

RLSSA - NT KICKING BACK

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Executive Director's Message

Sport on Thursday nights has been fantastic with a big thanks to all the supporters of the family BBQ afterwards. Our focus is on participation and sport development with everyone building on their strengths and PB's (personal bests). Bring your friends on Thursdays at Casuarina Pool 6-7pm for the Junior Lifeguard Club ages 5-14 years. At 7.30-8.30pm we have Pool Lifesaving, coached by Alister Lear, for competition training. Participants must be 11 years and over and have achieved a bronze star to participate.

A special thanks to the dedicated Royal Life Team of office staff and swimming instructors who are making a special effort to be there on Thursday nights. Denise Clark, Zoe Clark and Sarah Dowd are guest competitors in Adelaide 30th March -1st April. Wow, that's commitment from both the athletes and their parents – Good Luck Ladies!

Royal Life Saving Northern Territory is led by a very special (and talented) Executive Committee. We have been reviewing our Strategic plan and Sports Plan with thanks to Randall Cook, Kim Clark, Kath Midgley, Jacquelline Nichols, Petina Franklin and Kristen Jones for their outstanding commitment.

Northern Territory has recorded 10 drownings for this year, double the previous year, a reminder for us all to practice, model and promote safe, responsible and fun behaviour as we enjoy our aquatic environment.

Floss Roberts
Executive Director, RLSSA NT



Patron His Honour the Administrator,
Mr Ted Egan AO
President Randall Cook

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Junior Lifeguard Club and Pool Lifesaving Club

Thursday nights at Casuarina pool is a fantastic opportunity to have a good time, meet new people and have a BBQ dinner. From 6pm the Junior lifeguard club kicks off, this is an awesome way to



get fit and have a good time. This program runs for an hour followed by a BBQ at 7pm. The interest this year is amazing, every week we have a bigger turn out and we are looking forward to the program developing even further over the next few weeks. The Pool Lifesaving Club commences at 7.30pm has become the place to be on a Thursday night. With our fabulous coach Alister Lear, the Pool Lifesaving Club is an fantastic opportunity to compete nationally and keep fit. The team is in preparation for the Arafura games, we wish them good luck in their training preparation. For more information

about these programs please contact the Royal Lifesaving Society by emailing Courtney servicesnt@rlssa.org.au or come down to Casuarina pool on Thursday nights. ☺

Training

Bronze Medallion training is going from strength to strength, with 19 people on the full course in February, and another 12 people updating their qualifications. We also had 2 “Trainee” Trainers at the course, with one going on to run Bronze Medallions in a prominent Territory



College, and the other starting with us very soon. Kris Jones in Katherine also had a huge Bronze Medallion class that weekend with 19 people attending. Great work Kris!!!

The Pool Lifeguard was run the following weekend with 11 people being challenged by undergoing Lifeguard training for the first time. With the advent of the Australian Lifeguard Network, hopefully coming online this year, we will be able to run workshops for PLG's in the NT to help with all in-services and updates, with a strong commitment to safe and fun aquatics.

(new teachers completing training with Floss)

The nine people who updated their qualification on this weekend were professional Lifeguards who work at various aquatic venues around Darwin and I was very impressed with their level of professionalism and knowledge.

Most Lifeguards in Darwin are continually challenged by their management and clients to keep their skills and knowledge at the highest level and the training team at RLSSA will continue to provide sound skill development and up to date knowledge on all aspects of Pool Life Guarding.

For all inquiries regarding any of these training courses or the Australian Lifeguard Network please don't hesitate to contact me.

Leah Cullen
Training Officer

Swim and Survive Report

The first Sunday Life Saving classes commenced last Sunday 25th February with an overwhelming response from the community, resulting in 49 children attending lessons at Nightcliff Pool. Due to the enthusiasm of the team and the response from carers and parents, the development team has organised another session to run over the first 6 weeks of term 2. (Commencement date of 22nd April). This session will also incorporate infant classes for the first 4 weeks.

School swimming has begun and we are set for another busy term 1 of swimming. An MP3 Player is up for grabs this term for all those who participate 100% in our programs. Congratulations to our two PS2 winners last year. Katherine has started their swimming with almost all of the schools in the area participating in the Royal Life Saving Swim and Survive program under the guidance of our local aquatic expert, Kris Jones.



(Michael presenting Joseph Stewart with his PS2)

I have also been looking at ways to develop the sport side of swimming and thus have been running “events” with Oloughlin College children each week as part of their PE lessons. Participation has been fantastic and all have enjoyed this new aspect to swimming lessons. We currently have 240 children attending these sessions weekly.

Active after school programs have begun with instructors adopting water safety and games with aims into the play for life policies for these sessions. We currently have 2 after school care providers involved. Cheers Jaq

Water Safety Awareness Program (WSAP)



(Luke and Austin enjoying the WSAP in Jabiru)

The WSAP has been going great guns with lots of new families taking up the option of five free lessons under the Northern Territory Government sponsored program. Last weekend I went out to Jabiru, and while the out wasn't so great, there was lots of enthusiasm there. For all those who missed out, please contact the office (or Queenie at the local pool) to register your interest and I will come out again. Our next big assignment is Alice Springs and Tennant Creek, so if your down that way, keep an eye out for our promotions or contact the office to register your interest.

Don't forget to KEEP WATCH!

Bec



Upcoming Courses

Course	Date	Venue	Time	Cost
Infants - Darwin	17/18 March 2007	Casuarina Pool	8.00- 17.00	\$170.00
Teacher of Adults	2/3/06/07	Nightcliff Aquatic Centre	9.00-17.00	\$170.00

Upcoming Courses

Course	Date	Venue	Time	Cost
Senior First aid	8-9/03/07	Katherine	08.30- 16.30	\$130.00
Senior First Aid Update	09/03/07	Katherine	09/03/07	\$75.00
Bronze Medallion	10-11/03/07	Nightcliff Pool	08.30- 16.30	\$150.00
Bronze Medallion Update	10/03/07	Nightcliff Pool	08.30- 16.30	\$70.00
Resuscitation Update	10/03/07	Nightcliff Pool	08:00 – 10:00	\$35.00
AUSTSWIM – infants extension	17/03/07-18/03/07	Casuarina Pool	Sat & Sun:8-4pm	\$170.00
Senior First aid	24/03/07-25/03/07	Nightcliff Community Centre	8:30-4:30	\$130
Senior First Aid update	25/03/07	Nightcliff Community Centre	8:30-4:30	\$75
Bronze Medallion	14/04/07-15/04/07	Casuarina Pool	08:00 – 16:00	\$150.00
Bronze Medallion Update	14/04/07	Casuarina Pool	08:00 – 16:00	\$70.00
Resuscitation	14/04/07	Casuarina Pool	08:00 – 11:00	\$50.00
Resuscitation Update	14/04/07	Casuarina Pool	08:00 – 10.00	\$35.00
Resuscitation Update	27/04/07	Katherine	16.00 – 20.00	\$35.00
Bronze Medallion	27/04/07-29/04/07	Katherine	08:30- 16.30	\$150.00
Bronze Medallion update	27/04/07-28/04/07	Katherine	08.30- 16.30	\$70.00
Resuscitation	27/04/07	Katherine	18.00 – 22.00	\$50.00

To make a booking contact the RLSSA-NT office by phone on 8981 5036, email nt@rlssa.org.au or enroll online <https://training.royallifesaving.com.au>