



A collection of summer beach items including a pink and white striped beach towel, a yellow sun hat, a tube of sunscreen, a pair of sunglasses, a pair of blue diving goggles, and a pair of pink and black diving fins.

# SUMMER NEWSLETTER

A watercolor illustration of a crab in shades of orange and red.

SANDRINGHAM LIFE SAVING CLUB  
FEB 2025

Two surfboards are shown: one is yellow with a brown base, and the other is yellow with blue and white stripes.



# TABLE OF CONTENTS

**3 PRESIDENT'S ADDRESS**

*Vicky McKay*

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**4 LIFESAVING**

*Daniel Pardo*

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Including the Rescue Ready  
Program and Special Patrols

**7 TRAINING**

*Bianca Pither*

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**8 NIPPERS**

*Hamish McKay*

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**10 SWIMMING**

*Vicky McKay*

*swimming@sandringhamlsc.org.au*

**10 BUILDING CONSULTATION**

*Vicky McKay*

*president@sandringhamlsc.org.au*

**12 GENERAL NOTICES**

*Social and Comms Team*

*comms@sandringhamlsc.org.au*

**13 SAVE THE DATE**

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# PRESIDENT

VICKY MCKAY

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Hello lovely Sandy members & supporters!

I hope you've been enjoying the best of Summer at our Sandy beach. If not, there's still time before Melbourne decides summer is over!

We've had a busy summer season, which you'll hear all about in this newsletter.

Firstly, I'd like to give a shout out to you, our members and our Sandy community. More of you than ever before are getting involved in our club and our activities. Our club memberships and participation continues to grow. 🍷

We now have over 600 members. Just to give you context, 10 years ago we had 74 members!!

We have new participants joining our community swim every weekend and more Silver Salties participating in our daily classes than ever before. So thank you 🍷!

I am so proud of what we have achieved. We are doing lifesaving differently. There is something for everyone in lifesaving.

We are a growing club and need the support of our community to continue to meet the needs of our members and our community? Would you like to get more involved but don't know how? Please drop me an email at [president@sandringhamlsc.org.au](mailto:president@sandringhamlsc.org.au) and we can arrange a chat. You don't need to be a strong swimmer to be a volunteer in a lifesaving club.

It's a privilege to lead our club as we expand and evolve to meet the needs of our Sandringham community. I hope you'll consider sharing your time and expertise with us 😊

See you on the beach & thank you  
Vicky

## GIVE US YOUR FEEDBACK!

We'd love to hear from you and so would really appreciate if you could take a couple of minutes to fill in this [quick 'mid-season' pulse check survey](#).



# LIFESAVING

**DANIEL PARDO**

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As we head into the back end of the season, I can only say thank you to all our patrollers! Thank you for all your time, effort and skills. This season so far has been busy but we have done well so far. We will keep patrolling from 12-5pm until Easter Monday (21 April), for your safety.

It has also been so great to see everyone get involved in the special patrols we ran: Blue, Green, Pride and Pink Patrol. More on those patrols later. We really treasure the opportunity to run these patrols to raise awareness and do good things for our beach. It also expresses the welcoming and accepting nature of lifesaving and appropriately represents the culture at our club.

It has also been so amazing to see many new patrollers get trained up. As well as, to see many patrollers upskilling and getting new awards, whether it be getting on the boat or getting their ARTFA. Lifesaving is such a good option to get more knowledge and abilities.



Another special sight to see was everyone who has gotten involved in water safety. Whether it be for nippers, the Sunday Swims or something else, it is fantastic that all these people are helping keep our kids and community safe. It is always great to see the joy in all these people when they are in the water!

I cannot wait to see what the rest of the season holds for us! So excited to see you all on the beach again!

Daniel Pardo



# RESCUE READY

**DANIEL PARDO**

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## RESCUE READY

We have also had the amazing opportunity to start the Rescue Ready program. This program was aimed at our wonderful patrollers, and its goal was to help everyone improve their rescue skills, first aid knowledge and fitness in a fun and engaging way.

We had 3 sessions before the New Year and then after a short break we continued, having our last session on Tuesday the 25th of February. The usual layout was 1 hour of time doing an activity in the water or some kind of fitness time. Then we would eat dinner, provided by the club, before heading into a dry component for the last half of the session. It was great to see a wide range of ages come along.

The plan for the future is to potentially start up again in the off-season but with a slightly altered layout. Otherwise, we will definitely be running some sessions before the start of next season to get back into the swing of things and sharpen our skills for the season. If you have any interest in checking out this program, please let me know!

*A big thank you to the Victorian Government Sporting Club's Grants Program for their support in helping make this possible!*



# SPECIAL PATROLS

DANIEL PARDO

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## BLUE PATROL

Over December, we celebrated the Blue Patrol which aims to raise awareness about wellbeing and mental health in lifesaving with a focus on reducing stigma and educating, connecting and improving the wellbeing of our people.

We have been educating our members about Mental Health First Aid, providing ongoing initiatives to build patroller resilience, reduce the stigma and investing in the wellbeing of our members and so focussed the month on implementing what we had learnt and supporting each other.



## GREEN PATROL

We celebrated our Green Patrol raising awareness for our environment and sustainability over the Jan 26 long weekend. Our patrollers completed extensive beach sweeps, collecting litter on the beach with Green treats from Evie McKay (pictured) as reward!



## PRIDE PATROL

We enjoyed another colourful Pride Patrol on the 1st of February. Our patrollers donned rainbow colours in order to show our support for our LGBTIQA+ community. Thanks again to Evie for the delicious themed treats!!

## PINK PATROL

On the 15th of Feb, some female members visited Brighton LSC for a Pink Patrol Breakfast. It was a lovely morning with an expert panel and yummy food! The celebrations continued on patrol with pink treats (from our Baking Queen Evie) and more celebration for our female patrolling members lead by Bianca and Claire Pardo.

**WE ALREADY CAN'T WAIT FOR OUR SPECIAL PATROLS NEXT SEASON!!**

# trAining

**BIANCA PITHER**

training@sandringhamlsc.org.au

We are well and trully in season 24/25 and we are loving it!

Well done to all of our amazing patrollers who have completed their requalifications - I know it is a tedious task but we really appreciate your efforts in ensuring that you are rescue ready!

We have also successfully completed (well almost) an SRC + Bronze Course. Congratulations to Jo, Roshan, Poppy, Arthur, Anna and Kai who completed their awards last weekend. They are set to be joined by 5 more this coming weekend who will complete their assessment on Saturday due to the poor water quality a couple of weeks ago. Good luck to all!

A huge thank you to all of our trainers who have made this possible - Simona, Claire, Daniel and Lauren, thank you so much for continually giving up your time and talents to train our newest patrolling members!

Congratulations are also due to some recent graduates of the IRB Crew Course - Archie, Harper, Lillie, Jesper and Marko! Great work team - so happy to see you extending your skills and having some fun on the boat!



As we close out the training season, please let us know if there are any awards you are particularly keen on completing in the next few months. We will try our best to find you a course to join.

The next course on the horizon is an ARTFA Course at Beaumaris on Sunday, 16th of March, which I will be training and Sandy members are welcome to join. Please email me if interested.

Otherwise, stay tuned for our usual programming of winter First Aid courses, they are always a sure fire winter warmer.

See you on the beach,

B x

# nippers

**HAMISH MCKAY**

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## **Summer at Sandringham Nippers – What a Season So Far!**

As we hit the halfway mark of another fantastic Nipper season, it's time to reflect on all the incredible moments we've shared so far. From record-breaking participation to epic visits, the energy on the beach has been nothing short of electric!

## **An Epic Start to the Season**

We kicked off with the largest number of Nippers we've ever had, and wow—what a sight to see! From our youngest members charging into the water with boundless enthusiasm to our older Nippers honing their board and swimming skills in all conditions, it's clear this group is bringing their A-game.

## **Parent Power – Making a Difference**

A huge shoutout to all the parents getting involved on the beach and in the water. Your enthusiasm and willingness to help make all the difference, whether it's providing extra water presence, setting up or packing down, or just cheering from the sand. We can't stress enough how much your involvement improves the experience for our Nippers—it builds confidence, creates a sense of community, and makes each session run smoothly.

## **Santa on a Kiteboard – Need We Say More?**

One of the absolute highlights of the season was Santa dropping in on a kiteboard to say hi to the Nippers! A true Sandringham spectacle—talk about arriving in style!



## **Skills, Challenges, and Stepping It Up**

It's been fantastic to see our younger Nippers embracing the water, tackling both swimming and board riding with enthusiasm. For our older age groups, the progress has been clear—longer swims, more advanced board paddling, and the ability to handle different conditions like pros. Keep it up!



# NIPPERS CONT...



## **CPR Training – Baby Shark Style!**

One of the most memorable moments this season has been seeing our Nippers using the CPR mannequins while singing "Baby Shark" to keep the right rhythm—what a way to make learning fun! Moments like these are exactly what our Nippers program is about—learning lifesaving skills in an engaging, unforgettable way.

## **A Big Thanks to Our BBQ Legends**

Massive appreciation to the parents who have stepped up for BBQ duties when their age group was on roster. Without you, we wouldn't have a BBQ! Your efforts keep our club running (and keep our Nippers well-fed post-session!). Please watch out for next time your age group are rostered on the BBQ to help out.

## **Looking Ahead – More Water Time & Nipper Carnival Prep**

As we head into the latter part of the season, we'll be extending the distances for swim and board activities across all age groups—giving our Nippers even more time in the water to build their endurance and confidence. We'll also be introducing some specialist sessions, including First Aid training, to deepen their lifesaving knowledge.

And of course, all eyes are on the upcoming Nipper Carnival—parents, watch out, because this year's crew is in top form and ready to impress. You might want to start training now if you're planning to take them on!



We're loving the energy this season and can't wait to bring it home strong. Keep showing up, keep giving it your best, and most importantly—keep having fun. See you all on the beach!

Hamish McKay



# swimming

VICKY MCKAY

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Our Sunday swims have been as popular as ever, with new swimmers joining us each week.

These community swims are intended to bring our community together for their shared love of swimming, but also to increase the confidence of those that don't have as much experience swimming in the open water. We cater for all swimming abilities and speeds (but not a learn to swim environment) and the different distances (400m, 800m and 1.2km) gives our swimmers the opportunity to build their skills and their distances.

Come and join us, you won't regret it!

We are pleased to share that we have nominated the Community Swim for a number of local and state awards. Please keep your fingers crossed for us!

A big shout out to Sandringham Bendigo Bank for their ongoing sponsorship of our Community Swim operational costs.



 **Bendigo Bank**

Proudly partnered with  
Community Bank  
Sandringham

# BUILD CONSULTATION



You may or may not know but our club was started in 1917!! Volunteers from the community and the club built the first clubhouse in 1922. In 1964 the clubhouse was badly damaged by fire and was subsequently demolished. Our current clubhouse (on the site of the original clubhouse) is over 60 years old!!

We have started the journey seeking Federal government 'Stronger Communities' Grant funding to start stage one. Do you have project management, engineering, construction or planning skills that you could share with us?

We are starting a Building Committee and are calling for volunteers. This doesn't need to be a long-term commitment. It might just be on a project/stage consultative basis.

We are also looking for volunteers to join a fundraising committee. Is organising fun events more your style?

If so please [register your interest and contact details in our survey.](#)

Thank you in advance for the part you play in our community, we can't wait to embark on this next stage together.

*Enjoyed the history lesson? Learn more on [our website!](#)*



# GENERAL NOTICES

COMMS TEAM

comms@sandringhamlsc.org.au



## MERCH

You may have noticed some of our new Merch being wonderfully worn by some of our members. If anything has caught your fancy, please head on over to our club shop to purchase your own!!

We have set a new production deadline to assist in swift delivery and timelines. Please place your order by **Monday, 17th of March** for an end of April delivery. Can't wait to see more of the Merch on the beach!



## CERBERUS SWIM CLASSIC

The Cerberus Swim Classic has been postponed to Saturday, 22nd of March. With even more time for training... registrations are still open.

Keep a look out on our social media for more event details or visit their website to register.

## SANDY ECO EXPO

Join us on SATURDAY 3 MAY 2025 for the next Sandy Eco Expo. Brought to you by Village Zero Sandy, 3191 Love Our Street, Bayside Climate Crisis Action Group and Sandybeach Centre.

For more information and updates, please visit the Sandy Eco Expo website.



# SAVE THE DATE

## COMMS TEAM

comms@sandringhamlsc.org.au



## MAY

### TBA PRESENTATION NIGHT

*Stay tuned for more details for our end of season celebration!*

## MARCH

5 LSV INTERNATIONAL  
WOMEN'S DAY BREAKFAST

10 LABOUR DAY PUBLIC  
HOLIDAY  
*Patrol*

15 ARTFA COURSE  
*Held at Beaumauris LSC*

17 MERCH DEADLINE  
*Order your merch by this date  
for a late April delivery.*

29 FINAL NIPPERS SESSION  
*Nipper Carnival and  
Presentation*

## APRIL

13 FINAL COMMUNITY SWIM  
*Paused over the off-season.*

18 - EASTER WEEKEND  
21 *Public Holiday Patrols and  
end of the 2024-25 season.*

### LINKS

Please find all the links mentioned in this newsletter linked in the text or via our linktree: [www.linktr.ee/sandringhamlsc](http://www.linktr.ee/sandringhamlsc). If you have trouble finding anything, just let us know!

### SOCIAL AND COMMS TEAM

Thank you so much for reading our Summer Newsletter!!

If you enjoy our newsletters and/or have special interests in being part of the making of it - please let us know!! Our Social and Comms team is in desperate need for more volunteers! They (Bianca Pither and Lauren Rosenberg) cover all of our communications, Social Media, website, posters, newsletters and more...

Please get in touch with Bianca to find out more via [comms@sandringhamlsc.org.au](mailto:comms@sandringhamlsc.org.au)

