

Hampton Nippers Carnival Report

HAMPTON METRO REGIONAL

JUNIOR
LIFE SAVING
CHAMPIONSHIPS

26 JANUARY 2014

Special Thanks

There are so many people who need to be thanked for assisting with Hampton Life Saving Club's hosting of the Metro-Regional Junior Life Saving Championships - definitely more than will fit in this section.

To all our members,
competitors,
sponsors, supporters
and friends

THANK YOU



HAMPTON FIELDS LARGEST TEAM EVER TO HOST REGIONAL CHAMPIONSHIPS

Australia Day 2014 – a day that everyone involved with Hampton Life Saving Club will remember for a long time and one we are all very proud of! The Regional Championships, for clubs to qualify teams for the upcoming State Championships, are all about the **"TEAM"** and that set the theme for the entire day! The behind the scenes team effort to organise the logistics and catering for the day; the combined effort of our many willing helpers at 6am to have everything set up by 7am; the team effort of our dedicated and passionate parents who acted as AGM's, WSO's and Officials to ensure we are now regarded as one of the most organised clubs around; and lastly but most importantly, the fantastic team effort of our Junior Competition Squad for their enthusiasm, dedication and fantastic performances on the day.

Hampton's Biggest Team Ever: 82 Competitors

Most Successful Qualifying Carnival: Qualified teams for 77 team events at the 2014 State Junior Life Saving Championships

Best Team Placing: 3rd (behind two big clubs who field up to two to three teams per event)

Enormous Team Effort: 148+ HLSC Members & Friends volunteering their time to ensure the day went off without a hitch.

A Great Team Effort!

Hampton Nippers Carnival Report

TEAM MANAGER'S REPORT (CONTINUED)

The anticipation of competing on "home turf" was tantalising everyone's tastebuds as they arrived (or maybe that was the smell of the egg and bacon sizzling on the BBQ?). Either way, as our Bayside competitors lugged their marquees and boards down the stairs to our beach, the Hampton Crew were all ready for them: caps tied, sunscreen on and Hampton LSC tattoos applied (thanks Sam!).

A PROUD TRIBUTE TO COMMENCE PROCEEDINGS

Our very own U14 Sienna Costello, along with YIP Georgie Glasgow, were exceptional as they performed the Australian National Anthem in front of club flags and a sea of eager competitors from the Bayside Metropolitan area. What a magnificent sight and a beautiful moment to pause and reflect on our National Day. Well done to both girls!

RECORD TEAM NUMBERS

With the formalities concluded, our 82 nippers were itching to get going. We fielded teams in every age group, which made us a formidable force to be reckoned with. It was extremely rewarding to fill teams that were lacking numbers and to field teams that we have not previously. Thanks to all those new families for joining us! It was fantastic to see the U13 Boys competing at the first carnival and we hope they all enjoyed the team experience! (All those years of my nagging finally paid off!) It was equally encouraging to have a competitive U14 Boys team, which we have not had for many years.

WELCOME TO THE TEAM

A very big welcome to the Duffin family (Luca U9B, Yasmin U12G and Quayd U14B), Curtis Wong U11B, Loretta DeNittis U11G, Mia Scerri U9G, Bianca Scerri U11G, Scott Anson U13B and Benjamin Coote U13B, who all debuted for Hampton at the Metro-Regionals. Also, welcome back to Alannah Shepperd U10G, Chloe Hutton U11G, Evgeni Daraganov U13B and Christian Griffin U13B who competed in their first carnival for this season. It was fantastic to see you back in the black and white caps!



Hampton Nippers Carnival Report

SUPER RESULTS FROM ALL TEAMS

The upcoming State Junior Life Saving Championships are to be held in Warrnambool on the 8th and 9th March. Hampton has qualified in the following events:

Individual Iron Nipper

(The Iron is the only individual qualifying event at the State Championships) **Congratulations to:**

| | |
|--------------------|-----------|
| Finn Ziesing | U12 Boys |
| Michael Garbelotto | U12 Boys |
| Erin Reed | U13 Girls |
| Quayd Duffin | U14 Boys |
| Annabelle Eastman | U14 Girls |

Team Events

We have qualified teams in 77 events across all age groups WOW!!!! These are:

U9 Boys: Beach Relay A, Board Relay A, Wade Relay A, Surf Team A

U9 Girls: Beach Relay A, Board Relay A & B, Wade Relay A & B, Surf Team A

U10 Boys: Beach Relay A, Board Relay A&B, Wade Relay A&B, Surf Teams A & B, Aqua Cameron Relay A & B

U10 Girls: Beach Relay A, Surf Team A

U11 Boys: Board Relay A, Wade Relay A, Aqua Cameron Relay A

U11 Girls: Beach Relay A & B, Board Relay A & B, Aqua Cameron Relay A & B & C, Surf Team A, Wade Relay A & B & C

U12 Boys: Beach Relay A, Board Rescue A, Aqua Cameron Relay A & B, Surf Team A, Board Relay A

U12 Girls: Beach Relay A, Board Rescue A, Aqua Cameron Relay A & B, Surf Team A, Belt & Reel A & B, Board Relay A & B

U13 Boys: Beach Relay A, Board Relay A, Aqua Cameron Relay A

U13 Girls: Beach Relay A, Board Rescue A, Aqua Cameron Relay A & B, Surf Team A, Belt & Reel A & B, Board Relay A & B

U14 Boys: Beach Relay A, Aqua Cameron Relay A, Surf Team A, Board Relay A

U14 Girls: Beach Relay A & B, Board Rescue A, Aqua Cameron Relay A & B, Surf Team A, Belt & Reel A & B, Board Relay A & B

Well done to all 82 competitors for their contributions and magnificent efforts on the day to produce these results that exceeded our expectations! You should all be very proud of yourselves, because we are!





LOOKING FORWARD TO THE STATE CHAMPIONSHIPS



Although we have qualified teams in 77 events it may not mean that we will compete in all 77 events at State Championships.

Team entries will be subject to competitor availability, conditions on the day and many other variables. The Competition committee along with AGMs will determine the team formations for the competition.

Heats and finals are conducted at States and this will also be taken into consideration when making up teams. Previous performances at carnivals, commitment to training and individual strengths and weaknesses are other things we will consider as well as variables on the day. Please be assured that we will be doing the best for the **TEAM**.

Saturday 8th March: is an individual event format (but includes Board Rescue)

Sunday 9th March: presents all team events (but includes Individual Iron).



ENORMOUS THANK YOU

Specials thanks to the following people (in no particular order) for assisting in some way to make the Hampton Metro-Regionals Competition the success that it was:

- All the set up committee for having the marquees up and all of our equipment out ready on the sand.
- Sam Dwyer for her efficiency and professional paperwork.
- Our essential officials: Phil Mawkes, Bernie Doolan, Gary Doyle, Peter de Santo and Ian Fullagar, Andrew Reed and Josh Doolan for volunteering their day to assist with the running of this excellent carnival.
- Our tireless Water Safety Officers: Brett, Peter, Yvette, Emily, Caroline, Sean, Adrian, Sophie, Michael, Sam and Annabelle who encourage and cheer on all kids who compete in the water.
- The fantastic Age Group Managers who motivate, psyche up, feed, water, care and cheer for their teams- a huge thank you to you all once again : Melissa, Louise Kirsty, Penny, Rick, Steve, Michael, Dianne, Kabel, Craig, Stuart, Freddy, Anthea, Garry, Greg, Steve, Hayley, Sarah, Mark, Anthony, Andrea, Greta, Leonie, Cameron, Greg, Andrew, David and Glenn. Bravo to you all!!
- All parents for the support of their kids, their club and the sport of Life Saving .
- Steve May, Brett Wells and other parents for taking photos on the day.
- Thanks for the friendly faces, willingness to assist and good humour.
- Another big thanks to the Patrollers, Caterers, BBQ-ers and Face Painters for ensuring competitors, spectators and volunteers were safe, looked after and well-fed.
- Thank you too, to our sponsors – we are very grateful for your support.
- Finally, we are all very grateful to the committee who dedicated their time to organizing such a great event, in particular Kerrie Curtis (below centre) who headed up the team.

Everyone's contribution is very much appreciated!





THANK YOU TO THE FOLLOWING CARNIVAL VOLUNTEERS

CARNIVAL VOLUNTEERS

Person Most in Charge: Kerrie Curtis

HLSC Carnival Manager: Susie Massey

| | | | | | | | |
|-----------------------------|---------------------------------------|---------------------------|-----------------|---------------------------|--|----------------------|-------------------|
| LSV Set-Up: | Simon Ziesing & Chris Eastman | | | Traffic Control: | Peter deSanto, Phil Mawkes & Michael Pratt | | |
| Workforce Roster: | Georgie Glasgow & Sarah Cameron | | | Photography: | Steve May | | |
| LSV Pack-Up: | Troy Paterson & Rowan Cole | | | Power to Beach: | Daz Stone | | |
| Club Equipment: | Arel Rosenberg & Peter Costello | | | Club Pack-Up: | Kerrie Curtis, Donna Maloney, Arel Rosenberg | | |
| Food Tent Set-Up: | Steve May Brett Wells | | | Emergency Back-Up: | Michael Pratt & Leslie Coote | | |
| Gear Shop: | Jo Honeychurch 8.00 am - 1.00 pm | | | | Anthony Ingerson | Peter Costello | Andrew Griffin |
| Extras/ Emergencies: | Jess Tammesild | Allen Wong | | | | Jo Stone | 1.00 pm - 3.00 pm |
| Patrol: | Patrol Captain | Anne Tammesild | | Vice Captain | Jean-Marc Bonnet | | |
| | IRBD | Michael Spencer | | IRBC | Emily Curtis/ Calum 1:30-3:30pm | | |
| | Patroller | Sara Molloy | | Patroller | Ray McMaster | | |
| | Patroller | Josh Bonnet | | Patroller | Calum Clephane | | |
| Carnival | IRBD 9am - 12pm | Nick Forbes | | IRBC | Emily Curtis | | |
| IRB Duties: | IRBD 12pm - 3pm | Jeff Walton | | IRBC | Calum Clephane | | |
| LSV Lunch | Vera Doolan | Jasmine Lawrence | | Carol Lawrence | Leanne De Santo | | |
| Prep: & | Sarah Cameron | Susie Massey | | Georgie Glasgow | | | |
| Delivery: | Carol Lawrence | (driver) | | Jasmine Lawrence | Vera Doolan | | |
| Canteen | 7:30 am - 9.30 am | Claire Walton | | Loeke Anema | Wren Spence | | |
| | 9:30 am - 11.30 am | Tori Hughes | | Georgie Glasgow | Mitchell James | | |
| | 11:30 am - 1.30 pm | Jane Sheppard | | Allen Wong | Tracy Spence | | |
| | 1:30 pm - 3.30 pm | Isabelle Curtis | | Wren Spence | Claire Walton | | |
| Food Tent | 7:30 am - 9.30 am | Louise Hunter | Hayley Wells | Ron Dick | Justine Tuffley | | |
| BBQ: | | David Hagan | Sara Bidois | Leslie Coote | Isabelle Curtis | | |
| | 9:30 am - 11.30 am | Simon Ziesing | Megan Spencer | Linda Griffin | Shirley Dare | | |
| | | Michael Pratt | Darren Stone | Loeke Anema | Calum Clephane | | |
| | 11:30 am - 1.30 pm | Mirjam Anema | Georgie Glasgow | Anne Henry | Colleen Moloney | | |
| | | Leanne DeSanto | Rowan Cole | Susan Chadwick | Troy Paterson | | |
| | 1:30 pm - 3.30 pm | Felicity Frederico | Jane Sheppard | Donna Maloney | Tash Ingerson | | |
| | | Mitchell James | Kathy Pratt | Belle Spencer | Emily Curtis | | |
| Face | 9 - 10 am | Anne & Jess Tammesild | | | 10 - 11 am | Isabelle Curtis | |
| Painting: | 11 - 12 pm | Isabelle Curtis, Jo Stone | | | 12 - 1 pm | Loeke Anema, Caitlin | |
| | 1 - 2 pm | Caitlin Cole | | | | | |



AGE GROUP RESULTS

Under 8 Boys

*Lachlan Hunter, Harrison Tuffley,
Mitchell Tuffley, Tom Wakelin, Jonty
Welberry*

The U8 Boys were full of beans, despite competing at Chelsea the day before!! They were obviously fed plenty of carbohydrates between carnivals because they were bursting with energy! Jonty found himself coaching from the sidelines as his team lined up for the Beach Relay. His pep talk and words of wisdom obviously paid off because the team of Lachlan, Harrison, Mitchell and Tom were slick in their baton changes in what was their first ever beach relay event together and came an impressive 3rd!! Well done boys and well coached Jonty!! The officials were so impressed that they gave Jonty a bronze medal as well!!





AGE GROUP RESULTS - CONTINUED

Under 9 Girls

Tessa Coote, Eliza Ingerson, Amelia Johnson, Mia Osler, Sophie Pratt, Mia Scerri, Lara Smith



After struggling to get a team together at the start of the season, the U9 Girls are now knocking down the door to get in the team! Not only did we field one team but we had two, a total of 8 girls, thanks to Sacci Hoover (U8G) for competing up. Not that it was a daunting task for our Sacci!! With her nervous mother on the beach watching, Sacci blitzed her swim, in only the second time of swimming that distance (S badge testing first). She overtook many swimmers two years older than herself and finished a fantastic 9th place, behind Lara Smith 7th and Mia Scerri who finished 2nd, go girls!!! The appropriately nicknamed “Sharks” and “Dolphins” Wade teams powered through the shallows as though the shark was actually chasing the dolphin!! Both teams finished in the top five and will be itching for another game of chasey at Warnambool!





AGE GROUP RESULTS - CONTINUED

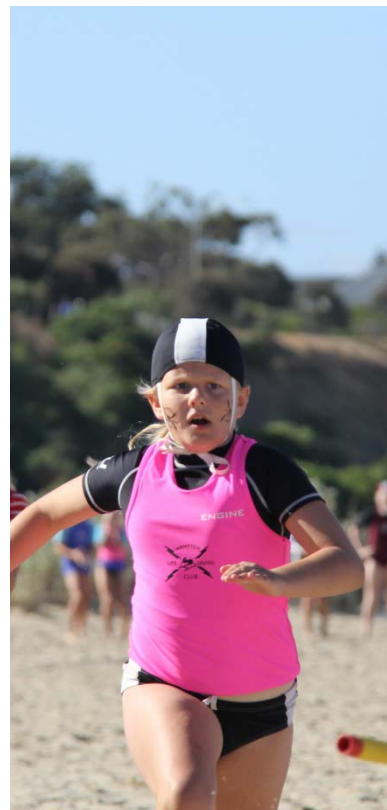
Under 9 Boys

Nicholas Bolmat, Fyndon Davis, Luca Duffin, Jack May

For the first time ever, the U9 Boys had a team!! Yay! No more composite team for us, struggling to remember who that kid is that I am meant to pass the baton to!! Welcome Luca Duffin!! And what an impact he had in his first carnival; he came out of the water first in the Surf Teams and continued his domination in the Board Relay where he got his team into a commanding position during his leg of the relay. The boys really bonded together in the Wade and showed their experience running in our shelly shallows to first in 1st place. 4 team events = 4 teams qualified!! What more can I say!



AGE GROUP RESULTS - CONTINUED



Under 10 Girls

Charlotte Garbelotto, Rosie Jackson, Alannah Sheppard, Charley Wakelin

The U10 Girls fielded a full team as well!! Hooray!! The girls quickly found a bond and were a blistering force on the sand in the beach relay. Charlotte was pumped, Alannah hadn't lost any of her speed from last year, Rosie was itching for another carnival experience and with Charley making up the awesome foursome, these girls really got it together! They continued their good form from the water, qualifying in Surf teams as well. We hope that they can get together more often.

AGE GROUP RESULTS - CONTINUED



Under 10 Boys

Angus Cameron, Adam Doyle, Luke Henry, William Roder, Charlie Schwerdt, Jack Tuffley, William Tuffley, Darby Welberry, Zach Ziesing



The U10 Boys continued on from previous carnivals, dominating in a variety of events and showing the depth and strength of having 9 competitors on the day. The squad qualified an amazing 9 teams from possible 10, a great team effort by all team members!!! Nipper of day goes to Angus Cameron for giving up one of his silver medals to Darby Welberry (a departing member who is moving overseas) as a farewell gift to a critical member of the team all season!! We applaud you Angus!! What a thoughtful gesture and I am sure Darby will have fond memories of his time as a Hampton Nipper because of you!!

AGE GROUP RESULTS - CONTINUED

Under 11 Girls

Sophie Bolmat, Emily Cope, Loretta De Nittis, Chloe Hoover, Jorja Hunter, Chloe Hutton, Amelia Jame, Madeleine Johnson, Lauren Pratt, Bianca Scerri Mia Spencer, Lucy Webster

Once again, the U11 Girls fielded the largest Hampton team of the day with 12 competitors! That is 3 teams and this girls set out on their domination from the first moment! AGM's Greg Scerri and Garry Hoover were kept busy all day working out the various combinations of teams! They obviously got it right because this group qualified the most amount of teams for States, 11 !! All 3 Wade Relay teams qualified, finishing 1st, 2nd and 7th – look out Warnambool!! The fitness training is certainly paying off for Sophie Bolmat and Lauren Pratt, there was no stopping these girls on the day! Both qualified for the final for the Iron and after having to do heats in this event, it is one not for the faint hearted! Well done to you both and an extra clap for Sophie who was not feeling 100% on the day.



AGE GROUP RESULTS - CONTINUED



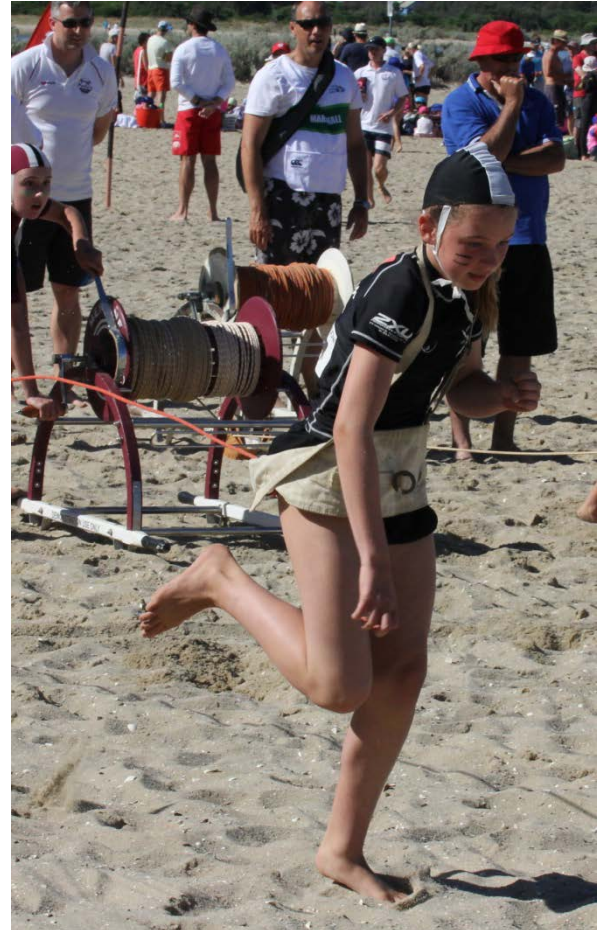
Under 11 Boys

James Chadwick, Will Garbelotto, Noah Hill, Daniel Osborn, Curtis Wong

The U11 Boys welcomed Curtis Wong to their team at Regionals and he proved to be a valuable asset in the Aqua Cam, completing the run legs with lightning speed. An unfortunate incident in a changeover during the Beach Relay resulted in a DQ for that event but they quickly erased that from their minds and set their sights on the water events. The boys proved to be a force in the water once again, qualifying in both the Board Relay and Wade Relay.



AGE GROUP RESULTS - CONTINUED



Under 12 Girls

*Isabella Cameron, Georgia Dick, Juliette Doyle, Yasmin Duffin, Ellen Pratt
Grace Smith, Chiara Wells*

The U12 Girls were joined by newcomers Yasmin Duffin and welcomed back Loretta de Nittis from last season. They also kept their AGM's busy with a team of 9 to convert into teams. The Belt and Reel has become a favourite among some of the regulars and the teams of Chiara and Isabella and Grace and Georgia will be something to look out for at States. These girls have some blistering speed among them and will be worth watching on the sand. The Beach Relay team of Grace, Chiara, Juliette, and Isabella placed 2nd and will be determined to go one better at Warrnambool! Grace and Yasmin were a brilliant combination in the Board Rescue, an excellent match up AGM's!!

AGE GROUP RESULTS - CONTINUED

Under 12 Boys

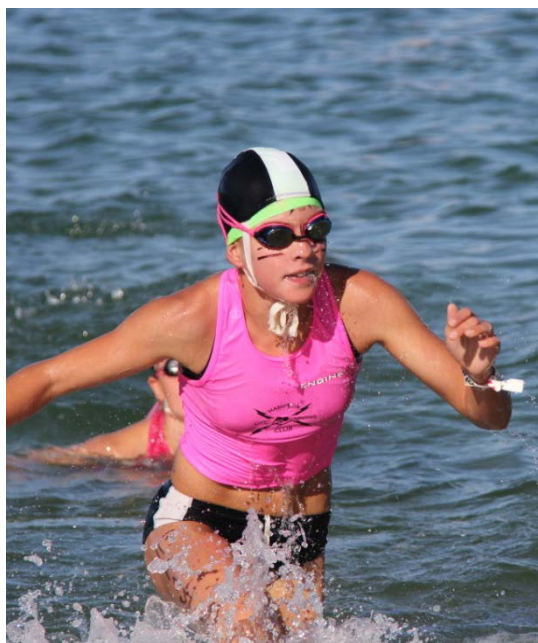
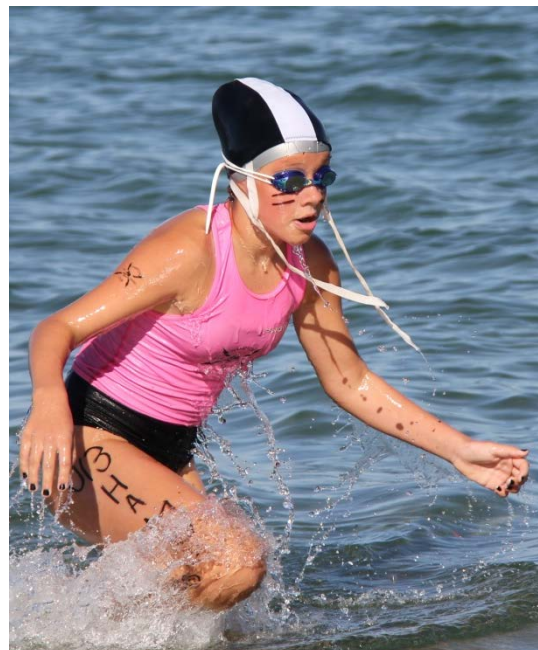
Charlie Conroy, Declan Conroy, Lachlan Costello, Ben Doolan, Dom Frederico, Michael Garbelotto, Finn Ziesing

The U12 Boys put up the first protest of the season for us, being ripped off in the Belt and Reel by inequitable numbers in the heats. Despite the early set back the group refocused their energies to the task and hand and that was to qualify as many teams as possible. With a team of 7 and welcoming back the Conroy twins, the team drew on the experience of youngster James Chadwick (u11B) to boost their stocks when needed, particularly in the Aqua Cameron Relay. Finn and Michael proved they are most at home in the water (wonder what their star signs are?) finishing 1st and 2nd respectively in the Surf Teams. Lachlan Costello was bursting with excitement when presented with his medal and Charlie Conroy proved that his broken leg had fully recovered!





AGE GROUP RESULTS - CONTINUED



Under 13 Girls

*Emily Dare, Ella de Santo, Lucy Hagan, Jessie Ingerson, Jamie Mawkes, Olivia May
Erin Reed, Chloe Wells*

The U13 Girls were pumped and ready to take on their arch rivals in Half Moon Bay and Mentone, such is the close competition and friendly rivalry among all the girls from these clubs. Results from last year's State's were reversed with the Beach Relay team finishing 2nd to Mentone and the Belt and Reel combination of Olivia and Jamie winning gold on home soil, beating Mentone after finishing second to them at States last year. The depth and versatility of this team is such that team selection can come down to seconds. They qualified both teams in the Aqua Cameron and special mention to Erin Reed for being the sole Hampton competitor in the Iron Nipper and qualifying – Go Bob!!!



AGE GROUP RESULTS - CONTINUED



Under 13 Boys

Scott Anson, Benjamin Coote, Evgeni Daraganov, Christian Griffin

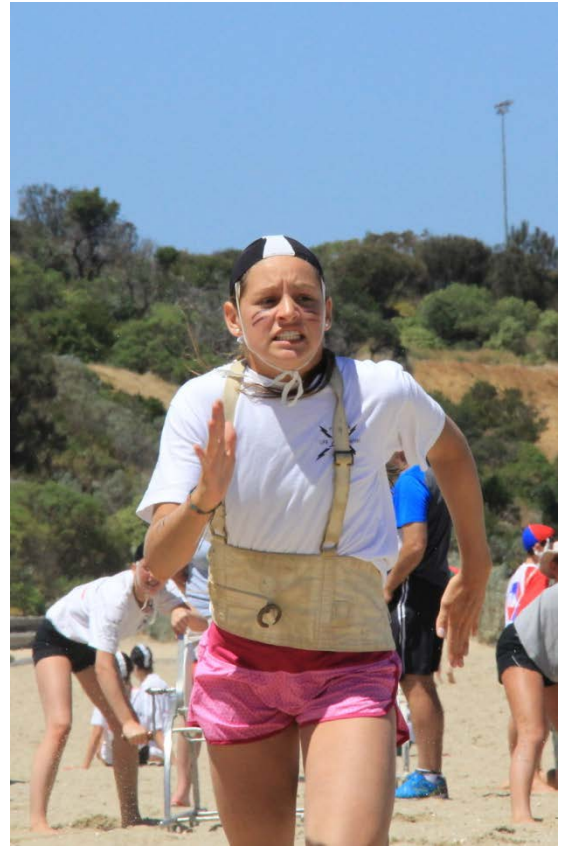
It is a pleasure to write about the U13 Boys Team as this is the first time I have had to!! They were finally persuaded after years of nagging by the U13 girls and myself to get a team of 4 together and do competitions. The lure of being at Hampton proved too much and we finally got them!! Christian and Evgeni were seasoned campaigners from last year with Ben and Scott being the rookies. They soon found their feet and thoroughly enjoyed their first competition experience. They managed to qualify in 3 events and helped the U14 Boys qualify in theirs! I have heard they are holding secret meetings about potentially coming to States? Let's hope so!

AGE GROUP RESULTS - CONTINUED

Under 14 Girls

Phoebe Conroy, Sienna Costello, Annabelle Eastman, Emmie Frederico, Alida Fullagar, Taylor Mawkes, Sarah Webster

The U14 Girls were proud as punch to host all their fellow rival club buddies to home club Hampton. What a way to finish your last season, you were all "the party girl"!!! The fun only lasted during marshalling because when these girls hit the line ready to start a race there are no friends! Taylor was 100% focused all day and showed guts and determination in every event she contested. Her and Phoebe took out gold in the Belt and Reel and teamed up with Emmie to take out silver in the Board Relay. There was no stopping these girls! They finished 1st and 4th in the Beach Relay, recruiting lightning quick Olivia May from the age group below to qualify their second team. Both Aqua Cam Relay teams qualified for States, thanks to Lucy Hagan from U13 girls for filling the second team. This group will be busy at Warnambool, qualifying in an amazing 10 events. Special mention to Annabelle Eastman for qualifying for the Iron – top effort!





AGE GROUP RESULTS - CONTINUED



Under 14 Boys

Callan Beaton, Quayd Duffin, Harrison Miller

The U14 Boys were joined by Quayd Duffin at Hampton and what a handy inclusion he proved to be. Qualifying for the Iron in his first carnival set the bar for the U14 boys and they embraced the challenges that lay ahead. They worked together like a well oiled machine in the Beach Relay finishing 2nd with the help of Ben Coote from U13 Boys who could not get enough exercise that day! He also helped them qualify for the Aqua Cameron! The combination of Callan and Quayd worked well in the Board Rescue and the team also managed to qualify in Surf Teams and the Board Relay. A very productive day at the office!!



CONGRATULATIONS TO THE NIPPERS OF THE DAY FOR HAMPTON METRO REGIONALS

| | | |
|------------------|-------------------|---|
| U8 Boys | Mitchell Tuffley | For determination and top four finish in the Beach Sprint |
| U9 Girls | Mia Scerri | For her 2 nd place in the Surf Teams |
| U9 Boys | Luca Duffin | For his domination in the Surf Team – first over the line!! |
| U10 Girls | Rosie Jackson | Valuable contributor all day |
| U10 Boys | Angus Cameron | For giving up one of his silver medals to departing team member, Darby! |
| U11 Girls | Loretta De Nittis | For stepping up and helping her team mates out! |
| U11 Boys | Noah Hill | Good job in the Iron |
| U12 Girls | Ellen Pratt | For putting the team first! |
| U12 Boys | Dom Frederico | For his powerful paddling in the Board Relay |
| U13 Girls | Erin Reed | For being the only girl to contest the Iron and qualified!! |
| U13 Boys | Ben Coote | For being the “best on the beach” in his debut carnival |
| U14 Girls | Taylor Mawkes | For her sheer guts and determination all day! |
| U14 Boys | Quayd Duffin | For qualifying for the Iron at his first carnival. |

Nipper of the Day Prizes

A Big Thank You To Deb & Rachael from Shakes Of Hampton

Each Nipper of the Day, in each age group, at each carnival, will be awarded a Gift Voucher to Shakes Juice & Ice Cream Bar on Hampton Street in Hampton. Shakes is owned by Deb and Rachael, who are always interested to hear about how the Hampton Nippers are going at their competitions, and we'd like to thank them very much for their support.

If you are at Shakes redeeming a Nipper of the Day Voucher, or just getting an ice-cream or a shake anyway, please make sure you thank them for their support of Hampton Nippers.



Shakes
Juice and Ice Cream Bar



COMPETITION TRAINING

A reminder that Competition training is held on :

- Wednesday after school – 4.30 - 6.00pm
- Sunday afternoons – 3.00pm – 5.00pm

Kids need to have runners, water bottle, bathers, Hi Vis vest and goggles at all training sessions and are expected to arrive at least 5 minutes before training commences to put caps on, have name marked off roll etc...

OFFICIALS COURSE

Calling all parents in the U8-U12 age group!!! Please consider completing an Officials course through LSV. Many of our officials at Hampton are parents from nippers in older age groups and it is imperative that we have a crew of people from all age groups willing to step up and become an official. As you can see from previous carnivals, all officials are parent volunteers who get to have a bird's eye view of their own kids in action. The course is not arduous and the benefits are many!! Please contact me if you are interested. If you do not have a role as such, please consider doing this!

WATER SAFETY – SPECIAL OPPORTUNITY

A number of parents have expressed an interest in helping with water safety, which would be fantastic, as at training and competitions, we are having to call on the same people every time. On some occasions, training in the water has to be limited, as we don't have the correct ratio of water safety to nippers.

In order to become a Water Safety Officer, you are required to complete the Bronze Medallion. Usually the Club runs the BM program over four weeks at the start of the Nippers season. Given that is a busy time of year, the commitment of time from parents (including having to give up three full days across three weekends) is difficult to get. **But we have a solution!**

Andy Lawrence of HLSC has kindly agreed to run a program over winter for parents keen to do their BM but who may not be able to do it in the usual concentrated blocks. The program would involve attending HLSC one night a week for two hours for about four weeks, with some further self-directed learning in order to complete the take home questionnaire. The water-based assessment pieces could then be conducted on the one day, once the water gets warmer.

Could anyone who is interested in this please send their details and nights they are available to sam.dwyer@psychsolutions.com.au . We require six people or more to get going and the course teaches some very valuable skills that you can use in everyday life, including First Aid. Sincere thanks to Andy for making this option available to us, as he is doing this on a voluntary basis.

Plus, it's a well kept secret, but sitting out the back of the break, gently rocking away on a board in the warm morning sun, is pretty good. If you are worried about the surf, don't be – even helping out with training, or closer in, with events like the wade and swim, would be very much appreciated.



POINT LEO SENIOR LIFE SAVING CARNIVAL

Well done to the U13 and U14 competitors who competed at Pt Leo last Sunday in the Summer Series # 4 Senior Lifesaving Carnival. It was fantastic for our Hampton Nippers to experience what a senior carnival is like. It is quite different to Junior Carnivals in that beach and water events are run concurrently meaning competitors need to choose what events may be their speciality at the expense of doing others. Other events such as Surf Boats, Tube Swim and Ski races were some of the events the older senior age groups were competing in.

Thank You

Thanks to the team of people who packed the trailer on Saturday after Nippers and to Freddy Frederico for towing it down to Pt Leo. Sean Conroy towed it back on Sunday afternoon and I thank him very much for that! Special mention to Freddy for fulfilling our 6.30am LSV set up duty on Sunday (look out if you have a holiday house near one of our upcoming carnivals!!). Phil Mawkes, Peter DeSanto and Ian Fullager fulfilled our Officials duties for the day and Yvette and Brett covered the Water Safety. Andrea Eastman was a valuable resource on the day, filling us all in on how senior carnivals operate. Our nippers have much to look forward to!!

Results

The U13 Girls enjoyed their first taste of a Senior Carnival. Jamie Mawkes won the 1km run and Chloe Wells took out the Beach Flags over her buddy Lucy Hagan – Hampton 1st and 2nd! The podium finishes continued in the Beach Relay where our reigning State Champions proved that they are on track for States, by taking out gold.

The U14 Girls enjoyed the great scenery and were a force to be reckoned with in many events! Special mention to Annabelle Eastman for winning the 2km Beach Run.

Harrison and Callan of the U14 Boys certainly showed their talent on the hard sand of Pt Leo! Callan finished 5th in the Sprint Final after coming 2nd and 3rd in his heat and semi respectively; and Harrison was hot on the heels of Annabelle at the 1km mark, proving his endurance and speed on the sand!

With 3 Carnivals in 8 days we all left Pt Leo, happy but exhausted! Another great day on the beach for Hampton!

Thanks to you all!!

What a great 14 nipper squad effort!

FINAL REMINDER - PLEASE ENTER FOR REMAINING CARNIVALS AND STATE CHAMPS

We still have the following carnivals prior to the State Championships:

- Torquay: Saturday 22nd February

AND

- State Championships at Warnambool: Saturday & Sunday 8th and 9th of March

Entries for the State Championships close mid February, so please let Susie or Sam know via email ASAP if you are intending on competing so that teams can be finalised and entries done correctly. If you haven't arranged accommodation already, we also strongly recommend you do.

WELL DONE & UNTIL NEXT TIME...

If anyone has any feedback, questions or suggestions regarding the recent Carnival, please feel free to let me know.

Susie *Go Hampton!!!*

