

Mackay Surf Life Saving Club News

August 2018

No. 2 2018/19



Contact us.

Our office is normally open Monday, Tuesday and Thursday from 9 am- 2 pm.

Phone: 4955 5630

Email: admin@mackayslsc.co.au

Post: P.O. Box 336, Mackay MC, QLD 4740

Administrator: Jocelyn Morgan

Mackay SLSC Bank Details

Bank: Westpac

Acc : Mackay Surf Lifesaving Club

BSB: 034 195

ACC no: 593197

Membership and carnival nominations can be paid directly into our bank account or via the SLSA Payment Gateway.

Website

www.mackayslsc.com.au

Lifesaving Online

www.lifesavingonline.com.au

The SLSA Payment Gateway can also be accessed via this link.

Newsletter items

Items for this newsletter can be sent to admin@mackayslsc.com.au

Please note the club's email address has changed.

Welcome to the Latest Edition of the Mackay SLSC Newsletter!

Hello! This is August's newsletter. Our names are Megan and Hailey Born and we have put together this month's newsletter as part of the Youth Education Program. We hope you enjoy reading what has been going on and is happening in our club.

Please refer to last month's Newsletter regarding membership fee costs and how to pay. These are due on the 31st August 2018.

Ironperson Training Started

Water coach, Greg Born, started Ironperson Training this week just gone. On Friday there was about five members from our club and a "ring in" from Sarina. On Saturday, we had four members training.

These sessions are based around swimming, board paddling and running but may include general fitness as well.

If you are interested come down on Fridays 4:15pm and Saturdays 2:30pm. Please bring togs, hi-vis rashie, goggles and shoes. Come down and have a go. Most people that turned up so far are not planning on competing at carnivals but enjoy exercising down at the beach and in the water. There are some that do want to compete and want to train hard so please come down ready to train.

Reminder: We need water safety to cover these sessions as soon as someone without an SRC or Bronze joins in.

For beginning ski paddlers contact Greg on 0439532421. Ski paddlers with experience ski training times are in the Coaching and Training Times section of this newsletter.

P 4955 5630

Email admin@mackayslsc.com.au

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UPCOMING EVENTS

August 2018

- 14th August 2018, Secondary School Surf League, Mackay Harbour Beach 8:30am CANCELLED
- 31st August 2018, Membership fees are due COB

September 2018

- 22nd September 2018, Start of the Patrolling Season, Mackay SLSC 1pm
- 22nd-23rd September 2018, Mackay Triathlon Festival

October 2018

- 5th-7th October 2018, Mackay SLSC Youth Camp
- 7th October 2018, Nippers Starts, Mackay SLSC 8:30am
- 15th-21st October 2018, SOS week
- 26th-28th October 2018, North Australian Titles, Mackay Harbour Beach

Sunday Surprise for YEPS

Hannah Ridland, our Youth Development Officer, organised a Surprise Sunday activity. This time it was an introduction to boat rowing. Members from under 14s to Under 19s had a go on the two-man boat. Stan Ridland took the group and they had to concentrate on style and timing.

All the participants enjoyed doing something different and Stan may have some new boat rowers in the club.

Looking For Boat Rowers

While we are on the subject of Boat Rowing, Stan Ridland is on the hunt for members who are interested in Rowing Boats. This is a great team event that is unique to lifesaving. If you are interested in rowing one of these iconic boats contact Stan on 0417713520.

Breaka Youth Excellence Program 2018

By Hailey Born

The best thing about surf lifesaving is the acceptance. No one is left out. You're always made to feel like you are home. It has shaped the person who I am today. From the 6th of July to 8th I was privileged enough to be given the opportunity to travel down to Brisbane to attend the Breaka Youth Excellence Program 2018. The Breaka Youth Excellence Program (YEP) is conducted annually by SLSQ, and provides an opportunity for youth members to be exposed to the many different elements of Surf Life Saving. Youth Development is about providing young people with positive experiences and opportunities which enhance their strengths and capacity as well as affirming them as contributors to our community and shapers of their own future. This is a state wide camp which allows teenagers aged 15-17 from Port Douglas up north, down to Kirra at the Gold Coast to travel and spend time with each other for a whole weekend.

The program included; an introduction to the camp and leaders, ice breaker activities, costume & skit design, guest speakers, morning fitness, outdoor activities, African drumming, battle of the sexes, teamwork activities, learning about leadership, making connections with people all over Queensland and more importantly lots of Breaka Flavoured Milk.

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Management Meetings

- Sun 12 August
- Sun 9 September
- Sun 7 October
- 10am @ Training Room

Everyone is welcome to join. Agenda items to be submitted 1 week prior to admin@mackayslsc.com.au

Training and coaching

Ski Training

Tuesday and Thurs 5 pm, Saturday 7am

Boat Rowing Training

Days and times change please contact Stan 0417 713 520

Iron-Person Training

Fridays 4:15pm and Saturdays 2:30pm

The ice breakers gave each team the opportunity to meet each other and learn about their introduction to surf lifesaving. This also made eating each meal with them less awkward. The costume and skit design shows your team's pride and creativity whilst having a laughing with each other. Each guest speaker had a different introduction to surf lifesaving and reasons why they joined. They each inspired the participants in many different ways. Some of the outdoor activities include; human knots, eating dry Weet-Bix, paper towers, water activities, fitting as many people as possible onto a tarp, practicing saving people in different scenarios, going through a spider web, a maze with people having different disabilities, CPR and a treasure hunt. All whilst having two people attached to each other and holding a short piece of rope to get to each activity. Battle of the sexes gave the two genders the opportunity to show their teamwork skills and creativity to make up a dance.

Even though each activity was amazing and challenging in many different ways the best part of the whole camp was making friendships with people all over the coast of Queensland, which will last forever. Unlike school, surf lifesavers are very accepting. We all came on this camp for the same reasons; the love of Surf Lifesaving and to make new friends. If you were to be sitting alone, someone would invite you to sit with them. No one is ever left out. Each kid at the camp is better than others in different sections of surf lifesaving whether that is the sport or lifesaving side, beach or water events, practical or theory side. They'll accept you no matter your age, size, gender, ability or race. I know that where ever I go in my life, lifesaving will always be there and so will the friends that I've made along the way. When I got to the camp I knew all the kids from our branch that attended and some that compete at carnivals in my age group such as North Aussies and States. Yet when I left the camp it was so hard to say goodbye to everyone and to my team, we all cried. Although my team lost most of the challenges we stuck together, became very close and had fun. We learnt that the team that loses together is the team that stays together. We also learnt that it's not always about winning but it's about having fun and enjoying the journey you go on. You can always turn to them if you are having problems in any part of your life.

If you get the chance, you should apply for this camp as you meet like-minded people from other clubs around Queensland, participate in practical lifesaving activities, gain leadership skills, learn important communication skills, challenge yourself, develop team work building skills, get motivated to help your club, community or yourself and most importantly want to have fun and make new friends.

I would 100% recommend this camp to everyone aged 15-17 that enjoy surf lifesaving. The camp gets you out of your comfort zone, learn more about surf lifesaving and you make friendships that could keep forever with people who live all over the state. I hope that many Mackay lifesavers also get the opportunity to go on this camp and experience the same memories as I did.

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Mackay SLSC Senior Proficiencies and Education

Proficiencies dates:

Sunday 30th September 2018, 9am @ training room

Sunday 7th October 2018, 9am @ training room

Sunday 4th November 2018, 9am @ training room

IRB proficiency dates still TBA

Please pre register 1 week prior by sending an email to

admin@mackayslsc.com.au with your full name, date of birth and the date your attending.

SRC and Bronze Medallion Courses:

September and February are the months we will be running these courses. If you or anyone you know that is interested in these course please encourage interest by emailing admin@mackayslsc.com.au with your full name, date of birth and the date your attending



NOW AVAILABLE ONLINE!

Surf Sports Official Course

Practical component completed after completion of online theory.

Access through your Members Portal E-learning Account

To enrol contact North Barrier on email: nbslsq@lifesaving.com.au
or call: 47662200

To ensure you are up-to-date with everything that is going on in your club please join our members only page on Facebook.

<https://www.facebook.com/Mackay-Surf-Life-Saving-Club-994473433985902/>

2018 North Australian Championships What is it?

Entries are invited from all Clubs within SLSQ & Surf Life Saving Northern Territory to attend the 28th Annual North Australian Championships.

Dates: Friday 26 October – Sunday 28 October, 2018.

Venue: Harbour Beach, Mackay SLSC

This Championship hosts U11 – Masters competition for Ocean, Beach and Pool Rescue events. Furthermore Surf Boats disciplines will also be contested.

If you are interested in participating please contact your Club Administrator or email rbennett@lifesaving.com.au for more information.

Entries Close: Monday 15 October, 2018.