



# FISH HOEK SURF NEWSLETTER

Stay up to date on club life with our club newsletter.  
Have some interesting news or cool photos you think should  
be featured? Send it through to our Marketing Director:

# FEBRUARY EDITION

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here's what you can look forward to in this months issue...

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# ROAD TO NATIONALS

Preparations for the South African National Lifesaving Championships are well underway. With training programs being set up to intensify training as well as both the Nippers and Jnr/Snr management teams having had their respective info sessions regarding SA Champs logistics.

These sessions were a huge success in not only informing parents of how SA Champs works but also in gathering key suggestions that'll make this year's Nationals the best one yet! If you missed these meetings and require an update, please reach out to the relevant committee member.

In order for the Fish Hoek Surf team to not only compete at SA Champs but to make it a stress-free weekend for our athletes, we need all the help we can get. So, we'd like to call on you, our awesome Fish Hoek Surf Family. Any and all help would be hugely appreciated. Please see below the list of things we need your help with:

## What we need help with:

- We have x4 trailers that need to be towed to PE & back
- Managers (x1 per age group/arena)
- Beach snacks & refreshments for our athletes

## Help via donating:

- Petrol money to fuel cars that are towing craft trailers
- Some of our athletes can't afford the full costs of Champs, can you help in this area?
- Are you able to assist in acquiring kit or kit sponsors?



SA Champs is the ultimate lifesaving tour experience, and one we wish for all of our members to experience. The memories you'll take away from this epic competition are unparalleled. With opportunities to race against some of the best athletes in the world to spending 3 days on the beach with your mates, SA Champs has a little something for everyone, elite athletes and social members alike. It is something our members look forward to year in and year out. What makes this competition so special is not only the on the beach fun but staying with your fellow teammates. Nobody wants to be left out of the fun and all the real fun happens off the beach where we host vibey, interactive team-building exercises to boost camaraderie, not to mention all important information about the next days events get communicated at dinner when we're all together.

Should you require any additional information or are looking at donating or volunteering your time, please reach out to the relevant committee member:

**Nippers** – Nikkie Mocke (Nipper Officer)  
**Jnrs/Snrs** – Cheyne Haupt (Club Captain)  
**Masters** – Mascha Moorloch





# Nipper News:

**Welcome** to 2023 with the Fish Hoek Nippers. There is a jammed packed 3 months ahead for all. We are very excited to see the kids grow in confidence, fitness and friendships. We welcomed in 2023 with a Disco. The Nippers had a total ball and we raised almost R4000. Thank you for your support! We are raising funds to buy new boards. We had our first exam for the year and saw 13 new Nipper join our ranks. Welcome to team Fish Hoek!



A huge shout out to every parent, guardian, grandparent and caregiver that volunteered their time to the smooth running of our club. We really appreciate it. If you would like to get involved in anyway, there are WhatsApp QR codes inside the club sliding doors (on our notice board) where you can join a volunteer group or ask our check in moms if you have any queries. We are looking for people to assist with after training craft packing management (to act as a traffic officer) to ensure the craft is stored properly. If that is you, please let us know.

## Competition 2 at Strand was a humdinger!

The wind was howling, however, this did not stop team Fish Hoek and it seemed that when the going got tough, the tough got going! We saw some incredible results and scored points in every event. We won by 267 points!!! There were so many highlights, but a 1,2,3,4 & 6th in the U9 boys body board race jumps to mind! We told the Nippers "today is the day you will talk about for years to come, a day you get to make memories and dig deep inside yourself to be tough, brave and little bit crazy!" They all took that challenge to heart and made the coaching crew unbelievably proud.



## COMING UP

12 Feb Micro Comp – Clifton 4th Beach  
12 Feb Nipper Classic – FH Beach (u13&14)  
26 Feb Comp #3 – Fish Hoek Beach  
18-19 March WC Champs – Clifton 4th  
*qualified nippers only (there is NO nippers at FH this Sunday)*  
31 March - 2 April SA Champs - Stillwater  
3 April - 5 April SA Champs - Surf in PE

We would like to remind you that Nippers is so much more than all the racing and competitions. It's a package deal of life lessons and lifetime friendships in a safe & healthy community. In the ocean you sometimes don't get what you 'deserve' (you're out in front and everyone catches a wave past you) & vice versa. In a split second you need to pick yourself up and keep going through the next wave, or to the next event. Your children will quickly learn about digging deep in sometimes uncomfortable circumstances (cold water, multiple events, big waves etc) with their Fish Hoek family backing them all the way. Let's not focus all our energy on winning, but rather on being the best version of ourselves & celebrate the life lessons & victories in overcoming fears, rolling with the punches, encouraging & celebrating with our teammates & sportsmanship.

Remember that each child develops & grows at their own pace & as a parent, they need us to support, encourage & offer them opportunities. We are fostering a love for the outdoors, sport, competition and a long healthy sporting career for MANY years to come. This is just the beginning...



# Attention Lifeguards

First of all, we would like to send out a massive congratulations to all of our duty squads for an incident free holiday season! Our lifeguards dealt with a few cuts and scrapes but as far as drownings and major incidents are concerned, they did a superb job at keeping our community safe this festive season.

Special mention goes out to all of our Lifeguards who volunteered to sit an extra un-rostered duty on Tuesday the 27th of December 2022. We had over 20 members from fresh u15 JLA's through to some of our legendary Masters who all sacrificed an extra day out of their holiday to keep our beaches safe, as a club and community, we thank you all.



With that being said, our season would not have been the success it was without our dedicated IRB team who were all on standby throughout the holidays. The IRB, aka the Duck, is an essential part of any Lifeguard Squads rescue equipment. Our motor has just come back from being serviced & we are currently fundraising for a new duck as well as a new motor. Our current equipment is on its last legs, and we desperately need as much help as we can get with acquiring a new one. Not only is this essential piece of equipment used week in and week out at duties, but it is also a safety vessel for Friday night's Sea Dog Paddle Series. We are collecting donations for a new IRB and motor; please contact Club Treasurer Alex Topliss should you wish to contribute. All other queries or IRB related issues can be directed to Club Commodore Jeanne Topliss.





# What to look forward to:

Wow what a season we have had! Lucky for you it's far from over. We have an awesome line up of events coming your way and we hope you are as excited as we are!

The year is kicking off with a bang with our Juniors & Seniors winning their 2nd competition at Clifton. Our team also participated in a joint training camp in Mossel Bay with Llandudno and Milnerton.



Some other super exciting news, Fish Hoek is proud to bring back the first Senior / Junior competition to our beach in almost 10yrs. With special invitations being sent out to all our legendary past members, this comp promises to be one of the best of the season! We are planning a bring & braai post racing so please plan accordingly and stick around for a catch up with local legends like the Notten's, Flanagan's, Alford-Loots', we could go on and on... It'll be a full house with the Nipper Classic taking place the day after on Sunday the 12th of February.

Looking further ahead we have WP Champs on the first weekend of March with Llandudno's 8-Man Classic the weekend after. Juniors, Seniors & Masters also have our 2nd Bootcamp of the season to look forward to on Saturday the 25th of March 2023. This Bootcamp will be our final prep day for SA Champs where all final details as well as kit will be shared after an epic training session. We look forward to seeing you all down on the beach, please keep an eye on our club calendar for any event updates: <http://www.fishhoeksurf.com/club-calendar/>





# CLOSING & EVENTS

As you are all aware the Fish Hoek Surf Lifesaving committee have begun our preparations for SA Champs which is just 2 months away!

We have a couple of fundraisers coming up to get all of our athletes from the ages of 8yrs old all the way through to our masters at 50+ .

Please see the below posters for the upcoming events where any and all support would be greatly appreciated!

STEP OUT OF YOUR COMFORT ZONE,  
AND STEP INTO THE BOWL ZONE



We need 36 brave souls to make 12 teams of 3, come have some fun and raise some cash for SA CHAMPS!

DATE: 21 March 2023

TIME: 11:00 am

COST: R50 PP (Family and friends welcome to come watch and laugh, R10 spectators fee, Children free)

## S.A. CHAMPS BOWLING FUNDRAISER

There will be a braai facility, so bring meat and the the bar will be available.

Lets raise some bucks and have some fun! 😊 RSVP by 10 March Jeanne 0835752275

First come first serve... so book your spot early.



## SWIMATHON

### LUCKY DRAW



EACH SWIMMER WILL BE ELIGIBLE TO WIN THIS WONDERFUL PRIZE WHICH HAS BEEN DONATED BY INSIDE OUT DÉCOR.

#### THERE ARE 2 WAYS A PERSON CAN SPONSOR:

- A. Grab a sponsor form from Jeanne or Karen at the club and ask family to support you.
- OR
- B. Pay a set fee of R50 pp to come and swim on the day.

BUT the first step is to Whatsapp Karen so we know how many people are coming and we can see how many slots we need. **PLEASE RSVP ASAP KAREN - 0761718332**

EACH CATGORY WILL HAVE A SMALL THANK YOU PRIZE FOR THE TEAM/INDIVIDUAL WHICH HAS THE MOST LAPS IN THAT ONE HOUR. WINNERS TO BE ANNOUNCED ON SUNDAY THE 19 FEB, IT WILL BE HELD AT FISH HOEK HIGH SCHOOL ON THE 18 FEB, 1 – 5PM.



**LET'S DO THIS!**







**END**

*pictures courtesy of  
Lucia Murray  
Caitlin Brouckaert  
@fishhoeknippers*