

Hello!

I'm Cristina Lawrence, and have taken on the role as Director of Surf Sports this season.

Thanks to David Jones' briefing, I think I have my head around the position, almost.

Some of you may know me, as the one who doesn't wear a wetsuit, ever.



After swimming with 6am Wednesdays with Garry for a year or so, Garry Luscombe and Kimberly Johns campaigned long and hard for me to do my Bronze Medallion. I joined Bronte SLSC in 2018 - clearly one of the best decisions I've ever made!

Since attaining my Bronze, I joined the Mighty Patrol 6 and am currently its Patrol Captain, well supported by our great VCs Gaby Naher and Tara O'Reilly.

I am a keen ocean swimmer and have been known to travel across the globe to swim a race, sometimes managing a win too. I'm happiest in the sea.

Many of you may not be entirely sure what Surf Sports is. Essentially these are the skills we use on every patrol to enable us to conduct rescues on our beautiful beach when visitors are in trouble.

As a Club, we have a strong surf sports foundation, because of long standing initiatives around board paddling and sand running. Training on sand and in the water makes us better patrollers as well as keeping us fit and connected as a group; "train hard, rescue easy".

Yes, there is a competitive side to Surf Sports, but that's not what it's all about. The team spirit and camaraderie is what is important and most fun. Masters carnivals are a highlight, full of laughs, bonding and excellent snacks.

For the 2024/2025 season, I would like to see more people giving each of the disciplines (swimming, paddling, ski paddling and sand) a go. Try it on for size, you never know you might like it...in saying that, you won't find me running ever.

Soon on the website there will be a timetable for our training sessions. And here is a calendar of upcoming events including surf carnivals and swims - <http://bit.ly/3XpUBF5>

We are endeavouring to have technical master classes for those who wish to increase their competency and fine tune their competition skills so stay tuned.

If you have any questions about Surf Sports skills, development or competition please ask away.

You'll find me at 6am Wednesdays with Garry or on Patrol with the Mighty 6, Saturday afternoons, alternatively send an email to [surfsports@brontesurfclub.com.au](mailto:surfsports@brontesurfclub.com.au) and I'll attempt to answer your questions.

Looking forward to a great year with you all!

Cristina