



ELWOOD LIFE SAVING CLUB NEWSLETTER

Issue 57, March 2025

A note from the President

Lifesaving provides constant learning opportunities, not only for patrolling volunteers but all those involved with our club.

Be it volunteering as part of the Nippers program, assisting with water safety or performing patrol duties, each provides new experiences and challenges that we may not find elsewhere.

As we approach the end of the patrol season and with this year's Nippers program now over, I ask all members to reflect on what they have learnt through their involvement with Elwood LSC.

These skills not only help us in our various voluntary roles around the club but in other aspects of our life, both professionally and personally.

As we reflect, it's also a good opportunity to think about what skills you could benefit from and fuel your own sense of growth and self satisfaction.

Our club is keenly aware of the need to continue to develop and foster our members, hosting regular training courses and programs which will soon include new courses in IRB driver and crew.

We also have a range of opportunities available in other areas of the club be it getting involved with Nippers or assisting in other ways such as governance, member welfare, administration and sourcing funding opportunities.

I urge everyone to consider new ways they could get involved in the great and rewarding work we do and the personal satisfaction that comes from helping others.

David Rylance



WHAT'S ON

Club training

Swim, board and beach, Monday and Wednesday 6.30pm, Elwood LSC

Winter pool training starts Monday April 7, 6pm-7.30pm, Harold Holt Pool

RSVP on TeamApp

Patrol

Weekends and public holidays until April 21

Water safety

2XU Triathlon Series, Race 6 St Kilda, March 23

Competition

Junior Carnival #1, May 4, Mentone Grammar

Senior Carnival #1, May 18, Caulfield Grammar

Junior Carnival #2, June 1, Victoria University

IRB competition

Round 1, April 12-13, Ocean Grove SLSC

Round 2, April 26-27, Hampton LSC

Round 3, May 10, Anglesea SLSC

Round 4, May 24-25, Lorne SLSC

Nippers signs off after another successful season

This year's Junior Club championships wrapped up another hugely successful Nippers season. The event was rescheduled to a Friday evening on 28 February after wild weather forced the cancellation of the event on February 16. We thank families for their patience with these changes.

This year's club champions are:

U6 Girls – Margot Parkhill U6 Boys – Oscar MacDonald
U7 Girls – Lucy Bracken U7 Boys – Alexander Ward
U8 Girls – Sunday Rosette U8 Boys – Jagger McHenry
U9 Girls – Madeleine Bracken U9 Boys – Tommy Barrell
U10 Girls – Charlie Page U10 Boys – Hudson Handley
U11 Girls – Victoria Bracken U11 Boys – Finlay Montgomery
U12 Girls – Milla Handley U12 Boys – Raphael Still

Our overall Junior Club Champions (U13) were:

Girls - Aarya Ekanayake
Boys – William Warren



Nippers would not be the success it is without the tireless work of those volunteers who turn up each week. Thank you to the age group managers, age group assistants, water safety crew and first aid volunteers for their help this year. We also thank the dedicated team who looked after the barbecue and coffee cart each week, along with those who helped with set up, pack up and merchandise sales.



Sadly our Nippers co-ordinator Georgie Park-Beard will be taking a break from the role next season. If you would be interesting in taking on this responsibility, please let us know.

We also welcome any feedback from parents and volunteers to help us improve the program for next year. Please email nippers@elwoodlsc.com.au.

Registrations for the 2025/26 Nippers season will open for returning families around late August.

Countdown begins to end of lifesaving patrol season

Lifesaving patrols continue across April, concluding on Easter Monday. We thank those volunteers keeping Elwood beach safe, with volunteers already watching over almost 180,000 beachgoers so far.



Thanks to our water safety crew



Elwood LSC's hardworking water safety team has put in an incredible effort over recent months, keeping competitors safe across the

Series as well as the Melbourne Teams Corporate Triathlon.

Many of these events have been booked out, meaning there has been a large number of competitors to manage.

Weather and bay conditions have also kept the events interesting, particularly the choppy water which met competitors for Race 4 at Sandringham in February. The wind also whipped up midway through Race 5 at Elwood earlier this month, a distinct shift from the flat water which met those taking part in the event first up.

Elwood LSC is especially grateful for the assistance of Hampton Life Saving Club which has now become an integral part of our water safety team. These members are enthusiastic,



professional and our members have really enjoyed working alongside our lifesaving counterparts at water safety events.

Water safety is a great way for Elwood LSC members to help raise vital club revenue while honing their rescue skills. The real-life experience of needing to go to someone's aid is invaluable and makes us all better lifesavers when on patrol. Race 6 at St Kilda on March 23 will be the last water safety event for the season. If you can help please email president@elwoodlsc.com.au or respond on TeamApp.

New Nippers tabards

New tabards have been purchased for our Nippers Age Group Assistants thanks to a \$881 grant from the state government's Sporting Club Grants Scheme.

The tabards, on top of those already in use for age group managers, will make it easier for children to find these key volunteers out on the beach.



They are colour coded with each age group. Some replacement tabards have been purchased as part of the new funding.

The purchase of these tabards through a grant means we avoid any cost impost on families, in turn helping to keep Nippers fees low and the program more accessible.

Elwood LSC is grateful for this assistance and extends it thanks to Southern Metropolitan Labor MP Ryan Batchelor who notified the club of this funding assistance.

Club ute storage

Do you have a secure garage available or contacts with a self storage firm? We're looking for assistance to safely store the club ute. If you can help email secretary@elwoodlsc.com.au.



Elwood shines at junior state championships



The Victorian Junior State Championships were held at Point Leo SLSC over the weekend of February 21-23.

Elwood was represented by a team of 21 athletes across the U9 to U13 age groups including Grace Chepurov, Maddie Bracken, Lucy Wang, Charlie Page, Alessia Collins, Charlie Ironmonger, Aurora Freund, Victoria Bracken, Maia Warren, Freja Bohme, Kylie Wang, Finlay Montgomery, Zack Harrison, Maxwell Cunliffe, Zoe Joffe, Isla Clouting, Isla Montgomery, Aarya Ekanayake, Frankie Hyde, Will Warren and Patrick Collins.



The team got off to a flying start on Friday, winning six medals in the beach events – Gold Medals in U13 Girls Flags – Frankie Hyde, U11 Girls Beach Run – Charlie Ironmonger; silver medals in U13 Girls Beach Sprint – Frankie Hyde, U11 Boys Beach Run – Zack Harrison; bronze medals in U11 Girls Beach Sprint – Charlie Ironmonger,

U9 Girls Beach Run – Lucy Wang. The team followed up with strong results over the following two days in the water events, achieving three more medals – silver in U11 Girls Surf Teams – Charlie Ironmonger, Charlie Page, Freja Bohme, Victoria Bracken and bronzes in U9 Girls Beach Flags and U9 Girls Wade for Lucy Wang. Special mention to our U11 Girls who placed in the top eight of the Iron final – Freja Bohme (5th), Charlie Ironmonger (7th) and Victoria Bracken (8th) and a massive congratulations to Frankie Hyde who was awarded the U13 Girls Beach overall Beach Competitor for the 2024/25 season – an incredible achievement!



Elwood finished 11th overall on 55.75 points and we came away with the most medals we have ever achieved at Junior State Championships, which is testament to the hard work and dedication of our young athletes and their coach, Rachael. A big thank you to all parents who assisted with officiating, water safety and managing the age groups over the weekend – we can't do it without you!

Get set for the return of winter training in the pool

Winter training begins on Monday April 7. We hope members will join some of our sessions to maintain their skills and fitness. Monday nights will be swim sessions at Harold Holt Pool in Glen Iris from 6pm-7.30pm incorporating strength, speed and endurance as well as technique for those wanting to compete in junior and senior pool rescue competitions over winter. Wednesday nights are fitness and strength-based sessions at the club and will include running and bodyweight strength and mobility exercises. All sessions will be managed via TeamApp. Please RSVP if attending as spots are limited.



New courses starting soon for IRB driver and crew



Inflatable rescue boat driver and crew courses start soon.

Members taking part in the IRB driver course must be a minimum of 17 years of age on the date of final assessment, hold and be currently proficient in SLSA Bronze Medallion and IRB Crew Certificate and have a Victorian boat operator licence. Those undertaking the crew course must be a minimum of 15 years of age on the date of final assessment and be currently proficient in SLSA Bronze Medallion.

The next IRB driver course kicks off on March 27, with the crew course starting April 3. To register for a course go to mt.lsv.com.au, log in using your SLS Members Portal username and password, select "Find A New Course" and in the Filter Results field type in "Elwood". The Elwood courses will show up and click on "Enrol" for the relevant course. Once you have completed the enrolment you can start the online component at any time. Email David Rylance via training@elwoodlsc.com.au for more

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