

## Between the Flags

### BETWEEN THE FLAGS - 10 MARCH 2014

Peter Rheinberger and Jim Dougherty represented Yamba SLSC strongly at the Queensland Masters Titles at North Kirra on Friday 7th and Saturday 8th March, both just missed bringing home a medal with Peter placing 4th in both the 50/54 yrs. Surf Race and 50/54 yrs. Rescue Tube Race and Jim placing 4th in the 55/59 yrs. Surf Race and 6th in the 55/59 yrs. Rescue Tube Race. They made a strong partnership in the 50/54 yrs. Board Rescue Race crossing the finish line in 5th position.

A small team of Yamba SLSC Masters will compete at the NSW State Masters Titles at Umina Beach this weekend.

Sunday 23rd March is the Yamba SLSC club championship day at Main Beach. Competition will be fierce as club mates compete against each other.

Of the 18 swimmers in the Carl Schaffer Handicap Swim on Sunday first place, by a nose, went to Tyler Essex, off 40 seconds, who stole victory from Brendan Watkins, off 30 seconds, at the finish line. Well done to Shannon Colwell, off 40 seconds, who finished third. Shannon's body surfing skills have improved significantly and this was a well deserved placing.

This popular handicap swim is held every Sunday morning with registrations taken from 11am, and the race starting at 11:30am.

The clubs latest group of members to undertake Bronze Medallion training practiced spinal management and resuscitation techniques on Sunday as well as gaining some experience on the rescue boards in tricky surf conditions. Weekly training will continue up until assessment on Sunday 6th April.

Wednesday afternoon Nipper training has wrapped up for the season. A big thank you to Rob and Amy Imeson for running this training session each week.

The Sassafras Pasta and Pizza Restaurant "Nipper of the Week" was Under 12's Breanna Ellis, whose fantastic effort in tricky surf conditions impressed her Age Manager. Breanna is one of several nippers who will undertake their resuscitation assessment this Sunday at 9am. These older nippers have been assessing patient scenarios and practicing resuscitation techniques for several weeks under the watchful eye of Jo King.

There are only two weeks left of Nippers for this season, Saturday 15th March 2:30-4:30pm at Yamba Community Pool and Sunday 23rd March 9-11am at Main Beach. The end of season presentation will be held Sunday 30th March at 11am upstairs in the Clubhouse. Please bring a plate of party food for afterwards to celebrate the end of a great season.

There were plenty of happy winners sharing 33 meat trays at the Yamba SLSC weekly raffles at the Yamba Golf and Country Club on Saturday evening. The raffles will be on again this Saturday evening with Greg Wylie, James Ryan, Mitch Imeson and Mark Gillespie selling tickets from 5.30pm with the draw starting at 6.30pm.

Main Beach patrols this weekend are:

Saturday 15th March 9am-1pm Patrol 4: Maddy O'Mahony (c), Ray O'Brien (vc), Mike Smith, Jo King, Leah Essex, Colleen Hage, Emmalee Jesser, Helen Clare

Sunday 16th March 9am-12.30pm Patrol 5: Andrew Cumberland (c), Chris Bonner, Wayne Ringland, Brendan Watkins, Stephen Morfett, Caleb Watkins, Jaydan Watkins, Tristan Watkins, Alicia Cumberland.

Sunday 16th March 12.30pm-4pm Patrol 6: Roger Varcoe (c), Phil Kelly (vc), Sam Kapeen, Marc Adamson, Vince Boulton, Rachel Fahey, Tarni Forbes, James Browne, Shae Symons, Eleanor Varcoe, Elizabeth Hyne

Yamba SLSC thanks all their sponsors for their continued support. Sponsors for the 2013/14 season are Gold – Elders Real Estate Yamba, Clarence Valley Council, Yamba Golf & Country Club; Silver - Westlawn Finance, Yamba Shores Tavern, Yulgilbar; Bronze – All Terrain Access, Clarence Valley Review, Maclean Variety Meats, Belinda's Store, The Daily Examiner, Yamba Lions, Yamba Rotary, Pacific Hotel, Radio 2GF.

The 2013/14 Yamba Nipper sponsors are All Terrain Access Scaffold & Edge Protection, SeaFire Restaurant @ Yamba Golf & Country Club, Sassafras Pasta and Pizza Restaurant, Tony McFarlane Builder, Yamba Physiotherapy, Signcraft, Maclean Variety Meats, Back Homes Bakery, Yamba Flooring Xtra.

All club information, including newsletters, membership details, training courses and coming events, is available on the website [yambaslsc.com.au](http://yambaslsc.com.au)

The club office is open on Monday 9am-12 noon, Tuesday 2.30pm- 5.30pm and Friday 10am - 2pm.

**Kerry Lee**