



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:

MAY EDITION

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

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OFF SEASON

SNR JNR SA CHAMPS

The 2023 DHL South African Lifesaving Championships... wow what a rollercoaster. Team Fish Hoek Surf came out guns blazing on arrival in PE, hungry for a win on Kings Beach. Our team performed superbly, dominating on the beach and in the sea. The team brought home their weight in silverware and we are beyond proud of each and every member for their contributions to our success.

While we came tantalisingly close to a win, the 2023 Nationals will be going down in the record books as one of the best Fish Hoek Surf has seen. The team spirit, camaraderie and support were unmatched, with some of our junior athletes sacrificing medal opportunities in their individual events to compete in senior team events and secure crucial points.

Proud doesn't even begin to describe how we feel about this team. We would not have been this successful if it weren't for all the support we received from our sponsors. Pretty Casual, Brammer Plumbing & FutureTrack Mining Industries, absolute legends & our team has never looked so good thanks to you!



POINTS

Juniors:

1. Clifton	455
2. Fish Hoek	337
3. Umhlanga Rox	232
4. Llandudno	189
5. Kings Beach	180

Seniors:

1. Fish Hoek	248
2. Umhlanga Rox	205
3. Clifton	134
4. Llandudno	117
5. Kings Beach	102

Overall:

1. Clifton	589
2. Fish Hoek	585
3. Umhlanga Rox	437
4. Llandudno	306



Our team looking snazzy in their custom Pretty Casual Jumpers at the Opening Ceremony.

Go & check out the individual results on our instagram!

Nipper News:

The 2022/2023 Season will be remembered forever! We had **44 new nippers** join our ranks, **121 Nippers** qualify in total (upgrades and new nippers) and **324 Nippers** between the ages of 5 and 14 in our program. It was a privilege and honour to be apart of a team that managed and executed all that was involved.

Thank you to every single person who added a small or large amount of value; ticking names, coaching, being a water assistant, carrying craft, joining in the fundraising, the list goes on. The Nipper family was working like a well-oiled machine and we couldn't be more proud!

A highlight for us was the orientation group which focused on skills development and improving swimming. Coupled with the twice weekly swimming sessions at the Fish Hoek pool with Coach Benji and Steve these nippers are now all water safe and well on their way or have qualified as a Nipper.



CHAMPIONS

The Cherry on the top was that the Fish Hoek Nippers won WC Champs convincingly and SA Champs (after 11 years) by 100 points! That is a remarkable achievement and a testament to every nipper doing their very best in each race and training session.

Thank you to our sponsors who supported us on our SA Champs Journey, we truly value your input.

We say good bye to our U14s, they will be heading up to the lifesaving ranks and completing their JLA course during the winter. All the best, we'll see you in the duty tower soon!

We are looking forward to a short breather over the winter where we will be planning behind the scenes. We will kick off in September with some pre-season training, please stay on the Whatsapp group. In the meantime, swim lots, stay fit and take care of yourself.



FISH HOEK NIPPERS

SA CHAMPS 2023

Thank you

TO ALL OUR INCREDIBLE SPONSORS
FOR YOUR GENEROSITY & SUPPORT!
















MASTERS CHAMPS



SA Champs Masters 2023... What a jol! It all started way before the competition itself. With all the various training sessions, gees build up and groupchat banter, vibes were high on arrival in Quebertha. The Fish Hoek Master's team went into this comp with a huge sense of fun and team spirit. While we each competed in our separate events, we supported, cheered, celebrated, even shed a few tears, but most of all we laughed. "Individually we are one drop but together we are the ocean."



This was one of the biggest Masters team Fish Hoek has ever sent to Nationals and the results are a true testament to the tenacity of this team.

This season the team doubled in size. We started off with a team of 15 and sent a team of 35 to Nationals!

Of course there are some unforgettable moments to remember: Denvers and Collins spectacular dives in Flags, a couple injuries (we still don't know why Collin dove for that flag...), a few DQ's which we're eager to start working on for next year, 2 Flags legends and 1 in the making, x2 National records broken in the pool, placing 3rd overall and so many more.



**We cannot wait for next year,
we will bring the biggest and
baddest Master's Team yet!
WATCH THIS SPACE!**

What to look forward to:

Even though we are wrapping up our competitive season we still have a few important things to look forward to in our quieter months.

First on our calendar is Fish Hoek Surf's Annual Awards Evening. The event will be taking place on Saturday the 13th of May 2023 at the lifesaving club. This event is to celebrate not only our athletes but all of our voluntary lifeguards as well, with coveted prizes to be won, such as Squad & Lifeguard of the Year,

Admission to the event is R150 per person. Clubbies are encouraged to bring their family & friends to support and celebrate the awesome season we have had. The dress code is cocktail formal with the theme being Masquerade, please dress appropriately. The evening kicks off at 5PM & is followed by a light dinner after which clubbies are encouraged to stick around for the Post Awards Social.

The 2nd event we are looking forward to is the Lifesaving South Africa Inter Provincial Tournament being held in Durban at the end of May. We are so proud of all of our athletes who have been selected to represent Lifesaving Western Cape. Congratulations go out to the following:

Senior Surf Team:

Rebecca Behne
Caitlin Brouckaert
Holly Cleworth
Cheyne Haupt
Mark Keeling
Waris Mills
Samuel Norton
Jadon Wessels

Junior Surf Team:

Levi Mayes
Georgia Singe
Josh Smith
Babette van Rooyen

Nipper Surf Team:

Samuel Mocke
Riley Clarke
Joseph Brading

Senior Stillwater Team:

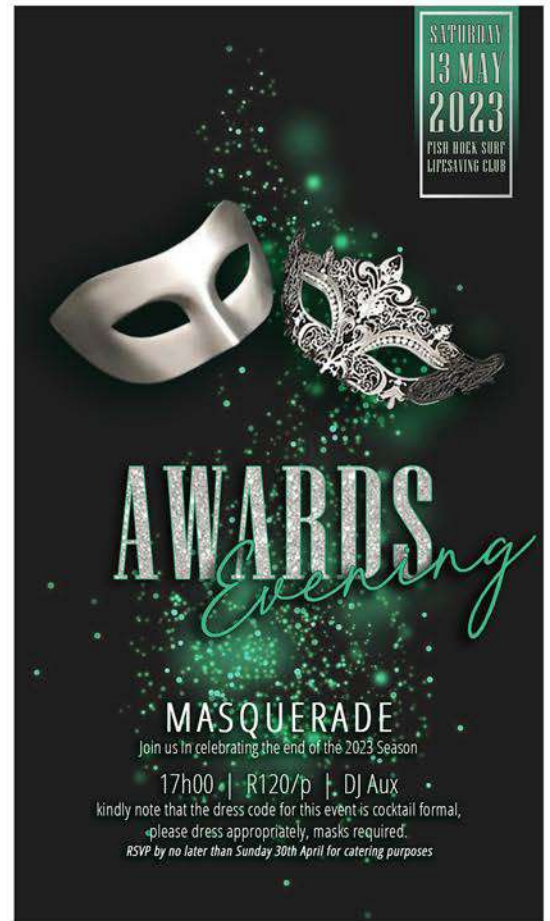
Rebecca Behne
Waris Mills

Junior Stillwater Team:

Babette van Rooyen

Nipper Stillwater Team:

Katya Bova-Olsen



Lastly, all clubbies are to please keep their eyes peeled on all Fish Hoek Surf Lifesaving Club forums. Our Annual General Meeting, or AGM will be happening in the coming months and it is vital that all members who are in good standing with the club attend. At this meeting the new Executive Committee will be voted in, there will also be important info shared and discussed, so if you want to be part of the discussion please ensure you attend. More info such as date, time etc will be shared soon. We the 2022/23 Committee look forward to seeing you there!

OFF SEASON

With winter fast approaching it is time for us all to take a well deserved break. Our lifeguards wrapped up the duty season over the Easter Weekend.

We now turn to our instructors who will be hard at work over the next few months, preparing our upcoming nippers for their first season as junior lifeguards.

If this will be your first time completing a lifeguard exam as an u15 JLA, Master or as a newcomer to the club, please contact Jeanne Topliss & Mascha Moorlach to secure your spot on the relevant course.

Course Dates:

Sunday 7th May
Saturday 20th May

Retest Dates:

Sunday 30th July
Sunday 27th August
Sunday 24th September

swim times & refreshers will take place 2 weeks before the retest, exact dates & times tbc via club groupchats.

IRB Courses:

Alex Topliss will be taking crewman and driver courses in the winter months. Squad Leaders and Mentors have put forward candidates for this course. Candidates will be contacted directly by Alex.



WINTER TRAINING

While we encourage our clubbies to take some time off during the winter months, we will be continuing with some light winter training to keep ourselves sharp for the upcoming season.

For all of our nippers coming up to u15 next season, Tommy and Robyn will be taking learn-to-ski sessions. We encourage all of our current u15's who will be competing in u17 next season to join these sessions to build their confidence in a ski.

For those of you who are hungry to continue with some solid training we recommend some running & swimming 2-3 times a week to keep you fit. Skills focused training sessions (ie. board, ski & iron) will be shared via the relevant club forums following the 2023 Inter Provincial Championships.





END

*pictures courtesy of
Lucia Murray
Alexandra Cottler
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