



Surf Casting & Angling Club of WA (Inc)

PO Box 2834 Malaga WA 6944

<http://www.surfcasters.iinet.net.au>

Club Committee for the Year 2008/2009

President
Greg Walker

Vice President
Peter Stoeckel

Immediate Past President
Malcolm Harris

Treasurer
Bev Grigo

Field Day Officer
Mark Hansen

Assistant Field Day Officer
Ian Cook

Secretary
John Crompton
surfcast@iinet.net.au

Dry Casting Officer
POSITION
VACANT

Ass. Dry Casting Officer
POSITION
VACANT

Property Officer
Vix Alexander

Reel Talk Editor
Jennie Stoeckel

Recorder
Ian Cook

Social Organiser
Michelle Walker

Website Co-ordinator
Terry Fuller

AAA Delegates
George Holman

Terry Fuller

Committee Person
George Holman

Recfishwest
Representative

Minute Secretary
Terry Fuller

Terry Fuller

Life Members of the Club:

Jim Strong, Bob Klein, George Holman, Ric Parker, Ian Cook, Bob Henderson

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Surf Casting and Angling Club of W.A. (Inc.)

PO Box 2834
Malaga W.A. 6944
ABN 29 925 237 020

Club Web page:- <http://www.surfcasters.iinet.net.au> Email:- surfcast@iinet.net.au

Minutes of General Meeting, 10 June 2009.

Venue: - Coolbinia West Perth Amateur Football and Sporting Club room.
Commences at 8:00 pm. President Greg Walker presiding.

Present: - 23 members.

Apologies: - Wendy Hansen, Malcolm Harris, Gary Gildersleeves, Melvin Wee.

Visitors: - Vince Iozzi, Peter Iozzi, Thea O'Brien, Charles Faure, Kevin Frampton, Katie Bryce.

New Members: - None.

Minutes of previous meeting: - As published in the May Reel Talk. **Moved** Jim Strong, seconded by Peter Stoeckel that these are a true record. **Carried.**

Previous Committee meeting:- Greg Walker reported on some items from the May Committee meeting.

The Committee has accepted Terry Fuller's offer to assist the Committee until the next elections. Terry will be writing the minutes of the meetings. John Crompton is finding minutes take up more than 50% of his time.

Mark Hansen's Notice of Motion has been amended from the version presented at the May General Meeting. See later for discussion and voting on the version as printed in the May Reel Talk.

Costs of running the Club are causing concerns. The Committee has decided to increase the membership fees. See Treasurer's report.

The Committee has changed its decision on payment for fuel used by the Club's generator on Field Days. Fuel costs, usually \$10 or \$15, will now be taken out of Field Day fees.

Insurance cover for the Kalbarri property and public liability insurance for Kalbarri and Club Dry Casting has been considerably increased to correct the underinsurance. See Treasurer's report.

Correspondence In:-

R&D White	Overdue account
R&D White	Taxation forms to be completed
Easy Grants	Newsletter May issue.
Westpac	Business cheque account 30/4 - 29/5/2009
Theo Van Niekerk	Membership fees, Rottneest payment
Kalbarri booking details	
Kaz Cleaners	3 accounts, 5 cleaning Dates
Murchison Laundry Service	
Print Smart	Account - Reel Talk
Ray White, Kalbarri	Account details

Correspondence Out:-

Ron & Nina McPhee	Invitation for the Presentation Night
Vince Iozzi	Club information
Aidan & Vicki Dawson	Club information

Emails In:-

Vince Iozzi	Club enquiry
Steve Howard	Building a 20ft surf rod from a bamboo cane
Steve Howard	Your assistance is very appreciated
Terry Fuller	Offering his assistance to the Committee to work constructively with Committee for good of the Club.

Aiden & Vicky Dawson	Club enquiry
Paul & Karlee Addison	Club membership enquiry for their ten year old son
Pat Shinnick	Copy of the talk given to the May General Meeting.
Steve Howard	Rod building reply drafted by Terry Fuller

Emails Out:-

Terry Fuller requested that his email offering his assistance to the Committee be included in the list of incoming correspondence.

Treasurer's Report:- Bev Grigo reported. The Accountant's report now accurately represents the Club's actual financial position. Total Club Assets \$, Kalbarri \$.

Bank Balance as at 31 May 2009 was \$. There were two cheques drawn in May and not presented , total \$ Adjusted cash at bank \$.

Accounts tabled for payment:-	Total \$
R & D White – Accounting fees	\$
John Crompton – Secretary float	\$ (made up of:-

WesFarmers Insurance \$ Kalbarri plus \$ Club Perth = \$

Bev explained that Club insurances have been reviewed. Kalbarri property is now insured for \$ replacement value. Public liability for Kalbarri is now \$20 million. Addresses have been sorted out to show our Club activities are in Perth. Public liability for Club activities in Perth increased from \$5 million to \$10 million. Some questions were asked about whether the Club has or could get permission to replace the current transportable with another transportable. The Shire has not been asked.

Bev explained the membership fee changes, increased by \$10 to single \$100, family \$120, concession \$70. Concession membership requires application to the Committee.

Ian Cook thanked Bev Grigo for looking deeply into these financial matters about the house and insurance, and for finalising the mortgage etc.

Moved Vix Alexander seconded Ian Cook that the Treasurer's report be received and accounts be passed for payment. **Carried.** Later in the night applications for membership were received from Charles Faure, Vince Iozzi and Peter Iozzi.

Property Officer:- Vix Alexander reported solid bookings for the Kalbarri house until August. She described the Kalbarri house for the benefit of the visitors.

Dry Casting Officer:- President Greg Walker reported that there is still no Dry Casting Officer. He thanked Committee members who arrived early and stayed behind to help with setting up for clearing up, and running the June dry casting. Until then, Ian Cook will be doing the scoring and providing details to Terry Fuller for processing with Terry's computer dry casting scoring system. (see later for Peter and Marcia Pekaar's offer on dry casting scoring)

Ian Cook apologised and advised that the May dry casting results printed in the June Reel Talk are wrong, because he wrongly added in points for casts over 120 metres. He reported on the section winners and casting for the June drycasting. See the full results in the Reel Talk for these details.

Ian Cook described the Club's dry casting and its benefits for our visitors.

Peter Pekaar pointed out that some non Committee members also arrived early and helped with the dry casting setup and clear up in June and these should be thanked too.

AAA Report:- George Holman reported that a debrief meeting for the 2009 National AAA Convention and dry casting had been held on 8 June, attended by 17 people including the AAA President Pat Shinnick. Minutes have been written by Terry Fuller. Copies of the electronic sound recording have been sent to people who have email. The AAAWA website at <http://www.aaawa.iinet.net.au/NationalDryCasting2009.html> has the minutes of that meeting, reports and other details of the Convention.

Social Organiser:- Michelle Walker advised that the Presentation night will be held on 27 June as advertised in Reel Talk. General Meeting night was the last time tickets for the presentation

night could be bought. 50 copies of the calendar were printed. 27 have been bought, 3 given away, so 20 more available for \$15 each. President called for any more donations for the night.

Recorder:- Ian Cook listed fish for the Master's competition, to be published in Reel Talk. He showed photos of George Holman's 2.3kg tailor from Wagoe as an entry for the Barron Lure competition sponsored by Ric Parker. Ian showed the popper actually used and George described how to use poppers and the catch at Wagoe for the benefit of our visitors, and said how good Ric's poppers were.

Reel Talk Editor:- Jennie Stoeckel apologised for the late issue of the Reel Talk for June. She had found that there was a great difference doing the current Reel Talk compared to when she did it 9 years ago, and it was a real challenge. She thanked Marcia Pekaar for all the help with Word and table templates for the page layouts without which the job would have been much harder. She congratulated Marcia for achieving so much. Jennie asked for stories or other club information from members.

Recfishwest Report:- Terry Fuller said he would like to be able to give a detailed report, but Government sometimes works very slowly and the Department of Fisheries sometimes works very slowly. At present it is all very frustrating because there are several very important topics "on the go" and Recfishwest has done everything it can, it has got everything ready and is just waiting for the decisions or announcements.

Field Day Officer:- Mark Hansen gave details for recent field days at Capes South and Hutt River to Kalbarri. See reports in the Reel Talk. Dates published in the June Reel Talk for the July Field Day are incorrect. Boundaries for local Field Days change slightly from month to month.

Notice of Motion:- Notice printed in the May Reel Talk. **Moved** by Mark Hansen, **seconded** by Peter Stoeckel. "I propose the changes in the Competition Rules *6.1 Points for Field Days*. To delete the following:- "*Attendance on each Field day 2 points*" and replace it with the following:- "*Attendance on each local Field Day ... 2 point, Attendance on each away Field Day ... 3 points*"

The reason for this is to encourage more participation on away Field days and to reward those that take the time, effort, expense and preparation to compete on the away FD venues with the full quotient of 3 Sports person of the year points per Field Day. While those that choose to fish within the local Field Day boundaries don't have to expend the same amount of time, effort, expense and preparation to compete, so receive 2 Sports person of the year point for their attendance per local Field Day.

George Holman spoke against the motion. Sportsperson of the Year points are to encourage participation in Club activities, 2 points for attending Dry casting and 2 for Field Days. People who fish local generally have a good reason for doing it such as work commitments, cost factor, etc. If they fish Local, they have virtually no chance of winning the Field Day biggest fish or heaviest bag. There is already a benefit for people who go away in the extra Field Day points. Local field days are to encourage newer members and are an ideal opportunity for Club members to teach new members. He does not agree with any penalty or disadvantage for local field days.

Ian Cook pointed out the difference between Field Day points and Sportsperson of the Year points. He said there was an unbalance between Sportsperson of the Year points for Field Days and Dry Casting with a person good at dry casting having an advantage.

Marcia Pekaar spoke against the motion. Members are aware of the effort and expense involved when joining a fishing club. By penalising members for only fishing locally is not within the spirit of the club, which is to encourage participation at all levels. Having members attend field days at any level is better than having reduced numbers attend. It all comes down to choice and everyone should be content in the knowledge that they are on an equal footing with all other members on a Field Day, whether fishing locally or away, as the two are designed to run concurrently.

Terry Fuller spoke against the motion. There is already a lower points allocation for local Field Days, 10 attendance points versus 40 for Away Field Days. These flow through into the Field Day Top Ten

which contributes to Sportsperson of the Year Points. So people who only attended local Field Days would already be 360 points behind in FD points towards earning SPofY points.

This SPofY points change would be a double hit on people who can't attend away field days because of valid reasons as George mentioned, like work commitments, home and family commitments, cost, not having a 4 wheel drive vehicle, health, etc.

Does anyone seriously, really think that Sportsperson of the Year points would actually influence any people's decisions on which Field Days to attend?

This change would just be fiddling at the edges. It is activity without any real benefit. Most importantly, it is not addressing the real reasons for low Field Day attendances - BOTH local and away. It is such a low priority to be spending time on now, with all the other problems facing the club. Perceptions are very important. Which members does it or will it affect most, and think about that?

Dave Maxted spoke against the motion. Local Field days were intended to encourage people who cannot go away or cannot afford to go away to still be involved and fish. Some fortunate people are in the position they can go away and can afford that. Some are in an unfortunate position that they cannot afford this.

Bev Grigo said some away Field Days require a four wheel drive vehicle and she does not have one.

The motion was put to the vote and the **Motion was lost.**

Topic for Discussion:- Introduced by Mark Hansen, to discuss a possible rule as printed in the May Reel Talk, "*All members of the Committee are required to have their own valid, current email address.*" The reason for this is ease of cost effective, efficient communication and dissemination of information amongst all the committee members.

Mark spoke with reasons for. Cheaper and quicker than phoning everyone:- Subjects stay on topic and don't tend to get sidetracked. Everyone can be addressed in one hit, thus everyone is simultaneously in on the same conversation. E-mails can be written at anytime of the day or night [when inspiration occurs] and then sent. The recipient can read them at their convenience and respond likewise.

Evidence of correspondence:- It's in writing and its non-verbal. Phone conversations can be forgotten or can be denied having taken place. E-mailing largely addresses both of these, as the correspondence is written and dated on more than one computer. Emails can easily be printed out on paper.

Security/Confidentiality: -Not having your own email means that emails sent to you "for your [committee] eyes only" can't be sent to you without some third party intermediary conveying and possibly reading the message. And replying via someone else's email is just as insecure. Your own email is much more secure and convenient.

Marcia Pekaar spoke with reasons against. She expressed disappointment that not all of Mark's reasons had been published in full because she had prepared a response to the fewer points as published.

Not all members have computers so therefore not all members are going to have an email address. We have the Reel Talk posted in printed form rather than sending via email because of this very situation. The suggestion has been made previously to email rather than post the Reel Talk and that was met with vehement objection by the membership as a whole.

Emails and computers are relatively new, and whilst convenient in some circumstances, in other circumstances they are a hindrance. Just by having an email address does not automatically mean a person can communicate this way. Not everyone can type and nor should they be expected to. Meetings, especially our Club's Committee meetings drag on for hours as it is. Therefore I do not believe it would be advantageous to continue extracurricular meetings via email.

Surely getting the issues dealt with in a more timely manner with all committee members present in person would be preferable. Acquiring an email address is not a simple process. Whilst the cost is relatively minimal, it is in fact a cost and not one that a non-computer literate person should have to bear. Then being forced to struggle to communicate this way would in the end prove

counterproductive, as I feel most would resign from Committee positions. If this is the aim of the motion, then I feel it should be made clear and the true issue brought to the fore.

Terry Fuller spoke with reasons against. I believe communications are very important. As a user of emails for well over twenty years, which is probably more than anyone else here, I use emails all the time and know emails can be a wonderful way of communicating and quickly, but they can be very bad ways too.

Needs Internet access - minimum cost \$20 per month for dialup. Needs a computer, printer and software - potentially \$1000 - \$1500 or more. Needs REAL computer, record keeping and email skills (or close by and constant support from someone with those skills). Needs personal communications skills and understanding of the written English language - as distinct from the spoken English language. These are NOT trivial issues, as readily demonstrated by many emails that fly around, and yes some from within this Club.

There are many ways of communicating and disseminating information. Mobile phones, home phones, faxes, answering machines, message bank, meetings, posting a copy, or someone living nearby or passing delivering a printed copy, and yes I have done that many times to people. Australia Post deliveries within the metro area are mostly next day deliveries, if posted before 6 pm, and when Secretary for a couple of organisations I had many confirmations of that.

Email is only any good if the person is at home and has a computer turned on. Many people have a mobile phone with them if at work or if out fishing, and yes I know you can do it when you come home, but some people don't want to spend their time on computers. Some people only have work email addresses and cannot or should not use these for private, non business purposes. If that's the case, then they might be only at work 5 days a week or 25% of the time, and Saturday and Sunday they are not at work.

Requiring an email address would disqualify some good potential committee members, including some new members we don't know about yet, who could make great contributions to the Committee.

This change would just be fiddling at the edges. It is activity without any significant benefit if the alternatives are used. It is such a low priority to be spending time on now, with all the other problems facing the club. Most importantly, it is not addressing the real reasons for lack of interest in working on the Committee.

Ian Cook spoke of reasons why a computer is needed for some of the jobs he has done, and why email is an essential part of that.

Terry Fuller said that he was not denying that some positions on Committee really DO need email to be effective. We have a number of Committee positions which do not have designated jobs, they are just ordinary Committee people.

Peter Pekaar used the example of Andrew Pekaar who was Assistant Dry Casting Officer and did not need emails to do that job, even though he does have his own email address.

George Holman said he was probably one of the culprits because he does not have a computer and is computer illiterate. But he has served 43 years on Committee in positions including President, Reel Talk Editor, you name it. He is easily contactable by mobile phone and has an answering machine on his home phone. If it needs to be done by written correspondence, there is nothing wrong with the post. He feels that a person who wants to volunteer his services should not be told what he has to do to be a member of the Club Committee. The Club should be thankful for anybody who wants to put their hand up and help the Club in any way, shape or form. If they don't have a computer, that should not be a penalty and stop them being on Committee.

President Greg Walker said this will be put in the Reel Talk so that everyone can read and think about it.

Website Editor:- Terry Fuller showed a printed copy of pages he had put on the Club website with still images extracted from a video of George Holman casting pendulum style. He had done this to research what was need to use consumer quality video camera equipment to get both movies and enough still images to be used as a valuable training, coaching, educating and publicity for the Club and its dry casting. These could show the different casting styles, what people are doing

which is right and which is wrong, and all that would be great for tuition, coaching, training and teaching people how to cast.

Terry said there are many technical and practical issues with getting good usable images which show exactly what you want to show, but this page demonstrates that expensive equipment is not needed to get very usable videos and still images.

Peter Pekaar said this would be a terrific advertisement for the Club. He had been asked many times by people from outside the Club if we still did drycasting because the latest videos on the website were from 2001. He had asked Ian Cook about getting a video camera but had not got an encouraging response when Ian said that the cost of good quality camera was very expensive and the Committee would not consider that.

Greg Walker said he had discussed this with Peter Pekaar back in April and with Terry Fuller when he came to Greg's place two or three weeks ago. Terry has run with that and he has done what looks like a fairly good job, Greg asked members to get on the website and look at the videos and stills and give some comments at the next General Meeting.

Terry advised that it is simply not practical to both compete in drycasting and get a good range of videos. Jennie Stoeckel advised she would be at dry casting and offered to take some videos.

George Holman suggested that training or demonstration casting should be done separately with weighted blobs so that the positions of the casting weight showed up clearly in the images. Mal Head asked that photography not interfere with our casting competition.

Jennie Stoeckel said that care needed to be taken when publishing images because the permission of the person is needed. Terry advised that also applied to photos in Reel Talk because that is published on the website. A suggestion was made that all members should be asked to give written approval for their images to be published by the Club for Club purposes. Terry asked (jokingly) if he should take all images and Reel Talks with photos off the website until that was resolved.

General Business:- Some nominations for membership were received tonight. Details to be published in Reel Talk.

Rottnest Field Days. Names and final payments are needed tonight for the August Field Day. Anyone wanting to go on Rottnest Field Days must pay money to the Treasurer and names must be given to Ian Cook.

Jim Strong said he may not be able to go to the Presentation night depending on advice from his doctor.

Michelle Walker asked about interest in botanical (mini) golf. Has obtained some prices. Details to be published in Reel Talk.

Jennie Stoeckel passed around a pamphlet she and Michelle had drafted for the Presentation night to acknowledge sponsors and trophy donors who have helped the club.

Allan Jones said that fuel for the generator should be user pays. He doesn't agree with using the fees paid by people who don't use the generator.

Ric Parker asked if increased fees and charges announced for Rottnest will affect people going to Rottnest field days. Ian Cook hopes that something can be negotiated.

Mal Head reminded members that he makes and donates wire burley cages which can be bought at General Meetings. Members commented on how good Mal's burley cages were.

Peter Pekaar asked if the Club would like him and Marcia to bring blank forms to drycasting and to take the drycasting score sheets home with them and process them as they used to do previously and pass them on to Terry until the Club gets a Dry Casting Officer. To be discussed Ian/Greg/Peter after the meeting.

Raffle:- First prize won by Charles Faure. Second prize won by Ric Parker.

Instruction Period:- None. Cancelled due to the booked speaker having to work.

Meeting closed:- 9:45 pm.

July General Meeting

Where: Coolbinia West Perth Amateur Football & Sporting Club Rooms, Yokine
When: Wednesday 8th July at 20:00 Hours
Instruction: Fishing with **Soft Plastics** by **Lee Taylor Pt 2**

July Field Day

Where: **Capes (North)**
When: 11th & 12th July
Sign on: Saturday 11:00 at car park at Busselton Jetty.
Weigh in: Sunday 11:00 at car park at Busselton Jetty.
Boundaries: Northern: Busselton Jetty
Southern: Margaret River mouth.

August Field Day

Where: **Rottnest Island**
When: 15th & 16th August
Sign on: Friday at ferry terminal
Weigh in: Sunday. To be advised.
Boundaries: Rottnest Island.

Local Field Day for July

When: 11th & 12th July
Sign on: At the General Meeting or to the FDO by 1800 on Friday
Lines down: Saturday 12:00hrs
Weigh in: Sunday 12:00hrs George Holman's House. Scales will be available on his back patio. An adult member must witness weights. FD Money to be left with the scales in an envelope with your name and details written in the carbon copy FD book **NO MONEY NO POINTS.** Results to be phoned into F.D Officer by 2000hrs that night.
Boundaries: ASI Groyne to Two Rocks

Local Field Day for August

When: 15th & 16th August
Sign on: At the General Meeting or to the FDO by 18:00 on Thursday
Lines down: Saturday 07:00hrs
Weigh in: Sunday 12:00hrs George Holman's House. Scales will be available on his back patio. An adult member must witness weights. FD Money to be left with the scales in an envelope with your name and details written in the carbon copy FD book **NO MONEY NO POINTS.** Results to be phoned into F.D Officer by 2000hrs that night.
Boundaries: Cape Peron to Mindarie Keys

Rottnest Island August

The ferry leaves Rouse Head at 18:00 on Friday afternoon. Members need to be at the terminal a minimum of 45 minutes prior to this. Tickets will be purchased 30 minutes prior to the ferry leaving. Members must advise me if they wish to come back on the Sunday 16:30 ferry or they will be booked on the 08:15 ferry. Please advise me if you have a Seniors, concession, RAC or West Club card so I can get the discounted rate.

New Member Applications

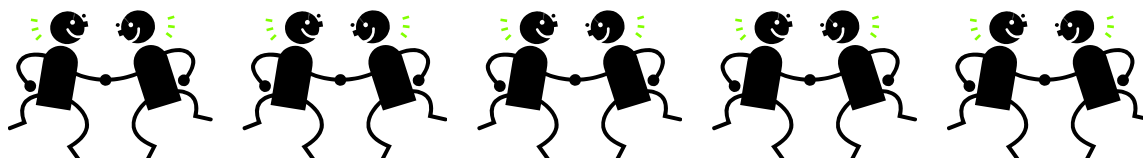
The following applications for membership have been accepted, and will be invited to the next General Meeting to be welcomed into the Club.

Kevin & Katie Frampton,

Vince & Peter Iozzi,

Charles Faure,

Andrew Vanzyl



Top Ten Fishing Spots

According to West Australian Tourism, these are the 10 Top Spots for fishing!

Walpole

Don't miss some of the best black bream fishing in Western Australia against a backdrop of magnificent scenery. Fish from the inlet or try your hand at the virtually untapped deep-sea fishing.

Exmouth

Fish from a boat bobbing on bright turquoise water teeming with a huge variety of species, or throw in a line from the beach and snag a monster squid or table fish.

Rottneest Island

Rottneest is a mecca for angling enthusiasts - huge schools of sampson (sambo as locals call them) makes the island one of the best metro fishing spots in Australia.

Montebello Islands

Just 120 kilometres from Dampier, this location boasts fabulous scenery and rates high in fishermen's tales. The sea is well stocked with mangrove jacks, sailfish and coral trout just waiting for you to throw in a line.

Kalbarri

Impress your mates by reeling in a monster snapper, groper, dhufish or tuna on a local deep sea fishing charter.

Green Head/Leeman

The beauty of this fishing spot is that you don't need to go far from the boat ramp to pull in dhufish, snapper and other prime category-one fish and return with a fishing story worth telling.

Rowley Shoals

Regularly frequented by TV fishing shows, this must-fish spot is jam-packed with wahoo, dogtooth tuna, sailfish coral trout and red emperor.

Fitzroy River

Scientists discovered the mighty Fitzroy has more fish species than the rivers of the Pilbara and south western corner combined. Threadfins and barramundi will be racing the other 38 species to take your bait.

Blackwood River

Kick back and relax by this tranquil river while you wait for a bite from passing bream and big yellowfin whiting.

Shark Bay

Land-based fishing is hot here; head to Steep Point, Big Lagoon and Turtle Bay. Or hop in a boat out to sea where the pink snapper, bluebone groper, mackerel, red emperor, tailor and mulloway are plentiful.

So with the help of the Surf Caster's, there should be no problem bagging the big fish!!!

Casting Around the Internet With Recfishwest

Issue 61 24 June 2009

Demerit penalty scheme to protect fisheries

A demerit point system for commercial fishing offences will strengthen the protection of the State's fisheries from the 1st of July. Fishers who incur 200 points within a five-year period will be disqualified from holding a fishing licence or other fishing authority for ten years. Existing penalties for recreational fishers will also incur demerit points, which may prevent them from being registered to use rock lobster pots or fishing nets.

www.premier.sa.gov.au/news.php?id=4917

www.pir.sa.gov.au/fisheries/commercial_fishing/demerit_points

Fish habitat protection area at Point Quobba

Fisheries Minister Norman Moore announced an expanded restricted zone would apply at Point Quobba's Fish Habitat Protection Area (FHPA) from early July. The expansion to 900m by 340m follows a community driven initiative to better protect fish and the coral reef and lagoon system in a popular snorkelling site. Fishing is still permitted in the section of the FHPA that is outside the expanded restriction zone.

<http://www.mediastatements.wa.gov.au/Pages/Results.aspx?ItemID=132077>

Some reef fish do not move as much as previously thought

New data on the long-term movement patterns of sharks and other fish in the Ningaloo Marine Park will have important implications for future management decisions on the size and placement of sanctuary zones. 104 acoustic receivers along the Ningaloo coastline make this Australia's largest array of acoustic receivers.

<http://www.csiro.au/news/Ningaloo-Reef-fish.html>

Sustainable recreational fishing in Commonwealth waters and marine parks

Recfish Australia has big concerns with the planning process after workshops in Cairns and Sydney. The biggest threat to recreational fishing are the calls from extreme conservation groups such as the American -based Pew Environment Group that continues to lobby government to close extensive areas in the Coral Sea and off Southwest Australia. Recfish Australia encourages all recreational fishers to apply political pressure through their local federal MPs and senators to guarantee that all sectors have a chance to present their cases.

<http://www.recfish.com.au/docs/MR%20%20Recfish%20committed%20to%20sustainable%20fishing.pdf>

(<http://www.fishingworldmag.com.au/news/cairns-meeting-reveals--smoke-and-mirrors->)

Fishermen left in limbo with convictions

Over 300 people convicted of fishing in a green (no fishing) zone prior to December 2006 have not had their convictions 'spent' even after the passing of an amendment bill in 2008 which removed criminal convictions. Once a conviction is 'spent', any searches will reveal no information on the past recording of a conviction.

<http://www.fishingworldmag.com.au/news/fishermen-left-in-limbo> and <http://ronboswell.com/?p=754>

On the spot fines for ignoring no fishing zones

After a four month education period and verbal warnings to more than 70 people, \$500 on the spot fines will apply, court penalties of up to \$16,500 for repeat offenders, and \$400 fines for ignoring 'go slow' areas.

<http://www.cabinet.qld.gov.au/MMS/StatementDisplaySingle.aspx?id=64375>

ASI Groyne clean up day 9am - 12.30pm, 5 July

You are invited to help a cleanup of the popular recreational fishing spot, the ASI Groyne in Henderson, organised by recreational fishermen from the Western Angler Fishing Forum. Rubbish pickers and gloves, bags and bins are supplied. The more hands, the lighter the work. Free sausage sizzle afterwards.

<http://www.recfishwest.org.au/ASIGroyneCleanup2009.htm>

PO Box 34, North Beach, WA 6920

Join RFW to receive this by email

<http://www.recfishwest.org.au>

(08) 9246 3366

recfish@recfishwest.org.au

Kalbarri to Port Gregory Field Day Report - June 2009

We left Perth around 2.30pm to try and beat the usual mass exodus of long weekend caravan traffic, but got held up at S Bend as the booze bus was “processing” all northerly bound traffic. Around 7.00pm we stopped for a break at Malcolm’s sister Geraldine’s house for a cuppa, a bikkie and a chat then onto the 440 roadhouse to re-fuel before the final leg to the Club’s Kalbarri house at 10.30pm to be greeted by Ian who’d been there since Wednesday, he’d spent the afternoon fishing at Red Bluff and had a wirrah and four snook in the fridge for his efforts. After a gourmet feed of chicken and salad washed down with a suitable beverage, we unpacked the gear into the house, settled in and made preparations for tomorrow’s Field-day. The house facilities are modest but clean, complete and comfortable.



The next morning we drove the 40km south to the Lucky Bay turn-off for the sign-on, we were a bit early so Wendy put the kettle on for a brew when George and Dave pulled up. After pleasantries and paperwork they left early to pitch camp at Lucky bay and missed Mal and Vix who showed up at 10.55am to sign on. At 11.10am we headed off to fish at Wagoie.

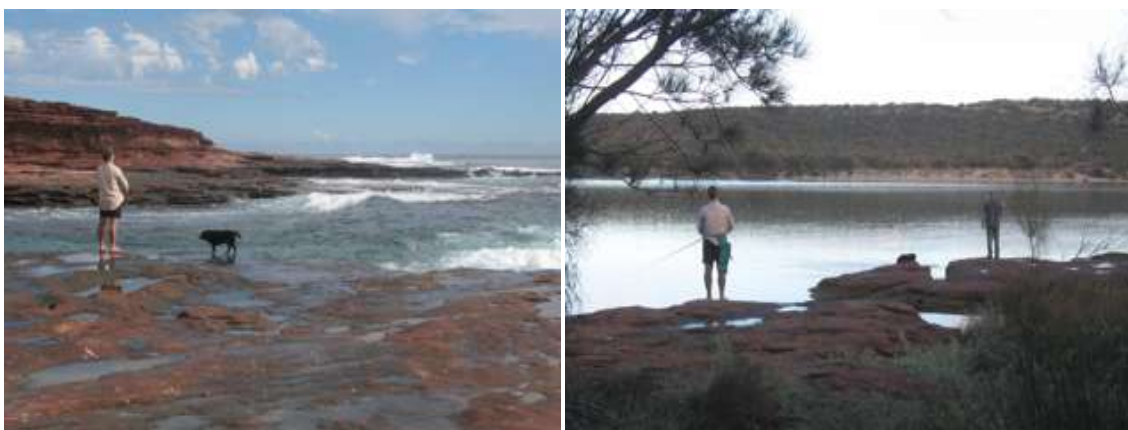


Despite the rather large swell, lot of others had the same idea, so all of the usual spots were occupied by people already fishing; many had gas balloons out in hope of a mackerel strike. The mackerel could be seen busting up through balls of baitfish 200 to 300metres off the coast with gulls and petrels circling above. The storms of the previous week had eroded a lot

of sand off the platform and beach .The water was a washing machine of foam and sand, which made the job at hand difficult. Large pods of dolphins slowly cruised up and down the reef scaring the remaining fish off the bite. Several fruitless hours of casting into the turbulence, and loss of gear, saw us leave Wagoie and head north to try our hand at Red Bluff and then Chinamans, alas the fishing gods weren't smiling on us and apart for some entries of undersized fish in the Length Comp, we went home empty-handed. At Wagoie, Malcolm fished into the night and to his surprise, hooked up a rather large cray, which unfortunately couldn't be entered in any of competitions as it's not a species and crustaceans aren't eligible for the Length Comp. Not having a licence meant it had to be returned. Bugger! Back to the water!



Sunday we were up and away before dawn with the intention of catching mackerels on balloons at Wagoie. By the time the fourth, and only successfully attached, balloon was deployed the wind had dropped to calm but the swell was still up. The balloon rig couldn't be cast far enough not to knot itself into knots in the surf, because the balloon didn't have quite enough gas to make it lighter than air once it was wet, this resulted in swearing and no fish. Ian did manage a little cod. We then fished our way south picking up a nice flathead and a few other species. It was mid afternoon when we came into George and Dave's camp at Lucky Bay. Piscatorial tales of woe were swapped before George and Dave pointed the Nissan north in search of tailor. We went back to Kalbarri to re-fuel the vehicles and refresh ourselves, and then back out to Red Bluff for the evening session.



The first place we tried on Monday morning was in the river, upstream from Kalbarri, in the misguided hope of a bream or two. No such luck, next onto Chinamans where many species of undersized fish were hooked but only one small wrasse was bagged.

The time had come to get down to the Lucky Bay turn off for the weigh in. When the seven of us were assembled and the bags of fish produced it became clear that this “Wagoe” Field-Day was one of the leanest in a very long time, only 30 fish [nine species] in total. The four competitors [Peet and Sandra, Peter and Kaitlin] on the local Field day weighed in 37 fish[all herring]. Dave Maxted won the Best Scale Fish, a 1.684kg tailor. Malcolm Harris took out Best Bag of Scale Fish at 6.852kg. The length Competition saw 15 species [101 fish] totalling 23.71 metres measured, both the winners fished locally, Peet Wessels as the Seniors winner tallied an admirable 7.48 metres while in the juniors Kaitlin Stoeckel’s 1.44 metres was a great effort.

Once the weigh in was completed and farewells bade, Mal and Vix headed home south, Ian, Mark and Wendy returned northwards to Kalbarri, while Dave and George went west back to their Lucky bay camp to put in another day or two in the pursuit of more fish. George finally got onto good-sized tailor using some of Ric Parker’s weighted poppers, casting along the reef at Wagoe.



Our next Field-day is a “Capes North”; the boundaries are the Busselton jetty to the mouth of Margaret River in the middle of winter. If the weather is like the last “Capes” Field-day then the fishing experience will be sunny and pleasant, however if there are storms afoot, the sea can be angry so extra care should be taken, especially when rock fishing. Most of the good fishy spots have easy 2WD access, the short walk from the car park to the beach will help in the warming up process. This venue can fire up if the salmon are still on the tooth and some monster snook have been caught near Quininnup. If the new section of freeway isn’t open, we’ll get to stop at the Miami Bake House. TWICE!

Mark Hansen

Field Day Officer

Annual Dinner & Presentation Night



Congratulations!!!

Congratulations to Michelle Walker – 2008/09 Club Person of the Year; Dean Stewart – Basil Marsh Encouragement Award; George Holman – Sports Person of the Year; Jimmy Strong – Certificate of Appreciation. Morris Kolman also received a Certificate of Appreciation. These SCAC Members have worked hard for the Club and well deserve the acknowledgement that they received with these awards.



The new venue for the Presentation Night was warm and inviting with lovely candles in the centre of each table. With windows all around, it is a very open venue with a wonderful surrounding view of the Hamersley Golf Course.

The photo on the right shows the great variety that the SCAC boasts for membership. From Trevor Stam, a long standing member, Ian Cook, a 'middle ages' member, to Greg & Michelle Walker and Mark Hansen, who are fairly new to the Club. This gives a great opportunity to not only listen to the more experienced members, but to learn new ways and ideas from the 'younger' members of the Club.



Of course, some of chose to arrive in style for a most enjoyable evening of laughter and congratulations!!!

DRY CASTING REPORT

7 June 2009

While not many people like the idea of setting the alarm for a 5.30 start on a Sunday morning when the minimum is dipping down into the low single figures, those who do are often rewarded for their efforts. Sunday's dry casting was one of those beautiful mornings with light winds and clear skies all day.

All too often individual achievements overshadow the work done by the support team, and the helpers on the day receive little recognition. One such helper who deserves mention is Geoff Raftis. He took time out from his busy day to come down to casting specifically to help out with the bulk of the accuracy scoring. He couldn't stay for the whole day as his family was taking him out to lunch to celebrate his birthday which is on 13 June. It was great to see such dedication to the Club.

Greg Walker, whilst still recovering from surgery, kindly put out the safety flags at the beginning of the day. Of course he was also on barbecue duty providing sustenance to the horde of hungry casters.

As usual, George Holman gladly gave up his time to offer casting advice and instruction to two visitors, Kevin Frampton and Matt Dillon. George leant them his rods to practise with until they were ready to join in and lay down a few casts. They were welcomed and seemed to enjoy the camaraderie amongst the group, with Matt even helping out by writing down some of the scores read from the laser.

Kaitlin Stoeckel was also very helpful by offering to write down a number of scores. She enjoyed talking on the walkie-talkie, keeping Dean Stewart busy responding.

Car problems meant Trevor Stam arrived late, but with the assistance of several other members he managed to at least get his distance casts away. Terry Fuller leant him an Alvey reel and helped Trevor set up his rod, Marcia Pekaar leant him some sinkers, and Peter Pekaar helped with knot tying. Trevor had left home in such a hurry he forgot to bring some of his gear. However, as it was still only around 11am it was easy enough for us to accommodate his wish to cast. It was great to see him make the effort to attend, albeit for only the distance events.

As two fellow casters, we felt it appropriate to acknowledge the effort made by particular people, and voice our personal appreciation of their actions. The club as a whole truly benefited today because whilst numbers were down, we all worked together as a team to make for a successful dry casting day.

Peter & Marcia Pekaar

Dry Casting Winners for 7 June 2009.

These results have been prepared by Marcia and Peter Pekaar and Terry Fuller from the original hand written distances and scores recorded on the day.

Event	Seniors winner		Veterans winner	
56 gram Score	28	Malcolm Harris	24	Allan Jones
56 gram Distance	142	Malcolm Harris	125	George Holman
Artificial Bait Score	27	Malcolm Harris	24	George Holman
Artificial Bait Distance	136	Peter Pekaar	121	George Holman
112 gram Score	33	Malcolm Harris	28	George Holman, Allan Jones
112 gram Distance	168	Malcolm Harris	142	George Holman
Double Handed Acc.	161	Malcolm Harris	147	George Holman
Single Handed Acc.	19	Malcolm Harris	23	George Holman
Section Highest Points	278	Malcolm Harris	255	George Holman

Event	Ladies winner		Junior winner		Mini Junior winner	
56 gram Score	19	Marcia Pekaar	7	Holly Walker		
56 gram Distance	105	Vix Alexander	45	Holly Walker		
Artificial Bait Score	15	Marcia Pekaar	7	Holly Walker		
Artificial Bait Distance	79	Marcia Pekaar	37	Holly Walker		
112 gram Score	20	Marcia Pekaar, Vix Alexander	9	Holly Walker		
112 gram Distance	104	Vix Alexander	44	Holly Walker		
Double Handed Acc.	110	Vix Alexander	44	Holly Walker	62	Kaitlin Stoeckel
Single Handed Acc.	9	Marcia Pekaar				
Section Highest Points	180	Marcia Pekaar	87	Holly Walker	72	Kaitlin Stoeckel

Event	Overall winner for June		Year's best up to June	
56 gram Score	28	Malcolm Harris	28	Malcolm Harris
56 gram Distance	142	Malcolm Harris	142	Malcolm Harris
Artificial Bait Score	27	Malcolm Harris	27	Peter Pekaar, Malcolm Harris
Artificial Bait Distance	136	Peter Pekaar	138	Peter Pekaar
112 gram Score	33	Malcolm Harris	33	Malcolm Harris
112 gram Distance	168	Malcolm Harris	168	Malcolm Harris
Double Handed Acc.	161	Malcolm Harris	161	Malcolm Harris
Single Handed Acc.	23	George Holman	28	Terry Fuller
Section Highest Points	278	Malcolm Harris	278	Malcolm Harris

Dry Casting Top Scores for 2009/10.

Total scores up to and including June casting. Only the best 11 months out of 12 will count at the end of the competition year.

Allan Jones	491	1	Jeff Hewton	181	14
George Holman	487	2	Trevor Stam	165	15
Malcolm Harris	482	3	Peter Stoeckel	163	16
Mark Hansen	410	4	Holly Walker	161	17
Terry Fuller	406	5	Michelle Walker	136	18
Peter Pekaar	370	6	Jim Strong	130	19
John Crompton	354	7	Wendy Hansen	130	20
Vix Alexander	352	8	Kaitlin Stoeckel	72	21
Marcia Pekaar	350	9	Greg Walker	40	22
Ian Cook	345	10	Kevin Frampton	35	23
Dean Stewart	335	11	Matt Dillon	31	24
Eric Parker	187	12	Eric Leigh	31	25
Rhys Jones	183	13	Geoff Raftis	20	26

Dry Casting Winners for 3 May 2009.

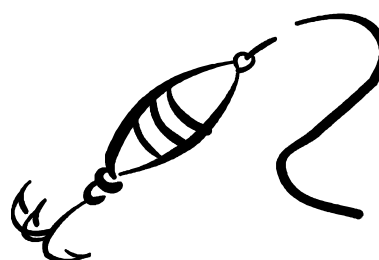
These are the correct results for May. Please ignore the results published in the June Reel Talk on pages 10 and 11, and mark those pages "See the July Reel Talk for correct results"

These results have been prepared by Marcia and Peter Pekaar and Terry Fuller from the original hand written distances and scores recorded on the day.

Event	Seniors winner		Veterans winner	
56 gram Score	27	Ian Cook	23	Allan Jones
56 gram Distance	138	Ian Cook	122	George Holman
Artificial Bait Score	27	Peter Pekaar	21	George Holman, Allan Jones
Artificial Bait Distance	138	Peter Pekaar	118	George Holman
112 gram Score	32	Malcolm Harris	26	George Holman
112 gram Distance	165	Malcolm Harris	134	George Holman
Double Handed Acc.	112	Mark Hansen	138	Allan Jones
Single Handed Acc.	25	Malcolm Harris	28	Terry Fuller
Section Highest Points	204	Malcolm Harris	253	Allan Jones

Event	Ladies winner		Junior winner	
56 gram Score	20	Vix Alexander	8	Holly Walker
56 gram Distance	104	Vix Alexander	40	Holly Walker
Artificial Bait Score	17	Marcia Pekaar	7	Holly Walker
Artificial Bait Distance	87	Marcia Pekaar	41	Holly Walker
112 gram Score	21	Vix Alexander	9	Holly Walker
112 gram Distance	104	Vix Alexander	56	Holly Walker
Double Handed Acc.	102	Vix Alexander	28	Holly Walker
Single Handed Acc.	20	Michelle Walker	2	Holly Walker
Section Highest Points	178	Vix Alexander	74	Holly Walker

Event	Overall winner for May		Year's best up to May	
56 gram Score	27	Ian Cook	27	Ian Cook
56 gram Distance	138	Ian Cook	138	Ian Cook
Artificial Bait Score	27	Peter Pekaar	27	Peter Pekaar
Artificial Bait Distance	138	Peter Pekaar	138	Peter Pekaar
112 gram Score	32	Malcolm Harris	32	Malcolm Harris
112 gram Distance	165	Malcolm Harris	165	Malcolm Harris
Double Handed Acc.	138	Allan Jones	138	Allan Jones
Single Handed Acc.	28	Terry Fuller	28	Terry Fuller
Section Highest Points	253	Allan Jones	253	Allan Jones



Recorders Report for July 2008 – 2009

Open Competition Results including June

Section	For	Min Weight	Details
1.	Most Meritorious Capture	None	Winner chosen by the Committee, if the Committee considers meritorious enough.
2.	Best Shark	4.5 kg	
3.	Best Mulloway	5.0 kg	
4.	Best Salmon	3.5 kg	
5.	Best Dhufish	Legal size	
6.	Best Tailor	1.5 kg	George Holman Wago 2.30 kg
7.	Best Samson Fish	1.5 kg	
8.	Best Fish on single handed rod, maximum 4kg line class	Legal size	
9.	Best Pink Snapper	2.0 kg	
10.	Best Tarwhine	0.5 kg	
11.	Best Mackerel	4.0 kg	
12.	Best Skipjack Trevally (southern)	1.0 kg	
13.	Best Trevally (northern)	4.0 kg	
14.	Best Snook/Pike	0.5 kg	
15.	Best Black or Yellow fin Bream	0.6 kg	
16.	Best Scale fish other than sections 3 to 14	2.0 kg	
17.	Best Fish caught on Fly Rod.	Legal size	

Field Day Sections up to and including June

	Section	Angler	Species	Weight kg
1A	Best Scale Fish (1st Six Months)	Theo Van Niekerk	Salmon	4.432
1B	Best Scale Fish (2nd Six Months)			
2	Most Meritous Fish			
3	Best Shark (4.5kg min)			
4	Best Mulloway (2.0kg min)			
5	Best Tailor (1.0kg min)	David Maxted	Tailor	1.684
6	Best Salmon (3kg min)	Theo Van Niekerk	Salmon	4.432
7	Best Skipjack Trevally (0.5 kg min)	Peet Wessels	Trevally, Skipjack	0.570
8	Best Mackerel (2kg Min)			
9	Best Scale Fish (Other than above)			
10	Best Bag Of Scale Fish	Malcolm Harris	Mixed Bag	9.830
11	Best Bag Of Mulloway (2 Fish Min)			
12	Best Bag Of Tailor (2 Fish Min)	George Holman	Tailor	1.972
13	Best Fish On S/H Rod 4kg b/s line (max)	Mark Hansen	Flathead	0.566
14	Best Fish Caught on Fly Rod			

Sportsperson Of The Year Sections for June			
Section	Angler	Species	Weight kg
Best Scale Fish	David Maxted	Tailor	1.684
Best Bag of Scale fish	Malcolm Harris	Mixed Bag	6.852

Field Day Prizes for June			
Section	Angler	Species	Weight kg
Best Scale Fish	David Maxted	Tailor	1.684
Best Bag of Scale fish	Malcolm Harris	Mixed Bag	6.852

Top Ten up to June		
Rank	Angler	Total Points
1	Malcolm Harris	366.8
2	Peet Wessels	278.6
3	Mark Hansen	209.3
4	Sandra Wessels	208.7
5	George Holman	156.7
6	Theo Van Niekerk	146.2
7	David Maxted	118.3
8	Vix Alexander	114.6
9	Wendy Hansen	107.7
10	Ian Cook	75.1



Masters Fish for June		
Angler	Species	Weight kg
David Maxted	Tarwhine	0.632
David Maxted	Tailor	1.684
George Holman	Tarwhine	0.746
George Holman	Tailor	1.316
Malcolm Harris	Tarwhine	0.622
Mark Hansen	Flathead	0.566

Mal Harris, George Holman and Ian Cook are all on 6 species out of the 8 required for their Masters Badge

Barron Lure Competition 2008 – 2009

Heaviest Tailor
Heaviest Salmon

George Holman

2.3 kg

Tight Lines
Ian

SCAC Presentation Night Winners & Achievers

Club Person of the Year 2008/09 _____ Michelle Walker
Basil Marsh Encouragement Award _____ Dean Stewart
Certificate of Appreciation _____ Jimmy Strong
Certificate of Appreciation _____ Morris Kolman
Sportsperson of the Year 2008/09 _____ George Holman

Ladies Club Champion (overall):

First Place _____ Vix Alexander
Second Place _____ Marcia Pekaar

Field Days

Open Competition:

Section 6 – Best Tailor _____ John Crompton
Section 8 – Best fish on S/H Rod max 4kg line _____ Mal Harris
Section 12 – Best Skipjack Trevally _____ Peet Wessels
Section 15 – Best Black or Yellowfin Bream _____ Ian Cook
Section 16 – Best Scale fish other than sections 3-14 _____ George Holman

Barron Lure Competition:

Heaviest Tailor _____
Heaviest Scale Fish _____
Heaviest Salmon _____ Mark Hansen

Field Day Results:

Ken Mathews Trophy – Best Scale Fish
Section 1A – 1st 6 months _____ Ian Cook
Section 1B – 2nd 6 months _____ Mark Hansen
Section 3 Most Meritorious Fish _____ Ian Cook
Section 5 Best Tailor (1.0kg min) _____ George Holman
Section 6 Best Salmon (3.0kg min) _____ Mark Hansen
Section 7 Best Skipjack Trevally (0.5kg min) _____ Melvin Wee
Section 9 Best Scale Fish (other than above) _____ Ian Taggart
Section 10 Best Bag of Scale Fish _____ Ian Cook
Section 12 Best Bag of Tailor (2 fish min) _____ George Holman
Section 13 Best Bag of Fish on S/H line _____ Lea Taylor

Hans Wytenburg Memorial Trophy _____ Theo Van Niekirk

Top Three Field Day Points

First Place _____ Malcolm Harris
Second Place _____ Peet Wessels
Third Place _____ Sandra Wessels

Champion Ladies Field Day

First Place _____ Sandra Wessels
Second Place _____ Vix Alexander

Champion Mini Junior for Field Days _____ Kaitlin Stoeckel

Drycasting

Single Handed Open:

First Place _____ Peter Pekaar
Second Place _____ George Holman

56 gram Open:

First Place _____ Mal Harris
Second Place _____ George Holman

112 gram Open:

First Place _____ Peter Pekaar
Second Place _____ Malcolm Harris

Single Handed Open – Ladies _____ Marcia Pekaar

112 gram Open – Ladies _____ Vix Alexander

Single Handed Accuracy – Ron Kihldale Memorial Shield

First Place _____ George Holman
Second Place _____ Gary Gildersleeves

Double Handed Accuracy:

First Place _____ George Holman
Second Place _____ Gary Gildersleeves

Most Bulls Eyes:

First Place _____ George Holman
Second Place _____ Allan Jones

56 gram level Line Distance:

First Place _____ Peter Pekaar
Second Place _____ Gary Gildersleeves

Artificial Bait Level Line Distance:

First Place _____ Peter Pekaar
Second Place _____ George Holman

112 gram Level Line Distance:

First Place _____ Peter Pekaar
Second Place _____ George Holman

Mini-Junior Champion _____ Kaitlin Stoeckel
 Mini-Junior Runner-up _____ Ben Pullella

Junior Champion _____ Holly Walker
 Junior Runner-up _____ Marlin Heaney

Ladies Champion _____ Marcia Pekaar
 Ladies Runner-up _____ Vix Alexander

Veterans Champion _____ George Holman
 Veterans Runner-up _____ Gary Gildersleeves

Seniors Champion _____ Peter Pekaar
 Seniors Runner-up _____ Rhys Jones

Most Improved Caster _____ Wendy Hansen

Caster of the Year _____ George Holman

Congratulations to all these Club members.



Happy Birthday

These Club Members celebrate their birthday in July

- Peter Osborne – 7th July
- Ian Pereira – 9th July
- Makaira Heaney – 14th July
- Trevor Stam – 14th July
- Ruby Taylor – 17th July
- Melvin Wee – 19th July



We hope you all have a wonderful birthday!!!

John Crompton

Thank you for forwarding the presentation night Trophy Report

An interesting read – fair spread of recipients of trophies and some knew names – although in the casting some names consistently came forward.

Congratulations to all the winners and note that for newcomers, involvement in competitive fishing aids in increasing skills resulting in better bags for the particular day.

Our family history certainly showed this from joining Surfcasters' many years ago. – The daughters can still set up on a beach etc and before long are showing other social fishers what the skill is all about.

We thank the club for providing this knowledge and its companionship over the years and see this tradition is still alive and strong.

Regards

Peter Osborne & Family

Social Organiser's Report

I would like to thank all the people who came to our presentation night. I had a great time and I hope all who attended also enjoyed themselves.

The new venue, Gleneagles Reception Centre, was perfect for our Presentation Night, supplying plentiful amounts of delicious food and great service from the manager Sharon and her staff.

I would like to congratulate all SCAC members who won sections in field day and drycasting events. I would also like to congratulate the champion Field day and Dry casting winners.

George Holman (Sportsperson of the Year), Dean Stewart (Encouragement Award), Jimmy Strong and Morris Kolman (Certificates of Appreciation): Congratulations for your achievements.

I would like to thank the Committee Members for choosing me for CLUB PERSON OF THE YEAR, I am tickled pink and for the first time I was speechless!

Michelle Walker



SportSafe Tips

**Always warm up and stretch before training and the game.
This helps minimise the risk of tearing cold muscles.**

A regular and consistent cool down regime, that includes light activities such as walking or light jogging and static stretching will help promote recovery, improve flexibility and reduce the risk of injury.

For soft tissue injuries (i.e. sprains, strains and bruises) remember to follow the RICER regime:

R^{EST}
Rest the injured player and the injured body part. Further activity will aggravate the injury.

I^{CE}
Apply ice for 20 mins every 2 hours. Do not apply ice directly to the skin as ice burns can occur. Wrap ice in a towel or something similar.

C^{OMPRESSION}
Apply a firm compression bandage above and below the injury site to reduce swelling.

E^{LEVATION}
Raise the injured area above the level of the heart to reduce swelling and pain.

R^{EFERRAL}
Early referral to a sports physician or sports physiotherapist will provide specific diagnosis and an appropriate rehabilitation program.

If you do sustain an injury, avoid heat, alcohol, additional exercise and massage in the first 48-72 hours.

If you have an existing injury you should gradually return to training under the direction of a doctor or physiotherapist. Injured athletes should not return to competition or playing unless fully recovered. As a general guide, injured athletes should be able to complete one full training session at full pace prior to returning to competitive game situations.

If there's protective gear for your sport - **WEAR IT**. Make sure it fits well. If you play a contact/collision sport, always wear a mouth guard fitted by a dentist.

Be SportSafe by conducting regular safety inspections of playing areas and equipment

Be Blood Aware get immunised against Hepatitis A & B; if an athlete is bleeding - stop the bleeding, dress the wound, clean up the blood; Wear latex gloves whilst handling blood or blood products; Don't share equipment (drink bottles, mouth guards, towels etc.)

Drink Plenty of Fluids before, during and after training or playing. Thirst is not a good indicator of hydration.

EDUCATION IS THE KEY! Encourage club members to be SportSafe and attend an SMA Injury Prevention Workshop or Sport First Aid/Sports Trainers Course.



For more information:
Sports Medicine Australia
Website: www.smawa.asn.au
Email: info@smawa.asn.com.au
Phone: (08) 9285 8033