NORTHERN BEACHES

Armed robbery safety advice

A FORUM about a new armed robbery prevention guide and the strategies clubs use to minimise the risk of armed robbery was attended by local club representatives last week.

Nearly 100 managers and directors of clubs from across northern Sydney attended the forum at Mosman RSL Club on Wednesday, organised by ClubsNSW.

The armed robbery prevention guide was created in partnership with ClubsNSW, WorkCover and the police, and offers advice to staff in licensed venues about how to avoid the risk of becoming an easy target.

In the past 12 years, there has been a 60 percent drop in robbery offences.

Pittwater RSL Club chief executive Paul Crowley said he was very aware of how paramount the safety of staff and patrons was in their club.

"Thankfully there aren't as many armed robberies of clubs as there used to be because people realise we're not a safe target anymore," Mr Crowley said.

"We have security on the premises 24/7 and we skim our cash so there is a minimal amount on the premises at any one time."

Oarsome young rower

ZAC FOLLOWING IN THE WAKE OF HIS OLYMPIAN FATHER

Andrew Prentice

ZAC von Appen has big shoes to fill.

The latest Manly Daily Junior Sports Star nominee’s father just happens to be Mario von Appen, an Olympic gold medallist as a kayaker with Germany at the 1992 Barcelona Games.

Later this year, the St Augustine’s College student will attempt to write his own family sporting history when he jets off to compete in Hamburg ahead of the World Junior Rowing Championships.

“I am very excited, to be in a position to represent Australia is fantastic,” he said.

“It also helps my school mate (Sean Murphy) is on my team, we spend so much time together, it will be great to share the experience.”

The 16-year-old initially got into the sport as a form of cross training to accompany his rugby commitments.

“After a while I decided to focus my energies on rowing,” he said.

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Zac von Appen will represent Australia at the World Junior Rowing Championships in Hamburg.

“I just need to keep working hard and improving in a few areas so I can realise my potential.”

Zac will compete abroad with Murphy, Michael Ritchie and Callum Rossi in the coxless four.

NOMINATE NOW

THE Junior Sports Star award is open to peninsula sportspeople aged 10 to 16.

The overall winner will receive a medal and $1000 cash.

We are also on the lookout for nominees for the Young Achiever Award, Team Spirit and Service to Sport categories.

Nominate at juniorsports star.com.au or use the form each week in the sports section of the Manly Daily.