



Aqualines

Lifesaving news for Nova Scotians

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Reigning national Beach Flags Champion Katie Campbell (right) will be joined by her "up and coming" sister Melissa (left) as representatives of Nova Scotia at the 2006 Canadian Surf Lifesaving Championship in Grand Beach, Manitoba.

Team TELUS named

July 31, 2006—Head Coach Chris Stone announced the members who have been selected to Team Nova Scotia for the 2006 Canadian Surf Lifesaving Championship (CSLC). The 2006 CSLC is being held on Lake Winnipeg at Grand Beach, Manitoba, August 25-27.

Women earning a spot on the 12-person team include Nathalie Dupuis, Melissa Campbell, Katie Archibald, Katie Campbell, Carla Geurts-Cole, Alicia Bell, and Stephanie Flynn (alternate). Men selected include Chris Goulet, Aaron Sellers, Dan Macaulay, Jason Cross, Jamie Wildsmith, Aaron Maszko, and Dan Fraser (alternate).

Coach Stone used selection events staged at various rounds of Surf League competition to choose most of his team. Winners of specified events automatically earned a spot on the team. The remaining few spots were coaches choices.

The team will compete in 22 women's and men's events in total featuring a combination of beach, swim, craft, and multi-discipline races. In 2005, team Nova Scotia, featuring some members of the 2006 team, placed 2nd overall at the Canadian Surf Lifesaving Championship in Lac St-Jean, Quebec.

The Lifesaving Society would like to acknowledge support from Nova Scotia Health Promotion Protection and Telus for their support in sending a Nova Scotia team to Lake Winnipeg.

Swim to Survive

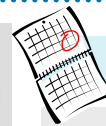
After traffic incidents, drowning is the most common cause in Nova Scotians under the age of 55. Recent studies indicate that 60% of Canadian children don't take swimming lessons, although it is one of the most popular sports enjoyed by Canadians in the summer months. More than 70% of people who drown had no intention of going into the water and two-thirds of drowning victims are within 25 metres of safety. In light of these alarming statistics, the Lifesaving Society wants all Nova Scotians to know that learning to swim is the most immediate and effective way to prevent drowning and water-related injury. The Lifesaving Society believes that a minimum swimming ability is a necessary life skill for survival, as well as increasing confidence and better decision-making in and around the water.

The Lifesaving Society defines the minimum skills necessary to survive an unexpected fall into deep water in its "Canadian Swim to Survive Standard." Meeting the Canadian Swim to Survive Standard is an important first step to being safe around water. This standard aims to decrease the number of drowning incidents in Nova Scotia by 50% in the next ten years.

Canadian Swim to Survive Standard:

Roll into deep water + Tread water for 1 minute + Swim for 50 metres.

For more information on Swim to Survive, visit www.lifesavingsociety.ns.ca or call the branch office at 425-5450 ext. 331.



Lifesaving Calendar

- August 5 **Surf League Round 4**
Inverness Beach
- August 12 **Junior Lifeguard Competition**
Melmerby Beach
- August 19 **Open Water Swim**
Kearney Lake
Surf League Round 5
Martinique Beach
- August 27 **Last day of NSLS supervision**
(All except Aylesford and Lawrencetown)
- August 25-27 **Canadian Surf Lifesaving Championship**
Winnipeg, Manitoba

For more information on Surf League, visit <http://surfleague.nsls.ns.ca>

Surf League Standings

After 3 rounds of competition

| Team | Points |
|--|--------|
| 1 Central Province Makos (CPM)..... | 914 |
| 2 Dalplex Tigersharks (DAL) | 901 |
| 3 Western Province Hammerheads (WPH) | 643 |
| 4 Cape Breton Thresher Sharks (CBT)..... | 199 |

Top 3 Individual Point Getters (Women/Men)

| Name | Team | Points |
|--------------------------|-----------|--------|
| 1 Campbell, Katie | CPM..... | 154 |
| 2 Flynn, Stephanie | WPH | 105 |
| 3 Dupuis, Natalie | WPH | 101 |

| Name | Team | Points |
|--------------------------|-----------|--------|
| 1 Cross, Jason | DAL..... | 114 |
| 2 Mitchell, Nathan..... | CPM..... | 86 |
| 3 Wildsmith, Jamie | WPH | 78 |

Top 3 Career Race/Event Wins (all time)

| WOMEN | | MEN | |
|----------------------|----|----------------------|----|
| Katie Campbell | 17 | Jason Cross | 30 |
| Alison Spurr | 8 | Neal Durling..... | 4 |
| Heather Hanlon | 7 | Aaron Sellers..... | 4 |
| | | James Wildsmith..... | 4 |

**Hot Weather!
Hot Clothing!
Hot Prices!**



The summer is well underway, and in usual Nova Scotia fashion, the weather is switching back and forth faster than we can keep up.

Luckily, **The Lifeguard Store** has plenty of quality lifeguard apparel for great prices:

- Long-sleeve shirts\$20
- Short-sleeve t-shirts.....\$12
- Lifeguard hooded sweatshirts

Check out these and more at <http://www.lifesavingsociety.ns.ca/store/clothing.htm>.

Remember to dress appropriately for the weather and enjoy your summer!

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Aqualines is a free publication of the **Lifesaving Society Nova Scotia Branch**. For more information on **Lifesaving Society** initiatives and programs, visit www.lifesavingsociety.ns.ca