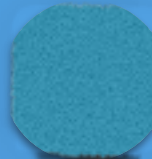




- NC 50th Anniversary 25th October 2014
- Pink Rashies and Year caps ARE COMPULSORY
- Pool proficiency from 7.30am Sunday
- Surf proficiency (Run Swim Run) will be completed for those who have Pool proficiency



## WHATS COMING UP..

- Under QLD Touring Team to meet in Judd Room at 8.15am for fitting
- Under 14 - Presentation of SRC Uniform and Induction Morning from 8.30am Judd Room - Parents to Attend
- Under 13 - Fundraising meeting from 10.30am Harry Brown Room (Very Important Parents and Children to be in attendance)



- Photo Day 19th October 2014 Bring your smile Photo Packages will be handed out this Sunday

Make sure you check out Page 2 for the new training schedules.

### HELP STILL NEEDED

Bronze Holders and Water Safety

OFFICIALS STILL NEEDED -Sign up at office

### SURFING AT NIPPERS

U/12's up Craig Hawkings

0420 967 077

## SCRUTINEERING

Last Chance for scrutineering! - SOUTH MAROUBRA

Saturday 18 Oct  
between 9am and  
12 midday. ( this is  
relevant for any  
craft more than 12  
months old).

### 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

### TAP CAMP

During the school holidays I was lucky enough to be 1 of 40 selected to attend the NSW Surf Life Saving Talented Athlete Program (TAP). Zach Roja also attended with me representing North Cronulla.

The camp was held at Sydney Academy of Sport at Narrabeen over 3 days.

The talented Athletes program is for U13-15 male and female beach and water athletes. The camp is designed to bring together young athletes from all over NSW together with expert coaches and sports science testing and encourage our future representation in the sport.

It was a really busy 3 days with lots of training to develop our skills and techniques and teach us about the physical training, nutrition, sports psychology and goal setting required to succeed.

It was really good to get to know other competitors and have some fun while we train together.

Over the 3 busy days we did technique training at the track and at the beach, we did strength and flexibility training in gym, swim beep test and high ropes course. We also had talks on the effects of drugs in sport and the importance of nutrition and how to set goals.

We were all lucky enough to meet the ironman Kendrick Louis.

I highly recommend this program because I had so much fun and learnt heaps as well.

By Alexandra Rampoldi U<sup>14</sup> girls NC

# TRAINING SCHEDULES

MARCH PAST	
Contact:	Buzz Piddington 0409 817 655
Day	Sunday
Time	7.45
Location	Meet at under the NC Tower

SURF TRAINING	
Contact	Brook Flemming 0408 750 742
Day	Saturday
Time	9am
Location	NC

BOARD TRAINING				
Day	Coach	Location	Time	Level
Tuesday	Tracey Schriek 0411 873 673	NC Beach	6.15 - 7.30 AM	Advanced Level Only
Tuesday	Geoff Budd 0418 230 465	Gunnamatta Bay	4.30 - 5.30 PM	All levels
Tuesday	Stewart Cameron 0439 418 904	NC Beach	4.30 - 5.30 PM	All levels
Wednesday	Tracey Schriek	NC Beach	4.30 - 5.30 PM	All levels
Thursday	Stewart Cameron	NC Beach	4.30 - 5.30 PM	All levels
Thursday	Geoff Budd	Gunnamatta Bay	4.30 - 5.30 PM	All levels

BEACH TRAINING		Start Date TBC	
Contact	Damien Bulian	0414 535 519	
Day	Location	Time	
Monday	Glen McGrath Oval, Caringbah	5:00 PM	
Wednesday	Jenola Park (Hockey Fields) Kingsway Woolooware	5:00 PM	
Sunday	NC Club	7.45 AM	Beach Skills



# HOLIDAY BOARD TRAINING CLINIC



Cronulla Surf Life Saving club presents

# A FIRST EVER

## True ALL AGE carnival

### U8 ~ Masters

# \$5,000 in Prizes

## Open, Junior, Youth & Over 40

Featuring a must see U9~Open beach relay at 12:30pm!

# Saturday, 22 November 2014

Proudly sponsored by  
 Caltex, Cola-Cola, Doran Financial Services  
 and 7 News  
 and supported by Vici, Engine, Catfish and Affiniti

www.cronullasurfclub.com    www.cronullanippers.com.au

North Cronulla Nippers will cover this carnival entry expense but it must be noted that you must register with the Carnival Coordinator to be entered and if you fail to show on the day carnival entry must be reimbursed.

50th Anniversary

# NC NIPPERS

North Cronulla SLSC  
 Junior Activities Group

All members past and present are cordially invited to celebrate North Cronulla Nippers Junior Activities Group 50 year celebration!

**When:** Saturday, 25 October 2014  
 From 12 noon

**Where:** North Cronulla Surf Club of course

**What else?** 2pm - Nipper Demonstration; Drinks  
 7pm - Speeches  
 9pm - Party Time with Premium Shire Rock band **CHUNK!**

Whether you are involved in North Cronulla now, 50 years ago, for two weeks, 10 years ago or you simply just loved blue & gold..... we ask you all to come and help celebrate this amazing milestone!

Send through any photos you have from over the years to northcronulla@gmail.com.

On the day bring your memorabilia, your US State gold medals from 2001 or your prize lighting trophy from 1974. (Get a story in text, marching down the main beach of Blackfern, crazy art, amazing tales of athletes.....bring these things to the e-mail too or register. Make stories on the night to all attending!

We are about the amazing Club & the amazing people who have been involved in it. We can't wait to catch up and reminisce the last 50 years!

### CARNIVAL ENTRIES FOR NORTH CRONULLA NIPPERS

Note: You do not need a liveaving online account to access this facility.



- Go to [www.northcronullasls.com.au](http://www.northcronullasls.com.au) select **SLSA Payment Gateway** at bottom of home page
- Select your club or service - type in **North Cronulla** or select from drop down box
- Select **Carnival Entry fee** under **Transaction Type** drop down menu
- In middle section enter what the payment is for  
**TYPE COMPETITOR'S NAME AND CARNIVAL IN THIS BOX**  
 Example: Steve Warren - Sydney Water Nipper Carnival
- Type in \$ amount
- Type in an email address for the receipt
- Follow prompts to make payment

#### IMPORTANT

If you choose to pay for your carnival entry in this manner, you must email a copy of the receipt to:-  
**Barbara Maythers [maythers@bigpond.net.au](mailto:maythers@bigpond.net.au)**  
 (The North Cronulla Office will automatically receive notification of this payment.)

It is **your responsibility** to ensure that this email is sent.

A confirmation reply will be issued within 24 hours from Barbara - if you do not receive this, please contact Barbara on 0419 2788 45 by SMS.

Donna Hargreaves  
 Director  
 Nippers Junior Activities Group

**sunday 19th Oct 2014**

Queenscliff SLSC Presents the First ever ...

# Nipper Beach Only Carnival

Queenscliff Beach Rego Team - Bam

**Events W/9- U/14**

- All age Relay (unlimited teams)
- Beach Sprints
- Beach Flags
- Mixed Beach relays (2x boys and 2x Girls Only)

Medals for all place getters 1st, 2nd, 3rd

1Km Run for U/10- U/14