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ALSC

127 The Esplanade, Altona, VIC, 3018

admin@altonalsc.com.au

www.altonalsc.com.au

www.facebook.com/altonalifesavingclub

altonalifesavingclub.teamapp.com

Newsletter produced by Jemma Robson

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President's Update

It appears we have this lifesaving business down pat. The club is definitely back in full swing. Along with the daily running of the club we are also currently in the process of organising an officials course on 11th November at Altona, thanks to Jodie Over for coordinating; as well as preparing for our Junior state Carnival, thanks to Paul Puhar and the comp team. These are big pluses for us as a club, as we have gained the confidence of Life Saving Victoria to not only organise, but also run these events.

Danielle Dalby is organising an U13 get together on 1st December, flyers have been handed out and notification is on Team App. Thanks to Dani for taking this on, it will be great for the U13s to have some time out together outside of Nippers.

Recently notification was sent via Team App regarding our new Code of Conduct and Values statements which can be viewed on our website. I ask all members to familiarise themselves with these as it is where we stand as a club and how we will continue to foster the positive environment we have at the club. Our club is for all members and we aim to support all members to gain as much as possible from their membership as the club has to offer. Should you have any queries about the club please do not hesitate to contact me: president@altonalsc.com.au We also have our member welfare officer who you can contact Rodney Clarke if you have any concerns welfare@altonalsc.com.au. Thanks to Rodney for continuing in the role this season.

Fleur Stouis our Sponsorship coordinator is working hard behind the scenes establishing old and new relationships with community businesses to support and sponsor our club. It has been great working with Fleur in this role as she brings a new approach to how we can gain the support from the community but also give back to them. Keep an eye out for the notifications and please support these businesses where you can as they are doing for us. If you have any connections to businesses that would like to partner with ALSC please ask them to contact Fleur at sponsorship@altonalsc.com.au.

For all those that are headed away this weekend, safe travels, and for the rest that are still around for Nippers or training, see you on the beach!

Lisa Curran, President ALSC

Patrol



The primary function of ALSC is to ensure that the public have a safe and enjoyable day at Altona Beach by providing a voluntary life saver patrol. Beach patrols begin again from 12pm on Saturday the 10th November. Our volunteers have been working hard behind the scenes to stocktake, maintain and audit all the equipment required for patrol as well as training hard to maintain the level of physical fitness required to pass their Bronze Medallion and other SLSA qualifications. Please assist our patrol teams by swimming between the flags this season. Our Bronze Medallion Course has already commenced for this season. To register your interest for future courses, become a member of ALSC email membership@altonalsc.com.au.

Competition Pre-season Training Camp

Recently the ALSC Competition Teams headed to Wye River for a weekend of intensive and expert training to help them prepare for the coming season. The weekend got off to a stunning start at Lorne beach where the training began with a session from *Engine Athlete*, Josh Doherty. It was a great success and both the Juniors and the Seniors learnt lots of technical tips to get them race ready. In the afternoon the Comp Team moved back to Wye River where *Clubbie Coach*, Hayley Atkins and our Senior athlete Will Warton ran a sand session across the age groups demonstrating some race tactics for flag starts. The team ended the day with a stretch program designed by LJ and John Hilditch from *The Altona Osteopathic Clinic*. The fun session took the athletes through some pre training stretches and cool down techniques. However, the weekend wasn't all work and no play! There was time for a movie night, BBQ and a bit of rest and relaxation at the camp site. A huge thanks to Paul and Kelly Puhar and team for organising and putting together a truly fantastic camp which has set our teams up brilliantly for the season! Go Team Altona!



Altona Boaties



I would like to thank Lisa, Paul and the committee for welcoming the surf boats this year and all the help they have given us so far. The crew consists of Scott, Stephen, Jamie, David, Peter and Cameron. We have been training together for a little while now and the early mornings are paying off. The guys have formed a 200 mens crew that have been training hard for the last 3 months and are heading to the World Championships to be held in Adelaide in November.

We also have a mixed crew that consists of Ally, Linda, Alison and Greg that are enjoying having a row on a Saturday morning and getting fit in the process. In the coming months there will be a chance for people to come down and give it a go, please watch Team App for more information

Scott Post (Posty)

ALSC Surf Boat Team

Pier 71 Bar e Cucina

Who said there is no such thing as a free lunch? Well there is if you are a Lifesaver at Altona Beach because Pier 71 is going to supply pizza from their takeaway range to the Lifesavers on duty for 6 weekends throughout the season.

In announcing this new relationship, Lisa Curran, President of ALSC said, "It is wonderful to have the support of Pier 71 who have come on board as a family owned business offering traditional Italian pizzas to the club, a traditional service, that being lifesaving."

Pier 71 Bar e Cucina serves authentic Italian cuisine seven days a week using traditional Italian methods. Their pizza dough is made from the same flour used in the finest pizzerias in Italy and is hand-stretched by their Pizzaiolo. Combining tradition with technology, they use a wood-fired, stone-base rotating oven, imported directly from Italy, making it one of only a handful of its kind in Australia. At Pier 71 Bar e Cucina, their fresh ingredients are sourced from local suppliers, to create traditional Italian favourites on their menu including delicious pasta, risotto and antipasto, mouth-watering desserts and pastries and of course, the signature stone oven pizzas.

