

# ROYAL

# LIFE

# NEWSLETTER

FEBRUARY 2012



## Royal Life Saving Queensland

### IMPORTANT DATES

23 March 2012	RLSSQ Gala Ball Customs House, Brisbane, 7:00pm
28 April 2012	Primary/Secondary School Champs. Caboolture/Burpengary
15 May 2012	Queensland Pool Rescue Champs. TBA
August 2012	Queensland Short Course Champs. TBA
4-18 Nov. 2012	Rescue 2012 Lifesaving World Champs Adelaide

## Australian Life Saver of the Year

Each year at the National Life Saving Championships, the Royal Life Saving Society – Australia selects a female and a male Life Saver of the Year.

The selection criteria for this prestigious award includes:

- The highest number of gold medals won by an individual
- For outstanding sportsmanship
- Involvement in RLSSA activities
- Performance and swimming times and results
- Any individual records broken



L to R: Alisha Ellwood, Les Mole (Nat President) and Sam Bell

At the 2012, National Life Saving Championships held in Adelaide during January, two (2) Queensland athletes Sam Bell and Alisha Ellwood took out the double, winning both the male and female divisions.

## Noosa Aquatic Centre leads the way in Sustainability

Noosa Aquatic Centre has long been a partner with RLSSQ in the delivery of “Swim and Survive” and “Love to Swim” and have now taken the issue of sustainability to the next level in achieving water usage reductions of over 60% over the past 4 years.

Sunshine Coast Council (operator) has shown its commitment to be an innovator once again with a 3 phase approach to water conservation at the Noosa Aquatic Centre. As one of the region’s major users of water Council has committed nearly \$200,000 towards the self sufficiency of the centre.

“As the requirement to achieve water sustainability grows, we must as an industry not continue to merely use the water once and dump it to waste “said Cr Russell Green Secretary RLSSQ.

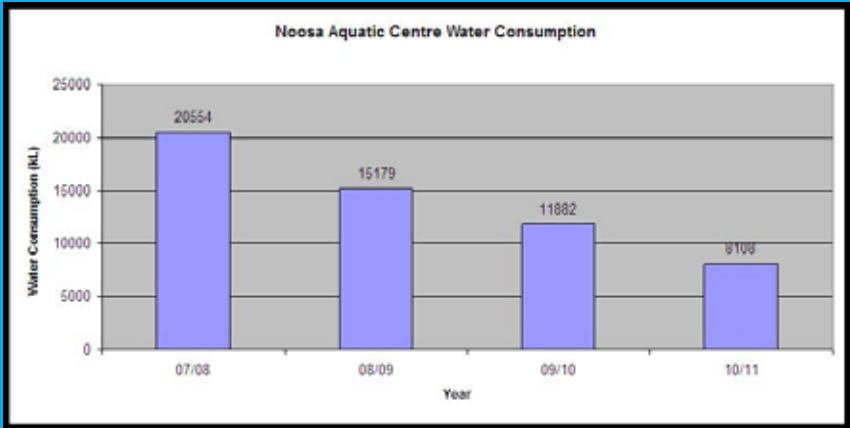
**Phase 1** - the reuse of backwash water - implemented 20/11/07 & completed by mid December. Previously the NAC disposed of 10,000,000 litres annually of pool water to sewer in order to keep the pools safe for use. This water will be processed through a stand alone treatment plant with up to 95% reintroduced back into the pools.



**Phase 2** - the harvesting of rainwater from the roofs into storage tanks. This water will be used for irrigation and the flushing of toilets. Completed early 2008.

**Phase 3** - the capture, treatment & use of grey water from the showers & basins - which is programmed to be implemented in 2012 – 13.

These innovations have seen water usage reduce from 20.554 mega litres in 07–08 to 8.108 mega litres in 10–11, a significant reduction without compromising water quality or clarity, or indeed customer satisfaction.



For those operators or centres who wish to find further information do not hesitate to contact Russell at the Sunshine Coast Council, [Russell.Green@sunshinecoast.qld.gov.au](mailto:Russell.Green@sunshinecoast.qld.gov.au)

7PM FOR 7:30PM  
COST: \$150.00  
INCLUDES THREE COURSE DINNER,  
BEER/WINE/SOFT DRINKS  
AND ENTERTAINMENT.  
DRESS: BLACK TIE/ FORMAL

NO ON SITE PARKING.

ROYAL LIFE SAVING  
QUEENSLAND  
GALA BALL

Monarch  
Music  
Mischiefs

FRIDAY 23RD MARCH, 2012  
CUSTOMS HOUSE  
THE LONG ROOM  
399 QUEEN STREET,  
BRISBANE, QLD 4000

## Australian Pool Life Saving Championships

In January 2012, the Queensland VICI Sharks competed in Adelaide at the Australian Pool Life Saving Championships. RLSSQ held trials in September and a Queensland squad was selected.

In preparation for the Championships the team worked on their towing, carrying, obstacle swimming, line throw, fin ons, tube hook ups, manikin pick ups, relays, CPR, SERC skills and their overall fitness. The sport of pool life saving is very technical and to succeed you must be well prepared so our athletes usually have a number of coaches for example swim coaches, life saving coaches and gym coaches. The team was coached by a number of people - Jeannie Baxter-Reid, David Lush, Sue and John Winch and Sarah Windsor. The team was managed by Ashley Gordon and assistant manager was Lynda Barry. The team performed extremely well placing second behind NSW in the overall team result. There were nine Queensland Team members out of a team of fourteen chosen in their respective Australian Team.

### Individual Results Under 16

Rosie Lennox - 2nd overall Under 16 women and selected in the Under 16 Australian Junior Barras team.  
Alex Knesl - 3rd overall Under 16 women and selected in the Under 16 Australian Junior Barras team.  
Jacob Hampson - 4th overall Under 16 men and selected in the Under 16 Australian Junior Barras team.  
Declan Kay - his best result was second in the 100m tow ( 1.06.36) which was a great result for his first competition for Queensland.

### Under 19

Alisha Ellwood - 1st overall Under 19 women and selected in the Open Australian Barras team.  
David Elliott - 1st overall Under 19 men and selected in the Under 19 Australian Silver Barras team.  
Kurravi Piggot and Rebecca Campbell completed this outstanding Under 19 team. This team won both the Under 19 point score and the Under 19 CPR.  
Josh Stone competed as an individual in the Under 19 with his best result placing first in the Under 19 rope throw in a time of 10.47seconds.



L to R: Lynda Barry, Ashley Gordon and Jeannie Baxter-Reid

### Open

Rebecca Pegg - 3rd overall Open women and selected in the Open Australian Barras team.  
Sam Bell - 1st overall Open men and selected in the Open Australian Barras team.  
Alicia Kirk - selected in the Open Australian Barras team.  
Pamela Hendry - selected in the Open Australian Barras team.

James Maguire was a former Junior Barras in 2007, so this Nationals was his comeback in to the sport of Pool Life Saving. The highlight was his 25.05 50m freestyle at the start of the life saving medley relay. Alisha Ellwood and Sam Bell preformed outstandingly well and for the second year in a row were rewarded with the Female and Male “Lifesavers of the Meet” trophy. RLSSQ members who also competed were Jaclyn Baxter, Rob Hendry, Michael Darben, Paul Barry and Shane Baker.

There was an Under 14 competition on the first day. Queensland had six individuals who travelled to Adelaide and competed as part of their school teams. Deanne Elliott ( 2nd overall in the Under 14 competition) and Dominic Elliott from Southern Cross Catholic College. Victoria Knesl ( 3rd overall in the Under 14 competition), Laura Campbell, Christopher Cumberlidge and Jamie Cumberlidge from Sunshine Coast Grammar School. Queensland also had John and Sue Winch as officials, they were Technical Judge and Recorder respectively. As well as being competitors Jaclyn Baxter, Di Baker, Marie Elliott, John Elliott, Shayne Baker and Paul Barry were also officials.

Jeannie Baxter- Reid (Queensland Sharks Team Coach)

For the full result go to the  
Royal Life Saving Society  
Australian website  
<http://www.royallifesaving.com.au>



### PROFILE – BOARD MEMBER

Sean Kelly  
Aquatic & Sports Complex Manager - City Venues  
Community Lifestyle Brisbane City Council

I am now into my third year of my current role as the Aquatic and Sports Complex Manager for the Brisbane City Council. Along with a small dedicated team, I manage the leases for all 20 Aquatic facilities that make up City Pools Brisbane and the leases for two other major sports precincts. In my role, I also directly operate and manage the Hibiscus Sports Complex and the Calamvale Sports Hall. Both of these businesses are multi use sports facilities that cater to numerous sporting organisations within the local community. Apart from the aquatic component, the Hibiscus Sports Complex also includes a large fitness centre, skate park and lease space. Previous to being employed within the Brisbane City council, I spent nearly 10 years managing the Centenary and Chermiside Aquatic Centres for Splash Leisure.

I am happily married and have 3 wonderful children

I hope that during my term on the Board of Directors, I can help improve the business structures within Royal Life Saving Queensland and also have a hand in improving the education of the general public in maintaining constant supervision of children within public water spaces.





# ROYAL LIFE SAVING SOCIETY QUEENSLAND 2012 CALENDAR

January							February							March							April						
12-14th January APICS Adelaide							8th February 60th Anniversary of the Proclamation of the Queen to the Accession of the Throne							23th March PSC/SSC Events RLSSQ Ball Customs House 7pm							Toowoomba Sports Development Workshop Primary and Secondary Champs.						
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29	30	31					26	27	28	29				25	26	27	28	29	30	31	29	30					

May							June							July							August						
11th May Brisbane Sports Development Workshop														Planning Meeting Sports Committee							Cairns Region Sports Development Workshop						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
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27	28	29	30	31			24	25	26	27	28	29	30	29	30	31		26	27	28	26	27	28	29	30	31	

September							October							November							December						
1st September Bundaberg Region Sports Development Workshop							Master Games Adelaide  Queensland State Team Training							4th-18th World Life Saving Championships													
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
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