



Report from EI Presidente'

Welcome back to our wonderful junior families and friends. We can't wait to hit the beach with you all again next month as we kick off our 2014/15 season. Your Junior Activities Committee (JAC) has been busy during the off season to ensure we hit the ground running.

Thanks to those committee members that have backed up for another season and we also welcome some fresh faces. Our goal is to provide our members with fun, educational and competitive experiences and encourage long term participation in the Surf Lifesaving movement. We aim to provide a fulfilling program for all members, whether your interests be social or full on competition.

Our August calendar (see attached) is action packed, with Sign On, Proficiencies, Come and Try Day, and the commencement of our first Nipper Day's at beautiful Alma Bay and The Strand. The full season calendar will be part of our Junior Activities Handbook, which will be available at Sign On or on our website www.arcadiansurfclub.com.au.

A big shout out to all our nipper parents who took on Age Managers/Bronze Medallion/Coaching and Official courses last season. The reality is our nipper program wouldn't exist with out your valuable contributions. Anyone wanting to get involved should contact Jo Topping .

On a personal note, I'm thrilled to see the wonderful transition that Surf Life Saving brings to our Nipper Program. My youngest daughter Molly is finally about to break out of Fluro's into the U8's (after having been dragged around to surf carnivals most of her early life), this means she is finally old enough to compete. Lachlan moves to U12's with a great bunch of 'surf mates' and my eldest daughter Jessica as an U14, gains her SRC award and is now able to patrol our beaches. It's exciting to have been involved from start to finish and see our kids mature and develop with the skills and confidence to meet the vision of Surf Life Saving Queensland - 'Zero preventable deaths in Queensland waters'.

I am so looking forward to another incredible Arcadian season.

Cheers, Katie

Upcoming Events

SIGN-ON DATE: Saturday 2nd August

12 noon - 4pm at the Rock-pool Clubhouse
2pm - 4pm at Alma Bay Clubhouse

PROFICIENCIES: Saturday 9th & Sunday 10th Aug

Time and location to be confirmed at Sign-On

COME 'N' TRY DATE: Saturday 16th August

2.30pm - 5pm adjacent Rock-pool (Strand).

SEASON START: Saturday 23rd August.

2.30—5pm. Nipper training on the Strand. BBQ at 5pm.

Arcadians out and about



Community corner at the Cowboys

Welcome to the 2014/15 surf season.

Training has begun in earnest for our development squad on the mainland with coaches Kylee and Mick de Rooy and Paul Demopoulos. This squad targets our U11-U15 competitors with training times on Tuesday at 5pm and Friday at 4.30pm. These sessions concentrate mainly on board and some surf swimming. If you are interested in doing some extra training and joining our development squad, you are welcome to come and talk to our coaches and attend these sessions.

Training has also commenced on the Island with Lisa Nugent on Tuesday and Thursday afternoons and Sundays. Please give Lisa a ring for training times on 0421979005.

As we move into the season proper, training times may change and a club (U6-U15) training afternoon will also be scheduled. All new information will be available in this newsletter.

In competition news, a small contingent of competitors braved the cold last weekend and travelled to Mission Beach for the first North Qld Branch (Port Douglas to Mission Beach Surf Clubs) carnival. Arcadian did very well featuring in the placings across all age groups so a big congratulations to all those competitors.

Kylee de Rooy – Coaching & Programs Director



The 2014 /15 Arcadian Club Executive

Congratulations to the following members who were elected at the AGM :

President	- Brendan Nugent
Deputy President	- Ian Hemerik
Club Captain	- Lisa Nugent
Club Vice Captain	- Darrin Pearce
Secretary	- TBA
Treasurer	- Brad Seawright
JAC President	- Katie Roberts
Club Administrator	- Stephen Mills

Katie's Team (JAC)

Vice President	- Adam West
Secretary	- Rachael Wingham
Treasurer	- Lisa Pearce
Training Officer	- Kylee De Rooy
Team Manager	- Lisa Nugent
Activities Co-ord	- Jo Topping
Gear Steward	- Mark Pickering

August Events Calendar

DATE	EVENT	VENUE
Sat 2 nd	Sign on	Arcadian Club House, Strand
Sat 9 th	Nipper Proficiency Tests	To be advised
Sun 10 th	Nipper Proficiency tests	To be advised
Sat 16 th	Come and Try Day	Strand
Sat 16 th and Sun 17 th	NQ Branch Carnival	Cairns
Sat 23 rd	Season Starts Nipper training	Strand
Sat 30 th	Nipper training	Strand
Sat 30 th and Sun 31 st	NQ Branch Carnival	Etty Bay
Sun 31 st	Etty Bay Carnival	Etty Bay
Weekly— Tuesday and Thurs beginning 26 Aug	Nipper training Contact Lisa Nugent	Strand

Get Involved

We love to get our parents more involved with helping out . There is a variety of training courses that will be run through the season. These include:

Age Managers—An age manager is responsible for the care, safety, wellbeing and development of the junior surf lifesaver. You are responsible for facilitating the development of surf lifesaving skills and personal skills. You will play a fundamental role in the delivery of a learning program that encourages and develops young surf lifesavers.

Bronze Medallion -To obtain this you must be over the age of 15 and demonstrate proficiency in surf awareness, survival, patrol and rescue procedures, emergency care plus anatomy and physiology.

Officials Courses -SLSQ believes good officials make for well-run, well-supported surf carnivals.

First Aid Course – learn how to save a life.

Coaching Course – Become a coach

IRB Course – Compete in competitions or assist in carnivals.



Chillin out at Alma Bay

To get your stinger suits, club caps, and pink safety vests (all compulsory) please contact Debbie Reid ddr.98@bigpond.com or 0437 411 001.

Need more information??

Should you want more info or wish to discuss anything further, please don't hesitate to contact a JAC Committee Member or Stephen Mills (Club Administrator) on 47215855 or visit the website www.arcadiansurfclub.com.au.