NOVEMBER
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2025

ISSUE 1

"What's Happening Around the Club"

Mollymook Surf Lifesaving Club Bulletin

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*Welcome to the initial "**What's Happening Around the Club**"* Bulletin. *The purpose of this communique is to increase communication across the club each month to provide members with a "**snapshot**" of upcoming events etc.*

Introduction

Thank You All. Well done and thank you to everyone for a smooth start to the 2025/26 Patrol Season, even though "Mother" nature has thrown us a few challenges regarding the condition of our wonderful Molly Beach.

More Feet on the Beach. The beginning of the season has also welcomed newly appointed Surf Lifesavers from the latest Bronze/SRC course/s, as well as a new bunch of excited Nippers.

Our Family. For our new members, welcome to your new family and we look forward to getting to know you. To our longstanding members welcome back, we appreciate your ongoing commitment to your club.

PLEASE PAY YOUR MEMBERSHIP. Some of you may be experiencing issues given that the cutoff date for Membership Registrations on Surfguard was 6 Nov 25. We will address this with SLSNSW to ensure it is not repeated next season. Big shout out to our Registrar (Wendy) for her patience. Contact Wendy via registrar@mollymooksurf.com.au if you need assistance.

Meet & Greet. New President (Rex), Club Captain (Mick) and Vice Club Captain (Bill) had the pleasure of catching up with all the patrols. Great robust discussions on what is working, what needs to be improved and /or introduced.

Work has begun to act on your suggestions e.g. ✔**Patrol Only Refrigerator** in Radio Room (bottles of water, ice & lunch storage); ✔ **Monthly Communication** throughout the club **(and here it is).** ✔**New Gym Equipment has arrived**

Hit Us Up. We urge our members to provide positive suggestions, ideas or concerns to enable us to improve: president@mollymooksurf.com.au



Mollymook Surf Lifesaving Club Gym hosted the NSWIS training team with our paddlers.

Updates

Patrol News

lifesaving@mollymooksurf.com.au

- Patrols are going well 😊.
- Document any damage to equipment, it needs to be fixed.
- Remember to organise a "Sub" if you can't make a patrol.
- New Bronze/SRC have been allocated to Patrols.
- Losing the Beach again, need to manage it the best we can, exposed Rocks are an issue, keep vigilant.
- Patrol Fridge in Radio Room, free water & room for your lunches etc. Also has ice & bags for Blue Bottle's.
- Lifeguards will start on 1 Dec 25.
- Please attend Skill Maintenance Trg, last chance is 13/14 Dec 25.

Training & Development

training@mollymooksurf.com.au

MASSIVE SHOUT OUT TO OUR TRG TEAM FOR ALL THEIR HARD WORK.

- **10 New** SRC Members
- **22 New** Bronze Medallion Members
- **3 New** Advanced Resuscitation Award Holders
- **82 Members** completed their Skills Maintenance on the 15 & 16 Nov 25.
- **Last scheduled Skills Maintenance Training:**
  - 13th Dec 25
  - 14th Dec 25

Surf Sports

surfsports@mollymooksurf.com.au

- Just a friendly reminder that "Late Entry" fees are the responsibility of individuals.
- **Team Managers** for Surf Sports:
  - Tony Ireland (**Board Coach**)
  - Russell Bartlett (**Boat Captain**)
  - Daniel Roberts (**Sprint Coach**)
  - Andrew Thomson (**Gear Stewart**)
  - Julia Brookes (**Nipper Representative**)
- See Upcoming Events on Page 4.

Gear Stewart Update (Do's & Don'ts)

gearandequipment@mollymooksurf.com.au

- **Looking after our Equipment:** Big shout out to you all for doing a great job in cleaning & washing the ATV/IRB/RWC after their usage 😊. Our equipment will last longer & work more effectively if we look after it.

Social Activities

socialsecretary@mollymooksurf.com.au

- **Sundays @ 5pm -Sippers.** Bring the family, everybody is welcome.
- **21 Dec 25 - Cutting of the Ham** at the Surf Club.
- **Every Sunday - 28 Dec 25 to 25 Jan 26 (3:30 to & 7:30pm) - Eats & Beats:** Surf Club Bar, Live Music, Great Food & Family Friendly.

Surf Club Clothing Shop

clothingshop@mollymooksurf.com.au

- **Opening Hours:**
  - "Nippers" **Sundays** 9am – 11am
  - "**Peak Season**" 15 Dec – 26 Jan, 10am- 2pm every day
  - **Closed** Christmas Day.
- **Helpers required**, (just a few hours a week will be very much appreciated)
- **New stock** arriving next week, just in time for Christmas!
- Check out our **bargain sale** items, limited stock!

Nippers

junioractivities@mollymooksurf.com.au

- Nippers information and Calendar are available on the "Stack Team App".
- See our good news story on Page 3 for Mollymook's Nominations (Female & Male) for the **SLSNSW U14s Junior Life Saver of the Year** to be announced at Nippers on 23 Nov 25. How exciting
- CALL OUT -Nippers need a hand with Water Safety from Patrol Members, get in touch with Simone, above email address, if you can assist.

Housekeeping Notices

admin@mollymooksurf.com.au

- Please do not leave your bikes in the foyer of the club. This is a safety issue.
- Swimmers could you please enter and leave the showers from the garage entrance. **We want to keep the Club Foyer clean.**

Gym News/Notices (Do's & Don'ts)

- **BIG SHOUT OUT** to **Bendigo Bank** who sponsored some great new Gym equipment.

Our Good News Stories

MSLSC Nominations for SLSNSW U14s Junior Life Saver of the Year (JLOTY)

BIG SHOUT OUT to Alex Wood, Leila Panozzo, Lochie Helms, Fergus Meindl, Taj Hubbard and Harry Davies who all participated in the selection interviews for MSLSC nominations (1 x Female & 1 x Male) for **NSW U14 JLOTY**. All candidates are to be congratulated for their level of engagement, confidence and sharing of ideas for improvement across SLS (including pointed suggestion for our club 😊).

The selection panel all agreed that we would like to nominate all 6 candidates to Branch however, unfortunately we can only nominate 2 candidates (Female & Male). That said, we would like to CONGRATULATE the following nominees for Branch selection:

- **Alex Woods.**
- **Taj Hubbard.**

We wish Alex & Taj all the best for the Branch Selection Program, and we know you will do our club proud.

PS: The President has awarded all 6 participants a $25 Credit to the Surf Club Clothing Shop in recognition for their participating in the JLOTY Program.

ICF Ocean Ski World Championships in Durban, South Africa

In October, Mollymook SLSC members Lily Todd and Christian Ireland represented Australia at the ICF Ocean Ski World Championships in Durban, South Africa. They won their places on the team earlier in the year at the Australian championships. The event was massive with over 500 competitors from more than 30 countries.

Christian and Lily raced the junior mixed double ski placing 5th on the 31km course from Durban to Amanzimtoti.

The next day a southerly was forecast so the single ski event was 34km from Durban to Westbrook. Lily finished 9th and Christian 22nd.

We were warned that the surf break would be challenging, and footage of the carnage has since gone viral and is worth a look, just click on the below links:

com/reel/DP_eUn-DG7M/?igsh=MXp0eXdleThsMmlx

https://www.instagram.com/reel/DP9JUo1ijIu/?igsh=bm83dWllb3luOWxx





😊 COMING SOON – FUNNY STORIES OR MISHAPS 😊

(WE NEED YOUR HELP ON THIS ONE FOR THE NEXT BULLETIN ISSUE)

Upcoming Activities & Events

Training Schedule

Skills Maintenance Training:
13th Dec 25
14th Dec 25

Silver Medallion Patrol Captains Training
26th Nov 25 (online)
30th Nov 25

Next SRC & Bronze Medallion Course:
February 2026 - Dates TBC

Next IRB Crew Course: February 2026 - Dates TBC

Silver Medallion IRB Driver:
Expressions of Interest Open

Surf Sports Events

Sydney Water Surf Series:
- 6 Dec-Rnd 3 Wollongong.
- 13 Dec-Rnd 4 @ Bulli.

NSW Country Championships:
- 23 to 25 Jan 26 @ Southwest Rocks

Branch Carnival:
- 8 Feb @ Shellharbour.

State:
- 13 Feb to 1 Mar @ TBC.

Boat Carnivals:
- South Coast Boat Series:
  - 29 Nov @ Wollongong
  - 6 Dec @ Mollymook.
- North Cronulla Xmas Carnival:
  - 20 Dec @ North Cronulla.
- ASRL:
  - 12 Dec-National Selections @ Swansea.
  - 13-14 Dec-Short Course. @ Swansea
  - 12-15 Feb-Open @ Wanda

Club Social Events

- Sundays @ 5pm -Sippers. At the Club, bring the family, everybody is welcome.
- 21 Dec 25 - Cutting of Ham. RSVP to Social Secretary by NLT 12 Dec 25.
- Sundays (3:30 to 7:30pm) between 28 Dec 25 to 25 Jan 26 - Eats & Beats: Surf Club Bar, Live Music, Great Food & Family Friendly.
- 14 Feb 26
  Mollymook Splash & Dash "Watch this space for further details"