



THE SUNKEN ANCHOR

23 OCTOBER 2017

BERMAGUI SLSC COMMUNITY NEWS

SLSA Awards of Excellence not far away

Bermagui SLSC nominated for SLSA Club of the Year

The SLSA National Awards of Excellence will be held on Saturday, 4th November 2017 at the Art Gallery of NSW in Sydney.

As the winner of the recent SLSNSW Stramit Club of the Year 2016-17 Award, Bermagui SLSC goes through to represent NSW in the national final. We'll have some tough competition up against the winners of each of the other State titles.

The awards process involves a written component which has already been submitted. Up next is a 20 minute presentation followed by a 30 minute interview which will both be done in Sydney on Friday, 3rd November.

Then we cross our fingers and wait for the final outcome to be announced on the Saturday evening.

The whole process so far has been quite the journey and has highlighted some of the great new initiatives at Bermagui. We're so proud of the whole team and the effort that everyone has made over the past 12-18 months, what an incredible group.

We still have lots of work to do though and we're fortunate to have the opportunity to meet with and learn from people from other clubs across the state and the country.

Following our NSW win, SLSNSW CEO, Steven Pearce, called Bermagui SLSC "the mouse that roared on the Far South Coast".

We're up against some truly amazing Surf Clubs but, you never know ... that roar might be even a little louder on 4th November. Whatever the result, we hope to do you all proud.

We'll be keeping you up to date on the evening via Facebook so make sure you follow us @bermislsc.

Go Bermi!

Upcoming Courses

Silver Medallion Aquatics Rescue

FSC Branch is looking for interest in the Silver Medallion Aquatics Rescue course. A date will be set once we know how many are interested. You need to be 16 at the date of assessment and have a current Bronze Medallion.

The course focuses on search and rescue of missing persons, operating as a member of a search team, retrieving submerged objects, night search operations, and appropriate debrief processes.

Email bermisurfclub@gmail.com if you're interested.



2017-18 Proficiency

Annual Skills Maintenance (Proficiency) sessions will be held in November on the dates below. These sessions will cover the following:

- Surf Rescue Certificate
- Bronze Medallion
- Advanced Resuscitation Tech.
- Spinal Management

IRB Driver and Crew skills maintenance will be held on patrols.

Email bermisurfclub@gmail.com with your choice of date.

PROFICIENCY DATES

12 November: 9:00 to 11:00 am

19 November: 9:00 to 11:00 am

THE SUNKEN ANCHOR QUIZ

1. What country do Havana cigars come from?
2. Which of these wasn't a pop group – Bread, butter or the jam?
3. What month was it when Julius Caesar killed?
4. What kind of note asks for money in exchange for a kidnap victim?
5. What kind of structure is the Grand Coulee in the US – a dam, a bridge or a supermarket?
6. What is your hobby if you begin by casting on?
7. Which country is closest to the North Pole – Canada, Russia or Greenland?
8. Which monster did the Hendersons run over?
9. Which bank?
10. What did the Owl and the Pussycat wrap their money in?
11. What name is given to a system of signalling in which flags are used?
12. How many points are scored if a dart goes into the small ring outside the bullseye?

Nippers Notes

Beach sessions start Sunday

We had a great turnout to our pool swim proficiency yesterday and now it's time for the beach.

Nippers officially starts next Sunday, 29th October. It runs from 10:30 am to noon but make sure you get there early to make sorting our age groups faster.

How can you help?

Welcome to our many new Nippers families and to all those who are returning, it's great to have you!

Last year we had a lot of parents step up and lend a hand during Nippers, which made everything run more smoothly. Each year we have some parents take their Bronze Medallion so they can help with water safety and we also have a number taking the Age Manager course this year.

We still always need people to help with the beach activities and to help with setup and clean up afterwards.

If you're able to help please introduce yourself to our Nippers co-ordinator, Christina Potts, and she'll let you know where you can be helpful.

Look forward to seeing everyone on Sunday.

Age Manager Course

Last minute spots are available for an Age Manager course this weekend hosted by Moruya Surf Club. The course runs from 2:00 pm to 5:30 pm and there's no cost.

Email Tracey at cept@y7mail.com by noon on Wednesday (25th October) to book your spot.

AROUND THE CLUB

REGO Day and Open House a great success

Thanks to everyone who joined us last week for our annual Rego Day and Surf Club Open House.

We had an incredible turnout and we've just signed up our 60th new member and counting!

We're grateful for the support of our community and we've welcomed new faces from Bermagui, Cobargo, Tilba, Quaama and beyond.

We've also welcomed back many renewing members and we're looking forward to a great season ahead.

Bermagui Beach Clean November 8 (10 to noon)

Our Coast Our Mission invites you to come join them on the East Coast Spring Clean Tour!

60 beach cleans in 30 days over 9,000km!

Participation is simple! Get your friends and family together and head down to one of the many clean up sites and help us keep our beautiful coast lines and waterways clean.

They'll be in Bermagui from 10 am to noon on Wednesday, 8th November.

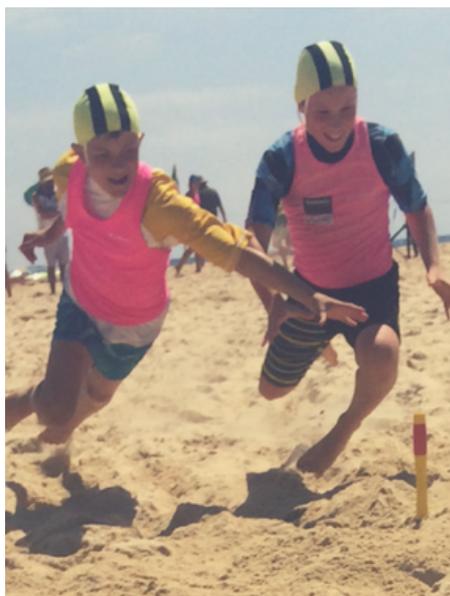
Check them out on Facebook @eastcoastspringclean2017 for more info.



Beach Skills Masterclass

Our first Masterclass of the season is scheduled for Sunday, 19th November from 9:30 to 10:30 am.

It's open to anyone who's interested, Juniors and Seniors.



Our first guest Masterclass coach is Sean Hendry. Sean has been coaching beach sprinters in beach sprints and flags for the past 25 years.

Originally Sean was a successful competitor himself winning medals at state and Australian titles as part of the Toowoomb Bay SLSC relay team.

After moving to the South Coast, Sean started coaching at Mollymook SLSC and took Melissa Cracoft Wilson (nee Howard) to Australian Title and World Title success prior to Melissa moving to Kurrawa SLSC.

Sean has been the South Coast and Far South Coast Head Coach for Interbranch Championships as well as being an assistant coach with the NSW Team. He's currently coach of up and coming athlete Holly Abbey who won silver medals in the U/15 age group at last season's Aussie Titles.

Sean's session at Bermagui will include tips on:

- Correct beach sprinting technique and body dynamics
- Starting techniques
- Beach Flags phases i.e start, acceleration, finish (diving)

The session is not just aimed at athletes. Age Managers and parents are also encouraged to take part so that the skills work can continue over the summer.

If you'd like to register for the Beach Skills Masterclass please email bermisurfclub@gmail.com to book your spot. We expect the spots to fill fast so get in early.

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To submit information and/or photos for an upcoming newsletter email Cheryl at bermisurfclub@gmail.com

1. Cuba, 2. Butter, 3. March, 4. A ransom note, 5. A dam, 6. Knitting, 7. Greenland, 8. Bigfoot, 9. The Commonwealth Bank, 10. A five pound note, 11. Semaphore, 12. 25