



TOP NOTES:

- ALL 8-14 Proficient to Attend 4-way Elouera Beach Carnival
- Friday 13 December North Cronulla GOLD DAY
- Roll up your sleeves for a Blood Donation.

4 WAY CARNIVAL THIS WEEK - ALL PROFICIENT NIPPERS TO ATTEND.

CONTACT ME

Week 7: Great work and congratulations to all those who participated in all competitions last weekend - Cronulla Carnival, Sydney Water and Cook Classic, despite the rain, the wind and the temperatures all nippers gave their all and all the parents did their best to stand around not looking too wet and miserable! A special well done to those parents who braved out Sydney Water without so much as a coffee van :)

Thanks Helen (helen@kettlewell.org)

BATE BAY 4 WAY CARNIVAL , 24 November

Please check page 4 for carnival details. Elouera SLSC Sunday 24 November 2013. Officials, Team Managers & Water Safety Briefing 7.15am. Scrutineering of surfcraft will be available on the grassed area behind the surf club from 8am to 11am only.

ALL U9 to U14 EVENTS - ELOUERA
ALL U8 EVENTS - WANDA

ALL AGE RELAYS

All members of the All Age Board Relay Male Team and Female Team should be at Elouera by 7.15am for Marshalling by 7.45am Water Area 2

All members of the All Age Beach Relay Male Team and Female Team should be at Elouera by 7.15am for Marshalling and start at 7.45am

NOTE REGARDING APPAREL:

If you need a cap (you will need a North Cronulla Competition cap to be allowed to compete) or cosies - for the Bate Bay 4 Way Competition this Sunday, can you please see the office this week (office hours below) as there will be no one available in the office on Sunday and no apparel will be taken to the carnival.

THANK YOU ... for helping to arrange the travel for the very successful U/14 trip way. North Cronulla Nippers

APPAREL SHOP - THANK YOU:

Sadly Kim is no longer able to help with the apparel shop - so a big **thank you** from all the club for the time and effort you put into running the stall each Sunday - you will be sadly missed.

LOST PROPERTY:

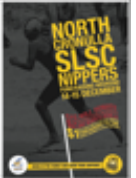
A NC Blue and yellow coat or wind cheater was left at the Cronulla nipper carnival last Saturday, it has the name Allan in pen on the Tag. Please see Brook Fleming. Note to all parents/nippers if you lose or find anything there is a red 'lost and found bucket' at the top of the stairs to the Nipper Room.



Tracey & her Board Relay Girls

GUZMAN AND GOMEZ WEEKEND

We are very fortunate that Guzman & Gomez are sponsoring us again - please show them (and us!) your support by treating your self to a night off cooking and giving the kids a treat... Weekend of 14 - 15 December...

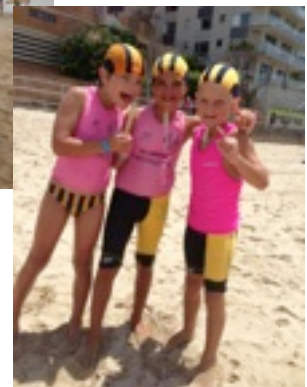


BLOOD DRIVE:



2013 Bate Bay Roll Your Sleeves Up Surf Clubs Blood Donation Drive
All four Surf Clubs competing to donate the most blood from the 21st of November to the 21st of December. The winning Club will be awarded a \$1250 cash prize and the Bate Bay Roll Your Sleeves Up Surf Clubs Blood Donation Drive Trophy donated by the Red Cross, each runner up Club will receive a \$400 cash prize. Remember 1 blood donation can save 3 lives, Good Luck everybody and roll your sleeves up for a good cause

CONGRATULATIONS: Emily Maythers, Katie Hawkins and Morgan Tranter on achieving GOLD!! in the Board Relay



CLUB OFFICE HOURS

Monday / Tuesday Closed
Wednesday: 10am - 5pm
Thursday: 10am - 2pm
Friday: 10am - 2pm
Saturday 9am - 11am
Sunday 8.30am - 11am (nipper days only)
Contact : (02) 9523 5846

DID YOU KNOW...

The Cronulla sand dune system , where we all do our work outs , is estimated to be about 15,000 years old. It was formed when the sea reached its present level and began to stabilize, between 9000 and 6000 BC



EVENT FLYERS AND FORMS



22 DECEMBER 2013

THANK YOU TO OUR MAJOR SPONSORS



Creating a quality way of living



SUPPORTED BY

ENGINE

\$500 IN CASH PLUS PRIZES TO BE WON INCLUDING 2 SUNGLASS ENGINE

- \$50 ENTRY FEE
- \$5,000 IN CASH PRIZES
- 4 UNOPENED COMPETITORS
- PRIZE GIVEN AWAY

ENTRY FORMS @ CATHOLIC.ORG.AU

POWERED BY CATHO BOARD CHALLENGE 2013

ENTRY FORM

OCTOBER 2013 TO ENDING 31st DECEMBER 2013
 BIRTHDAY CELEBRATION 1st DECEMBER

ATHLETE DETAILS

Suriname: _____ (Given Name)
 Address: _____
 Phone: _____ Email: _____
 Mobile: _____ Date of birth: / / Gender: M F
 Age Group (2013 season): U100 U111 U112 U113 U114
 U115 U117 U118
 Surf Life Saving Club: _____ Pathway Date: / /
 Late Entry \$10

ATHLETE AGREEMENT

I acknowledge that I have read and understood the Conditions of Entry and that I agree to its terms and conditions.

Athlete Signature: _____ Date: / /
 Parent/Guardian Name: _____
 Parent/Guardian Signature: _____ Date: / /

PAYMENT (please tick payment type)

BSA Payment Gateway <http://www.bsa.com.au> (Secure Credit Card payment - preferred payment method)
 Cheque Club / Collection (BSA Box) Transaction
 From: CATHOLIC.ORG.AU Payment Details: Suriname, CMB, BSA Group
 Receipt No: _____
 Or post a cheque or Q money order payable to Catherine Hill Bay SLS

Small forms go to catholicathletes.com.au in confirmation email will be sent to you.
 If you do not: Catholic Challenge PO Box 5147 Lake Macquarie NSW 2156

ANNUAL CHRISTMAS LIFESAVERS CUP GOLF DAY
CRONULLA GOLF CLUB

DATE: Friday 13th December 2013
TIME: 7.30am for registration and breakfast—8.15am shot gun start

COST: \$125 Individual players
 (tees, tees, refreshments and post-match presentation)

\$750 Gold sponsorship
 Company logo strategically placed near clubhouse
 4 shots and 100 pence to play
 Lunch, refreshments and post-match presentation

Groups wishing to start from the 1st Tee can call for this hole.

Contact office for details.
BOOKING ESSENTIAL
 Payment must be made to the club office to secure your spot.

Payment methods:

- In person during office hours
- Over the phone 0121 5841 credit card
- Direct deposit BSB 112-479 Account 114403296. Reference "your name XG Golf"



SOUTH MAROUBRA SLSG
US to U17 SURF CARNEVAL

At South Maroubra Beach
 Saturday 6th December 2013

Sponsored by
SOUTH SYDNEY JUNIORS R.L.F.C

Supporter to
 Ocean Surf Boards, Sydney Airport Corporation & Surf Life Saving Sydney Branch
 Warrumbungle Mountain Meats, Case City, Randwick City Council & Engine Services

Carnival starts off 7.30 am till 8.30 am
 Carnival commences at 9.00am. Late Registrations 7.30am to 8.00am

Events

- Boys U17** - US1 Sprint, Flag, Beach Relay, Swim, Board, Frisbee, Board Relay
- Boys U15** - US1 Sprint, Flag, Beach Relay, Swim, Board, Frisbee, Board Relay
- Boys U13** - US1 Sprint, Flag, Beach Relay, Swim, Board, Beach Relay, Board Relay, WARR MOUNTAIN
- Boys U11** - US1 Sprint, Flag, Beach Relay, Swim, Board, Beach Relay, Board Relay, WARR MOUNTAIN
- Boys 8-10** - US1 - Beach, Beach Relay, Sprint, Sprint Relay & Flag

Prizes
 Medals, Medals will be awarded for 1st, 2nd and 3rd place.

Surf Life Saving Club
 100 Commonwealth Ave, Cronulla NSW 1586

RELEASE THE DEMON WITHIN

Entry Fee
 \$10.00 per competitor if received by Friday 30th November 2013. This covers entry into all individual and team events together with entry into lucky draw and draw.

Late Entries will be accepted on the day of the carnival from 7.30am to 8.00am. The late entry fee is \$20.00 per competitor. This covers entry into all individual and team events together with entry into lucky draw.

HOW TO ENTER
 Entries need to be submitted on the day of the carnival manager system. URL: www.southsydneyjuniors.com.au
 Entries close on Friday 30th November 2013.
 Once entries have closed South Maroubra will contact each club for their entries.

RULES

- All competitors must be BSA registered and registered members of the SLSG club concerned.
- Age groups as per SLSG rules.
- Club colours as per SLSG rules.
- Surf Life Saving Club will be responsible for the safety of all competitors.
- No refunds shall be given.
- Organizer reserves the right to change the schedule of events.
- Organizer reserves the right to transfer the carnival to alternative venue if deemed by Organizer.

For further information
 South Maroubra Surf Life Saving Club, 100 Commonwealth Ave, Cronulla NSW 1586
 Email: smaroubra@slsg.com.au or smaroubra@slsg.com.au

The Big 3 CARNIVALS

- Nipper Carnival**
1st December
at Queenscliff beach
- Twilight Masters Carnival**
6th December
at Queenscliff beach
- Open/Boat Carnival**
18th January 2014
at Queenscliff beach

See more details go to: www.queenscliffsls.com.au
 Membership: www.queenscliffsls.com.au
 Newsletter: www.queenscliffsls.com.au



If you would be interested in purchasing one of these swim jackets could you please let Bree in apparel know .



Please note:
 Queenscliffe Carnival is \$13 per competitor.
 Carnival will be at Competitors own expense.

The Bate Bay 4-Way Carnival 2013

Elouera and Wanda Beaches – Sunday 24 November 2013

Officials, Team Managers & Water Safety Briefing 7.15am – Elouera ??

Scrutineering of surfcraft will be available on site 8am to 11am only.

ALL U9 to U14 EVENTS – ELOUERA

ALL U8 EVENTS – WANDA

Timetable may be altered at the discretion of the Carnival Referee

FINALS as required will be held after each discipline

Water Area 1	Water Area 2	Water Area 3	Flag Area 1–2 - 3	Sprint Track	Under 8 Area	Other Events
ELOURA U14 & U11 Marshalling to commence 8.15am	ELOUERA U13 & U12 Marshalling to Commence 8.15am	ELOUERA U10 & U9 Marshalling to Commence 8.15am	ELOUERA Marshalling to Commence 8.15am	ELOUERA Marshalling to Commence 7.45am	ELOUERA Marshalling to commence at 8.30am	
U14 Swim/ Swim Teams U11 Swim/ Swim Teams U 14 Board U 11 Board U14 Board Relay U11 Board Relay U 14 Iron Person U 11 Iron Person U14 Cameron ** U11 Cameron ** U14 Board Rescue U11 Board Rescue Male Before Female ** To be held at the discretion of the Referee	U13 Swim/ Swim Teams U12 Swim/ Swim Teams U 13 Board U 12 Board U13 Board Relay U12 Board Relay U 13 Iron Person U 12 Iron Person U13 Cameron ** U12 Cameron ** U13 Board Rescue U12 Board Rescue Male Before Female ** To be held at the discretion of the Referee	All Age Board Relay (7.45am Marshall) March Past – 7.45am marshall Remaining Events Marshalling to commence at 8.15am U10 Swim/ Swim Teams U9 Swim/Swim Teams U 10 Board U 9 Board U10 Board Relay U9 Board Relay Male Before Female	Under 9 flags Under 10 Flags Under 11 Flags Under 12 Flags Under 13 Flags Under 14 Flags Flags to be run through to finals All Flag Areas to be utilised at discretion of Referee Male Before Female	All Age Relay Under 14 Sprints Under 13 Sprints Under 12 Sprints Under 11 Sprints Under 10 Sprints Under 9 Sprints Under 8 Sprints Sprints to be run through to finals Beach Sprint Relay U14 Relay U13 Relay U12 Relay U11 Relay U10 Relay U9 Relay Male Before Female	Events to commence at the conclusion of the All Age Sprint Relay U8 Male Sprint & Sprint Relay U8 Female Flags U8 Male Flags U8 Female Sprint & Sprint Relay U8 Male Wade U8 Female Wade U8 Male Wade Relay U8 Female Wade Relay	Surfing (board riding) to Marshall at ? at 6.30am for 6.45am start Venue dependant on conditions R & R report 7am for 7.15am start at southern end of North Cronulla Beach March Past 7.45am Marshall for an 8am start – Water Area 2 All Age Board Relay 7.45am Marshal to start at 8.10am in Water Area 2

The Bate Bay 4-Way Carnival 2013

Carnival Supplementary Rules

Note: All events will be separate boys and girls events except All Age Sprint Relay & All Age Board Relay.

Both the All Age Sprint Relay and the All Age Board Relay are one race per event with all clubs is to enter 1 male team and 1 female team in each event..

All teams events shall be straight finals.

Number of teams and individuals per event	U14, U13, U12 & U11 SWIM BOARD SPRINT FLAGS IRONPERSON BOARDRESCUE SURF TEAMS BEACH RELAY BOARD RELAY CAMERON (4 Person single gender not mixed) U8 EVENTS SPRINT FLAGS WADE BEACH RELAY WADE RELAY All Age Sprint Relay & All Age Board Relay	Open Open Open Open Open 2 per club straight final 4 per club straight final Open Open Open 2 per club straight final 4 per club straight final 2 teams per club consisting of 1 male team and 1 female team. Each race to be a straight final	U9 & U10 SWIM BOARD SPRINT FLAGS SURF TEAM BEACH RELAY BOARD RELAY R & R 5 PERSON 2 PERSON	Open Open Open Open 2 per club straight final 2 per club straight final 4 per club straight final Open Open		
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WHATS ON AT A GLANCE

COMPETITIONS

SOUTH MAROUBRA CARNIVAL

8 December 2013
ENTRY FEE \$15.00
Entries are open and will be taken this week by Kath Lane or Barb Maythers or payments can be made on-line

HOW TO MAKE AN ON LINE PAYMENT ..



CAN YOU GUESS ?
WHOS WHO IN THE ZOO ...
the bygone years



Answers by email to helen@kettlewell.org

TRAINING SCHEDULES

BEACH TRAINING:

Monday 5.00 pm at Caringbah Oval
Wednesday 5.00 pm at North Cronulla beach
Thursday 5.00 pm at Jenola Oval
Saturday 10am North Cronulla beach
Contact the Beach Coach , Damien Bulian , for full details : 0414 535519
ashbulian@gmail.com

SURF SWIMMING:

Saturdays 9am
Thursday's at 6am for SRC kids and older only.
Friday's at 6am for kids in the U9's to the U13's.
Must be proficient.

BRONZE COURSE:

Register with the office :
admin@northcronullasurfclub.com
02 9523 5846

Please remember that any parents that gained their bronze in 2012/13 year must complete proficiencies this year also.

11 am Start:

Prof 007 – Sunday 24 November 13
Prof 008 – Sunday 8 December 13
Prof 009 – Sunday 15 December 13
Prof 010 – Sunday 22 December 13

BOARD TRAINING

schrieky@bigpond.com or by phone 0411 873 673 Board training this season will be held on the following days:

MONDAY 4pm - 5pm
NORTH CRONULLA Tracey Schriek

TUESDAY 6.15am - 7.30am
NORTH CRONULLA Tracey Schriek

TUESDAY 4.30pm - 5.30pm
GUNNAMATTA BAY Geoff Budd

WEDNESDAY 4pm - 5pm
NORTH CRONULLA Tracey Schriek

THURSDAY 4.30 - 5.30pm
GUNNAMATTA BAY Geoff Budd

UPCOMING EVENTS

INTERCLUB

1st December. All Nippers are encouraged to come and watch the Snr Section of the Club in action.

SYDNEY WATER SERIES:

LAST ROUND...
30/Nov/13 Thirroul

OFFICIALS COURSE:

Officials Course 30th November
<http://www.surflifesavingsydney.com.au/online-forms>
Applications Close: Thursday 28th November 2013
No Officials No Carnivals

SCRUTINEERING:

CORRECTION FROM LAST WEEK -
It is only NEW BOARDS that need to be scrutineered.
Schedule for Scrutineering for the remainder of 2013.
8am and 10am only:
• Cronulla Open 'Short Course' Carnival - Saturday 23 November
• South Maroubra Junior Carnival - Saturday 7 December
• North Cronulla Open Carnival - Saturday 21/12

GUZMAN & GOMEZ



BBQ DUTY and BEACH SETUP

IS IT YOU? Please help out your squad when it is your turn at BBQ duty and beach setup You only need to give up an hour or so of your time to help, so that all parents can have a chance to see their kids on the beach and have that much need Sunday sarnie. Don't leave the squad leaders searching for helpers, just roll up your sleeves and give a hand. Thanks

SATURDAY (twilight) 30th November - U/7 BOYS

HANDY SITES TO VISIT:
<http://surflifesaving.com.au>
www.northcronullask.com.au
<http://www.coastalwatch.com>