



In This Issue

President's Update

Nippers

Inflatable Rescue Boat (IRB) Training

Sponsorship

Boot Camp

Key Dates

ALSC

127 The Esplanade, Altona, VIC, 3018

admin@altonalsc.com.au

www.altonalsc.com.au

www.facebook.com/altonalifesavingclub

altonalifesavingclub.teamapp.com

President's Update

Not long now and we will be back on the beach. I hope all members are getting themselves ready for what looks to be a great season ahead. There is already a buzz around the club rooms with Boot Camp back in full swing in the afternoons as well as continuing in the morning. It is also great to see some of our senior competitors and our boaties training hard as they prepare themselves to represent our club at Worlds in Adelaide in November. I would like to welcome our new boat members who have transferred to Altona to form a master boat crew team. It is wonderful to have a boat team back representing our club as well as wanting to train other members. This week we have started training for one of many awards that we plan to run for members to support them in their roles on Patrol and when doing Water Safety. Please take the time to note all the upcoming dates and read the Team App notifications as we have a busy schedule planned across all areas of the club. This Saturday we have our Nipper Age Manager and Parent Helpers course. I hope to see many parents attend. We need parents to feel comfortable in stepping up to support the Nipper program, so please consider taking the time to join us.

Lastly, a big thank you to all that are working so hard behind the scenes to ensure the club functions and that we have all in order for the season, your dedication to the club and time is greatly appreciated.

See you on the beach, **Lisa Curran, President ALSC**

Nippers

Thanks to all of our families who have completed their enrolment for this season and a warm welcome to our new families. Please can all members check that they are subscribed to the correct groups on Team App so that you receive all the relevant information. Please also familiarise yourself with the calendar for the season which can be found on the club website at www.altonalsc.com.au/. This season Nippers will see the Surf Ed component completed by the Christmas break. In February there are a few sessions, including the return of our session at a surf beach. To keep our Nippers safe it is vital that U8s upwards complete the compulsory swim proficiency. See more details at <https://altonalifesavingclub.teamapp.com/events/6725032>. Finally, on Saturday, 22nd September there is an Age Manager and Parent Helper course running at the club at 10am. I encourage as many parents as possible to come along and see how you can best support your children at Nippers. See Team App or email Travis Theodore at bignipper@altonalsc.com.au.

Please renew your membership so that we can finalise numbers for the new season. Go to: <https://tinyurl.com/y8ebh8sl>

Inflatable Rescue Boat (IRB) Training

ALSC is seeking expressions of interest from members wishing to undertake IRB training.

IRB CREW COURSE - Provides participants with the skills and knowledge to effectively crew an IRB in rescue operations. Participants will be able to further assist on patrols by having the skills to crew an IRB.

Mandatory Requirements:

- Be a current financial member
- Be at least 15 years of age on the date of final assessment.
- Hold a current Bronze Medallion
- Must be able to attend the entire course



Many thanks to Russell Cassar for the use of this image of the ALSC IRB

IRB DRIVERS COURSE - The IRB Drivers Course is the introduction to driving IRBs, building upon existing IRB crew skills. We focus on developing both in and out of water skills, with boat and motor maintenance theory sessions as well as practical driving experience performing rescues using an IRB. In accordance with the IRB Driver Training Standard Policy, candidates must be at least 17 years old on the date of final assessment.

Mandatory requirements:

- Be a current financial member
- Be at least 16 years old at the start of the course
- Hold a current Bronze Medallion
- Hold a current IRB Crew Certificate
- Provide evidence of a current Marine Licence
- Be available for the entire program

To register your interest please email lifesavingawards@altonalsc.com.au.

Sponsorship

Hello all,

I'm Fleur, the new Sponsorship Officer for ALSC. I have worked in marketing for many years and have found that businesses are looking to support a Not-for-Profit (NFP) like ours but find it had to pick an NFP organisation that will give them return on investment.

Contact Fleur if you know of a business who would like a sponsorship package with ALSC at sponsorship@altonalsc.com.au 0402 457 122

We have put together a package for businesses and would like to talk to them about how a mutual agreement can be reached, giving them a great way to promote their business and support an amazing club like ours.

provide me with their details (either with an introduction or without) so I can give them a call to see if they were interested in what we have to offer. Even if you cannot see a relationship to your place of work and lifesaving, please still provide their contact details and I'm sure we can get creative with their marketing team and come up with something.

If you work for, or know of, any company or business that may be a potential sponsor, I was hoping you could

You can email me or give me a call if you have any questions.

Thanks in advance,

Fleur Stoios

Boot Camp

For those that have not met me yet, I'm Baz and I run the boot camp fitness sessions for the club and if you are a club member you are more than welcome to come and give it a go. The sessions are a mixture of strength circuits, boxing, rowing, running and playing on the beach, not necessarily all of those things at once but in general a good mixture. All you need to do is make sure you are at the club house 5-10 mins before it starts so you can grab the gear you need and then we begin. There is now a sign in book out back for you to fill in before we begin and, as always, don't forget your gold coin donation to throw in the jar so we can keep the equipment maintained and also buy more toys to play with on the beach. There will be a gym code of conduct document available soon and we will be running induction sessions so everyone is aware of what is available to them. Stay tuned, it will be out soon.

Boot Camp Session Times
Monday – 0530-0600 (yes, 0530 ...)
Tuesday – 1800-1900
Wednesday – 0530-0600 (I know...0530 ...)
Thursday – 1800-1900
Friday – 0530-0600 (it gets easier...)
Saturday – 0800-0900 on the beach

If you want to know more and want to get regular updates about the boot camp sessions make sure you select the boot camp group on Team App, also, feel free to email me at fitness@altonalsc.com.au. Anyway...see you down the clubhouse when you come join in the fun.

Cheers, Barry Warton

Key Dates

- **Saturday, 22nd September, 10am-1pm:** *Age Manager and Parent Helper Course, ALSC and beach*
- **Saturday, 20th October, 1pm-3pm:** *U8s and up Nippers Swim Proficiency at Vic Uni, Footscray*
- **Upcoming throughout October and November please see Team App for schedule:** *Bronze Medallion and requal, IRB, spinal and resuscitation.*