



# RIP TIDE

## NICK IS HUGE ASSET AS MANLY COACH AND PADDLER

### SKY BLUES LOOKING TO BREAK DROUGHT

Nick Dawe means more to Manly LSC than just being the club's ski coach.

He's very much a 'psychologist' and also very valuable member of the Open Taplin team that won the State Championships at Blacksmiths Beach and will be one of the favourites at Aussies on the Gold Coast next week.

"Coaching takes a lot more time than you would probably imagine," Nick says.

"There's a lot of pastoral care requirements and managing individual athletes of emotional and sort of physical needs.

"It's sort of on and off the course and making sure the programs are integrating the ones in the pool, you've got those in the gym and you have the kayakers coming in and you have to make sure they are healthy, happy and having a good time – all the time.

"Lucky with the gamut of athletes we have, stella juniors and old guys hanging around just to keep fit, it's just fantastic.

"You really have to be on your toes as a coach to make sure that you are catering for everyone's needs. It's just not me. We (coaches and everyone else) are all doing a good job at Manly at the moment.

### BIG MOVERS

"I also have to keep information fresh for the juniors coming through so we are constantly reinventing how the squad looks across multiple domains, technically, strength and conditioning in the gym, on water work and tapering all those sort of things."

Dawe is certainly an interesting character. He owns his own chiropractic practice, his own education company and is writing a PHD on Biotensegrity and molecular genetics.

When does he find time to coach and train?

Apart from the coaching, he trains with Kendrick Louis three days a week. "He is one of the big movers and shakers on the ski," Nick said.

"He is obviously an individual and directs a lot of his own work but I think a change in atmosphere and environment has allowed him to express more of his potential than previously."

Louis finished second behind Olympian Lachie Tame at the State Championships. "I know what Kendrick is capable of doing on the ski," Dawe said.

Nick himself believes he is paddling better than ever. "I am having an absolute ball. I feel like I am getting stronger and faster every year," he said.

While Manly were very impressive winning the State title ahead of Redhead and Newport A, who are the Aussie champs, he says a lot will come down to the conditions at North Kirra.

"Sure we go there with confidence after winning State but you always need 'Hughie' on your side as well," he said.

Manly have certainly strengthened with the additions of Kendrick Louis from Newport and Stuart McLachlan from Redhead. Louis won the ironman at State and McLachlan the board final at Blacksmiths.



It has been 26 years since Manly last won a men's Aussie Open Taplin. Dean Gardiner and Greg Bennett were the ski paddlers, Scott Mortimer and Lee Horwood were the board paddlers and Deane Pieters and Craig Riddington were the swimmers when Manly won at Wollongong in 1990. They also won four years prior to that at Moana in

South Australia with Steve Wood and Bennett (skis), Mick Porra and Horwood (boards) and Guy Leech and Riddington (swimmers). Can Nathan Smith, Louis, McLachlan, Harrison Stone, Sam Speer and Dawe break the long drought? **Nick Dawe chasing gold in Aussie Open Taplin. Picture: KEMBLE COWAN**



## IT'S A REAL FAMILY AFFAIR IN FRESHWATER R&R



### FATHER, SON DAUGHTER IN SAME TEAM

Wayne Freakley feels he's a pretty lucky man. The Freshwater stalwart says: "There's not many sports where you can compete in an open level with your kids when you are my age."

Wayne is closing in on a milestone. He'll be 60 in June.

But he's still going strong in R and R competition – once the blue ribbon event in surf life saving.

Son Jarrad and daughter Clare join Wayne in the 6 person R and R team, along with Ian Donald, Chris Tyrrell and newcomer, 17-year-old Hugo Weston. Hugo came into the team this season, replacing Alex Obern.

"It has been a lot of fun and real privilege doing it with my kids," Wayne said.

But don't think for one moment that Wayne's wife Jane is a sit at home mum.

Jane is also heavily involved in R and R competition.

Jane took on the role of coaching the club's 5 man team, which means she also coaches her husband.

"I am still coming to grips with her calling the shots on the beach – one thing to do it at home but a bit different when it comes to R and R," Wayne laughs.

But what a start Jane has made to her coaching career in State competition. The team, which also includes Al Burns, Chris Tyrrell, Ian Donald and Jarrad Freakley, won State with zero points.

"I'd be fairly confident Jane is the first female coach of an Open Men's team and probably the first to coach a winning team at State level. Hopefully, she will be able to repeat it at Aussies," Wayne said.

Jane also competes in the women's 5 person team, along with daughter Clare, Lysa Kiely and her daughter Bec and Elizabeth Murphy. Chris Tyrrell



coaches the team.

Apart from being coach of the 6 Person team, club president Al Burns looks after the under 19/Open Mixed team, Bec Kiely, Gabrielle Rebecchi, Sebastian di Sano, Pat Kiely and Hugo Weston.

When the 6 Person won State at Blacksmiths from Wanda and Coogee, it was their fourth title in a row and fifth in the past six years.

Wayne has done some research on R and R competition in the State.

"According to the book 'Evolution of an Icon – 100 years of Surf Life Saving in NSW', up until 2007, Wanda and Bondi held the record for most State Open 6 victories with 11 each," he said.

"Since then Bondi have added two more to take their tally to 13.

"According to our club (Freshwater) 100-year book, we had won the title nine times up to and including 1997-98. Since then we have added six more titles – 2009, 12, 14, 15, 16 and 17, taking our tally to 15."

The 6 person team will head to the Gold Coast to defend their Aussie title.

Wayne expects the main threats to come from the two Sydney clubs, Coogee and Wanda.

Regardless of what happens at Aussies, Wayne plans to compete at least one more year.

"I still enjoy it but the physical aspect gets harder. I mean to say, Al (Burns) is older than me and he's still going strong," Wayne said.

"Next year will be 40 years since I won my first gold (open) at State. Maybe then is when I weigh it all up," Wayne said.

Pictures: Top left: It didn't matter what the weather was like early last Sunday morning, the Freshie 6 Person team still managed a training session; coach Al Burns talks to young Hugo Weston; and the Freakley family, Jarrad (left), Clare, Wayne and Jane (front).

### GEORGIA CHASES NO 4



Newport's Georgia Miller (pictured) will be chasing her fourth Australian Open female surf title at North Kirra.

Miller wasn't expecting much to happen after her appendix operation in December but she has certainly run into some great form leading up to the nationals.

Georgia said she was going to have some fun in the Nutri Grain series in February and ended up winning the Accumulator and finished fifth overall in the series.

Just a couple of weeks ago at the NSW Championships at Blacksmiths Beach, Georgia won the surf race, as well as the ironwoman and board race.

She may not be where she wants to be with her fitness, but Georgia has the "killer" in her.

\* SLISA have been forced to move the youth, masters and opens beach events to Coolangatta, as seas have played havoc with the beach area at North Kirra. The youth flags and 2km run will still be held at Kirra on Sunday.



## NELSON WEAVED SOME MAGIC

The late Nelson Chad has been credited with turning Freshwater's open R and R team around when he joined the club as coach.

"We had tried for so long to win a State Championship through juniors, finishing second, third and fourth on many occasions," Ian Hanson recalls.

"When Nelson (Dee Why legend) came in as our coach it was just the change we needed.

"He added an element of camaraderie, discipline and fun that got the best out of us.

"He brought in Peter Brown, from Dee Why, and Michael Bushell had come from Manly. The other four were all Freshie guys."

So, at the 1978 State Championships at Bondi, Freshie reigned supreme in the Open R and R.

"We were so proud to finally win that we marched down Pittwater Road outside Brookvale Oval that night singing 'We are the Champions'. We went to Aussies at Kingscliff and just scraped into the final in sixth place.

"But we had a good draw in the final and finished up taking bronze. It was a big thrill for us in a club that has so much R and R history."

**Pictures: Top: The boys from 1978 ... Ian Hanson (left), Wayne Freakley, Glenn Johns, the late Nelson Chad (coach), Geoff Page, Michael Bushell, Peter Brown.**

**Below: The Freshie R and R teams that had success at State this year.**





# THERE'S THE LAMP, SLICKERS AND SNEAKY NUTS



## SOUTH CURLY IN GOOD SHAPE

Now this is an amazing statistic.

For the past two and a half seasons, one of South Curl Curl's current under 19 surfboat crews, The Lamp, haven't been knocked out of a final.

The crew of Kristopher Martyn, Owen Sheather, Sam Lowery, Brady Holland and sweep Rob Lowery head to Aussies as NSW champions.

But they are expecting two of their biggest rivals in the hunt for gold being the Slickers and Sneaky Nuts – and they just happen to be two other under 19 crews from South Curl Curl.

The Slickers won the Branch title, with The Lamp second.

"They (Slickers) made the last eight at the State Championships but it took a South Curl Curl crew to knock them out in the semis," sweep Rob Lowery said.

"We were just chuffed that we had all three crews in the last eight."

The Slickers and The Lamp are the older crews in the under 19s, with the Sneaky Nuts being the younger boys.

Wayne (Zulu) Setttee was the original sweep of the Slickers but Chris Fleming has returned to look after them.

Like Rob Lowery, Wayne also has his son Trent rowing in the crew.

But Trent, Rory Adams, Tom Fuller and Maric Wichman are finding out what hard work is really like since 'Ribs' (Fleming) took over.

"He's got them doing 10 sessions a week and they mean business at the Aussies," Rob said.

Gus Spiteri sweeps the Sneaky Nuts and he, too, has his son Kyle in the crew. The other members are Julian McKay, Graham Opie and Bailey Skelton.

An interesting fact about this crew is that all four boys are following in the footsteps of their fathers, who all rowed surfboats for South Curl.

According to Rob, his crew have made a nice progression since they first began rowing.

Twice they have finished fourth at Aussies but they are far more experienced.

In recent weeks they have finished second at Branch, second at the ASRL championships and won State, just the sort of form you want going into Aussies.

But they do have a secret training regime, according to Rob.

"As the boys are university students they work night shifts at Reilly and Sons Food Services, hand loading tonnes of milk into semi-trailers," Rob said.

"They work five hour shifts which they do at a jog and make it into a training session. That's three times a week.

"Their boss sent them a letter of congratulations when they won State.

"He said he was so proud of them that he was going to forget that he has captured them on CCTV drinking the flavoured milk."



*Pictures: The Lamp crew: Kristopher Martyn (left), Rob Lowery (sweep), Owen Sheather, Sam Lowery and Brady Holland; and Gus (Mark) Spiteri sweeping the women's open crew (Straw Hats).*





## QUEENSIE 'BUTTS' BUOYED BY STATE PERFORMANCE

The surfboat rowers certainly come up with some interesting names. Take the Queenscliff open women's crew for example. They call themselves All Butt One. The crew is made up of twin sisters Samantha and Alex Butt and Philippa (Pip) Butt who just happens to be no relation to the twins. Candice Day is the odd one out. But there is another Butt called Annabelle and she is the sister of the twins. She can also row surfboats and fills in when one of the other girls might have a prior engagement.

Pip Butt didn't think twice about joining the crew when she was asked. "I had the same surname and it seemed like a natural fit. There wasn't even a trial of my rowing ability," she said. The girls are now in their fourth season together and have had their share of success, especially in masters competition. They won the world masters and also came second in the opens in The Netherlands last year. The Sydney Northern Beaches crews are very strong in the open women and the Queensie girls always give a good account of themselves when they race opens. They made the State open final at Blacksmiths

recently and that was certainly no mean feat. They finished fourth in a field that had winners Avoca Beach, runners-up South Curl Curl Straw Hats, Elouera and the two Palm Beach crews, Pumas and Patriots. The Queensie girls are now off to Aussies on the Gold Coast and will compete in both the masters and opens. As for next year. There's no way the three Butts intend to say goodbye to Candice so Annabelle Butt can join the crew fulltime. That would mean a name change.

**Pictures: Top left: The Queensie girls in action; and right: Samantha Butt, Candice Day, Pip Butt and Alex Butt.**

## SHIRLEY'S REWARD

Shirley Clarke has been recognised by South Narrabeen SLSC for all the hard toil she did for the club more than 60 years ago. Shirley has had the club's new surfboat, donated by sponsor Reilly and Sons Food Services, named after her. Steve Reilly was a member of South Narrabeen through the 1960s. His father and uncle were also members of the club. Life Member s Charles 'Chicka' O'Reilly and Tony 'Torch' Haven praised the work Shirley did on the committee. "She was such a great support during my time as president," Chicka said. "We had a new clubhouse and setting up of the Ocean View Room and rebuilding the membership of the club during that period. Shirley had great administrative skills and was a great asset to our club." During the 1950's and 60's, the club's main source of income was through the game of housie, which was held at the club every Tuesday night. Shirley was a member of the housie committee. She was a member of the female march past team before she had terms as secretary and treasurer. Her husband Peter is a Life Member of South Narra-



been SLSC. Surf life saving was in the family's blood. Her son Paul patrolled South Narrabeen Beach and was a member of a number of the club's boat crews,

while her daughter Sharon was a member of South Narrabeen's first female bronze squad. **Picture: Shirley Clarke at the boat ceremony.**





## DUNCAN SHOWS SPORTSMANSHIP BEYOND HIS YEARS

The season is over for Manly junior Duncan Cowan and the youngster had no idea why his dad was taking him to the surf club on Tuesday afternoon. So, before the senior board paddlers had a final hit out before they take off to Aussies on the Gold Coast, the club's head junior coach Graham Bruce asked them to assemble on the beach first. For those who are unaware, Duncan gave his gold medal to his mate Miller Manson, who was injured at the Age Championships at Blacksmith Beach and couldn't compete in the board relay team. Manly won that event. SNB Director of Surf Sports Darren Warrener was taken aback by the sportsmanship shown by young Duncan that he arranged an extra gold medal through SLSNSW to give to the 10-year-old. "What Duncan did was so very mature and no-one

asked him to do it," coach Graham Bruce said. "It's something a lot of kids wouldn't do." "Let me say there were a lot of tears shed from parents when Duncan handed over his medal when we had a get together at Blacksmiths." Duncan's dad Kemble said his son was very surprised and humbled by all the attention on Tuesday afternoon. "There was a lot of cheering from the open competitors and plenty of pats on the back for Duncan and Miller," Kemble said. Coach Bruce had arranged for Miller to be at the surf club, too and Duncan was so glad to see his mate with his gold medal. Why wouldn't Duncan's parents be so proud of him? **Picture: Duncan Cowan (long hair) with Miller Manson and some of the Manly open stars. (Photo: Kemble Cowan).**

## MACY FIGHTS BACK AFTER SCARE

Rising young beach star Macy Carrothers had a big scare six months ago but is back on track. Macy (pictured) was suffering a lot of pain in her left tibia, which meant a visit to the doctors and eventually surgery. She was found to have a benign tumor. "I am OK now but the pain was pretty awful before. I couldn't run or do anything," Macy said. "I missed all the pre-season training." Macy didn't make her first appearance of the season until the Manly carnival in late January. "I am so happy to be competing again. It's great," she said. Macy took gold in the under 15 beach flags at the State Championships at Blacksmiths Beach and finished

fourth in the sprint final. But she did pick up a bronze in the beach relay with her Newport teammates Natalia Karakousis, Lily Marsters and Rani Sossai. Macy started out as an Avalon Beach nipper but switched to Newport at the beginning of the season. "It was mainly so I could compete in teams," she said. She has enjoyed the coaching she has received from Marty Lynch and his son Jake, the State open beach sprint champion. "They have been a great help to me," she said. Macy is off to Aussies and will be competing at Coolangatta over the weekend. "I would really love to medal in both the flags and sprint. That's my goal," she said.





# THE SPECIAL CARNIVAL THAT IS NOW ON THE CALENDAR



The Special Needs Branch Championships at Mona Vale was such a resounding success that the carnival is to become an annual event.

Special Needs kids from North Narrabeen, South Curl Curl, North Steyne, Newport and Mona Vale surf clubs participated in the first Branch championships, held at Mona Vale on March 12.

Organiser Michael Wasley said the feedback from parents was such that they wanted the championships to continue.

"They (parents) supported it and loved it, not to mention the kids. They had an absolute ball," he said.

Michael emphasised that there's more to sport than just winning.

"It didn't matter to these kids how they went. They just had smiles from ear to ear and had so much fun," he said. The kids competed in beach sprints, beach flags, wade races and bucket relays.

"Our juniors at Mona Vale were heavily involved on the day. They acted as starters or ran the courses with the kids. " They had as much fun as the special needs kids," he said.

"The championships would not have been possible without the support of the Branch.

"Also, a big thank you to The Newport for supplying the food and vouchers."

## RESULTS

**Senior Boys: Beach Sprint:** Dan Spoard (Newport), Zac Fry (Mona Vale), Martin Cromie, Ryan Murphy (Newport), Samuel Cowell (North Steyne), Mitch Byrne (North Narrabeen) and Jacob Rowe.

**Beach Flags:** Dan Spoard (Newport), Zac Fry (Mona Vale), Ryan Murphy (Newport), Mitch Byrne (North Narrabeen) and Jarvis Cant (South Curl Curl), Kyle Jaggard.

**Wade:** Dan Spoard (Newport), Zac Fry (Mona Vale), Mitch Byrne (North Narrabeen).

**Junior Boys: Beach Sprint:** Joshua Law (South Curl Curl), Oscar Jessup (North Narrabeen), Harry Wilde (North Steyne), Anton Lievens (North Steyne), Geoffrey Herbert (North Steyne), Joshua Wilton-McWilliam (North Steyne). **Beach Flags:** Joshua Law (South Curl Curl), Anton Lievens (North Steyne), Joshua Wilton-McWilliam (North Steyne), Lawson Morris-Warne, Oscar Jessup (North Narrabeen), Harry Wilde (North Steyne).

**Wade:** Joshua Law (South Curl Curl), Harry Wilde (North Steyne), Anton Lievens (North Steyne), Oscar Jessup (North Narrabeen).

**Junior Beach Sprint:** Mia Mumon (North Steyne), Bridie Tobin (South Curl Curl), Kate Neville (North Steyne), Leela Hicks (South Curl Curl), Ella Anderson (Newport), Sophia Law (South Curl Curl).

**Beach Flags:** Mia Mumon (North Steyne), Kate Neville (North Steyne), Ella Anderson (Newport), Leela Hicks (South Curl Curl), Bridie Tobin (South Curl Curl), Sophia Law (South Curl Curl).



**Wade:** Ella Anderson (Newport), Kate Neville (North Steyne), Mia Mumon (North Steyne), Bridie Tobin (South Curl Curl), Isabella Law (South Curl Curl), Leela Hicks (South Curl Curl). **Combined Senior and Junior Bucket Relay:** 1: Joshua Law, Sophia Law, Isabella Law (South Curl Curl), Joshie,

Anton, Harry Wilde, Geoffrey (North Steyne) and Oscar (North Narrabeen). 2: Mitch, Zac, Jacob, Ryan, Max, Nick, Dan, Martin and Danny. 3: Kyle Jaggard, Matthew Phelan, Jesse Stewart, Jarvis Cant (South Curl Curl), Lawson Morris-Warne and Charlie (North Steyne).



