



SURF SPORTS NEWSLETTER

16 October 2009

CARNIVALS

SURF SPORTS

Special points of interest:

NOOSA SLSC OCEAN SWIM

Come along to our Ocean Swim

Date: 25 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.

STOP PRESS STOP PRESS

LATE BREAKING NEWS FROM DOLPHIN OCEAN CLASSIC

Gerard O'Brien - 3rd Male Board Race
Gina Lynch 2nd Female Board Race

Nib Coolangatta Gold

Good Luck to all competitors at the Gold and our Juniors.

GO NOOSA!

SYDNEY 2009 WORLD MASTERS GAMES

Congratulation to our World Masters who have returned from Manly Beach, competing in dumping surf, and returning with medals. Gina Lynch, Julie Trembath, Alison Fisk and Peter Fidler. Thank you to Peter for transporting the gear trailer to Manly.

Bruce Warren is contesting his events in backstroke this week and continues until the end of the week.

Good Luck!

Training 17th,18th and 19th October

There will be no training on Sat 17th and Sun 18th due to Rainbow Nippers and Coolangatta Gold. On Monday 19th, I will still be at the Gold Coast in the morning so there will be no board session at Peregrian. Monday nights ski session will be held as per normal.

COMPETITORS MEETING & BBQ afterwards

Surf Sports is holding a Competitors Meeting on

7 November 2009 – 5pm
at the club.

All Welcome!

**CARNIVAL
DATES**

- 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

CLUB CHAMPS Rd 1
@ Noosa Heads
28 November 09

CARNIVAL DATES**Marcoola Masters Carnival**

Venue: Marcoola SLSC

Date: 7 November 2009

Close: 19 October 2009

Nominations

Once again it is very important for you to nominate for these carnivals before the closing dates, the nomination sheets are on the notice boards and club website

2009-2010 Sunshine Coast Branch Representative Team

U13—17 Application forms to nominate for selection to the 2009-2010 Branch Representative Team are available from the Club office.

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.

BOARD RIDING RAFFLE**Board Riders Raffle**

**\$2.00 per ticket
OR
3 ticket for \$5.00**

All profits go to Noosa Heads SLSC - Board Riders
Tickets available to purchase at the Noosa Information Centre
(Behind club).
Winner notified by phone.



Susan Schmidt limited edition (250) Giclee print on canvas
'Pandanus Splash' 90x90cm
retail price \$700.00

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 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				