NORTH CRONULLA SURF LIFE SAVING CLUB

Founded 1925

Competition Manual

Season 2015/2016

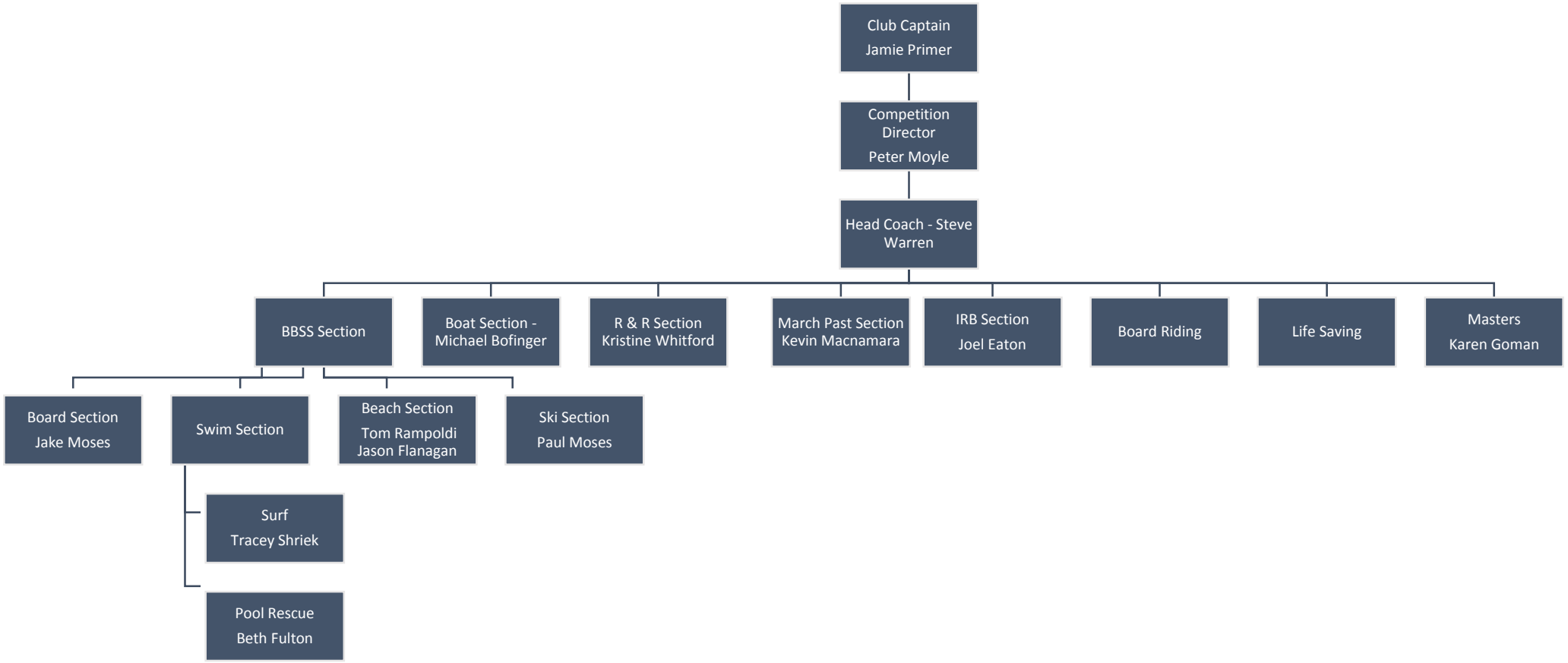
Introduction

North Cronulla Surf Life Saving Club has a long and proud tradition of competing with great success at all levels of Local, Branch, State, Australian and International associations and when competing in the famous "Blue and Gold" cap, our members continue that proud tradition today.
Competition is an important function of the club because it helps our members keep fit, develop surf skills that benefit and assist with their Lifesaving and Patrol duties. Our commitment to excellence in competition is second only to our commitment to the safety of visitors to our beach.
Our Team is managed by Section Leaders who lead based on the particular discipline or age group. "Working closely with your section leader or age group leader is the most effective way to ensure your surf sports schedule is always on track", says our Competition Director. "Our training schedule, our competition schedule and our social schedules are being managed carefully by dedicated volunteers so we can ensure maximum participation and maximum fun for all our active members."

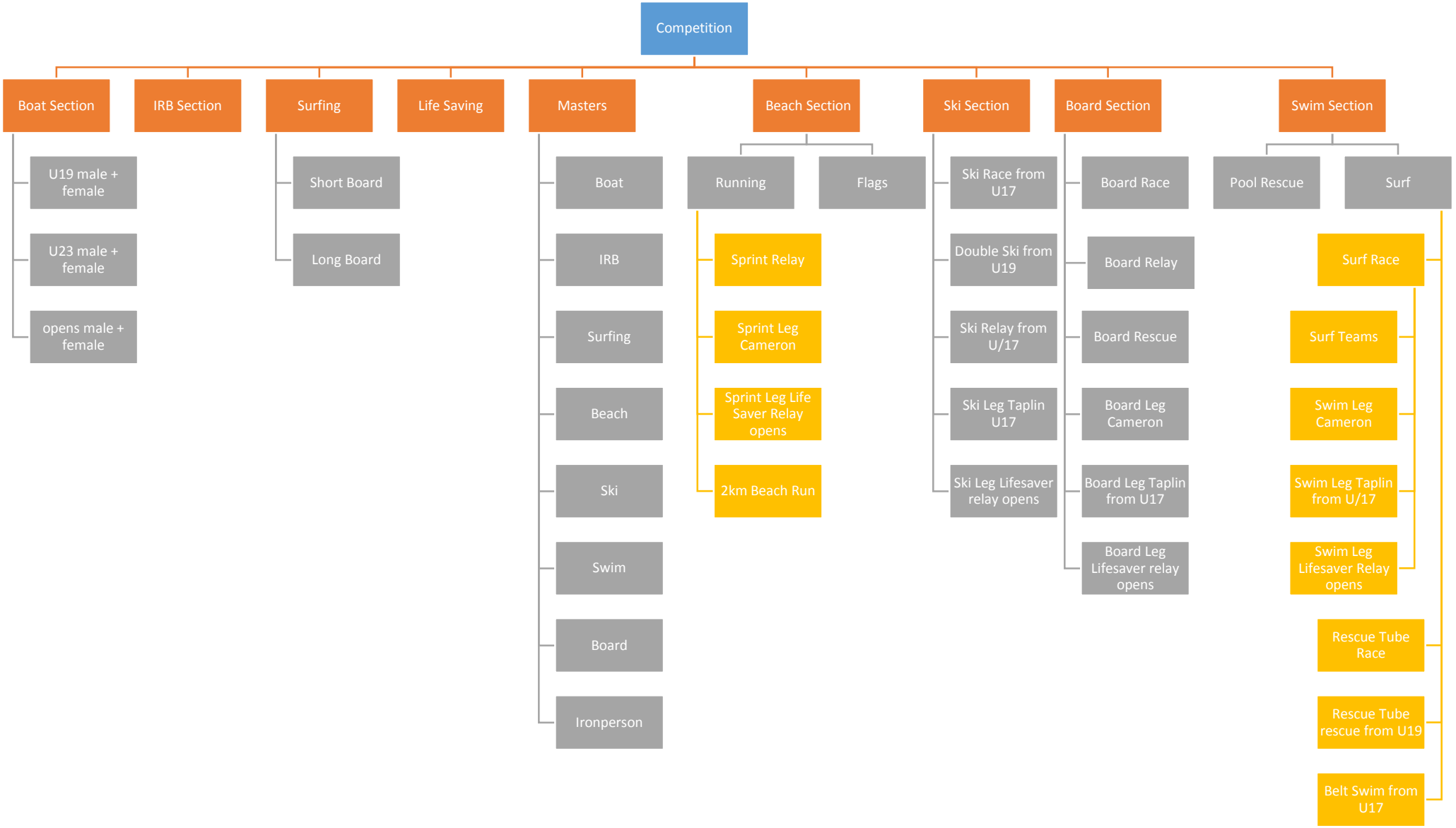
You can represent our club in one or more of the following disciplines:
Swim, Board, Ski, Ironman, Boat, IRB, Beach, Surfing, Lifesaving, RNR, March Past and Masters

Our members enjoy surf sports competition from 7 years to 70 years thanks to surf sports competitions in all junior age groups up to under 14; under 15, 17, 19, under 23 (Surfboats), Open and Masters for the 30+ years members

Organisation chart



Pathways


Competition
Boat Section
IRB Section
Surfing
Life Saving
Masters
Beach Section
Ski Section
Board Section
Swim Section
U19 male + female
U23 male + female
opens male + female
Short Board
Long Board
Boat
IRB
Surfing
Beach
Ski
Swim
Board
Ironperson
Running
Flags
Sprint Relay
Sprint Leg Cameron
Sprint Leg Life Saver Relay opens
2km Beach Run
Ski Race from U17
Double Ski from U19
Ski Relay from U/17
Ski Leg Taplin U17
Ski Leg Lifesaver relay opens
Board Race
Board Relay
Board Rescue
Board Leg Cameron
Board Leg Taplin from U17
Board Leg Lifesaver relay opens
Pool Rescue
Surf
Surf Race
Surf Teams
Swim Leg Cameron
Swim Leg Taplin from U/17
Swim Leg Lifesaver Relay opens
Rescue Tube Race
Rescue Tube rescue from U19
Belt Swim from U17

Requirements to Compete

To compete for North Cronulla athletes must meet the following requirements:

- Be a financial member of North Cronulla SLSC
- Have completed a Proficiency Test before 31 December 2015
- Keep a record of the date of their completed Proficiency Test
- Have carried out the required Active member patrols as per current requirements

All competitors are required to assist at major events held by North Cronulla SLSC. Events will be communicated accordingly through the season via electronic media.

Gear & Equipment

Competitors who are using club equipment should remember this equipment remains the property of the Club and the competitor has a responsibility for maintaining it at the highest level. Every year the cost of repairs and maintenance for careless use of equipment runs into thousands of dollars and it is in everyone's best interest to respect the Club's equipment.
Competitors are financially liable for any unnecessary or careless damage. It is expected that competitive equipment will be cleaned and secured within the Club in the designated position at all times.

All damage must be reported immediately to the Section Leader and the Club will only pay for repairs in the following circumstances:

1. Damage occurring to equipment while competing.
2. Equipment that is damaged whilst training with a Club Coach. Damage must be reported to the Coach at the time.

The club will only pay for repairs that have been approved and arranged by the Section Leader. All competitors are responsible for securely loading and unloading their equipment on gear trailers at the designated times.

Code of Conduct

Congratulations you have achieved the honour of representing North Cronulla. As such you will be acting as an Ambassador for not only North Cronulla but SLS and your family. As a responsible team member you are expected to abide by the Code of Conduct as outlined. North Cronulla has a proud record – strive to uphold it at all times both on and off the sporting arena.
Members of North Cronulla Surf Life Saving Club are required at all times to conduct themselves in a manner that will maintain the traditions and enhance the aims and ideals of our Club and to act in accordance with the North Cronulla Surf Life Saving Club. The Code of Conduct shall be adhered to at all times by Members of North Cronulla Surf Life Saving Club.

- *"All members are expected to cooperate to ensure a positive public image and to participate in spirit of goodwill and sportsmanship. Any incidents or behaviour likely to cause embarrassment or damage to the reputation and image or Surf Lifesaving will be initially managed by the Referee and as appropriate referred to a Disciplinary Committee.*
- *North Cronulla and SLS expect the highest standards of behaviour of its competitors, officials and members.*
- *For the purpose of applying the code of conduct, the definition of a "team" includes the actual competitors competing in an individual and/or team event, coaches, assistants, supporters, spectators etc.*
- *Clubs and their team members are required to abide by SLSA rules and / or constitution. Any breaches will be reported to the Referee who may initiate action.*

- *Team and individual members represent themselves, their clubs, their sponsors and SLSA. As such, they shall at all times behave themselves in a proper manner travelling to and from competitions, during competitions and related activities including social functions.*
- *Unbecoming behavior by a club and/or its team members it a serious offence and will be dealt with as such.*
- *Any actions by an individual or team during the course of a race or competition or which attempts to disrupt or interfere with another individual or team is a serious offence and will be dealt with a such.*
- *The general behavior of all participants will be measured by SLSA Code of Fair Play."*

Section 2 SLSA General Competitive Conditions

Code of Conduct

- Members shall conduct themselves in such a way that their behaviour with regard to the way they act and communicate, with each other, with members of other Clubs, with Officials of the Surf Life Saving Movement and members of the Public will, at all times, enhance the voluntary and professional image of North Cronulla Surf Life Saving Club.
- Communication includes but is not limited face to face communication, email, instant messaging, text messages, phone messages, and digital images, website postings (including Facebook, Twitter YouTube and blogs).
- In order to comply with the foregoing requirements members shall:
    - Dress according to appropriate levels of community and organisation standards.
    - Behave in such a manner that the voluntary and professional image of the North Cronulla Surf Life Saving Club at all times commands the respect of Surf Life Saving Australia, our fellow members, our sponsors, our clients and the community.
    - Treat all individuals and organisations with whom North Cronulla Surf Life Saving Club interacts with due courtesy, respect and tolerance.
    - Encourage other members to abide by our Code of Conduct of North Cronulla and SLSA.
    - *Breaches of the Code*

Members who do not comply with the Club's Code of Conduct will be dealt with in accordance with the Laws and By-Laws of the Club's Constitution. Depending on the nature of the breach, sanctions may vary from counselling to suspension or termination of membership.

Patrol Duties

3.7: CLUB POLICY ON LIFE SAVING

(A) PATROLS AND PATROL DUTIES

The Life Saving year in respect to Members personal patrol hours shall be from the 1 January to 31 December of each calendar year.

The Life Saving Year in respect to the Clubs surf lifesaving obligations shall start and finish as designated by Surf Life Saving Sydney Branch Inc., each season.

- The Club Captain, Vice-Captain and Life Saving Director shall elect the patrol captains and vice captains at the commencement of each surfing season. The members selected must be approved by the Management Committee.
- Dates of patrol rosters and hours of duty for each patrol member shall be set out on a patrol roster card and forwarded to each active patrol member. Receipt of patrol roster cards shall be deemed to be sufficient notice of the times and dates such member shall be on duty. Under 16 members who have obtained their Surf Life Saving Certificate shall perform any beach patrol duty, but not water patrol duty.
- Every active member shall be bound by, and submit to, the rules, regulations and duties as shown on the patrol roster card.
- North Cronulla beach shall be patrolled by members of the Club on Saturdays, Sundays and Public Holidays during the surfing season.
- Applications for leave from patrol must be obtained from the Club Captain or Lifesaving Director, and must be submitted at least six (6) days prior to the date applied for.

- Any member or their nominated substitute, failing to complete the full time of their duty, on the date of their patrol, must make good the time lost before their next patrol falls due, or at the discretion of the Club Captain or the Lifesaving Director. Any member missing ten (10) hours patrol will have all their membership privileges automatically suspended including gym and gear shed. Any members missing fifteen (15) hours patrol will have their membership automatically terminated. Each member shall ensure their name and time of duty is correctly entered on the patrol attendance card.
- Competitors who attend any carnivals without following the correct procedure for substitute forms, shall be suspended from all Surf Life Saving Association carnivals and competitions for a period of one (1) month after the misdemeanor. Only under extraordinary circumstances, will the Club Captain or the Lifesaving director make an alternative decision.

Fundraising

Fundraising is vital to the success of surf sports at North Cronulla. Parents and competitors are encouraged to assist where ever possible in fundraising activities. Please see your Section Leaders and they will be only too happy to advise of up and coming events.

Important Contacts

Section	Name	Mobile	Email
Competition Director	Peter Moyle	0419 282 902	selyom@gmail.com
Head Coach	Steve Warren	0409 034 675	warrenulla@hotmail.com
Beach Section Co Leader	Tom Rampoldi	0419 237 283	lisarampoldi@optusnet.com.au
Beach Section Co Leader	Jason Flanagan	0419 746 529	lucyconnorashley@hotmail.com
Board Section Leader	Jake Moses	0466 469 262	jake.moses2230@gmail.com
Ski Section Leader	Paul Moses	0423 111 177	2barrows@gmail.com
Swim Section Leader	Tracey Schriek	0411 873 673	schriekey@bigpond.com.au
IRB Section Leader	Joel Eaton	0402 334 873	Joel.Eaton5@det.nsw.edu.au
Masters Section Leader	Karen Goman	0407 604 673	karen.goman@det.nsw.edu.au
March Past Section Leader - Caretaker	Kevin Macnamara	0423 027 884	kmacnamara@ramset.com.au
Boat Section Leader	Michael Boffinger	0414 413 795	bofelectrix@optusnet.com.au
Surfing Section Leader			
Life Saving Section Leader			
RNR Section Leader	Kristine Whitford	0410 228 349	klwhitford@kpmg.com.au

2015-2016
SURF SPORTS CALENDAR

Sydney Branch Events
SLSNSW, SLSA & Special Events
Sydney Northern Beaches Branch Events
Illawarra Branch Events
Other Events

MONTH	DATE	SLSS,SLSA, SLSNSW & OTHER BRANCH CARNIVALS EVENTS	OTHER EVENTS	VENUE
JULY2015				
Sat & Sun	18-July & 19-July	NSW Pool chanpionships		Woy Woy
Sun	26-Jul	Sydney Branch Board Riding		Bate Bay
AUGUST 2015				
Sat	1-Aug		Coaching Course	Cronulla
Fri to Sun	7-Aug to 9-Aug	SLSA Pool Championships		Gold Coast
Thu to Sun	20-Aug to 23-Aug	NSW Board Riding Championships		Central Coast
Sat	22-Aug		Cronulla Bay Runner - Ski Race	Bate Bay
SEPTEMBER 2015				
Sat	12-Sep		Can Laying Course	Cronulla
Sat & Sun	12-Sep & 13-Sep		Nutrigrain Trials	Kingscliffe
Sun	13-Sep		Clinics/ Scruteneering/Gala Day	TBA
Sat	19-Sep		Cronulla Hydrothon	Wanda
OCTOBER 2015				
Sat	3-Oct			
Sun	4-Oct			
Sun	4-Oct	Rooster River Run - Boat Carnival		Picnic Point
Sat	10-Oct		Wave Warriors	Wanda
Sat & Sun	10-Oct & 11-Oct		Coolangatta Gold	Gold Coast
Sun	11-Oct			
Sat	17-Oct			
Sun	18-Oct		Spring Beach Classic	Wanda
Sat	24-Oct	Sydney Branch Beach Carnival		Maroubra

Sat & Sun	24-Oct - 25-Oct		Summer of Surf - SIQS	Gold Coast
Sun	25-Oct	Sydney Interbranch Trials		Bate Bay
Tue	27-Oct	Level 1 Official Course		Coogee
Sat	31-Oct			
NOVEMBER 2015				
Sun	1-Nov	Northern Beaches Branch Beach Carnival		Queenscliff
Sat	7-Nov	Sydney Water Round 1		TBA
Sat & Sun	7-Nov & 8-Nov		Summer of Surf - SIQS	Redhead
Sun	7-Nov	Boat Carnival		Bilgola
Sun	8-Nov	Randwick Shield		Coogee
Sat	14-Nov	Sydney Water Round 2		TBA
Sun	15-Nov	Waverley Shield		Bondi
Sat	21-Nov	Cronulla SLSC Short Course Carnival		Cronulla
Sat	21-Nov		Summer of Surf - SIQS	Alexandria Headlands
Sat	21-Nov	Boat Carnival		Newport
Sun	22-Nov		Cook Classic	Cronulla
Sun	22-Nov	Garie Dash - Boat Carnival		Garie
Sat	28-Nov	Sydney Water Round 3		TBA
Sun	29-Nov	Bate Bay 4 Way		Wanda
DECEMBER 2015				
Sat	5-Dec	Sth Maroubra Junior Carnival		Sth Maroubra
Sat	5-Dec	Sydney Water Round 4 - Nippers Only		TBA
Sat	5-Dec	Boat Carnival		Warriewood
Sat & Sun	5-Dec & 6-Dec		Summer of Surf - SIQS	Illawarra
Sat & Sun	12-Dec & 13-Dec	NSW Interbranch Championships		Cape Hawke
Sat	19-Dec	Nth Cronulla Christmas Carnival		Nth Cronulla
Sun	20-Dec			
JANUARY 2016				
Fri	8-Jan	Cronulla Masters Carnival		Cronulla
Fri	8-Jan	Interstate Carnival		Torquay
Fri	8-Jan		Summer of Surf - SIQS	Torquay
Sat	9-Jan			
Sun	10-Jan			
Fri	14-Jan		RLSSA - Australian Championships	Gold Coast
Sat	16-Jan	Queenscliff Open Carnival		Queenscliff

Sun	17-Jan			
Sat	23-Jan	Manly Open Carnival		Manly
Sat	23-Jan	Manly Boat Carnival		Manly
Sun	24-Jan	Freshwater Open Carnival	Summer of Surf - SIQS	Freshwater
Mon	25-Jan	Nipper Nats		Manly
Tue	26-Jan	Australia Day Ironperson		Nth Cronulla
Tue	26-Jan	Boat Carnival		Freshwater
Sat	30-Jan	Sydney Water Round 4 - Seniors Only		TBA
Sun	31-Jan	Ohana Surf Classic		Elouera
FEBRUARY 2016				
Sat	6-Feb	Coogee Open and Masters Carnival		Coogee
Sat & Sun	6-Feb & 7-Feb		Summer of Surf - SIQS	Noosa
Sun	7-Feb	Inter Club - (Bate Bay Clubs Only)		TBA
Sun	7-Feb		RLSSA	Hills Pool
Sat	13-Feb	Branch Championships		Maroubra
Sat	13-Feb	Branch - Age Board Riding Championships		Maroubra
Sun	14-Feb	Branch Age Championships		Maroubra
Sun	14-Feb	Branch - Open Board Riding Championships		Maroubra
Sat	20-Feb	Branch Back Up Day		Maroubra
Sat & Sun	20-Feb & 21-Feb	Newport Open Carnival	Summer of Surf - SIQS	Newport
Sun	21-Feb	Branch Back Up Day		Maroubra
Sat & Sun	27-Feb & 28-Feb	2015 SLSNSW Lifesaving Championships		Umina / Ocean Beach
Sun	28-Feb		RLSSA	Engadine Pool
MARCH 2016				
Fri to Sun	4-Mar to 6-Mar	2015 SLSNSW Age Championships		Umina / Ocean Beach
Sat	5-Mar		Summer of Surf - SIQS	Gold Coast
Wed & Thu	9-Mar & 10-Mar	2015 SLSNSW Masters Championships		Umina / Ocean Beach
Fri to Sun	11-Mar to 13-Mar	2015 SLSNSW Open Championships		Umina / Ocean Beach
Sat	19-Mar			
Sun	20-Mar		Shark Island Swim	Cronulla
Sun	20-Mar		RLSSA - State Championships	Granville Pool
Sat	26-Mar			
Sun	27-Mar			
APRIL 2016				
Sat	2-Apr	Noth Curl Curl Craft Carnival		North Curl Curl

Sun	3-Apr	Wanda Open Carnival		Wanda
Sat	9-Apr			
Sun	10-Apr			
Sat & Sun	16-Apr & 17-Apr	2015 SLSA Youth Championships		Sunshine Coast
Mon & Tue	18-Apr & 19-Apr	2015 SLSA Masters Championships		Sunshine Coast
Wed to Sun	20-Apr to 24-Apr	2015 SLSA Open Championships		Sunshine Coast

Links to helpful information

SLSNSW Selection Policy

http://www.surflifesaving.com.au/members/surfsports/sport-documents/slsnsw-selection-policy-2.pdf

Anti-Doping Policy (SLSA Policy 5.2)

http://www.surflifesaving.com.au/members/surfsports/sport-documents/anti-doping-policy-slsa-policy-52.pdf

SLSA Safety Initiatives

http://www.surflifesaving.com.au/members/surfsports/sport-documents/slsa-member-bulletins-on-mandatory-wearing-of-helmets-and-lifejackets.pdf

Competition Proficiency (SLSA Policy 5.4)

http://www.surflifesaving.com.au/members/surfsports/sport-documents/competition-proficiency-slsa-policy-54.pdf