



LIFESAVING SA

Membership newsletter Issue 1

Message from GM

The last few months have been busy but fruitful. Hang Ten and Homenet have come on board as sponsors and Homenet was the official sponsor for the 2007 Nipper nationals and we looking at a potential 2 year relationship with them. Hang Ten has come on board as an a sponsor as a duty kit. I would also like to take the opportunity to welcome a few new faces to surf house . Mrs Jacqui Myers(Executive PA), Miss Kelly Johnson(Marketing Manager), Mr Muhamed Vada (temp bookkeeper) Khetiwe Mahkanga is still on maternity leave, we extend our congratulations to her for baby girl.

I would like to thank our host provinces and clubs, Gauteng North for hosting a successful Stillwater champs.Eastern Cape , and the clubs Kings Beach Surf Club and East London Surf lifesaving club hosting hosting successful Nipper and SA respectively.

Human rights day Gauteng Lifesaving

The day allowed for the youth to recognize and exercise the constitutional right to be educated and informed. Rustenburg hosted a lifesaving demonstration aimed at potential nippers. The event saw 50 nippers, half on which were PDI and exposed them to information on entry requirements, awards structures, competition equipment, events, patrols and equipment usage, although the gala was some fun in the sun for the kids the underlying hint of seriousness was directed at the 'lets enjoy water safety' program.

Special thanks are extended to Mandy Mcgregor and Charles Quibell for making this event possible.

Who is your hero?

LSA provided submissions for the 'DEBIS EMERGENCY HERO AWARDS', these awards recognise people who have gone beyond the call of duty the proposals called for nominations of people who have in the face of danger behaved heroically despite all odds. It was decided that Achmat Hassiem would met the criteria and also to honour his heroic efforts.

In an international sphere, Achmat Hassiem and all the names of the False Bay lifeguards that assisted in saving the life of Achmat, were submitted for the Russel and Mountbatten Medal respectively.

The Russel medal was introduced in 2000 by the Royal lifesaving society, the criteria for this medal are that it be awarded to a person 18 years and younger who carried out the most outstanding resuscitation or attempted resuscitation of a person.

The Mountbatten medal was instituted in 1957 and is awarded to the most gallant rescue attempts undertaken. LSA did feel that this incident deserved a nomination for these prestigious awards.

All members are encouraged to provide LSA with news on all heroic efforts by our members so that there efforts can be acknowledged and commended.

Special and deep-felt thanks to our sponsors:



Visit www.lifesaving.co.za

2007 Stillwater Nationals- March 07

This showcase event attended by over 370 competitors was hosted by Gauteng North Lifesaving. Participating in the event this year was an improved number of PDI competitors, with 70 participating in the events. The event was held between the 7 March- 10 March 07.

The standard of the competition was high with 11 new SA Records Set. Gauteng North set the challenge early on in the event, and the other 6 provinces found it hard to match their performances at the end of the day.

This event is held with Nippers, Juniors and Seniors participating in two separate but concurrent events. The 179 Nippers competed in tough competition with some outstanding results, but without setting any new records. Some notable achievements came from Ithumaleng Lesenyeho (GL) winning 4 of the 5 Individual U12 boys events, Cassandra de Wet (GNL) winning 5 of her 7 Individual events and Niel de Villiers (WPL) winning all 7 of his individual events.

The 190 Juniors and Seniors found the standard of the event to be as high as being at the coast and set their sights on achieving their best performances to date. Specific highlights in the performances of the competitors come from the Under 19 and Open age groups where Armand Marais, matched and in many instances bettered the times of the Senior Men and the Open Ladies where Jade Antunes won each individual event.

U10 Victors

Dalene Nienaber
Brandon Isomonger

U12 Victors

Jodie Muller
Itumeleng Lesenyeho

U14 Victors

Cassandra De Wet
Niel De Villiers

U16 Victors

Caro Faure
Jacques De Villiers

U19 Victors

Sarah Baillie
Armand Marais

Open Victors

Jade Antunes
Barjo Van Niekerk

2007 Homenet Nipper Nationals



The Homenet Nipper nationals was held in King's Beach, Port Elizabeth and proved to be a huge success, not only from a brilliant sponsorship perspective but for the amazing display of athleticism, skills and sheer motivation shown by our youth made this event even more fulfilling. While the entrants dwindled from last year's 700 competitors the quality of performances from all 3 age groups proved among the best. Homenet as our new sponsors did over and above anyone's expectations and ensured that all competitors went home with goodie bags and lots to remember the **2007 Homenet Nipper Nationals**.

Congratulations need to be extended to Durban Surf for their collective win at the Nationals, while Summerstrand took second place and Fish Hoek followed in third place.

Congratulations to the competitors of the Competition

U10

BRADLEY FYVIE- DURBAN SURF
SIMONE FAULMANN-FISH HOEK

U12

CHRISTOPHER MCGLYNN-DURBAN SURF
LAUREN BILLSON-SUMERSTRAND

U14

IKE FORSYTH-LLANDUDNO
DOMINIQUE DRYDING-FISH HOEK

2007 Castle SA Champs

The 25 April 2007, saw the big guns hit Nahoon beach for the inter-provincials congratulations is extended to WP-A for their victory over the reigning champs KZN-A. East London then became the setting for the SA champs with over 765 competitors reared to go. Among our local sensations we hosted Kirsty Munroe from Australia who represented Pirates; while Kirsty is ranked amongst the best in the world but her fellow compatriots kept her on her toes. Hang Ten supplied the juniors, seniors and masters with thoughtful goodie bags and also joined us this year as sponsors for what we hope will be a long term relationship. Tough weather conditions did not hinder the performance of the competitors as Fish Hoek clinched the title after 40 year dominance from Durban surf. In and amongst all the first timers, seagulls grabbed their first gold medal for what we hope will be the start of a winning streak for the East Cape club.

Congratulations is extended to the Competitors of the competition

U16 KERRY ANDERSON-FISH HOEK
MALEC ODENDAAL -PIRATES

U19: SARAH BLAKE -FISH HOEK
HEINRICH DAHMS-STRAND

SENIORS: KIRSTY MUNROE-PIRATES
JASPER MOCKE-FISH HOEK

***Special thanks need also be extended to all officials, safety officers, scorers and judges who gave of their time to ensure that the 2007 nationals were resounding successes.**



Message from the President

Greetings to all in the movement. While the dust is still settling after the hive of activities of the competition season, we acknowledge that some of the clubs and provinces have gone into their winter recess period, while the KZN provinces and clubs are upping their duties during the winter. The Mid-year school holidays as well as the annual sardine run has ensured that the voluntary clubs and pro-lifesavers have been kept busy with the hordes of visitors to the beaches.

The most significant development in the movement is the fact that the first draft of the new constitution has been disseminate for discussion and consultation. It is hoped that all provinces will actively engage with the document and send their first round of comments to the office before the end of June. The IMB together with the Constitutional Drafting team will look to refining the document for a second round of consultation. Although the IMB is probably scheduling its last meeting, it is confident that with help from all in the movement, we will be able to produce a new Constitution which will give expression to most of the levels of restructuring of the organisation.

Annual Blue Flag beaches Conference

Our president attended the Annual Blue Flag Beaches Conference, in Hermanus 7-9 May 2007

He made a formal presentation as well as led a session on the conference programme. While It is acknowledged that the blue flag criteria are not obligatory at present there are definite moves to make it compulsory in a year or two.

There were some concerns raised about the way the lifesaving criteria is applied on Blue flag beaches and to this the national implementing agency as well as DEAT has agreed to call a one day workshop to address these concerns. The workshop will be held on the **18 July 2007 in Durban.**

It must be noted that the beaches in Cape Town unicity as well as the KZN beaches come in for praise from the city officials themselves on the Lifesaving standards. The event on the 18th July, together with LSA's own progress on the qualifications issue in THETA could go a long way in addressing the concerns raised at the last conference.

LSA would like to extend a congratulations to all those selected for the National target squads.

High Performance

Men

Werner Bosman (GN)
Ryan Brennan (KZN)
Paul Dias (KZN)
Shaun Dias (KZN)
Craig Dingle (East)
Mark Dingle (East)
Brian Keevy (East)
Sibusiso Khoza (East)
Armand Marais (GN)
Robin Saggars (G)
Barjo Van Niekerk (GN)
Wesley Wesso (WP)

Women

Nastassja Alexander (WP)
Jade Antunes (WP)
Sarah Ballie (KZN)
Jayne Broderick (East)
Tanita Cronje (GN)
Marettie du Plessis (GN)
Yolize du Plessis (GN)
Helios Greef (WP)
Natalie Joubert (GN)
Samantha Plumb (East)
Carla Roussouw (East)
Kim Van Deventer (East)

Training and Development

Men

Ulrich Alexander (WP)
Nelson de Carvalho (East)
Jacques de villiers (WP)
Ryan Eckermans (East)
Gustav Gropp (GN)
Clayton Gossman (GN)
Stewart Hall (G)
Malcolm Hunter (G)
Byron Johnson (GN)
Avinash Kalichuran (KZN)
Thomas Khumalo (G)
Karabo Mapaila (East)
Wiseman Ndlovu (KZN)
Enoch Nyathi (GN)
Renier Oostenhuisen (GN)
Boy Boy Rasekoai (GS)
Bongani Shandu (KZN)
Coenie van Graan (WP)
Riaan van Graan (WP)
Steve Viviers (FS)

Women

Tauhnee Coetzee (East)
Amy- Lee Davids (WP)
Caro Faure (WP)
Allyssia Human (GN)
Zenobia Mans (East)
Tamzin McGee (East)
Lizette Peters (GN)
Erin Phillips (KZN)
Guinevere Rogers (WP)
Jenny Saggars (G)
Caley van Hoeslin (WP)
Hesmar Venter (GS)

Surf Target Squads

High Performance - Senior

Men

Jasper Mocke (FH)
Luke Nisbett (Pir)
Donald Brierley (UR)
Shaun Dias (DS)
Stix Mthyane (DS)
Wayne Holroyd (UR)
Blane Wood (DS)
Jono Webb (FH)
Gareth Fowler (DS)
Steve Woods (Pir)
Ryan Brennan (DS)

Women

Kendal Alfred-Loots (FH)
Kim Brugman (FH)
Eloise van Gyssen (FH)
Chantal Godfrey (UR)
Mandy Maritz (SS) u/19
Tiffany Kruger (WD)
Kendal Artz (DS)
Jade Antunes (FH)
Fay Cowie (SS)

Training and Development - Under 19

Men

Matthew Tebbut (EL)
Adam Nisbett (Pir)
Jayden Alfred-Loots (FH)
Heinrich Dahams (Str)
Evan Engelbrecht (Pir)
Brad Hamilto (DS)
Gareth Dias (DS)
Ryle DeMorney (FB)
Luke Hindmarch (UR)

Women

Kerry Anderson (FH)
Ashley Howard (DS)
Nicole O'Driscoll (DS)
Gonda Goulooze (MB)
Samantha Badman (Sard)
Tamara Thomas (FH)
Heather Whitehorn (FH)
Shelly Faulman (FH)
Erin Phillips (DS)
Gabi Bombardeiri (DS)
Ondine Julyan (Clif)



Special mention and congratulations are extended to **Shaun Dias, Ryan Brennan and Jade Antunes** who have been selected for both the both the surf and Stillwater high performance senior surf squads.

It is always wonderful to see athletes of this caliber excel at both surf and Stillwater and forge a stronger correlation between the two spheres of Lifesaving.

Big things ahead for the Big Bay members.

Big Bay were able to build a world-class facility in the form of a club house, despite the monumental project were still able to continue with all voluntary duties. The clubhouse was opened on the 26th May 2007 and present at the unveiling were the deputy mayor , Charlotte Williams.

Big Bay also hosted the Robben Island swim challenge where 18 swimmers went through grueling heavy surf and enjoyed the presence of Mayor Helen Zille who expressed her thanks and appreciation to the IRB crew and lifeguards who assisted the swimmers in their pursuit. The swimmers were comforted with a hot shower to soothe there chilled bodies in their new club house.

Back row Left to Right) Willie Jansen: Chairman BBSLC, Anton Mulh: President BBSLC, Jason Frazer: Lifeguard, Gavin Frazer: Lifeguard.
(Front row Left to Right) John Fourie: Lifeguard, Mayor Helen Zille: CoCT, Derrick Frazer: Snr Lifeguard/IRB Crew and Debbie Frazer: Snr Lifeguard



THANK YOU PDI DEVELOPMENT

Many thanks to John Connolly of the Irish Lifesaving Foundation for the donation made to the lifeguard training project in Soweto. These funds have facilitated the training of young men and women in this area and subsequently they have found jobs as paid lifeguards.

Condolences Mr Sam Wyer

Sam was a past chairman of Amanzimtoti SLC and also a founder member of the long distance ocean surf ski paddlers. He was tragically shot dead at his home in April of this year. He will be sorely missed by members of lifesaving South Africa but dearly remembered.

Up and coming events

The annual Winter carnival has decided to go into hibernation this year and will rear it's head during the Durban spring break celebrations.

A Spring carnival will be held from the 22 September to the 23rd September 07.

All clubs are encouraged to participate in this event.
Watch this space for details towards the event.

Trivia

An average person should eat the following daily portions

- 5 - 7 portions of starchy food
- 3 - 5 portions vegetables
- 2 - 3 portions of fruit
- 2 - 3 portions of dairy products
- 5 - 6 portions of proteins
- 2 - 3 portions fat

For more info visit health24

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