



### President

The season is going so fast and it's amazing how many members have been patrolling, running and participating in Club events to date. To name a few events – the Outpost Trailer launch, Iron Person Race, Annual Christmas Pudding Event, New Year's Day Swim, Santa visiting Nippers and the very successful fund raising at one of our SLSC Sponsors – the Sydney Airport.

All of this would not be possible without you – with your support, time and contributions.

With the season heading into the competition SLSC carnivals we are looking forward to seeing members compete for Clovelly SLSC. Please contact Keiran Stone and/or John & Jennifer McNamee for more information.

On a sober note we would like to thank SLSC members who supported Batemans Bay, Broulee, Bermagui, Tathra, Pambula and Narooma SLSCs who all opened as emergency evacuation centres for the unprecedented natural fire disasters our fellow Australians are experiencing and the future rebuilding of their homes and townships at this time.

From the Board we look forward to seeing you and your family to celebrate Australia Day at the Clovelly Surf Club on Sunday 26th January from 12pm.

Hope to see you at the club soon.

**Bryce Wilde, President Clovelly SLSC**

### Competition Calendar – Carnivals

Clovelly SLSC will be competing in the following carnivals (see below), we are looking for members to compete in all events (lifesaving, swim, board, flags, sprints) in all age groups. If you would like to compete in these carnivals or would like more information (see also Clovelly TeamAPP), please contact Keiran – keiran.g.stone@gmail.com or 0424 259 298.

26 Jan -North Cronulla Ironperson (Age)

1 Feb - Wanda One Club (Age, Opens, Masters). **Entries close 22 Jan**

2 Feb - Branch U8's Championship (Sth Maroubra) **Entries close 28 Jan**

8 Feb - Branch Championship (Lifesaving Opens & Masters- Maroubra) **Entries close 4 Feb**

9 Feb – Branch Age Championship (Age- Maroubra) **Entries close 4 Feb**

28 Feb-1 Mar- State Age Championship (Swansea Belmont) **Entries close 3 Feb**

4/5 Mar - State Masters Championship (Swansea Belmont) **Entries close 16 Feb**

6- 8 Mar – State Open Championship (Swansea Belmont) **Entries close 16 Feb**

18 -26 Apr - Aussies (QLD)

**Keiran Stone, Director of Competition**

[www.clovellysurfclub.com.au](http://www.clovellysurfclub.com.au)

Any news? Please email

[news@clovellysurfclub.com.au](mailto:news@clovellysurfclub.com.au)



## New Years Day Swim

A gloomy start to 2020 didn't put off 36 competitors, nippers to masters, from donning the pink vest to compete in the annual new year day swim. As the athletes eagerly walked to Gordons, they eyed the bumpy conditions however were comforted by a larger number of members on boards and two IRBs acting as water safety.

With the course explained and the clock ticking, the competitors cheered or moaned (depending who you asked) as they entered the water. First hurdle was a slippery rock on the start line, followed by a wicked current and large waves at Tom Caddy's point.

Congratulations to Tom Hetherington and Ashleigh Walker for crossing the finish line ahead of the rest and everyone who completed the swim. A big thank you to our Starter/Time Keepers, Water Safety and IRB Crews who ensured everyone entered and exited the race.

**Keiran Stone, Director of Competition**



## Education

### Adult SRC Course (Nippers Parents) Trainer: Stewart Wells

Introduction 2<sup>nd</sup> Feb Sunday 11am – Clovelly SLSC Hall

Course 6 weeks Mon 3<sup>rd</sup> Feb to 9<sup>th</sup> Mar (6.30-9pm), Sat 8<sup>th</sup> Feb to 14<sup>th</sup> Mar 7-9am - plus two Assessments TBA

Need to be able to swim freestyle in a pool 200m in 5 minutes

Please contact the chief training officer on [clovellytraining@gmail.com](mailto:clovellytraining@gmail.com) and

Stewart [stew-08@hotmail.com](mailto:stew-08@hotmail.com)

### Bronze Adults Course

Introduction 8<sup>nd</sup> Feb Sat 8am – Hall

Course 10 weeks plus two Assessments TBA

Need to be able to swim freestyle in a pool 400m in 9 minutes

Please contact the chief training officer on [clovellytraining@gmail.com](mailto:clovellytraining@gmail.com)

**ARTC** – Trainers: Topper (Chris Thompson) & Rebecca Cocks

FULL

**Silver Beach Management** – Trainer: Craig Clarke

FULL

Please refer to Education on Clovelly SLSC Website for more information on Courses. <http://clovellysurfclub.com.au/education/awards-courses>

### Other Courses this Season

SRC to Bronze (juniors) – Trainers Molly and Rebecca Cocks

Silver Beach Management – May and Jun by Sydney Branch

If you are interested please contact and register with the chief training officer on [clovellytraining@gmail.com](mailto:clovellytraining@gmail.com)



**Trainer Stewart Wells in action with our newest Bronze Squad**



**Roslyn Manuel, Tom Small & Imogen Barham cleaned and set up our new training room**



## Lifesaving

Thank you to all the members who have attended their committed Patrols. For example we had 100% attendance on Bianca Manuel's Patrol 12 team for AM on New Year's Day and the Pudding Race on Christmas Day was fun with members helping with Water Safety and Patrolling.

We look forward to our final Garie patrol this year on the 22<sup>nd</sup> of February. Feel free to contact me if you are interested. Flyer attached for more information.

The next Patrol captains meeting is on Sunday 23<sup>rd</sup> February at 3.00 in the hall - Vice Captains & IRB drivers are encouraged to attend

### Brett McCormick, Director of Lifesaving



## CLUB COMPETITION DAY – 12<sup>th</sup> January 2020

Lifesaving skills and fierce fighting spirit were on display as all age groups battled heavy conditions in the bay in the popular Club Competition day at Clovelly.

The programme devised by Director of Competition Keiran Stone, Beach Captain Jenny McNamee and Board, Ski and Swim Captain John McNamee included the gruelling Ironman (beach run, board paddle, beach run, swim), board relay, flags, beach sprints and beach relay. This full programme tested the stamina of both junior and senior members.

Surf Club President Bryce Wilde, a strong supporter of competition events, took part before taking off to Tokyo.

Special thanks go to accredited officials Craig Wheatley and Jenny McNamee, our water safety team and the Meynell's for organizing the post event BBQ.

### Results:

Junior Ironperson: Issy Meynell, 1; Kai McDermott, 2; Canberra Yamasaki, 3; Isabella Moran, 4; Charlie Meynell, 5; Ethan Connolly, 6; Joshua Raymond, 7; Jude McDermott, 8  
Senior Ironperson: Keiran Stone, 1; Bryce Wilde, 2; Peter Moran, 3; John McNamee, 4; James Collins, 5

Beach Flags winners (top three): Junior: Isabella Moran, 1; Ethan Connolly, 2; Kai McDermott, 3

Beach Flags winners (top three): Senior: Keiran Stone, 1; Craig Raymond, 2; Peter Moran, 3

Beach Flags Race of Champions: Isabella Moran (aged 10), 1; Keiran Stone, (aged 29), 2

Board Relay (top three) : Bryce/Canberra, 1; Peter/Isabella, 2; Charlie/Keiran, 3

Beach Relay (top three): Craig/Joshua, 1; Peter/Isabella, 2; Aiden/Ethan, 3

Beach sprint events: Everyone was a winner on the day!

### Jenny McNamee, Beach Captain

**Patrol SLSA Waterproof Jackets** for patrolling Members - \$40 through Clovelly SLSC. We place and order when we have a few to save postage.

Available in sizes XS to 3XL

To order you must pay through the Club as this price is subsidised by the club.

Please pay here [Payment Link](#) to order and make payment (Members Portal)

Need help – contact Julie [admin@clovellysurfclub.com.au](mailto:admin@clovellysurfclub.com.au)

Oldest competitor on the day, Life Member **John McNamee** (76) with the youngest **Jude McDermott** (7) after they teamed up in both the board and beach relays.



Event organisers:  
**Keiran Stone, Jenny and John McNamee**



## Nippers

Even though we have had a couple of weeks off, it was very busy as we had the Sydney Roosters visit to help us award the trophies for Nippers Clovelly Iron person Competition on 15<sup>th</sup> Dec.

Santa came on a cloudy summers day but the beach was still crowded!

Twilight Nippers is on Saturday afternoon on 15<sup>th</sup> Feb.

Congradulations to our Nipper Parents that completed the SRC Course last month and then decided to continue and are now all qualified for the Bronze Medallian! Adam McArthur, Aloys Baillet, Brad Cummins, Hamish Gregory, Jonathan Kane, and Simon Mclevie.

There is an Adult SRC 6 week Course in Feb – See Education for details – we always need parents that can help with Water Safety.

Looking forward to seeing our Nippers compete at the Carnivals soon! Please refer to the Clovelly Nippers TeamAPP which has more details, information and wonderful photos.

### Matthew Maynell, Director of Junior Activities



### Members Helping Support Services – RFS

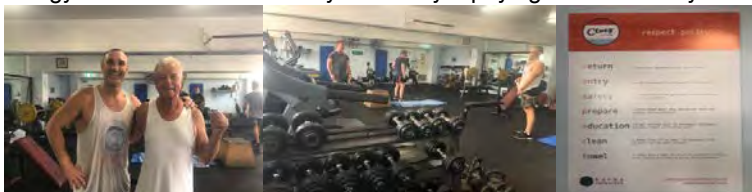
Bianca and Roslyn Manuel were asked on behalf of SLSC to assist the RFS man their information centre 10<sup>th</sup> and 12<sup>th</sup> January. Bianca did 18.00 to 03.30am and Ros from 7am to 17.00.

On behalf of Clovelly we thank you for your support of the RFS, our fellow first responders.



### Members Gym

Brad Dunn the Gym Manager is often at the gym if you have any queries. The gym is available to Clovelly SLSC Gym paying members only.



### Member Protection

Please refer to SLSC website for the Members Protection and Information Polices.

**Member Protection Officers** - Glen Clarke, Matt Crawshaw, Ornagh Griffin

**Grievance Officers** – Karen Lekeu, Pat Thompson



### Clovelly Club Marathon

19 competitors including two under 11s undertook the gruelling Clovelly club marathon on Sunday 15 December.

The worlds shortest marathon event showcased Clovelly's finest athletes swimming and running talent as well as their ability to dodge members of the public.

After six long minutes of competing and navigating the course, 2019/20 club marathon had a tied for first place.

Congratulations to Andrew Goodieson and Matt Dyster for winning the event and all other competitors for successfully completing the marathon.

**Keiran Stone, Director of Competition**



### Volunteers to Raise Money for Clovelly SLSC

Thankyou to the members who raised \$1,660 so far. Our last day for this fund raising activity is 30 January.

Please contact me if you would like to participate.

**Jim King, Director of Administration**



### Clovelly Merchandise Shop

New Towels and the popular jumpers just in.  
Opening times 8AM TO 10AM:

Sunday 2<sup>ND</sup> Feb  
Sunday 8<sup>TH</sup> Mar

**Craig & Susie Wheatley, Nippers Shop Co-ordinators**

### Sydney Buses best Christmas Bus 2019



# CLOVELLY SLSC

## What's On!



Event	Date	Details
Clovally Nippers & Tamarama Club Challenge	Sun 26 Jan 2020	Nippers from 8am to 11am. More details to come through Nippers TeamApp
Australia Day @ Clovelly	Sun 26 Jan 2020	Lunch 1pm & live music at the Club from 2pm - \$10 per person
Sydney Branch Championships	Sat & Sun 8 & 9 Feb 2020	Maroubra Beach – Entries close 4 Feb. Contact keiran.g.stone@gmail.com or 0424 259 298
Twilight Nippers	Sat 15 Feb 2020	More details to come through Nippers TeamApp
Garie Patrol	Sat 22 Feb 2020 10am-4pm	Please email Brett - <a href="mailto:Clovallylifesaving@gmail.com">Clovallylifesaving@gmail.com</a>
NSW Champion Lifesaver & Patrol Competition	Sat & Sun 22-23 Feb 2020	
State Age Nippers Championships	Fri to Sun 28 <sup>th</sup> -1 Mar 2020	Swansea Belmont – Entries close 3 Feb. Contact keiran.g.stone@gmail.com or 0424 259 298
NSW Masters Championships	Wed & Thu 4-5 Mar 2020	Swansea Belmont – Entries close 16 Feb. Contact keiran.g.stone@gmail.com or 0424 259 298
NSW Open Championships	Fri to Sun 6-8 Mar 2020	Swansea Belmont – Entries close 16 Feb. Contact keiran.g.stone@gmail.com or 0424 259 298
Last Day of Nippers	Sun 8 Mar 2020	
Nippers Presentation Day	Sun 22 Mar 2020	More details to come through Nippers TeamApp
Tom Caddy Relay	Sun 29 Mar 2020	Surf Club vs Nippers/Swim Club vs Eskimos
Final Patrol for 2019/2020 Season	Sun 17 Apr 2020	
Eskimos Start of Season	Sun 3 May 2020	11am start with Eskimos AGM
End of Season Bash & Presentation Day	Sun 3 May 2020	More details to come
Sports Lunch Fundraiser	Fri 8 May 2020	More details to come
Annual General Meeting	Sun 19 Jul 2020	Tom Caddy Room

## DAILY / WEEKLY / MONTHLY

Swim Club	Saturday 8.45am-10ish Clovally Beach Pool	Coach Ken Ryan, Life Member who has been running the club for 38yrs.
Fitness Training	Every weekday at 5 –6pm Club Hall	\$5 per class. Just turn up and register with Ken Stone.
Clovally Members Swim	Every 2 <sup>nd</sup> Sunday @ 3pm	Meet in the Hall / Steps for Registration – Contact Jim King

## WEEKLY COMPETITION / BOARD TRAINING

Board	Thu 4:30pm	Bondi Beach (near Bondi SLSC) – BYO board
Board and fitness	Fri 6am	Clovally SLSC (meet at boat shed)



# Clovelly SLSC Members

## Australia Day

Sunday 26<sup>th</sup> Jan from 12pm

Lunch \$10 per person

Pay at the door to Tom Caddy Room until sold out

Children under 12 free

Lunch 1pm – MopStar catering

Band STRAYA starts 2pm





## **Clovelly Surf Lifesaving – Garie Beach Patrols 2019/20**

### **Patrollers Needed!**

Sydney Branch currently commits to cover Saturday patrols at Garie Beach utilizing the shared resources of the other surf clubs within Sydney Branch. This is an exciting opportunity to patrol a different beach with different environmental and surf conditions. It is a beautiful beach located in The Royal National Park.

**Dates Clovelly to Patrol:** 22<sup>nd</sup> February 10-4.00pm.

**Transport:** Garie is 1 hour 15 minutes, drive south of Sydney. Car-pooling arrangements to be made.

**Equipment:** We utilise Garie's Lifesaving equipment

**Accommodation:** It is a day trip, but Members can stay in the surf club overnight if they wish.

**Awards Required:** Silver Beach Management, IRB Driver, IRB Crew, ARTC, Plus a minimum of 5 Bronze Holders.

**\*\*Extra Patrol Competition Points!** All who attend the Garie voluntary patrols will earn bonus patrol Competition points for their home Patrol team.

To Volunteer email: [Clovellylifesaving@gmail.com](mailto:Clovellylifesaving@gmail.com)

**We  
WANT  
YOU !**





### Inaugural Bommie Invitational Feb 2020

We are organising the first Bommie Invitational for Rescue and Race Boards in February. This event will be targeted for experienced board paddlers. There will be judging for best waves, style and different categories for groms, open and masters.

This event will only run when the conditions are right.

To indicate your interest and to get the alerts when the event is on, please contact either:

Andrew Goodieson: [andrewgoodieson@gmail.com](mailto:andrewgoodieson@gmail.com)

Jasper Wilde: [jasper.wilde3@gmail.com](mailto:jasper.wilde3@gmail.com)

Keiran Stone: [Keiran.g.stone@gmail.com](mailto:Keiran.g.stone@gmail.com)

We will also be looking for old sea dogs who'd like to be judges, plus water safety.

Bring it on!

## Clovelly Sponsors

