



SURF SPORTS NEWSLETTER

17 September 2009

SURF SPORTS

Special points of interest:

NOOSA SLSC OCEAN SWIM

Come along to our Ocean Swim

Date: 27 Sept 09

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.

NOOSA HEADS SURF LIFE SAVING

THURSDAY NIGHT TIME TRIALS

The final time trial for winter will be held on Thursday 17th September. Following the Board and Ski time trial we will have a presentation BBQ and some random draws at the club afterwards. The Time Trials now go on hold until further notice and may return later in summer.

BOARD AND SKI TRAINING CHANGES

Alex will be taking board training this Saturday at Peregian as I will be away at Anaconda Race. Ski training will be as per normal. The following Saturday 26th September there will be no board training as I am away, Alex is unavailable and Hervey Bay Masters is on. Ski training will also be cancelled due to the majority of people at Hervey Bay, however, a Gold run through will be on that everyone is welcome to join in with. Details of run through course and anticipated start times for each leg will be in next weeks newsletter.

Adam McKane

GYM SESSION CHANGE

As of next week, the Wednesday afternoon gym session will be moved to Thursday's—starting 24th September at 4.30pm to allow people to get to swimming. A new weekly schedule will come into effect on Monday 5th October and will be posted in next weeks newsletter to give everyone time to get ready for it.

SKI & BOARD RACK ALLOCATION

Ski and Board racks for the 2009-2010 are displayed on the surf sports wall. Please remember that as the season progresses we have the right to adjust/change allocation to met the surf sports priorities

PLEASE check your allocation number and if necessary relocate your ski or board. Some have been changed from last year!

If you have a paddle or ski from last season that you will no longer be using can you please return them to the club.

Paul Matters & Jenny Hales
Ski Captain & Board Captain.

CARNIVAL DATES

- Hervey Bay Masters
26 Sept 09
- Dolphin Ocean Classic
3 October 09
- 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**2009 Hervey Bay SLSC Masters Carnival**

Venue: Hervey Bay

Date: Sat 26th September 2009.Nomination close: **18th September 2009****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.***HERVEY BAY MASTERS CARNIVAL**

We are looking at hiring a bus for competitors and gear trailer, we will be looking for a driver.

Cost approx: \$25.00 per person including refreshments on the return trip home.

Can you please advise by **14 September 2009**, If you intend to travel by bus, please leave your name at the office.

BOARD RIDING NEWS

Just in,

Lucy Callister - won the 11yo Girls competition in Parko's Grom Competition last weekend. Congratulations.

Coaching Squads continue as normal.

Beginner Squad - Meet West Tower - Sunday 6:45am with Alex.

Intermediate/Advanced - meet as per TEXT message Saturdays 8am with Eggy

Chris Doney

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 - SEPTEMBER

The following schedule starts Monday 7th September. 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. The Wednesday night gym will move to Thursday nights once the time trials have finished.

Sat 19th September Normal Ski Session
 Sun 20th September Anaconda Race - Gold Coast
 Sat 26th September Hervey Bay Masters & Gold Run-through
 Sat 3rd October Dolphin Ocean Classic - Northcliffe
 Sat 11th October Normal Ski Session
 Sat 17th October No Training Rainbow Beach Carnival

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Updated 01.09.09							
Senior AM	5:30 Board (U14- Open) Peregian SLSC	5:30 Gym Noosa SLSC	5:30 Ski Lions Park River.	5:30 Board Noosa SLSC	5:30 Ski Noosa SLSC	6:00 Ski/ Coolan- gatta Gold Session Noosa SLSC	
Masters		Board Peregian SLSC				Board Peregian SLSC	
Nipper AM		6:00 A,B,C Groups Noosa SLSC			6:00 A,B,C Groups Noosa SLSC		
Senior PM	17:00 Ski Noosa SLSC		17:00 Gym Noosa SLSC (Thursday 17:00 starting 17th Sept)	Time Trial Finishing 10 th Sep- tember		15:00 Board Peregian SLSC	
Nipper PM				Time Trial Finishing 10 th Sep- tember			