



SURF SPORTS NEWSLETTER

9 October 2009

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.

CARNIVALS

The summer competition season for 2009/10 started last weekend with some of our competitors contesting the Dolphin Classic at Northcliffe.

We also have 20 members contesting the Coolangatta Gold in two weeks while our juniors (U13 to U17) will do the Junior Coolangatta Gold.

As well we have members contesting at the World Masters Game—Sydney.

Good luck to all competitors.

Two more carnivals are on in the next month— the Queensland Endurance Championships being held at Mooloolaba; and the other being a one day carnival at Maroochydore.

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.

Dolphin Classic Results:

U12 Female Board Race 6th Tuene Piggott
U12 Female Swim Race 2th Tuene Piggott
U14 Male Swim Race 2nd Robbie Hayes
U19 Female Surf Race 2nd Hannah O'Brien
U19 Female Board Race 4th Hannah O'Brien
40+ Female Swim Race 2nd Gina Lynch & 5th Julie Trembath
30-39 Male Ski Race 4th Steve Mawby
40+ Female Ski Race 2nd Julie Trembath
50+ Male Ski Race 6th Peter French

We will be holding a Competitors Breakfast Meeting on 31 October 2009— 8am at the club.

All Welcome

Coolangatta Gold

Following Board training on Tuesday night (approx 6:15), we will have a meeting for those who are going to the Coolangatta Gold to finalise the logistics for the race, handlers, etc. Teams need to send a representative to the meeting. At this stage we are looking at taking a trailer with our craft. Can people please let me know what they will be putting on the trailer.

Training 17th,18th and 19th October

There will be no training on the weekend of 17th and 18th October due to the Coolangatta Gold and Rainbow Nipper carnival. On Monday 19th, the morning board session will be cancelled as I will still be on the Gold Coast. Ski on Monday night will be run as per normal.

CARNIVAL DATES**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

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.

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 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				