



# WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB NEWSLETTER

MAY 2020



## A Message From Our President

Season 19/20 was certainly one we won't forget! Closing the club down due to Covid-19 was sad but necessary for the health of our members and the wider community. The board took all necessary steps to protect patrollers, members and the wider community's health. Now, as the Victorian State Government starts to ease some of the restrictions, we are planning on how to reopen the club. We will act in line with government directions and within our capacity. We are in regular contact with other Lifesaving Clubs, and the Hobson Bay City Council. Everyone is doing all they can to look after the wellbeing of members and the wider public.

On the Lifesaving front WSLSC continues from strength to strength with new qualified Bronze Lifesavers, SRC, IRB drivers and crew out in full force during the 2019/20 summer. The energy and enthusiasm of new Bronzies and SRCs on patrol was fantastic see.

Before the pandemic hit, we were having a terrific season and the WSLSC board continue working on improvements to our club. We have invested in new equipment for training to assist with educating our future lifesavers and nippers. More recently we have focused on improvements to the club environment including polished floorboards within the clubhouse, new roller door and repairs, new club fridges, and many other facility improvements, plus the website has had a revamp.

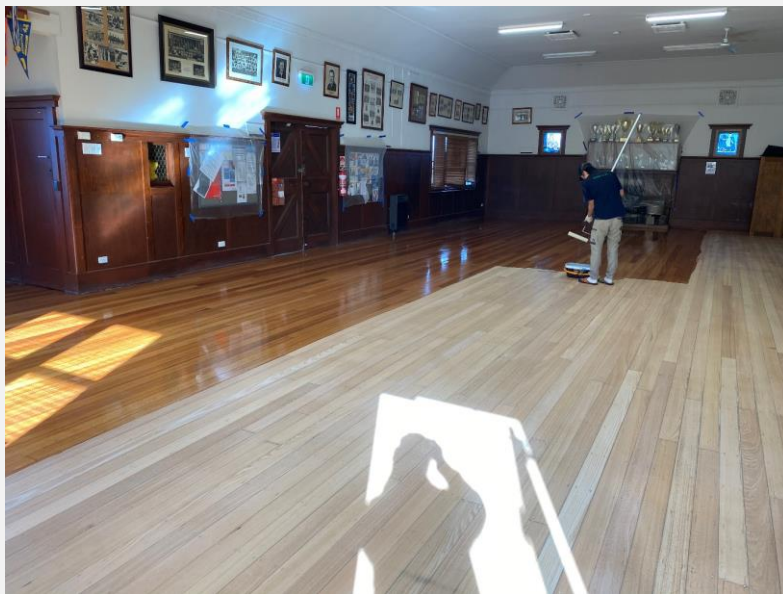
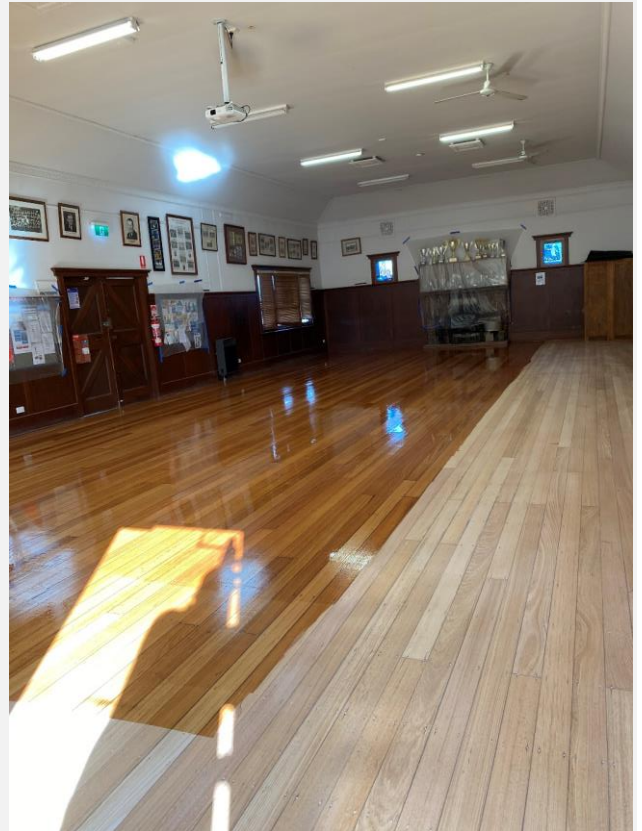
I am optimistic that if we and everyone else continues to do the right things we will be seeing each other face to face sooner rather than later.

Paul Sullivan – Club President



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## Buildings & Grounds

A great deal of maintenance works and upgrades have taken place over the last three months, making the most of the clubs being closed.

Around the pool urgent repairs within the plant room were completed and a shed to store pool equipment was installed.

New cabinets were installed in the gym to store the lifesaving training equipment.

A washing machine has been connected ready to wash the schools programs and nipper gear in the new season.

The archaic fridge and freezer in the kitchen have been replaced.

The hall floors have been sanded and repolished and look amazing.

40 new matching chairs and a trolley to store them will be available for use in the hall moving forward.

A portable PA system has been purchased for use at events and functions.

We look forward to everyone enjoying these improvements.

Gerry Schalkwijk – Director – Buildings & Grounds



## Swim event marketing request

The club is hoping to find someone to lead the direction of marketing for the annual swim events held at Williamstown. Williamstown Open Water Swim / Victorian Open Water State Titles and, as of this year, the Big Bay Swim combined with the International Gay and Lesbian Aquatics Championships open water swim are highlights of the club's summer season, bringing together the whole community to celebrate swimming and lifesaving.

If you are interested in helping out please give Iain a call to discuss: 0408 530 430

Iain Dickson – Special rapporteur for annual swim events



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## Surfboats

WINTER SURFBOAT ROWING - learn a new skill

Say WHAT?!!! Yes, you can... and you won't even get wet!

Warm gym clothes, rolling seats, fresh air and big wave stories.

All levels - social and competitive - welcome, send your details to [ann@uhlelo.info](mailto:ann@uhlelo.info) and we will be in contact.

Interested in Sweeping = Steering, shouting, smiling (and not very often, swimming)? Let us know.

For some fun COVID19 research into the madness ....



@teamnavyarsl

@surfrowingaus

@victorian\_surf\_rowers\_league

@women\_surf\_rowers\_anz

@oceanhunder\_surfboatseries

And for some extreme research Google Piha, NZ surfboat. Yip, I know!

Maha



## R&R

### RESCUE & RESUSCITATION at WILLIAMSTOWN. (Known as R&R)

#### Williamstown Open Ladies R&R team.

Sally Leung (Belt Swimmer), Valarie McHenry (Patient), Cara McMahon (Reel person), Claire Howell (First Line – Arc operator), Simone Logan (-second line resuscitator)



The team was bitterly disappointed that we could not compete at the Victorian titles at Lorne in March and the Aussie titles at Broadbeach, Queensland in April.

As previously advised this team started training on 1<sup>st</sup> June this year with Coach Max Collins once a week on the weekends. As it got warmer and closer to the first Surf Carnival the team

started training twice a week from late October. The second day was 6 am on Wednesdays.

Obviously with the many hours put in it was sad the Corona Virus wrecked all our plans and the U15, 5 person team were just as disappointed because they had been very successful at Victorian carnivals this season and were looking good to go better than the Bronze they won at the Aussies in 2019.



## R&R

### This coming season 2020/21 – COME AND HELP – COME AND JOIN IN.

It is also planned that one or 2 teams will compete in the Wanda NSW Carnival next year as a lead up to the Victorian State titles and then compete in the Australian Surf Life Saving Championships (Aussies) in Queensland in April next year.

For those who do not know, The Aussies are the largest competition event held in Australia and are held every year. They are even bigger than the Commonwealth Games in competitor's numbers. This will be the first time WS&LSC has ever competed in senior R&R at the Aussies.

However, to be competitive the teams will need to train up to 6 times a month in the last few months leading up to the Aussies, plus swimming training and complete their individual required Patrol Hours. Surf Life Saving is a unique sporting organisation in the fact that if Club members wish to compete in Surf Life Saving Carnivals, they must do so many hours per season before they can compete. Team members are dedicated Club Members

The Open Women's team are planning to compete at the Aussie Titles on the Sunshine Coast in April 2021 and the team is looking for any person or business who might consider becoming a Team sponsor to help the ladies get to Queensland then.

We will help anyone wanting to be a Victorian R&R judge and soon become an Accredited SLSA R&R Judge Official in the process.





## For the uninitiated once again! RESCUE AND RESUSCITATION – what is it?

### We call it the REEL Event in Surf Life Saving!

The R&R Competition is the oldest team event in the SLSA and is the only event in the completion field that allows lifesavers to practice, perfect and refresh the basic fundamentals of life saving skills.

R&R hand books can be traced back to 1907.



R&R is an event that enables both male and female members to compete together on equal terms and in the same team.

eg. U15, U19 & open male & open female in 5 person teams. The premier event is the OPEN 6 PERSON Team.

For Juniors and Youth, we have 2 Person R & R, in which competition is divided into U14/15, U12/13, U10/11, teams can be mixed or single sex. As of 2019 2 Person R & R is also an “Aussies event”. The drill is broken down into 4 sections consisting of marching and wheeling, simulated rescue and respiratory assessment, CPR, and march off. WSLSC have a history of the past 3 years of winning the Junior/ Youth Team of the Year, and several gold, silver and bronze state championship medals.



Competing in R&R highlights the all-round ability of a practicing lifesaver and another event Williamstown can gain extra points in overall Club points score at Victorian Carnivals.



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The development of R&R Teams at Williamstown will bring together a number of dedicated and conscientious members who otherwise may have drifted along as individuals and who do not stay in the club for the long term. (Years)

The team training in R&R really does foster a sense of responsibility and from those teams many clubs have fostered a future majority of efficient Club Officers & Patrol Captains.

Clubs across Australia have shown that the discipline necessitated by R&R team members has “rubbed off” on members throughout clubs and their experience, keenness, discipline and quick thinking makes them good patrol leaders and committee members.

R&R takes time, R&R takes effort! TRY R&R. results will not always be immediate as our open women team managed at Ocean Grove but end results will go to those who persevere in a great FUN event.

Become part of the Australian R&R Fraternity and make a lot of new friends in other club teams both in Victoria and other states around Australia.

### **JOIN THE WILLIAMSTOWN R&R FRATERNITY NOW!**

If you are interested in talking to us about any type of assistance or would like to talk about joining in the R&R at Williamstown, then please call Sally Leung on 0409 360 232 or Max Collins 0413 879 700

Max Collins - R&R Coach





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## Gym & Fitness

Thank goodness group outdoor training is back.



It's cold and dark (if you attend an early session) but invigorating and just what you need after months of zoom sessions.

Dave Ly is offering his fabulous group sessions with limited numbers and with appropriately spaced stations. Please wear warm clothing as it's getting a bit fresh in the mornings and sessions are weather permitting. If you do have your own mats bring them along. Dave has some new mats that you can take home with \$3 donation or a coffee 😊



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Due to the restricted numbers Dave is offering 2 time slots during the week.

### **Monday, Wednesday & Friday:**

Group 1 - 6.15am

Group 2 - 7am

**Saturday:** 9am

To ensure strict control of numbers of participants please book through the app “**PT Minder**”.

<https://apps.apple.com/au/app/ptminder/id557456121>

If you don't have login details or forgotten them contact Dave so can re-send them again on [davidtopboxing@gmail.com](mailto:davidtopboxing@gmail.com)

**WSLSC members** you can use your WSLSC members training pack for ALL training days not just Friday.

<https://www.facebook.com/topboxingfitness/>

<https://www.instagram.com/topboxing/>

Claire Howell - Vice President



## Starfish Nippers

Well the end of the season provided a celebration with all our Starfish Nippers coming together on the 13 March 2020 at our club.

All things Starfish and the beach theme brought excitement to The Starfish Nippers, in receiving their much loved trophy and certificate.





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The House of Wellness show will still be airing Starfish Nipper program later on during the year. This could be September or October; I will keep all members up to date when we get closer to the warmer weather and the screening date.

Again, I thank all the Starfish Volunteers for their dedication and enthusiasm to the program, and look forward to new volunteers joining an elite bunch of people in the Starfish Program. We will be looking for more volunteers as the program is growing and can only continue if we have 1:1 support for our Starfish Nippers.

So as a member, that may wish to explore this opportunity please don't hesitate to contact me with your interest at [veronica.treloar@gmail.com](mailto:veronica.treloar@gmail.com) or mobile 0408 370 891.

Cheers, V

Starfish Nipper Coordinator



# International Women's Day

Jacqui Hewitt has been a member of Williamstown for 50 years and was president of the club from 1993 to 1996.

She coordinated the dual affiliation of the club with Surf Life Saving.

Last year WSLSC were proud to make Jacqui a life member and more recently, on International Women's Day 2020, Life Saving Victoria recognised Jacqui as an outstanding woman in lifesaving.

Congratulations Jacqui!

# 20 IWD

## RECOGNISING OUTSTANDING WOMEN IN LIFESAVING



#leadlikeagirl



2020  
INTERNATIONAL WOMEN'S DAY  
RECOGNISING OUTSTANDING WOMEN IN LIFESAVING  
Certificate of Recognition  
Awarded to  
**Jacqui Hewitt**  
**Williamstown S&LSC**

*Angela Malan*  
Angela Malan  
Director  
Membership & Leadership Development

*Paul James*  
Paul James  
President  
Life Saving Victoria





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