



## Club Newsletter April/May 2009

A long season is now drawing to a close. Our awards dinner was a great success, thanks to all those who attended and special thanks to all the members of the club who assisted with the set up and the even more fun tidy up the next day!!

- Congratulations to those who won prizes and to all our members for all their hard work this season. Surf Life saving is a unique sport in that you get the opportunity to not only compete in a fun and competitive sport but also the chance to give back to your community and all our members are unique and special people!!
- Someone who epitomises this attitude is Boyd Harris and it is with great sadness and with a sense of great loss to the club that we farewell Boyd as he moves on to greater opportunities on the other side of the coast. Everyone at Fitzroy would like to thank you for all your hard work; you will be greatly missed at the club!!!!
- If you have not been down the club lately, make sure you do when you get the chance, Kent Fraser and his team of helpers has done a great job of updating all our photos National title holders. Thanks Kent you have done a fantastic job!
- **Another change for the future is the way we deliver our newsletters to our members. This is the last newsletter that will be posted to you. Due to the increase in general costs in all areas of running the club, the newsletter will now be sent out by email or available on the front page of our website. If you are not on our emailing list please send your email to [fitzroyslsc@xtra.co.nz](mailto:fitzroyslsc@xtra.co.nz) to be added to this list. If you do not have email please let me know this as well, and a limited number of newsletters can be posted.**

### **CLUB MEETING Sunday 17<sup>th</sup> May 5.00pm**

**Emma Crowskey** as our club representative on the SLST Sports Advisory committee needs your help...

Are you a parent, a supporter or an athlete who has an interest in the future direction of Surf Life Saving?

The Sports Advisory Committee is there to provide our members with events/carnivals that they will attend and enjoy. As a committee we are having a meeting on Sunday the 24<sup>th</sup> of May, to come up with ideas for next season.

This is where we need your help, if you have some ideas as to how we can run our carnival season better, and anything else related to surf life saving please come to the club on Sunday the 17<sup>th</sup> and have your say!!!

Everyone is welcome! The bar will also be open so come down, enjoy a quiet drink and let us know your view!!

**Congratulations to the following award winners at the Fitzroy SLSC Awards Dinner on Sat 25<sup>th</sup> of April CLUB AWARDS – 2008/2009**

<b>Mainly SLSC Cup</b>	<b>Most Improved Cadet</b>	<b>Reuben O'Neill</b>
<b>John Law Cup</b>	<b>Cadet General Excellence</b>	<b>Rebecca Cole</b>
<b>Nev Gardiner Trophy</b>	<b>Services to Junior Surf Activities</b>	<b>Mike Roach</b>
<b>Johnstone Trophy</b>	<b>Most Proficient Patrol</b>	<b>Patrol One</b> Jason Rolfe, Todd Velvin, Brad McCormack, Boyd Harris, Graham Goldsworthy, Jason Fisher, Matt Fowler, Nicky Schuetze, Josie Bradshaw Harris, David van Schijndel, Bianca Gous, Jasmine O'Sullivan, Anthony Taylor, Finn Parker, Alex Nicholas, Megan Hills, Janny Verveer, Martin Hill
<b>Hawkins Trophy</b>	<b>Best Patrol Person</b>	<b>Jason Fisher</b>
<b>Johns Trophy</b>	<b>Most Improved Competitive Junior</b>	<b>Steven Haami</b>
<b>Jenny Mack Trophy</b>	<b>Most Improved Competitive Women</b>	<b>U19 Women's Canoe Crew</b> Evie Trolove, Marissa Clough, Stacey Sole, Jessica Lampe
<b>Stan Alsop Trophy</b>	<b>Most Improved Competitive Senior Open Men's Canoe Crew</b>	<b>Kent Fraser, Adam Fraser, Mark Woodward, Todd Velvin</b>
<b>James Family Trophy</b>	<b>Junior Women's General Excellence</b>	<b>Anna Beavis</b>
<b>Velvin Trophy</b>	<b>Junior General Excellence</b>	<b>Brad McCormack</b>
<b>Barclay Rosebowl</b>	<b>Women's General Excellence</b>	<b>Faith Stokes</b>
<b>Barry Garcia Memorial Trophy</b>	<b>Senior Men's General Excellence</b>	<b>Boyd Harris</b>
<b>Stainton Cup</b>	<b>CLUB GENERAL EXCELLENCE</b>	<b>Ron Cole</b>

**SLST AWARD WINNERS 2009**

**Individual Athlete Awards**

U16 Males

2<sup>nd</sup> Steven Haami

U19 Males

3<sup>rd</sup> Ash Kelly

Open Female

3<sup>rd</sup> Katie Watts

**IRB Awards**

U21

3<sup>rd</sup> Brad McCormack & Steven Haami

Senior

1<sup>st</sup> Todd Velvin & Kent Fraser

Women

1<sup>st</sup> Katie Watts & Emma Crofskey

Premier

1<sup>st</sup> Chris Scott & Jaron Mumby

**SLST Volunteer of the Year**

Murray Fisher – East End

**SLST Instructor/Examiner of the Year**

Sam Julian – East End

**Coach of the Year**

Glenn Anderson – NPOB

**Surf Official of the Year**

Helen Velvin – Fitzroy

**Rescue of the Year**

East End – Andrew Cronin and Mitchell Gregg

**Lifeguard of the Year**

Ron Cole – Fitzroy

**Competition Club of the Year**

East End

**Patrol Club of the Year**

Fitzroy



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## CLUB CAPTAINS CORNER..

Congrats to the IRB Team who competed so well at the Nationals at Oakura recently. With only 5 crews to start with and then to lose 1 crew to injury, you have done the Club proud in going so close to retaining the Top Club award. Sadly we missed out but it was really exciting watching the last few races knowing that there were only a few points in it. Well done

Prizegiving was well attended, by all sections of the Club, and I want to say well done to those who won prizes. It's not easy to pick who gets what and there were a few awards we had to debate around the committee table.

Taranaki prizegiving was held at our place last Friday and to win the Lifeguard (Ron Cole), Official (Helen Velvin) of the Year and 3 Top IRB crew awards is awesome. But for me the icing on the cake was the Patrol Efficiency award. It, put simply, means that our Patrols, systems and paperwork were the best in Taranaki and whilst the competition side of things is the exciting side of Surf lifesaving...Its the Lifeguarding side that is the real focus of our movement. It is an award that all our life guarding members had input into, throughout the whole season, so to you all... Thank you for your efforts.

Winter is upon us and most of you will be into something else. Would also like to remind you that there are still some training opportunities and some social activities that will be happening through out the next few months. And I suppose its time to reflect on what we did well, both as a Club and as Individuals, and where can we improve because like it or not No one is perfect. If you want some direction on something you want to try next season be it Lifeguarding qualifications, IRB awards or something on the Competition side then talk to someone now and get a game plan together for next season and we should all improve.

On a personal note, this will be my last time as a committee member for a while, as we are having to cross to Hawke's Bay for employment but I've had great time at the "Roy" and will certainly be watching your progress. To all of those who have helped me achieve stuff ...and there's far too many to name... Thank you and I wish you all well

Thanks  
Boyd

## BP SURF RESCUE CHAMPS Oakura Beach, March 2009

<b>Gold</b>	<b>Premier Mass Rescue</b>	Chris Scott, Jaron Mumby, Nicky Schuetze, Courtney Sole, Janny Verveer
	<b>Premier Assembly Rescue</b>	Chris Scott, Jaron Mumby, Nicky Schuetze
	<b>Senior Single Rescue</b>	Todd Velvin, Kent Fraser, Emma Harvey
	<b>Senior Tube Rescue</b>	Todd Velvin, Kent Fraser, Courtney Sole
	<b>Women Mass Rescue</b>	Katie Watts, Emma Crofskey, Stacey Sole, Emma Harvey, Courtney Sole
	<b>Women Tube Rescue</b>	Katie Watts, Emma Crofskey, Kent Fraser
<b>Silver</b>	<b>Women Single Rescue</b>	Katie Watts, Emma Crofskey, Stacey Sole
	<b>Open Teams Race</b>	Chris Scott, Jaron Mumby, Kent Fraser, Adam Fraser, Courtney Sole

- **Foxeng Trophy Best Women's IRB Crew Katie Watts, Emma Crofskey**  
\*This is the 4<sup>th</sup> year in a row Katie and Emma have won this trophy!
- **Overall the club finished 2<sup>nd</sup> on 68 points, only 4 behind the winners.**

## COACHES CORNER

Congrats to everyone on a very good season, one that saw us achieve a few firsts for Fitzroy - like achieving our first ever medals (both golds!) in the Ocean Athletes competition and taking home a medal in the Opens Men's Beach Sprint relay, something that hasn't been achieved in the history of the club! Awesome work, the Coaching Team would like to congratulate everyone for all their hard work over the season.

We want to build on our successes of this season; therefore we need to keep our fitness up over the winter months. If anyone wants any help with their winter training program please let us know. We will be happy to sit down with you and go through any goals you may have, or even if you just want to see if your winter sports are keeping you fit enough over winter.

Winter training will also be starting in May, this includes club running for all (young and older!) every Sunday afternoon at 4pm.

On Tuesday the 5th of May Kettle Bell sessions will start up at the Boys high gym at 5.30pm. This is a quick 30-40 minute session on the kettle bells, overseen by Murray Watts. If you are curious about Kettle Bells and want to know more either call Adam Fraser, or come along on Tuesday and see what it is all about.

Beginning on Friday the 8th of May we will be running a swim session on Friday nights starting in the water at 6.30pm, therefore we would like everyone to be there by 6.15pm. This 60-90 minute session is aimed at 10-11 year olds and up, however anyone that can manage to swim 50m is welcome to come along. The session will be an introduction to the Surf Lifesaving pool champs style of rescue racing, building up to the Taranaki Pool Champs in September and the National Pool Champs in October. Admission is \$2 per session or \$20 will get you a winter season pass to all pool sessions!

Lastly we are looking at holding a board training session on Sundays at 10am or 12pm. At the moment we have received a bit of interest, although not enough to be able to hold the sessions. So if you are keen to brave the cold, make sure you have some warm paddling gear i.e. wetsuits/booties and put your name down with Leigh, our club co-ordinator.

Parents and supporters, remember the bar is open from 5pm on Sunday afternoons, there may be a few changes in the wind this season and Sundays are a great way to discuss plans and get involved for next summer!

We look forward to seeing you all over the winter months!

From the Fitzroy Coaching Team



Jaron doing his best super man impression at the IRB Nationals held at Oakura Beach last month.



Katie and Emma with the Foxeng Trophy, for the 4<sup>th</sup> year in a row, for Top Women's Crew!!



Fitzroy IRB team, 2<sup>nd</sup> best IRB club in New Zealand! Well done team!