# VIKINGS VOICE



THE LITTLE CLUB ON THE ROCK

JULY

2024

CBV CLUB
NEWSLETTER

CELEBRATING
CBV CULTURE
& NEWS

#oneclub #vikingsway #CBV



#### FROM OBSTACLES TO OPPORTUNITY

#### **MESSAGE FROM THE EDITOR**

I have been reflecting on the recent success of our mighty Pool Rescue Team, our Poolies, crowned as Queensland Champions. I wondered why this team is so successful year after year. I've reached the conclusion that it's all about attitude.

The first part is willingness. Pool Rescue is a unique sport. It's difficult and it takes real dedication to master. Hours of training and practice are required. And yet, the Vikings field a squad that seems to swell every year, ranging from first year competitors eager to try for the first time to veterans who have competed for decades. The enthusiasm of our coaches and leaders binds and holds all of the individual parts together.

The team events are something to behold. These Vikings love nothing more than to give everything they've got for the benefit of other Vikings. That kind of team-first mentality is infectious.

The other secret to the Poolies' success is positivity. Swimming is hard enough. Imagine being at the edge of exhaustion, lungs burning and then also having to drag a heavy mannequin with one arm or to dive under multiple obstacles placed in your path.

The success of this team derives from a very special character trait. Where others see obstacles, they see opportunity. A chance to test themselves, to learn and, ultimately, to excel. They've learned that it's what is on the other side of the obstacle that counts.

As a Club, we face real challenges this Season. The works on Pacific Parade and a tough economic climate are undoubtedly obstacles in our path. But I have no doubt that, inspired by our Poolies, we'll pull together as one and seize each opportunity which presents itself.

Good luck Poolies at the Australian Pool Rescue Championships this weekend.

Be Mighty.

Benny Munro
Club Newsletter

Berry Murro



# CURRUMBIN BEACH VIKINGS

















#### **AUGUST & SEPTEMBER EVENTS**

Sun, 11 Aug 2024 from 8am, Board & Ski Development
Sun, 11 & 25 Aug 2024, Nipper Sign On, Laurie Lawrence
Swim School, Burleigh Heads
Sun, 18 Aug 2024, from 8am, Board & Ski Development
Sat, 31 Aug 2024 at 8:45am, Proficiency #1
Fri, 6 to Sun, 15 Sep 2024, SWELL Sculpture Festival
Sun, 29 Sept 2024 at 8:45am, Proficiency #2

#### **POOL RESCUE CARNIVAL**

2-4 August: Australian Pool Rescue Championships, Gold Coast Aquatic Centre, Southport

#### LIFESAVING WORLD CHAMPIONSHIPS

Fri, 23 to Sun, 25 Aug: Masters Pool Rescue, Gold Coast Aquatic Centre Mon, 26 to Wed, 28 Aug: Masters Ocean Competition, Kurrawa SLSC

Tues, 27 Aug at 4pm: Opening Ceremony, Kurrawa SLSC

Wed, 28 Aug: National Youth & Open SERC, Gold Coast Aquatic Centre

Wed, 28 to Thurs, 29 Aug: Masters Surf Boats, Kurrawa SLSC

Thurs, 29 & Fri, 30 Aug: National Open Pool Rescue: Gold Coast Aquatic Centre

Thurs, 29 & Fri, 30 Aug: National Youth Ocean, Kurrawa SLSC

Thurs, 29 to Sat, 31 Aug: Surf Boat Competition, Kurrawa SLSC

Sat, 31 Aug to Sun, 1 Sep: National Youth Pool Rescue, Gold Coast Aquatic Centre

Mon, 2 Sep: InterClub Youth & Open SERC, Gold Coast Aquatic Centre

Tues, 3 to Thurs, 5 Sep: InterClub Open Pool Rescue, Gold Coast Aquatic Centre

Tues, 3 to Thurs 5 Sep: InterClub Youth Ocean, Kurrawa SLSC

Wed, 4 to Sat, 7 Sep: InterClub IRB, Kurrawa SLSC

Fri, 6 to Sun, 8 Sep: InterClub Open Ocean, Kurrawa SLSC

Fri, 6 to Sun, 8 Sep: InterClub Youth Pool, Gold Coast Aquatic Centre



CURRUBBIN BEACH VIKINGS
SURF LIFE SAVING CLUB



Friday
2 August

InterState Championship

**Saturday** 3 August **Sunday** 4 August

**GC Aquatic Centre, Southport** 







#### **QLD & AUSSIE POOL RESCUE CHAMPIONSHIPS**

A massive team effort amongst athletes, coaches, officials, timekeepers and parents saw our Mighty Vikings win the overall point score at the QLD Pool Rescue Championships in mid-July, with a dominant performance and final point score of 562, a lead of 140 points clear of runner-up, Northcliffe.

Thank you particularly to our Pool Rescue Coaches, Rachelle King, Nat Peat and Tai Smith, and our team manager, Sharon Brennan, for all their hard work in preparing and supporting our competitors to perform at their best.

There were strong results across both individual and team events, with every athlete contributing to the QLD title.





The team haven't let the foot off the gas and have been putting in the hours since their QLD title with a final goal of the season of defending our Aussie Pool Rescue title this weekend.

Come up to Southport Friday to Sunday to cheer on our massive team of 45 athletes as they take on the best in the pool rescue business.

As well as the InterClub Championship, we have 7 Vikings selected for the Queensland State team to duke out the Interstate Championships which will take place in the afternoon on Friday, 2 August. Congratulations to our QLD Cyclone Representatives:

- Myla Naylor U14
- Jackson Brennan U15
- Chelsea Jones U19
- **♥ Riley Brennan** U19
- Rachel Eddy Open
- Callum Brennan Open
- Jacob Loughnan Open



#### **QLD POOL RESCUE INDIVIDUAL TOP 3 RESULTS**

William Barry 60+Male: 1st 100m Manikin Carry with Fins; 1st 50m Manikin Carry; 1st 100m Manikin Tow with Fins; 3rd Combined 100m Obstacle Race.

**Callum Brennan** Open Male: 1st 200m Super Lifesaver; 2nd 50m Manikin Carry; 2nd 100m Rescue Medley.

Jackson Brennan U15 Male: 1st 100m Manikin Carry with Fins; 1st 200m Super Lifesaver; 1st 50m Manikin Carry; 1st 100m Rescue Medley; 1st 100m Manikin Tow with Fins.

Riley Brennan U19 Male: 1st 100m Manikin Carry with Fins; 2nd 200m Obstacle Race; 1st 200m Super Lifesaver; 1st 50m Manikin Carry; 1st 100m Rescue Medley; 1st 100m Manikin Tow with Fins.

Marlie Clark U15 Female: 3rd 100m Rescue Medley.

**Lennard Cook** 60+Male: 3rd 100m Manikin Carry with Fins; 3rd 100m Manikin Tow with Fins; 2nd Combined 100m Obstacle Race.

**Brett Dowker** 50-59 Male: 2nd 50m Manikin Carry.

**Robert Dunlop** 60+ Male: 2nd 100M Manikin Carry with Fins; 2nd 50m Manikin Carry; 2nd 100m Manikin Tow with Fins.

Rachel Eddy Open Female: 2nd 100m Manikin Tow with Fins.

**Hunter Gaffney** U12 Female: 3rd 50m Brick Carry; 1st 100m Female Obstacle Race.

**Kobi Holden** U17 Male: 1st 50m Manikin Carry; 3rd 100m Rescue Medley.





Chelsea Jones U19 Female: 3rd 100m Manikin Carry with Fins; 1st 200m Obstacle Race; 2nd 200m Super Lifesaver; 1st 50m Manikin Carry; 2nd 100m Rescue Medley.

Madison Jones U17 Female: 3rd 200m Obstacle Race; 3rd 50m Manikin Carry; 2nd 100m Rescue Medley; 2nd 100m Manikin Tow with Fins.

**Billy Love** U17 Male: 2nd 200m Super Lifesaver; 2nd 100m Manikin Tow with Fins. **James Love**: 3rd 50m Manikin Carry; 3rd 100m Rescue Medley.

Myla Naylor U14 Female: 1st 200m Obstacle Race; 1st 50m Manikin Carry; 1st 100m Manikin Tow with Fins.

**Paul O'Shea** 40-49 Male: 2nd 100m Manikin Carry with Fins; 1st 100m Obstacle Race; 1st 50m Manikin Carry.

Natalie Peat Open Female: 3rd 100m Manikin Tow with Fins.

**Gus Shivnan** Open Male: 3rd 50m Manikin Carry.

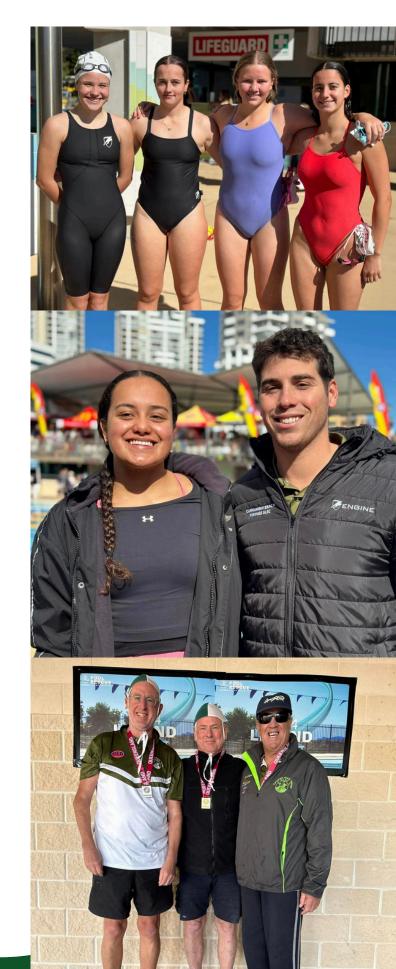
**Alexander Walker** U17 Male: 3rd 200m Obstacle Race; 3rd 100m Manikin Tow with Fins.

Charlie Walker U19 Male: 2nd 100m Manikin Carry with Fins; 2nd 200m Super Lifesaver; 3rd 50m Manikin Carry; 3rd 100m Rescue Medley; 3rd 100m Manikin Tow with Fins.



#### **QLD POOL RESCUE TEAM RESULTS**

- U17/U19 Female 4x25m Manikin Relay:
   3rd Ellie Dee Etherington, Chelsea
   Jones, Madison Jones & Julia O'Shea
- U17/U19 Male 4x25m Manikin Relay: 1st
   Team A: Riley Brennan, Kobi Holden,
   Alexander Walker, Charlie Walker
   2nd Team B: Jackson Brennan,
   Christopher Callebaut, Billy Love & Vern Winter
- Masters Male/Mixed 4x25m Manikin Relay: 1st - Ben Cox, Brett Dowker, Paul O'Shea & Sean Winter
- U14 & U15 Male 4x25m Manikin Relay:
   3rd Jackson Brennan, James Love,
   Charlie Robinson & Taiga Ware
- U14 & U15 Female 4x25m Manikin Relay:
   2nd Ruby Cahill, Marlie Clark, Abigail
   Eveleigh & Myla Naylor
- Open Female 4x25m Manikin Relay: 1st Rose Bentley, Chelsea Jones, Holly
   Holmesby & Natalie Peat
- Open Male 4x25m Manikin Relay: 1st Callum Brennan, Jacob Loughnan, Gus
   Shivnan & Charlie Walker
- U17 & U19 Mixed 4x50m Lifesaver Relay:
   1st Team A Riley Brennan, Kobi
   Holden, Chelsea Jones & Madison Jones
- Open Mixed 4x50m Lifesaver Relay: 2nd
   Team A Callum Brennan, Rachel Eddy,
   Jacob Loughnan, Natalie Peat
- Open Male 4x50m Medley Relay: 2nd Callum Brennan, Jacob Loughnan, Gus
   Shivnan & Charlie Walker
- U14&U15 Male 4x50m Medley Relay: 3rd -Jackson Brennan, James Love, Charlie Robinson, Taiga Ware
- Open Female 4x50m Medley Relay: 2nd -Rose Bentley, Chelsea Jones, Holly Holmesby & Natalie Peat





#### **QLD POOL RESCUE TEAM RESULTS**



- Open Female 4x50m Obstacle Relay:
   1st Rose Bentley, Rachel Eddy, Holly
   Holmesby & Natalie Peat
- Open Male 4x50m Obstacle Relay: 1st
   Callum Brennan, Riley Brennan,
   Jacob Loughnan & Charlie Walker
- U17/U19 Male 4x50m Obstacle Relay:
   2nd Team A Riley Brennan, Kobi
   Holden, Billy Love & Alexander
   Walker
- U17/U19 Female 4x50m Obstacle Relay: 3rd Ellie Dee Etherington, Chelsea Jones, Madison Jones & Julia O'Shea
- U13 Female 10m Line Throw: 1st Team
   B Hunter Gaffney & Ayana Ware
- U17 Male 12.5m Line Throw: 2nd Team
   B Kobi Holden & Alexander Walker
- Masters Male 12.5m Line Throw: 3rd
   Team B William Barry & Robert
   Dunlop
- U19 Male 12.5m Line Throw: 1st Team A
   Riley Brennan & Kobi Holden; 2nd
   Team B Charlie Walker & Alexander
   Walker
- U15 Male 12.5m Line Throw: 1st Team A
   Jackson Brennan & James Love
- U17/U19 Male 4x50m Medley Relay:
   2nd Team A Riley Brennan, Kobi
   Holden, Alexander Walker & Charlie
   Walker
- U17/U19 Female 4x50m Medley Relay:
   3rd Ellie Dee Etherington, Madison
   Jones, Chelsea Jones & Julia O'Shea
- Masters Male/Mixed 4x50m Medley Relay: 2nd - Ben Cox, Brett Dowker, Paul O'Shea & Sean Winter
- U11 Female 2x50m Patient Tow with Fins Relay: 3rd Florence Gaffney & Piper McIntyre



# Mightly Ninner Neals

**MONDAY & WEDNESDAY NIGHTS** 

# \$17.50 MEALS

200 GRAM RUMP

BEER BATTERED FLATHEAD

CHICKEN SCHNITZEL

\$5 PARMY

**TUESDAY & THURSDAY NIGHTS** 

## 2 FOR 1 MEALS

\$35 FOR 2 OF THE FOLLOWING MEALS

**200 GRAM RUMP STEAK** 

**BEER BATTERED FLATHEAD** 

**CHICKEN SCHNITZEL** 

**SALT & PEPPER CALAMARI** 

\$5 PARMY UPGRADE

**VEGETARIAN PASTA OF THE DAY** 

**CAESAR SALAD** 



ALL SERVED WITH CHIPS & SALAD (EXCEPT PASTA OF THE DAY & VIKINGS SUPERFOOD SALAD) |
CHOICE OF SAUCE + \$2 | NOT VALID PUBLIC HOLIDAYS | MASH & VEG ADDITIONAL \$3 |
SUBJECT TO AVAILABILITY | ONLY AVAILABLE AT SELECTED TIMES THROUGHOUT THE YEAR |
IMAGES FOR ILLUSTRATION PURPOSE ONLY.





## CBV SUPPORTERS' ASSOCIATION

#### JUNE STAFF APPRECIATION AWARD WINNER

We're proud to acknowledge our June 2024 Vikings Staff Appreciation Award Winner, **Rio Heaney**.

This month, Rio was our deserving winner for her continued professionalism in all that she does with the Vikings. Her peers were impressed with how calm she remains, the outstanding effort she displays and her ability to always have respect and support for the team. Rio received several special mentions from the management team this month about how well she has been performing in Reception and our Event spaces.

Rio is a consistently nominated and integral part of the Supporters' Club staff team. She is also a proud Vikings boatie who has been part of the U19 Chilli Pepperz crew.

Love your work, Rio.



Other special nominations in June went to:

- Jojo Rawiri for always working so hard, while never forgetting to have fun! Jojo is such a positive influence amongst the team.
- Angie Smit for always being on time for work, for working hard, and for always being an absolute delight.

#### SUPPORTERS' CLUB RESTAURANT RENOVATION

Have you seen the progress on our restaurant renovations at the Club? Come in for a meal or drink to see the upgrades to our decor, with our new furniture scheduled to arrive in the coming weeks. Check out the sneak peak progress video on our Facebook page.

A huge thank you to Grounded Fitouts for their installation of the new look so far. We can't wait for the final components to be delivered and installed for the big reveal!





#### CBV SUPPORTERS' ASSOCIATION

#### **KINSHIP & VIKA EVENTS**





Our businesses within the Junior Activities and Community Centre continue to grow, with VIKA Events hosting a number of functions and proudly showcasing our newly installed bar.

We were pleased to host members of our Junior Activities Committee, Surf Club Committee and Supporters' Association Committee to officially open the bar in June. Guests were treated to food and cocktail creations served up by Jackson and his team from Kinship, with the service and setting as stunning

as the fare. The VIKA Boardroom is now officially complete, and the bar is available for corporate drinks functions. Visit us at https://vikacurrumbin.com.au to contact Robbie for bookings.

Kinship has also launched its new menu, with the pesto mushrooms and avocado on sourdough a highlight. Drop in to find your new favourite menu item.

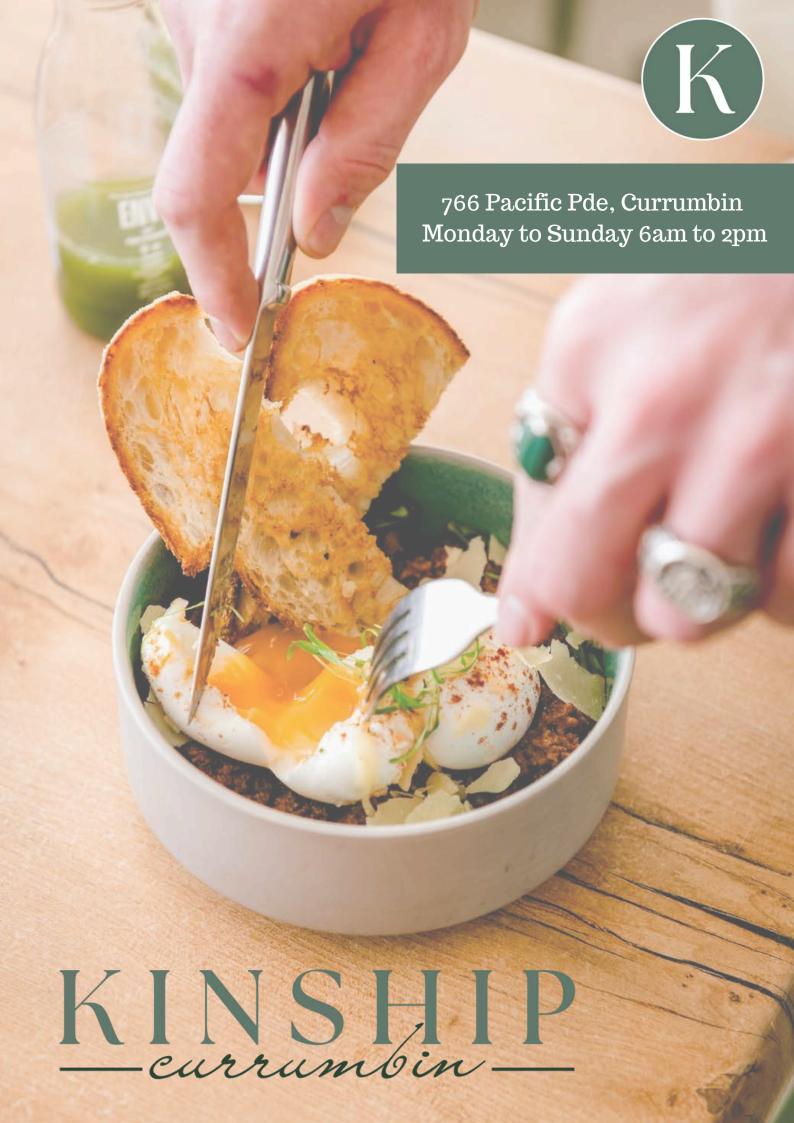


#### **SEAWALL & OCEANWAY UPGRADE**

Thank you to all our Members and our Currumbin community for getting behind our Supporters' Club, Kinship and VIKA since the commencement of the Seawall and Oceanway upgrade. We have been overwhelmed with the support and patronage during the works' progress so far.

By choosing to have a meal or beverage at our businesses, you are directly supporting our lifesavers, nippers, competitors and staff who rely on the income generated to maintain our equipment, buildings and ensure the future of our Club.







#### **CBV PATROL & LIFESAVING**

#### PATROL SKILLS MAINTENANCE & REGISTRATION



#### CURRUMBIN SLSC REGISTRATION TIME

Online Registration Now Open https://members.sls.com.au/

#### Membership Fees for 2024/2025

Associate \$135.00 pp Active \$85.00 pp Award \$85.00 pp Long Service \$85.00 pp Juniors/ Cadets (U14 & U15) \$70.00 pp

#### Competitors Levy - \$150.00 pp

All Competitors from U15 to Masters attending carnivals 2024/2025 season

• to be paid by Sunday 1st December, 2024

#### **Bank Details:**

Currumbin Beach Vikings SLSC Inc. BSB: 633 000 ACC: 1570 20868 Reference: First Name Surname



Please note your membership will be "pending" until membership fees have been paid and accepted by the club

#### **PROFICIENCY DATES**

A reminder of the following dates to complete this season's practical proficiency requirements:

- Saturday, 31 August 2024 at 8:45am
- Sunday, 29 September 2024 at 8:45am
- Saturday, 2 November 2024 at 8:45am
- Sunday, 24 November 2024 at 8:45am
- Saturday, 14 December 2024 at 8:45am

Prior to your chosen proficiency date, please ensure that you have:

- Renewed and paid your membership fees
- Hold a current Blue Card or have lodged a Blue Card application (for 18+)
- Have completed the CYRMS and CSA online (for 18+).

Further information will be provided on theory skills maintenance requirements.

Calling all Vikings for the 2024 / 2025 patrol season. Club Membership and registration is now due.

Follow these simple steps to register, update details and pay your fees:

- 1.Log on to the member's portal via https://members.sls.com.au.
- 2. Log in to your account.
- 3. Click on "Membership"
- 4. Update your personal details (if required) ensuring your number. address and email correct.
- 5. Progress to the payment gateway to pay your applicable fees (Reference Name).

Please contact Carole Walle at the Club Office on (07)5534 2932 carole.walle@currumbinslsc.com.au for any membership enquiries.





#### **PDB ANNUAL AWARDS**

#### **100TH PDB ANNUAL DINNER**

The Annual PDB Awards Dinner was held last weekend at North Kirra SLSC and featured a number of Vikings award winners within the sporting categories.

We were also proud to see **Tony Carle** recognised as a National Medal Recipient.

Congratulations to the following Vikings who were recognised for their outstanding achievements this season:

- Andy Frizzell OAM OBE Award for Service to Junior Activities: Richie Ferris
- Junior Athlete of the Year: Myla Naylor
- Youth Athlete of the Year: Riley Brennan
- Masters Athlete of the Year: Chris Maynard
- Professional Coach of the Year: Rachelle King
- Volunteer Coach of the Year: Matthew 'Chook' Wildman





- JAC Kokoda Trophy: 1st Currumbin
- JAC Nucon Trophy: 1st Currumbin
- Surf Sports Team of the Year:
  Currumbin SLSC Open Lifesaver Relay
  Team
  - Cockatoos: Matthew Wildman, Tara Coates, Kelissa Brocket, Lisa Moseley & Sascha O'Keefe
  - Javden Erskine
  - Lucas Berezwick
  - Callum Brennan
  - Kobi Holden

Each of our winners now progress to the SLSQ Awards of Excellence in September.

Currumbin SLSC also wishes to acknowledge Ken Clark from Pacific Surf Life Saving Club and John Hamrey from Bilinga SLSC who were awarded Life Membership of SLSQ Point Danger branch at the Awards. Both Ken and John are deserving recipients of this highest Branch honour. John has particularly been instrumental to Currumbin in supporting our training and assessment team.

Congratulations, gentlemen.



#### **CBV NIPPERS**

#### IT'S A RIPPER TO BE A CURRUMBIN NIPPER

Season 2024 / 2025 is almost upon us and Nippers Sign On is fast approaching.

All new members to Nippers will need to bring a birth certificate or passport and one parent is required to become a Club Member for each child/family. A pool swim proficiency will be completed on the sign on days and is needed before the first day on the beach.

Payment for fees can be made by cash or eftpos (preferred) and junior swimwear and accessories will be available for purchase.

For any enquiries, please email nippers@currumbinslsc.com.au.





#### **NIPPER SIGN ON - SAVE THE DATES**



Sunday 11th and Sunday 25th August 2024 8am to 10am



Laurie Lawrence Swim School, 6 Flagstone St, Burleigh Heads



#### **GOOD LUCK, ELLIE BEER**

The Vikings wish the best of luck to our former Currumbin Nipper, Ellie Beer, who will be competing at the Paris Olympics in the 400m sprint when the athletics competition commences next week.

Ellie's talent in sprinting was evident as a Nipper and her hard work and training has paid off, being selected for her second Olympics, after her debut at Tokyo in the Australian relay team.

A great role model and an awesome human. We're all behind you, Ellie.



#### **CBV YOUTH**

#### **BOARD & SKI DEVELOPMENT SESSIONS**



Our Sunday morning board and ski development sessions have been popular amongst our youth athletes, both in the alley and at the Surf Club.

Led by Zane Holmes, Dan Norton Smith and Rachelle King, the pre-season training is sure to enhance the skills of our athletes as they head into another surf sports season to represent the Green and White quarter cap.

The final sessions will be held on Sundays, 11 and 18 August from 8am. Keep an eye on socials for location. Season training for U11-U14 commences from 13 August, Tuesdays & Thursdays 4pm and Saturdays 9am.

#### **SLSQ YOUTH EXCELLENCE PROGRAM 2024**

Are you 15 to 17 years old and a current Active Cadet or Active Junior?

Applications are OPEN for acceptance into the SLSQ Youth Excellence Program 2024. This year the program is being held from 5th to 7th October 2024 at Maratha Boulder Creek, Sunshine Coast.

This program is designed to provide our youth with knowledge and experience whilst allowing them to develop skills in a wide range of lifesaving activities in an enjoyable and stimulating environment.

The Vikings have had a number of members attend previous programs as both participants and mentors, with the feedback always positive and keen to pass on their learned knowledge.



**Applications close on Monday, 5th August 2024.** If you are interested, please urgently contact Sharon Brennan on (07) 5534 2932 or send in your expression of interest by email to sharon.brennan@currumbinslsc.com.au



Early bird entries close 28 August 2024



#### LIFESAVING WORLD CHAMPS

#### **CURRUMBIN & NATIONAL TEAM PRIDE**



It's not long now until the surf lifesaving world descends on the Gold Coast to watch the best of the best compete for their country and Club. Currumbin will have a strong representation across all events at the LWC with our Open, Youth, Masters and Surf Boat crews already training to reach for world glory.

Watch out on Club socials for events and results and head up to Kurrawa and Southport to cheer on the Mighty Green and White and the National team.

The Vikings are excited to welcome back Roelof **Stoetzer** who has rejoined Currumbin Beach Vikings SLSC and will be competing for the Green and White in the Open Team. Roelof will be representing his home nation of the Netherlands in the International Teams Competition before joining the Mighty Vikings for the Inter Club Championships. Roelof first joined the Club in 2018 where he gained numerous lifesaving awards and performed patrol duties with the Club. Roelof is excited to be back and will also race for Currumbin at the upcoming Australian Pool Rescue Championships. He picked up two silver medals in the 100m Manikin Tow and Manikin Carry at the QLD Pool Rescue Championships. We look forward to having Roelof back in the Green and White.



#### REMINDER TO CBV COMPETITORS

A reminder that athletes competing for Currumbin Beach SLSC at the Lifesaving World Championships are required to purchase the 2024 CBV SLSC Engine Long Sleeve Sun Shirt and Engine Polo which will be worn by the team at the Official Opening and Closing Ceremonies and Medal Presentations.

If you did not purchase this for the Aussie Championships 2024, you will need to action this asap. If you already have the uniform from Aussies, then you do not have to pay this fee.

ALL ATHLETES are required to pay a LWC Competition Athlete Levy of \$50 per person. The competition levy includes the LWC entry fee subsidy and a LWC branded casual wear pack. Please contact Kurtis Smith if you have any queries.



#### **CBV SURF SPORTS**

#### INTRODUCING THIS SEASON'S COACHING TEAM

The Surf Sports section are thrilled to announce the Vikings' coaching team for the upcoming surf sports season.

Comprised of specialist coaches, decorated athletes and legends of surf sport, the breadth of experience within our coaching team is difficult to rival.

Our Lead Coach this season is Rachelle King, who was recently awarded the PDB Professional Coach of the Year.

Rachelle will be supported in the senior section by Hayden White and Jayden Erskine, with Sammy Dick coaching the beach and flag athletes.

Our Junior and Youth coaches, Zane Holmes and Dan Norton Smith, will once again lead our talented Juniors and Youth.

We're looking forward to a jam-packed carnival-filled season under our 2024/ 2025 coaching team!

















#### **CBV SURF SPORTS**

#### INTRODUCING THIS SEASON'S COACHING TEAM

#### Rachelle King, Lead Coach

We are pleased to appoint our first female Lead Coach, with Rachelle taking the reigns for the 2024/2025 season. With extensive experience as the Head Coach at Terrigal SLSC and the Assistant Coach at Currumbin SLSC for the past three years, Rachelle brings valuable knowledge and experience to the role. A former Australian Representative and current High Performance Coach in Pool and Ocean, she has been the Assistant Australian Youth Coach since 2017.



#### Jayden Erskine, Ski Coach

Jayden will be assisting to support and develop our ski paddlers and brings an extensive set of skills and experience to our Club. Jayden is an Open Australian Taplin Relay and Lifesaver Relay Gold medallist and has excelled on the State, Australian and World stages. He has represented Queensland on several occasions and was recently named as the Currumbin SLSC Ski Paddler of the Year.



#### Hayden White, Assistant Senior Water Coach

We are delighted to have Hayden continue in his assistant role for the upcoming season. 'Whitey' is a former Nutri-Grain Ironman who is able to share his passion, competitive drive, and vast experience as an athlete with our team of aspiring athletes. His firsthand insights into the challenges and triumphs of training and competition provide invaluable mentorship and inspiration to our members.





#### **CBV SURF SPORTS**

#### INTRODUCING THIS SEASON'S COACHING TEAM

#### Zane Holmes, Junior & Youth Lead Coach (U11-U14)

We are thrilled to welcome Zane back to the helm, bringing great enthusiasm and energy as our younger athletes (U11-U14) continue to grow and improve. Zane holds an incredible legacy within the surf sports community, having enjoyed an impressive career as a Nutri-Grain Ironman Champion. He is regarded as one of the great athletes of his era and continues to strive as a dedicated ambassador and coach for the sport and Currumbin SLSC.



#### Sam Dick, Beach Coach

We are pleased to announce that Sam will be continuing on his coaching career as the Currumbin SLSC coach of beach sprint and flags. Sam is a loyal Currumbin Beach Vikings member since 1999 and has been selected on multiple occasions to assist with coaching across all representative levels from Branch through to Australian Lifesaving Teams.



### Dan Norton Smith, Assistant Junior & Youth Coach (U11-U14) and Senior Swim Coach

Dan rejoins our team as a highly skilled and experienced surf lifesaving coach with a passion for helping athletes achieve their goals. His coaching emphasises technical skill development, mental preparation, and physical training. Dan has worked with surf lifesaving clubs across the country, from beginner to advanced levels, creating a positive, supportive, and challenging environment whilst encouraging athletes to strive for excellence.



The Best Sunday Session on the Gold Coast

# AUGUST

Sundays from 3.30pm

04 AUG - HODADS

11 AUG - RED ROCK

18 AUG - REMEDY DUO

25 AUG - PHOENIX RISING

SEPTEMBER

01 TYSON & SHAKE | 08 REWIND | 15 CAPTAIN WOW | 22 PHOENIX RISING | 29 SMASHED CRABS DUO



#### **NEWSLETTER CONTRIBUTIONS**

If you would like to contribute to the monthly newsletter or if you have any information, upcoming events, milestones, celebrations or examples of members living the Viking's Way and culture, please send an email with details and any photos to Benny Munro at culture@currumbinslsc.com.au.

If you, or someone you know, would like a print copy of this month's Newsletter posted to you, please send an email to culture@currumbinslsc.com.au. We can organise print copies on a once off or regular basis.

#### THANK YOU TO OUR VALUED SPONSORS

