



COOKS HILL

LIFE SAVING & SURF CLUB

PO Box 3262
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History of Cooks Hill Life Saving & Surf Club

Cooks Hill Life Saving and Surf Club (CHLS & SC) was founded on April the 11th, 1911. Finances were slender, equipment minimal and outside interest sparse. The Cooks Hill Life Saving and Surf Club had nothing but the determination to succeed, a determination that is still evident in the club today, over one hundred years later. Cooks Hill aims to maintain its' outstanding record of a club where no lives have been lost between the flags whilst being patrolled by its members.

In the early days of Cooks Hill Surf Lifesaving history, there was no equipment to instruct surf lifesaving, rather, instruction took place under a street lamp with a chair borrowed from a nearby church substituting as a lifesaving reel.

The adversity did not dim the enthusiasm or determination of the Cooks Hill members to succeed. Today, conditions of surf lifesaving instruction have substantially improved in part due to sponsorship received by the club, leading to such improvements as the newly renovated club house, donated resuscitation manikins and the introduction of workplace training accreditation. All of these improvements, with the ongoing support of sponsors in the Newcastle Region, help to ensure the level of instruction at Cooks Hill SLSC improved. Cooks Hill continues the tradition of surf lifesaving instruction, with approximately 100 awards gained by the club's members each year.

The club has a long, proud competition record. In 1914, at Newcastle Beach, the Cooks Hill club team won every open event and was runner up in the NSW Rescue and Resuscitation Championships. In 1920, the club also won the first Australian March Past Championships. In 1928, a state wide check revealed Cooks Hill as holding more trophies won in Surf Lifesaving competitions than any other club. Today, Cooks Hill continues to have members competing at the top levels of surf carnival competition.

In 1936, the Juvenile division of Cooks Hill SLSC, now referred to as the 'Nippers' was established. In recent years, the number of Nippers members has risen greatly and now outnumbers the seniors. The nippers have also recently achieved outstanding performances in carnival competitions.

The 2003-2004 season saw Cooks Hill SLSC mark another achievement in its substantial history with the opening of the then renovated club house, potentially being one of the best function venues in Newcastle. Cooks Hill also continues to advance technologically with the launch of its web page. The State carnival saw record performances by its nipper's members, with multiple gold medallists heading home at the completion of the carnival.



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Many aspects of Cooks Hill SLSC remain unchanged since 1911; the wonderful beach patrolled without the loss of any lives, loyalty of members, and their enthusiasm and determination to succeed. These are some of the attributes still evident throughout the long history of the club.

In 2016, the club commenced the biggest redevelopment to date. An extension to the footprint of the surf club. The \$1.8million extension, which was opened in September 2017, provided the club with much needed clubroom space, allowing space for members to train, an office and meeting room along with much needed female and disabled change rooms. The club is now applying for Grants to complete the knockdown and rebuild of the existing clubrooms.