



CATHERINE HILL BAY

SURLIFESAVING CLUB

SINCE 1923

Member Handbook 2011-2012 Season

Version 1, 6 September 2011

Welcome to Catherine Hill Bay Surf Life Saving Club – “Catho”
Our aim at Catho is to ensure our beach is a safe place to swim, to prevent the loss of life and to develop and educate our youth.

Buy a home, build a community

A home loan that's good for you and your organisation

Mention your affiliation with Catherine Hill Bay SLSC when you apply for a Newcastle Permanent Home Loan and for each successful loan, we will receive a donation of \$300* through their Introducer Program.

For more information or to arrange an appointment with your local Community Lending Manager, Tracey Peters, phone 0419 602 098.

For every home loan approved and advanced by Newcastle Permanent, Catho SLSC will receive a \$300 donation. Applicable to new loans only. Full terms and conditions available on request.

Newcastle Permanent Building Society ABN 96 087 651 992



Here for good.

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www.cathoslsc.org.au

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Registration Fees 2011-2012

	Early Bird Fee (up to 30 Sept 2011)	After 30 Sept 2011
Nippers U6 & U7:	\$60	\$70
Nippers U8 to U14:	\$90	\$100
Active Member: <i>(Patrolling member, Age Manager, Committee member)</i>	\$40	\$50
Competitive Active:	\$90	\$100
Associate Member:	\$70	\$80
Family Membership:	\$250	\$280



President's Welcome

On behalf of the management committee I would like to welcome everyone to our 2010/2011 season at Catherine Hill Bay S.L.S.C.

Catho shall again be hosting the Branch Championships in mid February, this is a huge project. I would like to extend an invitation to all members to assist in anyway possible as we showcase Catho to the rest of the branch. It will be a busy three days and we will need all hands on deck to make it a success, so please answer the call in February to assist YOUR club.

I would like to extend an invitation to parents, patrol and associate members to our monthly meeting:

- 📅 **2nd Wednesday of the month**
- 📅 **Time - 6.30pm.**
- 📅 **At Catho Club House.**

Our website www.cathoslsc.org.au is a great source of communication, please use this site on a regular basis.

As always there is a great need for helpers to assist our hardworking team on a weekly basis, if you are available and wish to pitch in, in areas such as our BBQ, Canteen, Apparel and assisting the Junior Committee it would be much appreciated.

If you have any concerns please do not hesitate to contact your Management Committee as we are all very approachable and more than willing to assist.

We would like to wish you all a very safe, enjoyable and successful season.

Yours in Surf Life Saving

Paul Drake

Club Contacts 2011-2012 Season

Executive

President:	Paul Drake	0401 700 798	president@cathoslsc.org.au
Vice President:	Wayne Grinly	0417 261 196	vicepres@cathoslsc.org.au
Director of Administration:	Gennelle Williams	0419 413 936	secretary@cathoslsc.org.au
Director of Finance:	David Brockwell	0418 261 165	finance@cathoslsc.org.au
Director of Lifesaving:	Steven Johnson	0412 385 323	lifesaving@cathoslsc.org.au
Director of Education:	Mitch Ford	0411 129 881	education@cathoslsc.org.au
Director of Surf Sports:	Richard Black	0405 127 855	surfsport@cathoslsc.org.au
Public Officer:	Bob Hall	0408 498 020	publicofficer@cathoslsc.org.au
Junior Activities Chair:	Aaron Jelacic	0402 035 013	nippers@cathoslsc.org.au

Non-Executive

Club Vice Captain: Gear Steward:	Darren Williams	0408 437 333	gear@cathoslsc.org.au
IRB Captain:	Wes Bax	0422 788 332	irb@cathoslsc.org.au
Surf Boat Captain:	Phil Dunn	0404 032 124	boats@cathoslsc.org.au
Registrar:	Suzie Johnston	0407 497 618	registrar@cathoslsc.org.au
Sponsorship Coordinator: OH&S Officer: Publicity Officer:	Dean Chisholm	0418 261 165	sponsor@cathoslsc.org.au safety@cathoslsc.org.au publicity@cathoslsc.org.au
Venue Hire:	Janette Bax	0401 349 221	functions@cathoslsc.org.au
Licensee:	Leanne Kevill	0402 676 209	
First Aid Officer:	Caitlin Williams	0428 851 233	
Radio Officer:	Wayne Grinly	0417 261 196	
Rookies & Youth Co-Ordinator: Member Protection Officer:	Mel Chisholm	0438 584 120	



Major Events

This Season, Catho will host two major events – the inaugural “**Catho Challenge**” in October 2011 and the **Branch Championships** in February 2012. These events are not only an opportunity to showcase our great club and its people, but also a major fundraising opportunity for the club.

An army of volunteers will be required to make these events a success. We know our regular faces who never fail to pitch in, and it was great to see some new faces helping out at last season’s Branch Championships.

Volunteers will be required in the following areas:

- Work Party – setting up & packing up competition areas, fences & barricades, keeping the beach and clubhouse areas clean, transporting refreshments to officials & water safety.
- Canteen – serving and some food preparation.
- Barbecue
- Beach Hut (selling drinks & food under a tent on the beach)
- Bar (*must be RSA qualified)
- Parking / Traffic attendants
- Water Safety (*Must be qualified Bronze Medallion holder)
- Officials (* Must be qualified Surf Official)

Volunteer sheets are placed on the noticeboard ahead of the events.



The banner is yellow with black and white text. On the left, there is a silhouette of a person in a tank top. The text reads: **CATHO CHALLENGE IRONPERSON 2011**. On the right, it says: **PRIZES, ENTERTAINMENT, MORE...** Below that, it says: **OCTOBER LONG WEEKEND - Sat 1st & Sun 2nd** and **CATHERINE HILL BAY SLSC**. At the bottom right, there is a Facebook logo and the URL facebook.com/cathoslsc.

Hunter Surf Lifesaving Branch Championships

- Saturday 4 February 2012 – Surfboats & Masters
- Saturday 18 February 2012– Open Championships & Age (Nippers) Teams
- Sunday 19 February 2012 – Age (Nippers) Championships

We Need Your Help

We have a dedicated, committed group of people who spend countless hours behind the scenes and on the beach, on top of their patrol and other commitments, ensuring we deliver the best possible programs to our members.

There are a number of ways we can all share the load ...

Carnival Officials

Consider becoming a carnival official –If you're going to be at the carnivals, why not have front row seats to all the action? To ensure all our competitors are eligible, we need to meet a quota of Officials in ratio to our competitor numbers.

Water Safety

We need to ensure that we meet a required number of water safety personnel in ratio to kids in the water, both at carnivals and at regular nipper days at Catho. These are better than front row seats – you're amongst the action. If you'd like to get involved in water safety, talk to us about doing your Bronze Medallion. *(Only Bronze Medallion & SRC proficient lifesavers are permitted to conduct water safety)*

Fundraising & Sponsorship

We will be conducting a number of fundraising events over the year. If you know of any business that would be willing to sponsor our club, we'd love to hear from you. Contact our Sponsorship Co-ordinator, Dean Chisholm. Donations can be allocated to specific fundraising projects such as rescue equipment, first aid equipment, or improvements to our facilities.

We will also be looking for donated prizes for raffles, etc through the season.

Here's just a couple of our scheduled fundraising opportunities...

Ducks 4 Dollars culminates with the duck race on Newcastle Harbour on Australia Day. For just \$5 a duck, you could win \$1500.



Boardies Day this year is on Friday 25th November. We'll be looking to hit this in a big way this year and hope to have schools support us with a gold coin donation for wearing boardies to school and possibly a red & yellow cake drive. If you have any sway with your school's P&F committee we'd love your help.



Junior Activities Chairman's Welcome

Welcome back once again to all the families returning for what I'm sure will be another great season. To all the new Nippers and their families joining, you should feel confident that the aim of our club is for your children to not only have fun at the beach, but to learn the fundamental surf skills that one day could save a life.

As always, we have a great mix of Age Managers this year and they will assist with any queries you may have. This year we will continue with our successful "non-competitive" sector and welcome any assistance. If you would like to help out on the beach, please see Gavin Lehmann (Deputy J.A. Chairperson) or myself.

Nippers is about education and participation for your children. Increasing their confidence and self belief is a priority.

Please feel welcome to come and join in and help us help you.

Yours in Surf Life Saving

Aaron Jelacic



First Nippers day of the season is Sunday 16th October

Nippers is held most Sundays from 10am up until February.
Check the website, or clubhouse noticeboard for a full calendar.

Junior Activities Contacts 2011-2012

Nippers			
Junior Activities Chair:	Aaron Jelacic	0402 035 013	nippers@cathoslsc.org.au
Deputy JA Chairperson, Water Safety Co-Ordinator:	Gavin Lehmann	0421 919 476	
Non-Competitive Co-Ordinator:	Geoff Rogers Craig Williams		
JA Secretary:	Michelle Falzon Leanne Kevill (Asst)	0402 230 266 0402 676 209	juniorsec@cathoslsc.org.au
Carnival Co-Ordinator:	Leanne Kevill	0402 676 209	
JA Gear Steward, Water Superintendent:	Craig McPeak		
Beach Superintendent:	<i>TBA</i>		
Member Protection:	Melissa Chisholm	0438 584 120	c/- safety@cathoslsc.org.au
U14 Age Manager:	Terrie Falzon		U14@cathoslsc.org.au
U13 Age Manager:	Narelle Lehmann		U13@cathoslsc.org.au
U12 Age Manager:	Brendon Falzon		U12@cathoslsc.org.au
U11 Age Manager:	Mark Hines		U11@cathoslsc.org.au
U10 Age Manager:	Jake Black & Sam Johnston		U10@cathoslsc.org.au
U9 Age Manager:	Rayanne McLean		U9@cathoslsc.org.au
U8 Age Manager:	<i>TBA</i>		U8@cathoslsc.org.au
U7 Age Manager:	Kate McPeak		U7@cathoslsc.org.au
U6 Age Manager:	<i>TBA</i>		U6@cathoslsc.org.au

Nippers Age Groups 2011-2012

U6	1st October 2005 to 30th September 2006
U7	1st October 2004 to 30th September 2005
U8	1st October 2003 to 30th September 2004
U9	1st October 2002 to 30th September 2003
U10	1st October 2001 to 30th September 2002
U11	1st October 2000 to 30th September 2001
U12	1st October 1999 to 30th September 2000
U13	1st October 1998 to 30th September 1999
U14	1st October 1997 to 30th September 1998

Code of Conduct

Surf Life Saving Parent/Guardian code of conduct

A Parent/Guardian of an SLSA member will

- i. remember that their child participate in surf lifesaving for their own enjoyment.
- ii. focus on their child's efforts and performance rather than winning and losing.
- iii. show appreciation for good performance by all participants.
- iv. never ridicule or yell at their child or other children for making a mistake.
- v. respect officials decisions and teach their children to do likewise.
- vi. not physically or verbally abuse or harass anyone associated with the activities (eg. coach, official, age manager, etc.).
- vii. be a positive role model for others

Surf Life Saving Age Manager code of conduct

An SLSA Age Manager (junior activities) will:

- i. agree to abide by the code of conduct.
- ii. be responsible for the overall safety and well-being of the group .
- iii. be responsible for the group's learning.
- iv. take time to plan and prepare the activities delivered to the group.
- v. foster a collaborative approach to the management of the group.
- vi. instil enjoyment and fun in what they do.
- vii. be a positive role model for surf lifesavers and SLSA.

Any breaches of the Code of Conduct may result in cancellation of membership.

Complaints

In a perfect world, we would not have any complaints. However, if something should come up, please direct them in the following manner:

1. In written form, presented in person at the monthly club meeting.
2. In written form presented to the JA Chairman or Deputy Chairman
3. Verbally to the JA Chairman or Deputy Chairman

Please keep in mind we are all volunteers, trying to do the best for all on the beach.

Nipper Day Schedule

There's always plenty to do to keep Nippers day running smoothly. We will always welcome new faces who offer to share the load.

Start Time 10am

Please have children lined up behind their age banners 5 minutes before start time.

Beach Set-up

Organised by the Beach Superintendent. If you have volunteered to assist, please be at the front of the clubhouse by 9am.

Beach Pack-up

Each week, an age group will be nominated to pack up the beach. There's a lot of boards and equipment to be taken back up to the clubhouse, so feel free to offer some assistance.

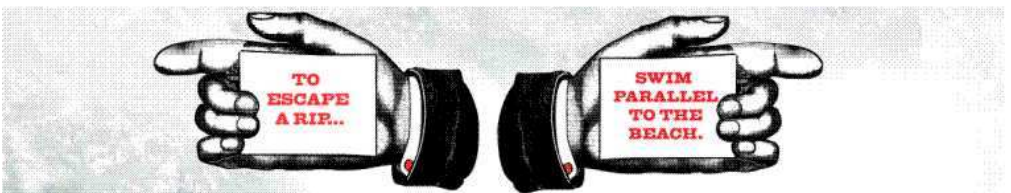
BBQ & Canteen

The canteen is run by the Canteen Committee who are always looking for willing people to assist. Feel free to approach one of our friendly canteen regulars if out would like to help out.

Age Championships

Our main objective at Nippers is to educate children in surf safety and surf skills. We also run a club championship to accommodate the competitive Nippers and keep up their competition ahead of carnivals.

U7 to U14 Nippers will have their places in events tallied through the season towards the Age Championships .



Junior Proficiency

To participate on Nipper days, all Nippers from Under8's and older must complete a **Preliminary Proficiency Evaluation:**

U8	25m swim + 1 min survival float
U9	25m swim + 1 min survival float
U10	25m swim + 1.5 min survival float
U11	50m swim + 2 min survival float
U12	100m swim + 2 min survival float
U13	150m swim + 3 min survival float
U14	200m swim (in less than 5 minutes) + 3 min survival float

These will be held at Swansea Pool
Wednesday 21st September 5.30pm
Wednesday 28th September 5.30pm

*Please Note: there is a \$2.40 pool entry fee for participants and spectators.

Junior Competition Qualification

Must be completed to compete at Branch & State Carnivals

U8	No additional requirement – must complete Preliminary Proficiency
U9	200m pool swim < 6 minutes + 50m Run / 50m Swim / 50m Run
U10	200m pool swim < 6 minutes + 50m Run / 50m Swim / 50m Run
U11	200m pool swim < 5 minutes + 50m Run / 50m Swim / 50m Run
U12	200m pool swim < 5 minutes + 50m Run / 100m Swim / 50m Run
U13	200m pool swim < 5 minutes + 50m Run / 150m Swim / 50m Run
U14	SRC (Surf Rescue Certificate)

*Note: Run/Swim/Run is an ocean swim at Catho.

Any Nipper can compete at Branch and State carnivals, provided they have completed their Junior Competition Qualification.

Carnivals – Junior Calendar

DATE	EVENT	AGE	LOCATION
OCTOBER			
Saturday 1st	CATHO CHALLENGE	U11-U17	Catho
Sunday 2nd	CATHO CHALLENGE	U11-U17	Catho
<i>Saturday 22nd</i>	<i>Newcastle Perm Ironperson R1</i>	<i>U10-U14</i>	<i>Umina</i>
Saturday 29th	Newcastle Perm Surf Series R1	U11-U14	Redhead
NOVEMBER			
Saturday 12th	Kracka Ironperson	U9-U15	Swansea Belmont
Sunday 13th	Lake Macquarie Games	U8-U14	Swansea Belmont
<i>Saturday 26th</i>	<i>Newcastle Perm Ironperson R2</i>	<i>U10-U14</i>	<i>Copacabana</i>
Saturday 26th	Newcastle Perm Surf Series R2	U8-U14	Stockton
DECEMBER			
<i>Saturday 3rd</i>	<i>Newcastle Perm Ironperson R3</i>	<i>U10-U14</i>	<i>Lakes Beach</i>
Saturday 10th	Interbranch Championship	U12 +	Redhead
Sunday 11th	(by nomination & selection)		
JANUARY			
<i>Sunday 8th</i>	<i>Gardner Ironperson</i>	<i>U9-U15</i>	<i>Wamberal</i>
<i>Sunday 22nd</i>	<i>All Australian Carnival</i>	<i>U11-U14</i>	<i>Manly</i>
Sunday 29th	Newcastle Perm Surf Series R3	U8-U14	Caves Beach
FEBRUARY			
Saturday 18th	Branch Championships	U8 +	Catho
Sunday 19th			
MARCH			
Friday 2nd	NSW State Championships	U8 +	Kingscliff
Saturday 3rd			
Sunday 4th			

Team Selection

Teams are selected by a committee comprising Director of Surf Sport, Head Coach and an elected Team Selector. Please ensure you complete the carnival nomination form in advance and advise your age manager to be considered for teams.

At Carnivals

Please arrive before the advertised Report Time to ensure you are registered and report to your Age Manager.

Safety of Our Nippers

Surf Conditions

Prior to any water activity, the surf conditions are assessed and a Risk Assessment is conducted by the Patrol Captain, J.A. Chairman and Water Superintendent. At all times the safety of our members is the highest priority. If at any time the surf conditions are considered a risk, water events will be cancelled.

Water Safety

Bronze Medallion and Surf Rescue Certificate qualified lifesavers volunteer each week to provide Water Safety for surf events. Water safety is provided to pre-determined ratios – participants per water safety representative.

Only proficient lifesavers are permitted to swim with Nippers during races, events, or proficiency swims. Unqualified parents or friends are not permitted at any time.

We encourage any person wishing to become involved to do the Bronze Medallion course. It generally takes one weeknight & one weekend morning per week over approximately eight weeks (depending on readiness of participants) and requires a reasonable level of fitness. All training is provided by our qualified instructors. Interested? Talk to our Director of Education, Mitch Ford.

Child Protection

The Surf Life Saving Australia policy on Child Protection is available in the Library section of our website. All adult members of Catherine Hill Bay SLSC are required to complete a Working with Children declaration.

If at any time you witness any activity that may endanger any child or member, please contact a club member and report to our Member Protection Officer, Melissa Chisholm.



Senior Proficiency

There will be four opportunities at Catho to pass your proficiency for the season. Also listed below are another four dates at Caves Beach SLSC.

In all, 8 opportunities, covering Saturdays, Sundays, weekdays, morning and afternoon - something for everyone !

Remember, proficiency must be completed by 31 December to remain proficient.

Catho:

Sat 17/09/2011 8.30am
Sun 23/10/2011 8.30am
Sat 19/11/2011 8.30am
Sun 18/12/2011 8.30am

Refresher 8.00am

Caves:

Sun 25/09/2011 9.00am
Sat 15/10/2011 9.00am
Wed 16/11/2011 5.30pm
Sun 4/12/2011 1.00pm

Note: Proficiency must be completed in one day.

If you cannot make it to any of these dates, please arrange to attend proficiency at another club and advise Mitch Ford or Steve Johnson beforehand.

Training

Cadets, Seniors and Masters can all participate in the club training with Level 3 Surf Coach, Steve Lenton. Contact Steve for details on 0420 706 273.

Senior Club Championships

Dates to be advised – check cathoslsc.org.au.

For Your Information . . .

cathoslsc.org.au – your source of information

The Catho website is your source of everything that is happening at Catho.

Please refer to it regularly. Some of the features are...

Calendar

Full calendar plus “week at-a-glance” on the home page.

It has everything that’s happening – patrols, training, courses, nipper days, carnivals & social events.

News

Up to the minute updates of upcoming events & recent achievements. Check the News ticker at the top of every page for important info.



Patrol Roster - Members Only Area

This is a password protected area which has patrol rosters with members’ contact details. There is also a section to request patrol substitutions.

Minutes to Club meetings & other documents will also be stored here.

To use the Members Only Area, click on Lifesaving > Members Area >

Username = **catho20** Password = **patrol12**

... and much, much more

If you haven’t been to our website yet, please take a look (often)!

Electronic Communication



Telstra provides a free SMS & email service from our SurfGuard database. (*Texts sent via 0419 297 774, no reply*)

We will use this service to inform you of upcoming events, including patrol reminders, and of course social events. Please ensure you have provided a mobile phone number and/or email address as part of your registration details.

You can update your registration details at any time online at “Lifesaving Online”.

Go to cathoslsc.org.au > Cool Links > Lifesaving Online to register.

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