



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:

marketing@fishhoeksurf.com

SEPTEMBER EDITION

CONTENTS:

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

1

2022 WORLDS TEAM +

2

NIPPER NEWS

3

ATTENTION ALL LIFEGUARDS

4

WHAT TO LOOK FORWARD TO

5

CLOSING & EVENTS POSTERS

2022 Worlds Team+

We would like to wish Georgia Singe, Levi Mayes, Mark Keeling, Cheyne Haupt, Peter Cullen, Mascha Moorlach, Roman and Giuseppe Colonello the best of luck at the 2022 World Lifesaving Championships in Riccione Italy! Fly the Fish Hoek flag high & absolutely smash the competition!

In other news a couple other clubbies have been repping the blue on the international stage. Cody Stallard recently returned from the Olympic Hopes Regatta in Slovakia where he claimed a spot in the 1000m B Final. Cody let it be known to his competition that they'll need to watch out next year as he sets his sights on the A final!



Another champion among us is Wade Beukes who went on his 2nd International Tour this year! Wade competed at the FINA World Junior Open Water Swimming Championships held in the Seychelles earlier this month. Wade participated in the mixed relay and his team swam brilliantly.

Paddling legend, Dawid Mocke recently competed in the Pahang Ocean Challenge in Malaysia. Dawid won Stage 1 & 2 but the Australian & New Zealand paddlers dropped the hammer on day 3. Dawid had an outstanding race for the 4th and final stage and managed to win the stage, securing the overall win for the race. Congratulations Dawid, what an inspiration you are to all our young guns! You can find the full article on Dawid's race here: <https://gameplanmedia.co.za/mocke/dm2201.html>

Another local event attended by Fish Hoek Surf members was the Breede River Canoe Marathon. There were a host of our athletes who paddled phenomenally well. Mark Keeling 1st (K1 – singles), Dyllan Farrel & Luke le Roux 8th (K2 – doubles), Ruby Peterson & Waris Mills placed 5th overall & 1st in K3 women's (K3 – triples), Candice Murray 3rd (K2) & Dominic Notten who paddled K2 with Anton Lake.

Western Province Cross Country Champs:
Juniors Georgia Singe placed 2nd in u16 & Babette van Rooyen took the win in u17 ladies. Nipper Teagan Hudson represented the WP Country Team at SA Nationals earlier this week, congratulations all round!



Nipper News:

The Nipper Spring Pre-Season training has begun and our first session in 50 knot NW winds saw 44 VERY eager nippers hit the water come rain, shine and wind!

Our calendar is filling up and the season is set to be a CRACKER! Below the highlights reel from the Nipper team:

<https://www.instagram.com/p/CihWHJ-qjbd/>

NIPPER

open day



FISH HOEK NIPPERS
OPEN DAYS
STARFISH, MICROS (AGE 6-8)

9 October 9am

U9 & U10 NIPPERS
23 October 10:30am

U11 & U12 NIPPERS
16 October 10:30am

U13 & U14 NIPPERS
30 October 10:30am

www.fishhoeksurf.com/nippers



- 1) Our first Surf Comp is on the 27th of Nov at Clifton, the club calendar is set and ready to go. You can view it on the club website:
<https://www.fishhoeksurf.com/>
- 2) It is essential for all parents and nippers to know how to care for our special boards and equipment. Especially if they are moving up from U10 to U11. Board care is very important!
Watch our "Craft care" clip with your nipper here:
<https://www.youtube.com/watch?v=DZjEc5B6g7U&t=5s>
- 3) We had our first exam on the 18th of Sep, 34 Nippers are already qualified and upgraded for the season! Keep your nipper familiar with all the safety, first aid and signals. YES! All the nipper exam content to be studied can be viewed here: https://www.youtube.com/results?search_query=fish+hoek+surf+lifesaving+club+exams
- 4) Our open days are coming up in October, bring your friends and let them see how AWESOME nippers is at FH Surf!

We will be giving you the opportunity to sign up as a volunteer soon: registration/check in, hot choc, craft packing, bar duty, water assistants and more. Please think of an area you would like to get involved, our FH club is run solely on volunteers and a small effort from every family makes this incredible sport/lifestyle possible. We have lots of exciting things planned for this season, we can't wait to see you on the beach at our open days!

For those interested in improving their Malibu Board skills, please contact Heath Clarke to secure your spot in Board School! - cell: 073 639 1177

Attention Lifeguards

During the off season Mascha, Jeanne & their team have been qualifying our lifeguards left, right and centre. 60 lifeguards have successfully passed their retests and are ready to start voluntary duty on Saturday the 5th of November 2022. We are happy to report 11 new JLA's, 7 upgrades to LA, 10 new masters and 3 newly qualified LA's. Our squads are looking so strong for the 2022/23 season. Speaking of which, keep your eyes peeled on the club WhatsApp groups – squad lists have been finalised and will be sent out soon. For all our newbies we have 5 squads: Alpha, Bravo, Charlie, Delta & Echo. Each squad has a squad leader, vice squad leader & a mentor who will guide you through your first couple of duties – don't be nervous, we've ALL been there!

The last course for this season will be in the December holidays with the exam being held before the 31st of January 2023. All candidates must be able to swim 400m in under 8 minutes & should contact either Mascha or Jeanne asap to avoid late retest fees!



An important note to take going into this season:

- **Subs...** a never-ending battle. We completely understand that life gets crazy at times & the holidays are tricky to balance, but it is of the utmost importance that you find a sub for the 1 or 2 duties you are unable to attend. With that being said, if Johnny asks Ashleigh to sub for him, then Johnny needs to do a sub back for Ashleigh – we advise that you all have a look at your calendars in advance and lock in those swaps to avoid lastminute.com stress.
- **AWOL's...** AWOL's will not be tolerated. If you have exercised all your resources and simply cannot find a sub, please, please inform your squad leader/mentor & they'll sort you out. It is simply not acceptable to just not pitch for duty.
- **IRB drivers & crew** – the IRB is to be on standby at the start of every duty. IRB drivers it is your responsibility to prep the duck at the start of duty and pack it away at the end of the day. We encourage all our lifeguards to use this as a learning opportunity. Get involved, learn about the duck, it might just be the extra few brownie points you need to get onto the course.

A reminder that all IRB Drivers, Squad Leaders & Vice Squad Leaders need to attend a meeting at the club on Sunday the 30th of October at 10:00. Crewman & candidates are more than welcome to attend & sit quietly at the back.

A reminder that we are **Lifeguards** and **not Lifesavers** – we are trained to save a life, but a good lifeguard is one who prevents an extreme situation from taking place. Stay vigilant and stay safe this season. If you ever feel lost, confused, or just want to learn, please reach out to your instructors, squad leaders & mentors. We are here to help in any way that we can!

What to look forward to:

Our subcommittee have been hard at work planning an awesome, fun filled season. A couple of things to start thinking about are firstly (and most importantly) Bootcamp! For those who have yet to attend a bootcamp, this in-house club event is for *all active lifeguards*. We recognise that a large number of our Lifeguards have no interest in competing and we are here to tell you that Bootcamps are about fun & socialising with your fellow clubbies. It is open to all Fish Hoek Surf Lifeguards, and we would love it if we could have each and every member from all 5 squads in attendance. We usually start the day off with a team run through Fish Hoek followed by a short fitness circuit (max 1hr total). From there it's game on! Everyone will be randomly divided into teams who compete in fun challenges as a form of team building and gees. We'll end off the day's festivities with a braai where everyone can chill, watch the rugby, tan or get a cheeky pool tournament going. It is a day many clubbies will tell you; you don't want to miss! [more info coming soon](#)



On a more serious note, you have all received the LWC calendar for the season. Please take note of the competition dates. If you have somehow missed it, you can find it on our website. We will be hosting a few preseason competitions for everyone to start getting race ready as well as a few 'away' training sessions. Keep your eyes peeled on our socials for more info!

We look forward to welcoming our fellow LWC Surf clubs to our *Rock Up 'n Race* event this weekend! We are set to kick off at 10AM on Saturday with 4 events, swim, board, ski & longrun. No registration required, just bring your craft, race kit & good vibes!

The fire will be lit post racing for a bring and braai social with the rugby going in the background! Can't wait to see you all down at Fish Hoek Surf!

ROCK UP 'N RACE

#1

FISH HOEK SURF LIFESAVING CLUB
SATURDAY 24TH SEPTEMBER 2022
ARRIVE 10AM FOR A 10:30 START
FINISH AT 1PM FOLLOWED BY A BRAAI

WE WOULD LIKE TO EXTEND THE INVITATION TO OUR FELLOW LWC CLUBS. JOIN US AT FISH HOEK FOR SOME FUN PRE SEASON RACING. BRING YOUR CRAFT, VIBES AND SOMETHING TO BRAAI FOR AFTER!

ROCK UP 'N RACE

#2

FISH HOEK SURF LIFESAVING CLUB
SATURDAY 22ND OCTOBER 2022
ARRIVE 10AM FOR A 10:30 START
FINISH AT 1PM FOLLOWED BY A BRAAI

WE WOULD LIKE TO EXTEND THE INVITATION TO OUR FELLOW LWC CLUBS. JOIN US AT FISH HOEK FOR SOME FUN PRE SEASON RACING. BRING YOUR CRAFT, VIBES AND SOMETHING TO BRAAI FOR AFTER!

CLOSING & EVENTS

In closing, Fish Hoek Surf is really putting a great deal of effort into driving the social culture of our club. We are a family orientated club and in order for you to gain the best possible experience out of the awesomeness that is Fish Hoek Surf, attendance at all of our events is the way to go! Please make sure you are following us on social media:

FaceBook: <https://www.facebook.com/FHSurf>

Instagram: <https://www.instagram.com/fishhoeksurf/>

<https://www.instagram.com/fishhoeknippers/>

like, comment & share the posts, get your family & friends involved – the more the merrier!

These platforms are here as sort of a mini newsletter with weekly updates on training, competitions, cool events & as many **fun-in-the-sun** photos as possible! If you have any videos or photos of these events, please email them to: marketing@fishhoeksurf.com



Rock Up 'n Race #1
Sat 27th of September

Waves for Women (Llandudno)
Sat 15th of October

Rock Up 'n Race #2
Sat 22nd of October

Run Swim Run
Sun 30th of October

Boot Camp #1
Sat 5th of November

Save these dates guys, you don't want to miss out!

FISH HOEK NIPPERS
OPEN DAY
U9 & U10 NIPPERS
Children born 1 October 2012 - 30 September 2014
Sunday 23 October 10:30am
bring a buddy!
9 October - Starfish, Micros
16 October - U11 & U12
23 October - U9 & U10
30 October - U13 & U14
www.fishhoeksurf.com/nippers

FISH HOEK NIPPERS
OPEN DAY
U11 & U12 NIPPERS
Children born 1 October 2010 - 30 September 2012
Sunday 16 October
10:30am
bring a buddy!
9 October - Starfish, Micros
16 October - U11 & U12
23 October - U9 & U10
30 October - U13 & U14
www.fishhoeksurf.com/nippers

FISH HOEK NIPPERS
OPEN DAY
U13 & U14 NIPPERS
Children born 1 October 2008 - 30 September 2010
Sunday 30 October
10:30am
bring a buddy!
9 October - Starfish, Micros
16 October - U11 & U12
23 October - U9 & U10
30 October - U13 & U14
www.fishhoeksurf.com/nippers



END

*pictures courtesy of
Lucia Murray
Alexandra Cottler
Lifesaving South Africa
Canoeing South Africa
Denver Beukes
@fishhoeknippers*