



— PBSLSC Newsletter | December 2024 —

Pyramids Post



2024/25 season kicked off!

What a great start we have had to the 2024/25 session! It is great to see all the familiar faces on the beach together with lots of new families that have joined us this year.

A big thank you to everyone who is helping out around the club - as a volunteer organisation we need all hands on deck to make it happen and are always looking for new people to help out with various things around the club. If you would like to find out how you can join our awesome team of volunteers, reach out to one of our team or email admin@portbouvardslsc.com.au

We hope you enjoy the rest of the season and have a safe and happy holiday.

Tanya Turner | President

Port Bouvard SLSC
101 Southport Boulevard
Dawesville WA 6211



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Lifesaving

**Melissa Martyn |
Director of Lifesaving**

There has been a lot of activity on our beach with rescues and shark alarms. It is important that when this is happening that everyone remains calm. It can be daunting being in the water when all the alarms are going off, especially for our Nippers. It's important to get out of the water safely and calmly. When a rescue is occurring, please remain calm and allow our lifesavers to do what they have been trained to do. Our patrol members are always watching the beach and the water and have direct contact with the Inflatable Rescue Boat when needed.

Mental Health Awareness training

SLSWA is organising Peer Support Training for members of surf lifesaving clubs. This is a 4 hour, in-person course which is designed to provide Peer Supporters with education, information, and practice to assist members maintain positive mental health, and how to work alongside persons involved in traumatic events and critical incidents.

The training will also include practice in informal counselling skills, how / when to seek professional help, and the importance of self-care.

The establishment of courses will be determined by demand. Courses run with a minimum of six attendees.

If you would like more information or are interested in participating in the course, email directoroflifesaving@portbouvardslsc.com.au



Pic: Sheree & Eric delivering water safety for Madora Bay Primary School

Water Safety Required

MCC Beach Carnival – Friday 6 December 2024 in the morning at Doddi's Beach or Madora Beach. BM, SRC or NRC holders required. If you can help, contact Mel!

Bronze Medallion & Surf Rescue Certificate Equals

Equals are underway please contact Mel to make a time!

Contact Mel on 0402 610 086



Woodside Nippers

Hope you and your Nippers have enjoyed the start of this season. It has been great to see so many familiar and new faces on the beach! Thank you to those who turned up for the City of Mandurah Christmas Pageant - we all had so much fun on the night! We gave out lots of lollies and it was lovely seeing so many children and adults watching the Pageant.

Below are some key dates for the remainder of the year.

Nipper Rescue Course - 8 December 2024

Nipper Rescue Course (NRC) for all new members who would like to help with water safety for their child's age group. This is an approx. 4h course with part theory and part swim/rescue. Please email vicepresident@portbouvardslsc.com.au for more info or speak to your child's Age Manager. Please note you must register your interest as we need a minimum of four to do the course. If your child's group does not have enough water safety, they will not be able to get out into the water as much, we have a strict ratio of 1 to 5.

Nippers Christmas Windup - 15 December 2024

This is a fun session for Nippers. We start with about an hour of Nippers, followed by a visit from Santa - wonder how he will arrive this time?! We will finish with a sausage sizzle and our famous Christmas raffle. We ask each family to donate a raffle prize, which we will draw on the day. We will need volunteers to sell raffle tickets and for the sausage sizzle, so please put your hand up to help if you can.

We break for a couple of weeks over Christmas and New Year, and will start again on Sunday 5 January 2025.

Luise Wilkinson | Nippers Coordinator



Important Dates

Nipper Rescue Course - Sunday 8 December 2024

Nippers Windup - Sunday 15 December 2024

Nippers back after break - Sunday 5 January 2025



Our People - Age Managers 2024/25



Introducing our Age Managers

U7's Sheree Greay

I'm wife and mother of two girls 6 and 16 and have a black pug who is 17. I'm from Cronulla, NSW and came across to WA for mining! I operate heavy machinery haul and water trucks that carry 180t, I'm a health and safety rep for Alcoa, which I love! I used to be an event coordinator working at leisure centres, indoor sports centres and cruise ships. I have travelled the world, having decided that Erskine is the best place to live so I made it my home. I became an age manager because my daughter Evie is a good swimmer and I enjoy being around her and other children. I'm a big advocate of making things safe & fun for children so they learn faster and more effectively. I have a jest for life and feel so blessed to be apart of Port Bouvard under 7's nippers group - thank you for having me!

U8's Mahi Davies

I'm a local Falcon resident and this is now my third year as an Age Manager at PBSLSC. I started off with the U6 when I enrolled my son into the Nippers program. I've been hooked since! I guess I started to firstly be more involved with my sons activity and also to get involved with something rewarding and community based. I absolutely love turning up on Sundays and hanging out with my little Nippers. It's such a fun yet challenging day and always lots of smiles. Perfect way to spend a weekend day over summer.

U10's Ange Couzens

The beach is a huge part of my life. My husband and I and our two boys swim, surf and snorkel regularly. I became an age manager because of my love of the ocean and to support my children to appreciate where we live. It's great to see the nippers grow in their confidence and ability throughout each season. They develop an awesome understanding of and respect for the ocean. There is also a lovely community at PBSLSC, it's great to be a part of it.

U11's Alanna Gardner Bell

My name is Alanna and this is the fifth year my family has been part of the Port Bouvard SLSC.

It has been a great experience for us with more still on offer! I enjoy volunteering as an Age Manager - this year U11 - and love seeing the progress the Nippers make over the seasons. I am thrilled again to have a great group with helpful parents (Thank you!).

If you have any questions, please ask me and I will try to help (or find someone who can!!)

Introducing our Age Managers

U12's Kay Hlaing

I have been an age manager at Port Bouvard SLSC since my son was in the under 6's and I'm now the proud age manager for the under 12's...so that's 6 years!! I love that the kids at nippers learn important surf lifesaving skills, first aid, general beach safety and keep fit! Being an age manager has helped me to also learn all of these things and yes, it helps with the fitness as well! It has been such a privilege looking after the now under 12's on the beach for the last 6 years, seeing them all grow up, develop amazing skills and confidence and getting to know their parents and grandparents.

U13's Ginny and Mark Price - the husband and wife team

We've been involved with nippers for the past 9 years. As soon as we arrived in Australia we signed our eldest child up to nippers, even though it was mid season, we understood the importance of being surf aware in our new country of residence - in the UK we lived in the countryside and we really knew nothing about beach safety like rips or what to do if you got bitten by a snake. Looking back it was one of the best decisions we made as not only did it educate us and our children, we gained a huge surf club family in the process. We did put our hands up and threw ourselves into the mix - Mark did water safety and I started off as parent help on the beach in my eldest son's group and things snowballed from there.

When my youngest Ethan started in u6s he just loved it and by the time we got to U8's he was raring to go to the competitions up in Perth. So not only did Luise and I share age manager - I became a technical official along with a couple of other parents so that the club could compete as we have to provide officials at the competitions and carnivals. Over the years we have had some great weekends away where memories and friendships have blossomed and the kids have come away with some bling in the form of medals. There's nothing that makes me more proud than when my U10 girls absolutely stunned the Perth clubs and took out the running relay silver medal and when they were on the podium being interviewed they gave a thankyou to me. More recently we haven't been able to field teams so have had to join other clubs- but the kids have had a ball -it's not all about the winning, it's about taking part.

I love educating the kids about first aid and rescues - making sure they know how to be safe doing a rescue is so important. When my eldest was 12 he was awarded the WA Surf Lifesaving Bronze Medallion for Bravery, for rescuing a child that had fallen into the canals in Wannanup. He learnt this and had the confidence to do it, from nippers. I really like to install into the kids it's not all about being competitive, it's about learning life skills that could help you in a sticky situation! There's also nothing more rewarding than nurturing the kids who aren't that confident in the water - helping them overcome their fears and watching them swim around the cans, navigate a board through a wave and getting them to believe and achieve something they thought they were not capable of.

Even if you are not strong or confident in the ocean - like me (if anyone sees me in the ocean you know it's a seriously calm day) - there are plenty of other ways to support and help run the club. Whether it be a first aid person drone operator, administrator role, witch or pirate - every little bit helps and to be honest, the more you give to the club the more rewarding it is. We are quite sad that's its our last year age managing - I'm pretty sure we will still help out the beautiful Port Bouvard surf club family - it's become part of our life and I hope it becomes part of yours too!

Surf Sports

SLS Surf Sports age groups

- Little Nippers - U8 & U9
- Nippers - U10, U11, U12, U13
- Youth - U14, U15, U17, U19 (must hold Surf Rescue Certificate or Bronze Medallion award)
- Open & Masters - Adults (must be members and must hold First Aid - beach only or Bronze Medallion award)

Carnivals

Beach events:

- sprints
- flags
- relays
- beach run

Water events:

- wade race (Little Nippers)
- ironman (swim, run, board paddle)
- surf race (swim)
- board race (board paddle)
- relays

Equipment needed

- PBSLSC competition cap
- Woodside Nippers yellow west
- PBSLSC swimwear (alternative swimwear allowed if it meets competition criteria)
- competition wristband (see Alanna)

For water events:

- Goggles
- Board - must meet competition criteria suitable for age group. Some available for hire from the club - please speak to Gear Shed Officers Tyler & Leo to arrange.

To compete in the water events, Nippers MUST have completed their Competition Water Safety Competency - to arrange this, please speak to Alanna on Sunday after Nippers!

Further information

Programs and entry links are available from:
<https://www.mybeach.com.au/events/>



Jump into

Surf

Sports

Training

Sprints ~ Flags ~ Relays



PBSLSC Surf Sports training

Surf Sports beach training is available Thursday afternoons with location varying depending on weather conditions.

Please join the [Heja Surf Sports group](#) for details!

Details in

Heja PBSLSC Surf Sports group!

Thursdays from 5:30pm



Events

Can you help with events?

Do you enjoy organising events? Can you help us make it happen? Do you have your RSA or a bar managers licence? If so, get in touch!

We love to put on sundowners, quiz nights, live music nights and not forgetting our spooky Halloween Disco (which has again sold out this year!)

Without you all these events wont happen! Get in touch today and see how you can make this happen! Please email events@portbouvardslsc.com.au



What events would you like to see at our club?

Help us planning events you would like to attend by taking [this short survey!](#)

Merchandise

New Club Merchandise

We are excited to introduce some new club merchandise including hoodies, adults and kids tees, trucker caps and beanies. Stock is limited - make sure you won't miss out!

These new items and our standard merchandise offering of bathers, jammers, rashies and shirts will be for sale at the club on Sunday's during Nippers.





Important dates

- Friday 13 December from 5.30pm - Youth Xmas Paddle, Village Beach, Wannanup
- Sunday 15 December - Nippers Christmas Windup
- Monday 16 - Thursday 19 December - Rise Up Camp (U17's)
- Sunday 5 January - Nippers back after break
- Sunday 19 January - Regional Championship and Qualifying for the 2024/25 Nipper Championships, Secret Harbour SLSC



Pyramids Beach Cafe at PBSLSC
Brekkie and coffee by the ocean
Thursday - Sunday from 8am

Thank you to our sponsors!



THE **LANE** GROUP



Port Bouvard SLSC
101 Southport Boulevard
Dawesville WA 6211



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