



SURF SPORTS NEWSLETTER

1 October 2009

SURF SPORTS

Special points of interest:

NOOSA SLSC OCEAN SWIM

Come along to our Ocean Swim

Date: 11 OCT

Time: 10AM

We would like to invite all members (U14's to Masters), to enter these Ocean Swims, so come along and give it a go.

This event will be held every 2nd Sunday .

Nominate on the day.

HERVERY BAY MASTERS FINISHED 3RD



- 1st 110yrs Female Ski Relay A Fisk, G Lynch, J Trembath
 130yrs Female Board Relay A Fisk, F O'Brien, G Lynch
 130yrs Female Surf Team A Fisk, G Lynch, J Trembath
 40+ Female Double Ski A Fisk, J Trembath
 40+ Female Surf Ski A Fisk
 40-44yrs Male Surf Ski S Baxter
 45-49yrs Female Surf Board A Fisk
 50-54yrs Female Surf Board G Lynch
 50-54yrs Female Surf Race G Lynch
 50-54yrs Male Surf Ski P Fidler
 60+ Male Surf Board R Fisher
- 2nd 130yrs Male Ski Relay P Fidler, S Baxter, S Mawby
 140yrs Female Beach Relay G Lynch, A Fisk, J Trembath, J Rogers
 30-39 yrs Mixed Double Ski A Rogers, J Rogers
 35-39 yrs Female Beach Flags J Rogers
 35-39 yrs Female Beach Sprints J Rogers
 40+ Female Surf Ski J Trembath
 40-44yrs Male Surf Ski S Baxter
 40-49yrs Male Double Ski P Bowden, S Mawby
 45-49yrs Male Beach Flags P Bowden
 50-54 yrs Male Beach Sprints P Fidler
 60+ Male Surf Race B Rasmussen
- 3rd 40+ Mixed Double Ski A Fisk, S Mawby
 40-49yrs Male Double Ski A Rogers, S Baxter
 45-49yrs Female Beach Sprints A Fisk
 45-49yrs Female Surf Race F O'Brien
 50-54yrs Female Surf Race J Trembath
 60+ Male Beach Sprints T Wetherell
 60+ Male Surf Race B Rasmussen
 60+ Male Surf Ski R Fisher
- 4th 45-49yrs Males Surf Ski P Bowden
 50-54yrs Female Beach Sprints G Lynch
 60+ Male Surf Race T Wetherell
- 5th 40+ Mixed Double Ski J Trembath, P Fidler
 45-49yrs Female Beach Sprints F O'Brien
 45-49yrs Female Surf Board F O'Brien
 45-49yrs Female Surf Race F O'Brien
 60+ Males Surf Board T Wetherell
 Open Taplin R Fisher, S Baxter, P Fidler, A Rogers
- 6th 60+ Male Beach Flags T Wetherell
 40+ Mixed Double Ski G Lynch, S Baxter
 50+ Male Double Ski P Fidler, R Fisher
 Open Taplin S Mawby, P Bowden, S Freckelton, B Rasmussen

CARNIVAL DATES

- Fastest Man on the Sand—Rd 1
17 October 09
- Nib Coolangatta Gold @ Surfers Paradise
18 October 09
- Qld Endurance Champ @ Mooloolaba
24 October 09
- U15-Open Carnival @ Maroochydore
1 November 09
- Marcoola Masters @ Marcoola
7 November 09
- Fastest Man on the Sand—Rd 2 @ Redcliffe
14 November 09

CARNIVAL DATES**Fastest Man on the Sand Rd 1 U11- Open.**

Venue: Surfers Paradise SLSC

Date: Sat 18th October 2009

Closes: 1 October 2009

Qld Endurance Championships U11—Masters.

Venue: Mooloolaba SLSC

Date: 24 October 2009

Nominations close: 9th October 2009.

Maroochydore U15 to Open Carnival

Venue: Maroochydore SLSC

Date: 1 November 2009

Close: 12 October 2009

Marcoola Masters Carnival

Venue: Marcoola SLSC

Date: 7 November 2009

Close: 19 October 2009

The above carnivals are open and on the noticeboard and club website with nomination forms and details.

DOLPHIN OCEAN CLASSIS - 3RD OCTOBER 2009

Gerard has volunteered to drive the trailer down to Dolphin Ocean Classic this weekend.

The trailer will be available to be loaded on Friday after training. Gerard will then pick it up mid-afternoon Friday and then will return it back on Sunday afternoon.

PLEASE REMEMBER YOUR STRAPS FOR YOUR CRAFT.

BOARD RIDING NEWS

Learn to Surf information - Online!

Check our coaching website at www.noosasurfsports.com -- news and details for the Sunday squad with Alex will be posted by mid-day Friday each week.

TRAINING SCHEDULE

Training Saturday 3rd October

There will be no training Saturday 3rd October as everyone should be competing at the Dolphin Ocean Classic.

New Training Schedule

Please find the new training schedule in this newsletter which comes into effect on Monday 5th October. The times for these sessions will stay this way up until the Aussies. Any one off changes will be communicated via the newsletter if I know in advance. Any last minute changes due to weather will be via SMS - if you haven't given me your mobile number you'll miss out. I will try to give you as much notice as possible.

Everyone can attend the multi-discipline sessions. We will have a mix of swims, ironmans, board rescue, relays, etc. Ski paddlers can use this as a recovery session - it will be good for you to swim a bit. If you cant do one of the disciplines we will tailor the session to suit you.

Just a note on the schedule. As I stated at the competitors meeting at the start of the season, pretty much no one will be completing every session on the calendar. Serious ski paddlers should aim to do all ski and gym sessions. Board paddlers should aim for all board sessions on top of 2-3 swim squads per week and possibly the gym sessions. The number of sessions for each discipline are what someone who is serious about doing well will do as a minimum - ie your not going to win the U19 board doing 2 board sessions a week. Anyone who does both disciplines should pick and choose which sessions you attend in consultation with me, but I would suggest if you are serious 10-12 sessions per week (including swimming) is not out of the question.

GYM USE

The Gym is for all active financial members.

Rules are posted on the gym wall and must be adhered to at all times.

REMEMBER TO BRING A TOWEL COVERED SHOES AND A SHIRT MUST BE WORN AT ALL TIMES.

Wipe down the equipment after you have used it.

If any member is found to have brought people into the gym, who is not an active financial member will have their membership suspended.

TRAINING SCHEDULE

Please find attached the new training schedule which comes into effect on **Monday 5th October**.

Keep an eye on the newsletter for any changes particularly on the weekends that clash with carnivals.

A reminder to everyone that if you haven't given me your contact details you won't receive notice of changes to training venues via SMS.

Sat 3rd October Dolphin Ocean Classic - Northcliffe
 Sat 11th October Normal Ski Session
 Sat 17th October No Training Rainbow Beach Carnival

5.10.09	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior AM	5:30 Board (U14-Open) Peregian SLSC	5:30 Gym Noosa SLSC	5:30 Ski Noosa SLSC	5:30 Multi-Discipline/ Ironman Noosa SLSC	5:30 Ski Noosa SLSC	6:00 Board Peregian SLSC	
Masters		6:00 Board Noosa Heads SLSC				6:30 Board Peregian SLSC	
Nipper AM		6:00 ABC Groups Noosa SLSC			6:00 ABC Groups Noosa SLSC	7:15 A Group Peregian 9:00 B Group Noosa West	Nipper Sunday
Senior PM	17:00 Ski Noosa SLSC	17:00 Board Noosa SLSC	17:00 Ski Noosa SLSC	16:30 Gym Noosa SLSC	17:00 Board Noosa SLSC	15:00 Ski Peregian	
Nipper PM			16:00 ABCD Groups Noosa SLSC				