



Des behind medal flood

A MOTIVATIONAL speech by Manly premiership winner Des Hasler was behind Sydney Northern Beaches Interbranch Surf Life Saving Championship victory.

Coupled with the amazing talents of Manly's Naomi Flood and with Hasler's words ringing in their ears, a determined SNB crew romped away to win the title ahead of arch rivals Sydney at Catherine Hill Bay over the weekend.

Flood, a dominant force in national and international competition, showed all her skills and fitness to chalk up nine victories.

It was one of the single most dominant performances ever seen at an Interbranch competition and set the team up for a triumphant weekend.

She combined in the teams events with her Manly teammate Rebecca Keelan and Freshwater's Alisha Miller, who also took out the under-19s ironwoman and

board finals and the 19s board rescue with Rachael Crerar.

The team went away with the spirit of Manly's NRL victory on their minds after a stirring motivational speech from Hasler.

"Des got them to concentrate on the little things, the things you can control and not to worry about the final result and it worked," SNB head coach Scott Jones said.

"We held a good lead after the first day, but on day two I noticed how relaxed the athletes were and they were all yelling minute-by-minute to each other before their races, I knew then we were in for something special.

"The team work displayed by the entire squad was amazing."

Collaroy's Kendrick Louis stamped his authority on the event, winning the 19s ironman and single ski and also combining with brother Bart to win the 19s board rescue. The South Curl Curl women and the Mona Vale men proved to be unstoppable, claiming victories in open boat



finals. On the beach, veteran coach Bobby Langbein's squad proved too good in all age groups. North Curl Curl's Michael Kember and Queenscliff's Laura Shorter claimed the prestigious open men's and women's beach sprint crowns while Mona Vale's Thomas Trbojevic (12s) and

Collaroy's Baden Donegal (17s) both won the beach sprint-flags double. Other beach victories went to Newport's Jake Lynch (19s beach sprint), Manly's Robbie Jones (15s beach sprint) and Queenscliff's Jamie-Lee Britt (19s beach flags). The branch also dominated the 13s surf events with

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Mr Motivator: Sea Eagles coach Des Hasler inspired Naomi Flood (top) and her teammates.

Warriewood's Jake Reese winning the ironman, Freshwater's Joey Lussick the board with the pair combining to win the surf teams.

In the women's Freshwater pair Georgia Miller and Nicola Stirton won the under-13 board rescue and ironwoman teams.

Best-trained lifesavers use latest rescue aids to ensure safety

HOLIDAYMAKERS and surfers alike heading to the peninsula's 21 patrolled beaches this summer can be assured they are in the best of hands.

The beaches from Manly in the south to North Palm Beach at the tip of the northern beaches are patrolled by some of Australia's most experienced surf lifesavers, armed with the latest rescue equipment.

Before they can compete in surf carnivals, all competitors must complete their required patrol hours – under the strict compliances of Surf Life Saving NSW – ensuring the fittest and strongest lifesavers are often on duty on any given Sunday.

There is also a 24-hour duty

officer call-out system in place with lifesavers manning the latest in jet skis to ensure they can attend to the surfing public and tricky situations off headlands and inlets.

Sydney Northern Beaches CEO Steve McInnes knows how important it is to have the best-trained lifesavers on duty.

"We are heading for a busy season on the beaches and everyone at SNB will ensure we follow the best practices," he said.

"We have a Board of Lifesaving which is the controlling body for all surf rescue and support services operations.

"The board comprises the 21 club captains, our duty officers, plus advisers in specialty areas

such as radio, rescue water craft and emergency services.

"Through our duty officer system we offer a 24/7 call-out service with the officers able to activate the club call-out system when required."

Surf Com, which is based at Fisherman's Beach, plays a vital role in co-ordinating lifesaving operations. It monitors marine radio traffic for off-shore incidents and also the inland waterways such as Pittwater and Sydney Harbour and plays a vital role in other emergency services, communicating between almost every beach from Newcastle to the Illawarra.

The SNB's jet-ski service is also regarded as one of the most efficient on the coast.



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