



WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB NEWSLETTER

MAY 2021

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Patrol Season comes to an end!

Another patrol season comes to an end! The 2020/2021 season was not without its challenges and excitement, from delivering patrol operations during a pandemic, a mixture of hot, cold and bizarre weather days, and the gradual return to (somewhat) normal patrol operations as the season progressed. We have an amazing group of patrollers at Williamstown, with 120 patrollers taking to Williamstown Beach to serve our community during the 2020/2021 season! Thank you to all patrollers, as well as the amazing supporters, parents, volunteers and chefs who supported our amazing members during the 2021 season.

Some statistics for the season:

- Number of patrollers – 120
- Total Number of hours patrolled at Williamstown Beach – 2110 hours
- Preventative Actions – 1410
- Minor First Aids – 39
- Major First Aids – 1
- Total Beach Attendance: 101618 (approximately)



New awards for patrollers

It has been a fantastic year of Award Training for Williamstown S&LSC, despite COVID-19 sometimes interrupting our ability to implement courses as usual, with our incredible volunteer Trainers, Assessors and Facilitators working within the requirements to deliver a Surf Rescue Certificate, Bronze Medallion, IRB Crew and IRB Driver course throughout the season.

Our last course for the season was the IRB Crew and Driver course, with 8 Crews and 3 Drivers completing their training at Bancoora in March! All participants proved to be quick studies and performed magnificently throughout their assessment.



WS&LSC is looking at running some courses over the winter months to help upskill our current patrollers, as well as encourage new and existing members to join our operations group as a volunteer patroller! Keep an eye out for more information in the near future!



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Competition @ Williamstown S&LSC

Junior Competition

After a full season of training, some of our enthusiastic Junior Team finally got a chance to put their skills into action at some carnivals!

Our U12 boys Alvaro & Nathaniel had a carnival followed by State Champs in Warrnambool. They had a lot of fun and some great results, making the semi final in Board Rescue in their first ever race, the semi in Surf Teams, and Nathaniel making the semi in Boards.

Our U9-U11s had one carnival for the season at Cosy Corner. The kids had a lot of fun using their surf skills and competing for medals. Well done to the U11 girls who took home 2 team medals, Mahli with 3 individual medals, and Will who competed in his first ever carnival!

Lastly a small group travelled to South Australia to compete in their Life Saving Champs. It was an amazing weekend – all the clubs & competitors were so friendly and welcoming, and the kids and parents had a great time! Highlights were the beautiful weather (32 deg for States!), and some great team and individual performances – Mieke with a bronze, Mackinlee with a gold, Madigan a gold and 2 bronze, and Mahli a gold, silver and 2 bronze.

It was great to have so many new kids join the team, and as we wrap up for the season we'd all like to thank Jess Coulson for training the kids on boards, you have taught them so much and they had a lot of fun. Thanks to Fiona & Matt McCarroll for all the time they continue to put in to training the kids, our team would be lost without you! And if there are any kids thinking of giving surf sports a try, please get in contact, we'd love to grow the team!





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Senior Competition

It's been a limited but productive season for our Summer competitors, with a lot of uncertainty around competitions running, but that hasn't stopped our competitors from training hard and developing their skills to compete with the best in the state! A big win this season was our March Past team winning the Gold Medal at States for the first time since 1960! A huge congratulations to Tim McFarlane and his hardworking 180 'Screamers' Crew on a great season, as well as our representatives at the Victorian Lifesaving Championships for your efforts and well-deserved medals!



Another fantastic result from Senior Competition this summer is member Jesse Coulson coming 11th in the Open Male Surf Race Semi-Final at the Australian Surf Life Saving Championships in Queensland! This is an amazing achievement by Jesse, swimming against some of the most prolific surf lifesaving competitors in the country. Well done Jesse!

Also a big congratulations to Leonie Newey, who received a scholarship from Life Saving Victoria to officiate the Masters Surf Boat Rowing and Open beach competitions at the Australian Surf Life Saving Championships 2021! Leonie has been a long-time dedicated member of Williamstown S&LSC, working as our Membership Registrar, as well as being a past Director on the Club Committee, and currently sitting on the Aquatic Sports Council of LSV as the Junior Referee. Well done Leonie!





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Point to Point Swim

The Point to Point Swim is our longest running swimming competition, starting all the way back in 1946! The trophy, the W. Shannon Shield, displays the names of all past winners and is proudly displayed in the Club Hall.

Our annual Point to Point Swim kicked off once again on the 13th of March, with about 20 swimmers participating in the event. Decent conditions for swimming resulted in Matt McNamara (unofficial winner, no award), Tom Frisby (official winner) and Michael Rourke taking out the top 3 on the day! Well done to everyone who participated!

IRB COMPETITION

Our IRB Racing team is get excited as the first carnival of the TRE Motorsport IRB season approaches! With some new faces joining the team and training happening regularly over the last few months, our competitors are raring to go after a cancelled season in 2020. If you've never experienced the high-intensity competition that is IRB Racing, you can catch our crews battling it out with other clubs over the next few months at the following carnivals:

Sunday 9th May – Mordialloc

Sunday 23rd May – Ocean Grove

Sunday 6th June – South Melbourne

Saturday 19th & Sunday 20th June – Lorne

Friday 2nd July-Sunday 4th July – Lorne (State Championships)





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WS&LSC Competition Presentation Night

Join us for our Club Presentation Night on Friday 14th May @ 6pm!

The Presentation Night is an opportunity to celebrate the season's accomplishments and efforts in Surf Sports throughout the season! Competition awards will be presented to Club Champions and other sport-specific awards, with the Boaties Bar to be serving drinks afterwards! Come on down and celebrate our athletes and team supporters!



Club Upgrade - Update

The club has received lots of support from the community following the recent Channel 7 news story on the condition of the clubrooms (check out the video [here](#)). Since the story was aired, there has been a number of meetings with government representatives and LSV to push the case for funding. If you are speaking to your local politician, please remind them of the need for funds to upgrade the facilities. We think it is the oldest lifesaving club building in Victoria, possibly Australia, with other clubrooms being upgraded on multiple occasions since ours was built. Investment in our club is long overdue.

Want to join the Club Board?

Are you interested in being a member of the club board? Each year all positions are open for nomination and it's a great time to get involved. If you are interested you might want to come along to the next board meeting (12 May at the clubrooms)

or get in touch with the club Secretary, Rod Seeber, to find out more rod.seeber@williamstownslsc.org.au



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Boaties Bar to continue through winter

The Boaties Bar has been a fantastic success story out of this season, giving members an opportunity to connect with the Club, friends and family and enjoy a beverage whilst enjoying the beautiful scenery Williamstown Beach provides! The surf boat ladies have done an amazing job throughout the season, making Friday nights an enjoyable experience for all involved.

The bar will continue to operate out of season throughout the winter months by our IRB Racing team, so keep an eye on TeamApp for dates and times!



Member Satisfaction Survey open!

How have you found the season? Want to have your voice heard?

Our Member Satisfaction Survey is aimed at giving members to share what they enjoy about the Club, how they use it and what can be improved. The survey can be completed anonymously, or if you have a specific issue that you wish to address you can include your details so they can be followed up.

You can find the link to the Survey here: <https://forms.gle/q2Z1cochwWTYFSVR9>



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100 Years, 100 Stories exhibition

A new exhibition has arrived at Williamstown Library!

'100 Years, 100 Stories: Williamstown Swimming & Life Saving Club' is a historical exhibition showcasing the 100 years of Williamstown S&LSC, from its origins as a swimming club to the beacon of community safety that it is today. Curated by members Jacqui Hewitt and Kaye Tomkins, this exhibition showcases memories, photos and paraphernalia of Williamstown S&LSC in its illustrious and diverse 100-year history.

The exhibition is being run from Tuesday 4th May to Sunday 6th June in the Heritage Room at Williamstown Library. Go down and check out the history that has led to our Club being what it is today!



'Mass Movement' arts event @ WS&LSC

On Saturday 8th May, Art House will be using the Club Hall as part of its 'Refuge - Mass Movement' experience, where members of the Pacifica community embark on a 12-hour, sunrise to sunset self-guided pilgrimage from Altona, through to Williamstown then across the river to Southbank and the City, and engage with the environment around them to contemplate and understand the socio-relational space of departure, arrival and reception | the urgent face of forced relocation, natural disasters and climate change.

'Mass Movement' has been created by Latai Taumoepeau, an Australian artist of Tongan lineage. Latai is a celebrated artist whose works in climate change advocacy, community engagement projects has led her to become the lead artist in Art House's 'Refuge' program.





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Mental Health Workshops @ WS&LSC

2020 has taught us many things, and has highlighted many issues within our society that are becoming more and more relevant each day.

One of these issues is mental health, something that the COVID-19 pandemic has highlighted as having more and more impact on our society. To support our members, ourselves and each other, WS&LSC have put together a program highlighting how to recognise symptoms, have the conversation about mental health and support a person in need.

WS&LSC invites you to attend one or both of our sessions that will focus on Mental Health First Aid for Adults (specifically our Patrol Volunteers) and young people within our community.

These sessions are free, however due to COVID restrictions on indoor gatherings, we can only accommodate a maximum of 60 people per session. You can book your spot by purchasing a ticket through TeamApp under the 'Events' page ([click here to go to the booking site](#))

Session 1 – Mental Health First Aid for Adults

Time/date: Wednesday 19th May, 6:30-8:00pm

Location – Club Hall

Did you know that 1 in 5 adults will experience mental health problems in any year?

Do you want to feel confident in approaching someone who is experiencing mental health problems or in a mental health crisis?

Come along to the Surf Club for an information evening to learn skills on how to approach and support someone who may be in distress or in danger due to the effects of a mental health illness. (you could pick one of these lines) Mental Health topics covered include anxiety, depression, alcohol misuse and psychosis, with a brief look at suicidal thoughts and feelings, self-harm and aggression towards others.



Presented By Fran Power, a Youth Counsellor and Mental Health educator with 15 years experience in working with young people and families with mental health problems.



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Session 2 – Youth Mental Health First Aid

Time/Date: Wednesday 26th May, 6:30-8:00pm

Location: Club Hall



1 in 4 young people are struggling with mental health every year.

The earlier we can intervene and support young people the faster and better the recovery will be.

If a young person can recognise signs and symptoms in themselves and know that it is okay to seek help, the more protected they are.

Bring your young person to the Surf Club for an information evening so they can learn the importance of prevention and early intervention, as well as how to recognise early warning signs and

how to act on them fast!

Special Guest – Tom Boyd, former Western Bulldogs player and mental health awareness advocate

Coming through the junior talent pathway with the weight of expectation that one day he would be the number 1 AFL Draft Pick, Tom learned from a young age how to deal with public scrutiny and pressure. Highly intelligent and with amazing sporting prowess, Tom achieved an exceptional ATAR before being selected with the 1st pick in the 2013 AFL Draft.

Behind the scenes Tom was dealing with his mental health, a battle which contributed to him walking away from the AFL at the age of 23 to continue to work on his health. Since leaving the game, Tom has continued to develop ways to manage himself and is an outstanding speaker who communicates his message on many levels that mental health does not discriminate.



Presented By Fran Power, a Youth Counsellor and Mental Health educator with 15 years experience in working with young people and families with mental health problems. With special guest Tom Boyd.



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Member Opportunity – Bookkeeper

An exciting opportunity has come up for an experienced person to work for Williamstown S&LSC as a Bookkeeper!

In this role you will work with the Club Committee to implement best management practices in relation to Club finances, including wage payments, account management, audit preparation and other associated duties.

Please see the job description for more information [here](#) (click link)

To apply, please forward a copy of your CV and a letter outlining your relevant experience to rod.seeber@williamstownslsc.org.au by 8pm May 11th 2021.

If you have any inquiries, please contact Secretary Rod Seeber via email rod.seeber@williamstownslsc.org.au

Expression of Interest – Junior Club Captain

Williamstown S&LSC is seeking an expression of interest from our Youth members between 15-18 years for the position of Junior Club Captain.

The role of Junior Club Captain is to encourage participation in WSLSC Club activities by promoting friendship and camaraderie. The Junior Club Captain, will be a provider of information and support to the junior membership, a leader in representing lifesaving, a mentor to new junior members, and an active participant in major WSLSC events.

Duties will include being an integral part of the welcoming party at the Club's events, accepting formal roles at selected Club events, particularly the WOW and Nipper Presentations, and a junior voice on the Board.

You can find the full description and criteria here: <https://drive.google.com/file/d/1xXiB-M0d6t0C6qcOwEC6o43AE5wUKI-h/view?usp=sharing>

You can submit your expression of interest here: <https://forms.gle/8wWxueUKfy8QTrMLA>

Come and Try: Water Polo

Looking for a new sport or wanting to try something new that will get you fit? Footscray Water Polo are running a free Come & Try/Skills Development session for new and current water polo players at Maribyrnong Aquatic Centre (MAC) on Sunday 16th May between 8:30-10am.

For more information, contact Suzanne McConchie at suzannemcconchie@gmail.com



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