

On Patrol

<http://www.hlsc.org.au/>

Hampton Life Saving Club, Inc.

January, 2008

From the Vice Presidents

Simon Cartwright & Paul Harding

We hope everyone had a very Merry Christmas & a safe New Year. The club is now back in the swing of things with Nippers at almost full force, and preparations for the club's annual Buxton Point 2 Point swim have commenced.

This year the Buxton Point 2 Point Swim is on in February – the 16th to be precise, which is a little earlier than previous years. The club needs all hands on deck for this event, as well as members to patrol in the afternoon, and water safety officers for Nippers that day. It's the biggest day in the club's calendar so if you're available and can help, please put your name down on the list on the notice board in the hall – or let Paul know via email (see notice on page 3).

Finally, the club has 17 new trainees that are currently being trained for their Bronze Medallion or Surf Rescue Certificate. On behalf of the club, we would like to wish them all the best of luck during the course & at the assessment.

Important Dates

- Family Feast - Australia Day BBQ
Sat 26 Jan 08, from 5.30pm
- State Nipper Carnival – Chelsea Beach
Mon 28 Jan 08, 9.00am
- Bronze Squad BBQ and Presentation of Uniforms
Sat 02 Feb 08, 5.00pm
- Point to Point Swim
Sat 16 Feb 08, 11:00am
- Family Feast – Trivia Night
Sat 16 Feb 08, 6pm

Training News

David Barnes – Chief Instructor (ph: 0407 437 974)

I hope you all had a great Christmas and New Year! So far, this season has been very busy and we have been making steady progress towards various awards, which is fantastic to see.

Training and Assessment Course

You may or may not be aware but Life Saving Victoria run a Course to train people as qualified trainers. The course is recognised as a nationally accredited qualification and gets you about half of the Certificate IV in Training and Assessment – a highly sought after qualification in the workplace. It is easy to complete and involves a commitment of about 10 hours of training and then some assessed training delivery on a course. It also forms the first part towards getting your assessor qualification and completing the Certificate IV.

LSV will be running a course at Mordialloc LSC on Friday 1st Feb (6-10pm) and Sunday 3rd Feb (9-3). Please note that attendance is required at both sessions but if there any issues with this please contact me. The cost is \$25 which the Club will pay (includes course material and meals on both days).

Ideally, we would love to send a minimum of two people along to the course so we have qualified people who can give me hand with training delivery. If your interested either give me a call or call Client Services at LSV to register on 9676 6901 (payment would be required over the phone but the Club will reimburse you).

Advanced Resus Course

This course will be conducted in the Clubhouse over two consecutive Monday nights commencing on 4 Feb 08 at 7.30pm.

Inflatable Rescue Boat Crew Course

This course will be conducted at the club on the weekend 23-24 Feb 08 from 9.00am each day.

If you have any questions about any of these courses please feel free to contact me via email:

helenanddavid1@optusnet.com.au

or on my mobile – 0407 437 974.

Nipper Carnival - Torquay

Reports from two of the Nippers

I really liked the Cosy Corner nipper carnival even though no one else from my age group in Hampton was there I still met some friends from Torquay nippers. I did all the events and my favourite event was the iron nipper. NIPPER CARNIVALS ARE SO MUCH FUN and I hope more people from Hampton come next time.
By Annabelle (7)

On the 4th of January 5 kids from Hampton competed in a nipper carnival down at Torquay. I competed in the 1km beach run, surf swim, and the board relay with 2 girls from Half Moon Bay. The surf was pretty good but a little windy. It was a fun family day out and I would encourage more people to participate and join in the fun. There is another carnival at Chelsea on the 28th January and it would be great to have at least 3 people from each age group to form some teams to represent Hampton LSC.
By Emily (12)

Why it is important to apply AND REAPPLY sunblock.

One of our Nippers (who shall remain nameless) attended the Nipper carnival on 4th Jan at Torquay and had a great time.

His parents were unable to attend and liberally applied sunscreen prior to departure and told our nameless Nipper to be sure to keep sunscreen on during the day. The combination of being caught up in the excitement of the carnival, having to wait for some water events sans rashie and NOT reapplying sunscreen during the day had serious consequences. That night the nameless Nipper looked like a lobster and was quite unwell during the night. Over the next few days the sunburn blistered and a particularly bad patch on his shoulder went red-raw and eventually a scab formed - the photo attached was taken 10 days after the sunburn occurred.



So please be sure to **SLIP, SLOP, SLAP**.
For more info go to <http://www.sunsmart.com.au/>

Patrol Hours

A great big thankyou to all those people who have patrolled so far this season. Below is a list of our top 10 for the most patrol hours up to 31/12/2007.

Name	Hours
1. Nick Forbes	43 ¼
2. James Costa	30 ½
3. Michelle Lowe	27
4. Paul Harding	26 ¾
5. Anna Harding	20 ¼
6. Donna Maloney	14 ¾
7. Helen Barnes	14
8. Ben Costa	12 ½
9. Trevor Bombardieri	11
10. Chris Eastman	10 ½

Even if you didn't make it into the top 10, your efforts are very much appreciated! In addition it is great to see so many Nipper parents getting involved in patrolling. Well done to all!

Wet Suits for Sale

- Size 18 – Piping Hot wet suit - short sleeve and short leg, teal green and black in colour, excellent condition - \$40.00
- Size XS – Rip Curl wet suit - short leg and short sleeve, black with yellow trim, excellent condition - \$40.00
- Small size – Rip Curl Dawn Patrol wet suit – long leg long sleeve, navy with cream trim - \$30.00
- Size 10 - Wavelength Wet suit - long leg long sleeve, purple with black trim, excellent condition - \$40.00
- Size M – Rip Curl Aggrolite wet suit - long leg long sleeve, blue with white trim, good condition - \$35.00

Jenny Heat - jenny.heat@ucco.org.au

Australia Day BBQ

Cath Beaumont

Join us for HLSC's Australia Day BBQ on Saturday 26th January.

- 5.30pm – Drinks and Nibbles on the balcony
- 6.30pm – Dinner will be served

Cost is \$10 per head for adults and \$5 per head for children (U14). To assist with catering please RSVP by 24th January to:

beaumontcath@yahoo.com.au
or on 9512 0609.

BYO Drinks please!

Nipper News

Helen Barnes – 047 412 465

Welcome back after the Christmas / New Year break – there are now only 7 more Nippers Sessions before the presentation day and season ends. Nippers who have attended a minimum of 10 sessions over the season will be eligible to receive their **SLSA award** which will be presented on 8 March.

Because of the inclement weather towards the end of last year, we will be condensing our **Club Championship Carnivals** into 2. These will be held on 2 and 23 Feb 08. Points accrued at these carnivals will go towards determining each Age Champion.

S Badges are now available for collection from Helen at the end of Nippers each week. For those Nippers who have yet to complete their S Badge test, Helen will be at the Club at 2.30pm every Saturday prior to Nippers and will conduct assessments as required. S and T badges should be sewn on the forward left hip of your swimmers with the yellow stripe at the top.



Nipper Bags were handed to those Nippers who turned up on 22 Dec 07. For those who have yet to collect their bags and water bottles, please see Helen in the Gym after Nippers each week.

Development Camps are being conducted by Life Saving Victoria for senior Nippers. For more information go to:

<http://www.lifesavingvictoria.com.au/www/html/346-overview.asp>

Nominations close in early February – so if you are interested, please contact Helen.

Working With Children Checks. By now all Age Managers and Water Safety Officers should have received their WWC Cards. These need to be sighted and recorded by the Club. Could you please ensure that you show your card to Helen over the next few weeks so that the LSV requirements can be met.

Nippers aged 10 or over are able to obtain their **Basic Resuscitation Certificate**. This requires attendance at a short course. Any Nippers who may be interested in attending such a course should get in contact with Helen. Should there be sufficient interest, the Club will schedule a course later in February – probably over two weeks prior to Nippers.

Carnivals

Chris Eastman – Team Manager

On Monday 28th January, LSV will be holding the Metro Junior Regional Championships (Nipper Carnival) at Chelsea Beach from 9.00am. HLSC will be entering teams for various events. All Nippers who have completed their S Badge assessment in the U8 group and above are eligible to compete. If you have yet to complete your S badge assessment, get in contact with Helen and she will arrange a suitable time to conduct individual assessments.

There are a number of different relay events in each age category that require teams of 4, as well as the normal individual events.

Any Nippers that are interested in attending and competing, please get in contact with Chris as soon as possible:

eastmanc@ldr.newsltd.com.au

or

cain.oterg@bigpond.com

Buxton Point to Point Swim – February 16

Paul Harding

VOLUNTEERS REQUIRED

We are in desperate need of some volunteers to help run this event. You will be required from approx 9.30 till 1.30pm to help out with various activities. All BM / SRC qualified members are requested to make themselves available as Water Safety Officers – either on a board in the water or on the beach.

The canteen will also be running and will need people to help make/hand out lunches, etc., so again if anyone can help this would be fantastic as well.

The revenue made through this event helps the club enormously so if you have a couple of hours to spare on Sat 16th Feb **PLEASE** let Paul Harding know ASAP.

Contact details are qhands@bigpond.net.au

or

0411 191 158

HAMPTON LIFESAVING CLUB

PATROL ROSTER SEASON 2007-2008 FEBRUARY

Mon 28 th Jan		Saturday 2 nd Feb		Sunday 3 rd Feb			
David Barnes Nick Forbes James Costa Ben Costa	BM, IRBD, BM, IRBC, ARC BM, IRBD BM,	Nick Forbes Gavin Turner John Watson Caroline Webster Theo Vereker	BM, IRBD, ARC BM, IRBC BM, IRBC BM, BM	Paul Harding Chris Eastman Michael Spencer Robin Mackay	BM, IRBD, ARC BM, IRBC, BM, BM,		
Saturday 9 th Feb		Sunday 10 th Feb		Saturday 16 th Feb		Sunday 17 th Feb	
David Barnes Anna Harding Gavin Turner Dean Elliott	BM, IRBD BM, IRBC, ARC BM, IRBC BM	Nick Forbes Bernie Blackall James Coley John Neville	BM, IRBD, ARC BM, IRBC, BM, IRBC BM	James Costa Jean-Marc Bonnet Ian Fullagar Yvette Costello	BM, IRBD, BM, IRBC BM BM	Nick Forbes Trevor Bombardieri Michelle Lowe Helen Barnes	BM, IRBD, ARC BM, IRBD, ARC BM BM
Saturday 23 rd Feb		Sunday 24 th Feb					
James Costa John Watson Chris Eastman Donna Maloney	BM, IRBD, ARC BM, IRBC BM, IRBC BM	Nick Forbes Ray McMaster Peter Wood Ross Donaldson	BM, IRBD, ARC BM, IRBC BM BM,				

KEY: **BRONZE MEDALLION**, 3 NEEDED FOR PATROL (INCLUDING A **PATROL CAPTAIN**, IRBD, IRBC AND ARC) + 1 **OTHER**

Any questions regarding the roster or if you are unable to do your shift please ring

Paul Harding on 0411191158