



Club Captains' Quick Guide for New Members

Welcome to the City of Perth SLSC! Please use this quick guide to explore the different groups you may wish to join within our Club. We have provided some friendly faces so you know who to look for down on the beach. Come and say hi and ask how you can get involved or use the other contact materials provided. Our Club has endless opportunities for all skills and ages - let us help you make the most of joining our family!

Contents:

- 1.0 Patrols
- 2.0 Water programs
 - 2.1 Iron Squad
 - 2.2 Pounders
- 3.0 Beach Running (City Sprint)
- 4.0 Boat Rowing
- 5.0 IRB Courses and Training
- 6.0 Life Saving Sports
 - 6.1 First Aid Competitions
 - 6.2 Champion Lifesaver/ Patrol
 - 6.3 March Past
- 7.0 Club Swims and Events

1.0 Patrols

We have a contract with the Town of Cambridge to patrol City Beach every weekend and public holiday between the beginning of October and the end of March. This year we have 20 teams which each patrolled 5 times during the summer period. Patrol Team Lists are drawn up at the beginning of each season and you will remain on the same patrol all season. These lists are posted on the website as are the Patrol Dates for the season.

Patrol times: - Mornings: 7.45 AM to 12.30 PM
 - Afternoons: 12.15 PM to 5 PM
 - Mid Day (Australia Day only): 10.00 AM – 3 PM

While on patrol, full uniform has to be worn. This comprises of: shorts, shirt, and red & yellow quartered patrol cap. Wide brimmed hats are available and top off the ensemble perfectly, although not compulsory! You will be given your uniform including the patrol cap when you start patrolling and can be replaced as necessary, however replacement caps need to be purchased at the Club shop.

As an active member of the Club you are committing to carrying out all your patrols. If you are unable to do any of your nominated patrols it is up to you to find a proxy. Please look at your patrol dates at the beginning of season to identify any dates which you are unable to do and act early to find a proxy. The “City Patrol Proxies” facebook page is proving to be an excellent way to find a proxy, please request to be added to this group. In the unusual event of not being able to find a proxy please let both your Patrol Captain and the Patrol Officer know.

For any information or queries please contact Patrol Officer Helen at citypatrol@gmail.com or 0448 102 743.



2.0 Water Programs

2.1 Iron Squad

Fancy training and racing in the surf, or just interested in a fitness regime that involves the surf?

Water based racing is a fun and enjoyable way to keep fit and healthy all year round. Many promising and established athletes have hailed from our water program. This area is coached by the experienced Rick Turner in conjunction with Greg Mickle and Andrew Walker. The squad training includes swimming training Monday to Friday mornings as well as running, board, ski and gym sessions on alternating days in the evening and on weekends. This area involves all aspects of water racing and ties them together in a continuous format as one of our favourite and prestigious events, the Ironman/Ironwoman. Alicia Marriott, Australian Ironwoman champion, Professional Ironwoman series champion, and 3x time Coolangatta Gold champion is one of our greatest success stories from this squad.

Training times and locations are subject to change at coach's discretion. Please contact for correct information.

Contacts:

Head Coach: Rick Turner (rfturner@bigpond.com)

Coach: Andrew Walker (0418 915 881)



2.2 Pounders

The pounders are a group of surf ski paddlers training three times a week on Tuesday, Thursday and Saturday morning plus other times as arranged from time to time. A range of abilities are catered for with training objectives including downwind ocean races, adventure races, Avon decent, SLS maters races, general fitness and socialising. Pounders include both patrolling members and social members and come from a variety of backgrounds such as life- long SLS members, nipper parents and people coming to learn to paddle surf skis.

New members are welcome and most of us have the experience of learning to paddle and can provide some tips and advice.

Training times: 6.00 AM to 7.00Am Tuesday and

Thursday Mornings and 7.00 AM -8.30 AM Saturday mornings followed by coffee/breakfast.

For more information and questions contact:

David Caley: (0422 869 607 or dcaley@iinet.net.au)

Steve Prince: (steveprince@gmail.com)



3.0 City Sprint

The City Sprint group offers a variety of sessions for people of all skill levels and distance goals. All running simultaneously, there is a sprint/flags/relay session for those interested in competition, a fitness session comprised of interval type training and a longer 2km orientated session. These sessions are full of fun and friendly chatting with music. All ages welcome- we have competitors from youth through to masters.

Times and Location:

- 5.30 PM Tuesday @ sand in front of Club
- 5.30 PM Thursday @ the HBF athletics stadium (\$ entry fee)
- 7.30 AM Sunday @ Jubilee Park (behind the Club).

These are current times as of November and will change as the season progresses. For current times and locations contact one of our friendly coaches!

Contacts:

Head Coach: Leigh Buchan (buchan@westnet.com.au)

Coach: Adie Hinks (Adrienne_hinkes@hotmail.com)

Team Member: Britt Houghton (brittanyhoughton@hotmail.com)



4.0 Surf Boat Rowing

The ultimate team sport, comprising a crew of four rowers and a sweep who steers the boat. The crew work together to launch the boat into the surf, rowing a set course in a lane or alley out to a turning can or buoy and negotiate swell and waves back to the beach – with the aim to beat up to six other crews to do this. The sport requires fitness, working in a crew and commitment if competing - but we welcome Clubbies who would also like to row for fun and be part of our Boatie group. No rowing experience needed. We encourage all Boaties to always participate in our Club activities. Boaties must be 16 years of age – girls and guys with a Bronze and an appetite for fun. Competition ranges from Under 19's to Masters and runs from October to March. Some crews continue training after States and AUSSIES and participate in the Albany 13 km Surf Craft Challenge on the June long weekend or the October Classic Paddle/Bridge to Bridge.

City Boaties has a Facebook page - so we encourage Boaties to keep an eye on that for announcements and messages. Being a Boatie is about FUN, FITNESS and FRIENDSHIP!

Training:

Mondays - Fitness, meet at the Club at 5pm

Wednesdays - Winter at Matilda Bay 5pm

Sundays - Winter at Matilda Bay 7.30am - 9am

Summer rowing at the beach as directed by the Boat Captain or your sweep. If you are in a competitive crew, this can be up to 3 times per week.

Contacts:

Boat Captain: Mal Lowther mal@teamworksdevelopment.com.au

Vice Captain: Kaylene Bozich bozich.kaylene@cathednet.wa.edu.au

Geoff Wilson geoff.suewilson@hotmail.com

Karhi Zis karhimcleod@hotmail.com



5.0 IRB Courses and Racing

Inflatable Rescue Boats, or IRBs, were introduced into Surf Life Saving in the 1970's as a means of responding to a rescue situation more efficiently. The IRB is now a required piece of rescue equipment at every surf lifesaving Club in Australia, performing thousands of rescues each year.

The IRB is a useful tool in search and rescue, vessel recovery and supervision of surf events – carnivals, open water swimming, ski events to name a few - thanks to its speed, visibility and on board equipment.

IRB competition is held during the off season, given IRB patrol requirements during summer. IRB Racing is a rescue simulation of a real life scenario, testing the skill of the crew in negotiating the through the surf, manoeuvring the craft and adapting to various beach conditions. As the IRB is the most commonly used piece of rescue equipment, the skills learnt during racing feeds directly back to the skills required during patrol. City of Perth is looking to enter teams in to the IRB Racing competition in 2017.



IRB training is held every Sunday that Nippers runs during the summer commencing with set-up at 7.30am. At present training is running on Sundays from 8.30am. For more information, contact Phil Green, IRB Captain and Mobile Services Officer (0409 665 539; phil@lgfinance.com.au) or drop in and see us in the IRB Section of the Clubrooms or come up and have a chat on the beach. Newcomers are always welcome!

6.0 Life Saving Sports

6.1 First Aid Competitions

First Aid completion is a scenario based event, teams of 2 have approximately 10 minutes to enter a situation, work out what has happened, prioritise patients and apply appropriate treatment. Competition is run in age groups from under 15 through to masters and teams can be mixed.

The group trains on Wednesday nights from 6.30pm to 8pm



Contact Jane Scott 0418 876 919 scottjane@iinet.net.au

6.2 Champion Lifesaver/ Patrol

Champion Lifesaver aims to test all skills that make up a good lifesaver. There are 3 components to the event – theory, resuscitation and practical, which includes beach sprint, board race, tube race, and surf race. All components are completed in one day and competition is run in age groups for under 15 through to masters.

Champion Patrol is similar but focuses more on team work. Components include a 2 person live patient assessment, CPR on a manikin (Need ARTC), surf teams race, rescue tube rescue, patrol scenarios and a theory paper. The competition is run as an open competition with 6 people or under 17 with 4 people (no IRB driver or crew).

Coach: Jane Scott: scottjane@iinet.net.au or 0418 876 919

Team Member: Aiden Murphy (0435 864 306)



6.3 March Past

Our March Past group started out as a number of ladies keen to train with a wonderful coach and have fun whilst learning how to march; as well as enjoy a wine or coffee together after training. This original group is now into its fourth season and has become a dedicated and competitive team, but with the challenges of families and work, we are always looking for new members.

If you are a Bronze or SRC holder you qualify to march, if not a Resuscitation Certificate will need to be obtained, all very easy if you are keen.

We normally train on a Friday evening and Sunday morning, to fit in with the Club's most popular times. This will be confirmed once training recommences in August.

Our Coach is Ian Scott for our Senior Team and over the coming season we will also be training a Youth Team, U23 or U17 as well as a Nipper March Past.

Contacts:

Head Coach: Ian Scott (ianscott25@iinet.net.au)

Youth & Nippers Coach: Penny Cohen (sgcohen@iinet.net.au)

Team Member: Helen Anderson Loake (2mhp@iinet.net.au)

Team Member: Susan Carrick (susan.carrick44@gmail.com)



Ian Scott



Penny Cohen

7.0 Club Swim and Sunday Morning Program

Sunday morning swims run year round, currently starting at 9.30 AM in front of the Club. John Guilfoyle is the Handicap master and has organised special events throughout the season. We (the Club Captains) are also planning a calendar of activities involving the Youth group and working around the nipper program and the Senior Carnivals. Please find the calendar on the City Surf website.

Club Swim Events:

- Trophy Swims: 27th November, 22nd January, and 5th February.
- Club Championships: 19th February.
- Club Marathon: 26th March.
- Groyne to Groyne Race: 2nd April.

John Guilfoyle (johnguilfoyle@bigpond.com)



Jason and I hope this guide has helped you become more familiar with the Club and the different sport and skills development it has to offer. We hope you find a squad to join but don't fear- if you are just here for the social comradery the bar is open on Friday nights and there will be social events throughout the season. Give us a call or message if you would like to help organise or need info on any social event!

Thanks,

Gabby Murphy, Co-Club Captain

(0433 889 271 or gabriellemurphy@hotmail.com.au)

Jason Evans, Co-Club Captain

(0449 257 756 or jason_evans@live.com.au)

