

North Cronulla Boat Section

Newsletter

October 2013

It's great to see so many of our section enthusiastic and already preparing for the season ahead.

We currently have four Junior Crews, one Colts Crew, two 'A' Crews, two Reserve Crews, one Open Women's Crew and one U/23 Women's Crew on the water. There are a few rowers keen to 'jump in' in the very near future. Another Colts Crew is in need of two rowers so if you know anyone with their Bronze who would like to join our section please let me know.

Welcome to Baz's Vets who have started training on Saturday mornings. It is great to see more old faces back on the beach. Hope to see you at Sunday's section training.

Dates to Remember:

27th October – Sunday -Section Training Morning and Breakfast

6.15am start. Meet at the boat shed for good old fashion surf work. All crews and rowers welcome. This is a chance to meet every member of our section. Donny and Dog will be on hand to look at style and give some helpful hints to those in need. Breakfast will be organised by the Assistant Manager, Wokeye at the conclusion of the training session.

2nd November - Saturday - Mollymook Classic.

All crews that are attending must have their intentions to me or Sheridan by Sunday. (27.10.13)

2nd November - Saturday - Swim a thon .

All boaties not attending the Mollymook Classic are encouraged to participate in this major fund raiser for OUR club. Come down on the day and swim a few laps and make a donation. Bring the family. Enjoy the entertainment and BBQ.

9th November - Saturday – Ocean Thunder

Good luck to Yappies and Purd's 'A' crews .

10th November - Sunday - Garie Dash at Bundeena.

All rowers are expected to participate in this short course event. Presentation will be held at the Bundeena RSL at the conclusion of the competition. This is a great family day and an opportunity for our younger crews to have their first race.

9th & 10th November – ASRL Triple Crown – Surfer Paradise.

16th November - Saturday – South Coast Boat Series.

Beach to be advised. Possibly Corrimal.

23rd November – Saturday - Coffs Harbour

30th November – Saturday – Boat Spectacular - Elouera.

This is a new short course event.

Please inform Sheridan or myself if your crew intends on competing at any carnivals and we will place your entries.

Competition Results.

Congratulations to Yappies 'A's who came 3rd in the River Run. Thank you for representing North Cronulla Surf Club and collecting prize money for our section. Thanks to Tom Chapman for videoing and Adam Purdie for providing his tinny.

New Equipment

A DKG boat ("an oldie but a goody") has also been purchased from Townville. If anyone has connections or suggestions on how we can transport this boat to our club ASAP please let me know. A big thank you to John Keys and Brian Coates who checked out this boat in Townsville and gave it the thumbs up before we made the purchase.

We also have a new Perry Boat due to be delivered at the end of January!

Fitness

If you are not on the water rowing don't forget to improve your strength and fitness by attending two sessions at the club each week.

Monday – Pack of Cards – Gym 5.30pm

This is a great, quick session involving body weight. Great for the young (and not so young) rowers.

Thursday – Tom's Boxing – Ballroom 6pm

BYO boxing gloves.

Thanks to Corey Bocking of the Performance Training Institute there is a new updated weights program on the wall in the gym.

Special Thank You's!

Thank you to Donny and Dog for training the Junior's, Colt's and U/23 girls on Monday night.

Thank you Dog for training a variety of crews on the water each and every week.

Thank you to Matt Bell who is doing a magnificent job on our fundraising. As you know, surf boats are expensive and Matt has taken on a hard job but is doing incredibly well.

Thank you Southern Fasteners. Our section can't survive without sponsors and we appreciate the substantial donations given by Col and Adam who continue to support North Cronulla Boat Section in a very generous way. Without Southern Fasteners the new Perry boat would not be heading our way.

Thank you to Ben and Sheridan who both work very hard (24hrs a day) to keep our section on track.

Team Work.

There is a strong sense of team work driving out section. The more we train together and support each other the stronger our section will become. The younger rowers will benefit greatly by the camaraderie and assistance of our more experienced members.

Please keep in mind that we are part of a club and the more we support the whole club and all the sections within North Cronulla the better it will be for us all.

Cheers!

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