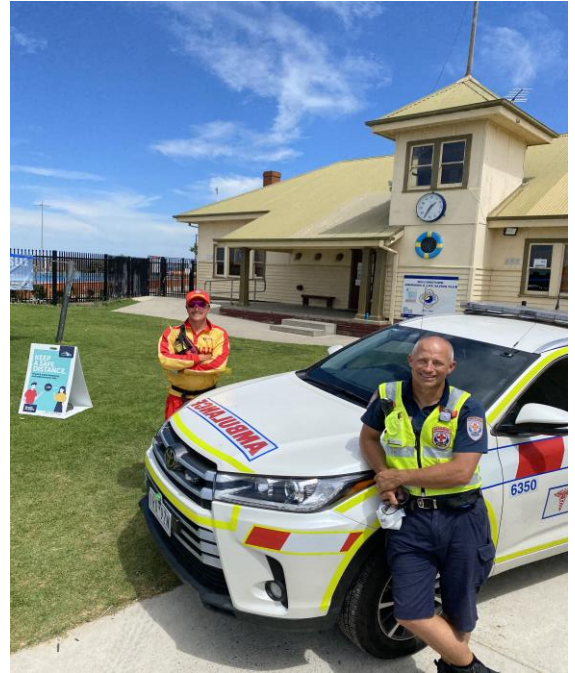
FEB 2021

WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB NEWSLETTER

AMBULANCE VIC PARTNERSHIP

As part of an operational trial, Ambulance Victoria have partnered with Williamstown S&LSC to station an Ambulance Response Unit (ARU) during the peak Jan-Feb summer season. The program has proved a success so far! The increased presence of Ambulance Victoria in Williamstown will increase response time and provide a fantastic service to the local community, and we are very excited to be working with AV in this endeavour.

"Ambulance Victoria would like to take the opportunity to thank Williamstown Swimming and Life Saving Club for hosting their Ambulance Response Unit over the busy summer peak. The paramedics have thoroughly enjoyed the engagement with the local community and WS&LSC members, who have been exceptionally welcoming and hospitable. We are looking forward to further opportunities for collaboration with WS&LSC and hope members will stop for a chat when they see us around".



COVID-19 UPDATE

The COVID-19 pandemic has become a constant in the lives of our members over the past 12 months. It has given rise to challenges, hardships, and uncertainty, as well as growth, innovation and a greater focus on the importance of community. The Club Committee, steered by the Club COVID Coordinators Claire Howell, Marcus Stacey and Joel Farrow, have been very proud of how our members have taken on board all the changes to our Club operations, activities, patrol operations and more, and thank each and every member for their contribution to keeping our Club a COVID-safe place, meaning we can continue to serve the community!

Our COVID Coordinators will continue to implement the best practices in being COVIDSafe, and notify members of any changes to Club operations as soon as possible. The pandemic may be around for a while yet, but as long as we all work together, keep doing the right things, we can continue to operate and continue to deliver fantastic outcomes for our members and our community!



FEB 2021

WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB NEWSLETTER

SWIM COACHING W/ GRANT SIEDLE

Hi! I am excited to be teaching and coaching swimming at your wonderful club and looking forward to helping as many of you as possible to become better swimmers!

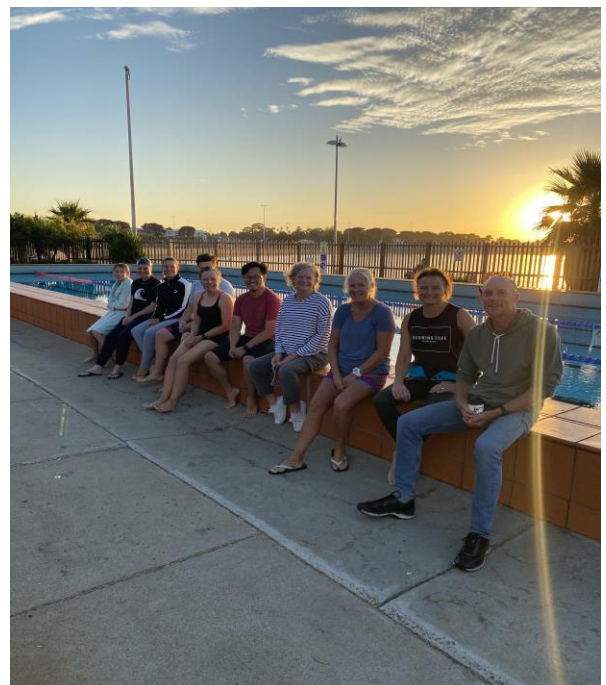
After moving into the area about 2 years ago, and now becoming a member, I am thrilled to be part of what is going to be a significant time at this exemplary lifesaving club - or, should I say, Swimming and lifesaving club!!

As a swimming teacher and coach with 30 years of experience, I see the water as a wonderful way to improve the quality of our lives. I am passionate about it's many facets, including water safety, health and fitness and competition. I have competed in hundreds of events that include bay swims, Triathlons, surf lifesaving carnivals and multi sport races. Over my years in the aquatic industry I have taught and managed swimming programs. I have worked with beginners, state and national swimmers, triathletes, open-water swimmers and surf lifesaving competitors. While I have spent a lot of the past 10 years building some exciting events (including The Rip Swim), I am, at heart a coach, who loves to see people reach their full potential.



I am really looking forward to being part of this historic club and helping it become a centre of aquatic excellence!!

For information about Grant's classes at Williamstown S&LSC, please email info@ripswim.com.au





FEB 2021

WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB NEWSLETTER

FITNESS CLASSES W/ DAVID LY

Top Boxing being associated with WSLSC for the last 4 years has been a wonderful and exciting to help members improve their health and using these morning sessions to ignite their own goals.

It's been an incredible 12 months but what this pandemic has shown us that we are all in this together and since training has resume at the club, there has been a great response from everyone still wanting to stay healthy and become physically and mentally stronger.

Here are my 3 tips to maintaining a healthy routine:

- 1. On weekends, plan your meals for next week, especially lunch & dinner. Breakfast is easy to plan and important to have.**
- 2. Set by yourself achievable training goals, if you're just new in starting out, try to train 2-3x per week and staying active for the rest of the week with swimming, walking or bike riding etc**
- 3. New runners and active wear. New clothes, new goals and new me.**

If you would be interested in with the morning fitness group here's the timetables:

Monday, Wednesday, Fridays: 6am & 7am

Saturday's: 8am & 9am

You can email me on david.ly@topboxing.com.au for more info.





FEB 2021

WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB NEWSLETTER

A BIG THANKS TO OUR SUPPORTERS!



HOBSONS
BAY CITY
COUNCIL



ENGINE

Port of Melbourne



grace:
Always more.



www.ffla.com.au



clparchitecture

