



Junior Lifeguard Newsletter

Issue 6

JANUARY 2005



Skills Presentation Day

Bulcock Beach, Caloundra
Sunday 12th March 2005

9am Open—March Past

9.:30am Events

Beach Flags
Run Swim Run
Breach Sprints
Rescue Race
Ins & Outs

Competitors will be split into two groups depending on skill level.

11am Award Ceremony awards include
Event Trophies
Certificates
Special Trophies

12pm BBQ Lunch

(Schedule subject to change)

All Junior Lifeguards will receive an award, at the Skills Presentation Day.

Program

Friday	Activity	Sunday	Activity
14th Jan	Rescue's, tow's	16th Jan	Rescue's, Marching
21st Jan	Exam	23rd Jan	Two Way Radio's
28th Jan	Lifesaving techniques	30th Jan	Exam
4th Feb	Games, Staged incident	6th Feb	Grading's for teams (exam)
11th Feb	First Aid, Resus	13th Feb	Surf Skills
18th Feb	Special activity	20th Feb	Beach Patrol Set up
25th Feb	Lifesaving techniques	27th Feb	Rescue's, water work
3rd Mar	Brisbane Presentation	5th Mar	SPD Practice
10th Mar	Spinal Management	12th Mar	Skills Presentation Day

END OF SEASON

The Skills Presentation Day on Sunday 12th March is the Club's main presentation of awards and trophies. A small presentation will be held in Brisbane on 3rd March for any member that does not or is unable to attend the Skills Presentation Day.



Off Season Activities

The Club is considering some activities for the Junior Lifeguards after the season closes. Idea's under consideration include:-

- Weekend in Caloundra where parents and children can stay overnight at the Clubhouse. Activities will include things like

beach work, movie's, first aid training, and general teamwork and fun activities with cost kept extremely low

- BBQ (similar to the recent Hawaiian night)

Your thoughts on these activities would be appreciated.

PARENTS COMMITTEE

We are considering a parent committee where you will have input into how the Junior Lifeguard program runs and what activities we do. Please contact Lynda for more information.

If you have any suggestions / ideas on how we can improve our program, please let Lynda know

We are on the web
www.caloundracity.asn.au

Clubhouse

29 The Esplanade
Bulcock Beach, Caloundra Qld 4551

Postal

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Web : www.caloundracity.asn.au

**Ithaca—Caloundra City Life Saving
Club Inc**
ABN 60 400 598 562

Club Contact's (Junior Lifeguard)

Clubhouse Phone

Weekends only, Ph 07 5491 9797

Administrator

Lynda Barry (Ph 0433 121 862)

Coaches:-

Paul Barry
Simone Zanetta
Helen Morris

FUNDRAISING

We are seeking idea's on fundraising:

We are a volunteer organisation, and kept alive by donations from the public. Any funds raised are used to directly benefit members. (Last year we raised funds and purchased nipper boards to use on Sunday Junior Lifeguard sessions).

Please see Lynda Barry if you have any questions, ideas that may assist in helping the club continue in its operations in patrolling Bulcock Beach and Public Education.

We need your help.

SPONSOR'S WANTED

Sponsorships can be anything from cash donations (which are Tax Deductible), donation of things for raffles or for use by the Junior Lifeguards; or advertising (i.e business name on T-Shirts). Please contact us for further details

T-Shirts, Cap's & Togs

T-Shirts

The shirt and cap must be worn to each Junior Lifeguard session, so that we can identify the children and so that they are all part of a team.

As this shirt is now your child's, please wash the shirt ready for the following week.

If the shirts are lost, a replacement shirt will be provided, at a cost of \$15- (this is subsidised by the Club).

Any further questions, please speak to Lynda Barry.

Cap's

The children are required to wear caps at all time (including in the water), again for identification purposes, and they are a part of

our uniform. Replacement caps— \$10-

Please see Lynda Barry for further information.

Hair

For safety reasons, we ask all Junior Lifeguards with long hair to tie their hair back prior to the session.

Togs

We are pleased to advise, the Club's togs are available for sale.

Togs are ordered from the manufacturer as required and full payment is needed up front, when an order is placed.

Cost is:-

Girls	\$30-
Boys	\$20-

These prices are subsidised by the Club.
The sizes are standard children sizes.

Please see Lynda Barry for further information.

