



PM SLSC Club News

8 December 2011

To contribute to Club News contact secretary@pmslsc.com.au

For more Club information go to our website www.pmslsc.com.au

CONGRATULATIONS

EMILY DAVIDSON



NATIONAL JUNIOR VOLUNTEER OF THE YEAR

For her contribution to Surf Life Saving

FROM ALL YOUR PM SLSC FAMILY WELL DONE!

Good luck to all our Nipper, Cadet and Open members competing at NSW INTERBRANCH CHAMPIONSHIPS this weekend @ Redhead.

Thank you to all the volunteers that helped out on National Boardies Day and associated activities. The order for a new IRB is in!!!!

Patrols this weekend

Saturday 8:30 to 12:30 Green Norm Morgan
Saturday 12:30 to 4:30 Patrol 4 Heath Morgan
Sunday 8:30 to 12:30 Patrol 6 Anne Walsh
Sunday 12:30 to 4:30 Patrol 3 Kim Rayner

Updated Patrol List & Roster Attached to this email.

**Pictures from the weekend Nipper Carnival @
www.pmslsc.com.au/Nippers**

IMPORTANT IMPORTANT DATES

Thursday 15 December	The Port Macquarie Mud Run (A whole lot of fun). Talk to Tone if you are wondering what it is all about.
Sunday 18 December	Club Championships (Seniors)
Sunday 18 December	Xmas Party
Saturday 7 January	Masters Carnival @ Flynn's Beach
Sunday 8 January	Country Championship Entries CLOSE
Fri-Sun 12-15 January	Country Championships
Friday 20 January	Inter-Club/Corporate Challenge (Run/Swim/Run)
Sunday 22 January	Club Championships (Seniors)

Training Courses – Advanced Resus Course coming up

Advanced Resuscitation Techniques Certificate (ARTC) Monday 13 December 2011 & Wednesday 15 December @ Clubhouse. 6-9pm.

Contact Anne Walsh (Club Captain) to register your interest.

Masters Carnival @ Flynn's Beach

We want this to be HUGE & a FUN MUST DO carnival. So start getting your teams organised and come down and have a fun-filled morning with us. No experience in Carnival Racing is necessary. This is all about getting together and having a good time. No matter what your fitness level this is the carnival for you.

For those of you 'not fit enough' – not an excuse! This can be the start of your new Year's Resolution

For those of you that are training for Country – What a great practise Run.

For those of you who have never competed (or your last competition was in 1970 Year 12 High School Competition) – come along & remind yourself of the great feeling you get exercising!

No excuses!

2012 Life Saving World Championships Program of Events Released!

A copy will be available on the competition board @ the Clubhouse. Entries are NOW OPEN!

2012 Aussie (National) Entries Open 6th December (Aussies @ Kurrawa 26 Mar-1 Apr).

ABC Radio Giving Tree is giving this year to SLS NSW this Year!

Training – Physical – Lots to choose from!

Tuesday and Thursday Morning at Flynn's Beach from 6am. Board Training with Larry Brooks. (Be prepared to go around Flat Rock).

Board Training in the River @ Saturday's 7am-8am (NONE THIS SATURDAY DUE TO INTERBRANCH)

Board Training For Nippers and Seniors @ Wednesday and Friday morning from 6am.

Board Practise for Bronze Squad Wednesday AM.

Town Pool Surf Life Saving Swim Squad (Includes all Surf Club Kids, Cadets, Open). Most days at Town Pool with Cheryl from 6.45 for an hour. Contact the Pool for more information.

Running/Core Work Tuesday and Thursday 5pm (ring Mal Storey).

Club Swim, Board, Run every Sunday @10.30am.

New Cross Country Run Club - Track 'n' Trails (TNT) Races

Cross Country Running Series on Thursday Evenings @ Wayne Richards Park (on the Mountain Bike Course) starting @ 5.30pm.

First Run Thursday 22 December 2011.

5km Track & 1.25km for Juniors age 6 and up. Races are handicap.

Must be a member to race (\$40 for Senior, \$20 for Junior (17 and Under) or \$65 for family). Just to cover insurance.

For more information see www.portmacquarientnt.com.au (Pass it On!).

NEW OCEAN SWIMMING WEBSITE LAUNCHED IN TIME FOR SUMMER!

www.oceanfit.com.au

Visitors can enjoy learning through a range of How To videos and Pro Blogs, and there is also an ocean events calendar and practical programs available.

The youngest nippers can learn how to be a beached whale and how to make a sand angel, juniors can learn how to bodysurf, how to dive under waves and even how to put on a swim cap!

For adults (and kids) there's also tips on how to wade, how to dolphin dive and how to sight - you can even learn how to get changed under your towel and how to treat swimmers shoulder.

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- Max Beattie, who's an Ironman at Northcliffe on the Gold Coast - he's in a lot of our How To Videos.
 - Bondi Rescue, and Maroubra SLSC member, Dean 'Deano' Gladstone is our Lifeguard pro-blogger
 - Australian Surf Life Saving Team physio Nick Marshall of Surf Life Phyio has a Pro Blog and stars in a number of Physio videos.
 - Rob 'Dr Rip' Brander well known for his rip education and purple dye experiments is writing a Pro Blog.
 - Professional Kellogg's Nutri-Grain Ironman Tom Atkinson is blogging about this years Series!
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Surf Sports Newsletter from SLS NSW Attached

Surf Life Saving Online Store - Festive Friday Freebies!

Summer's here and Christmas is on the way, so why not get the family decked out with some of our awesome beach gear!

Each Friday the store will be offering some fantastic deals through the 'Friday Freebies' campaign on the official SLS Online Store exclusively for their loyal Facebook and Twitter followers.

To get you in the holiday spirit, we're launching 'Festive Friday Freebies' – which means extra awesome freebies in the lead up to Christmas, every Friday through Sunday.

In our first Festive Friday Freebies offer, we're giving away a FREE SLSA Trucker Cap (valued at \$24.95) with ALL purchases over \$30!

To redeem this Festive Friday Freebie, or any of our weekly offers, you'll need the unique coupon codes. These coupon codes will be distributed via Facebook and Twitter at lunch time every Friday... so make sure you follow us to be eligible to redeem

Management Meeting This Tuesday

If you would like a matter discussed or would like to come along, we will be meeting 6pm @ clubhouse.

Joined us on FACEBOOK Yet?

More and more Club members are joining up. Great informal network/chat space for Port Macquarie SLSC Members.

IF YOU HAVE ANY STORIES ABOUT MEMBERS EITHER ON PATROL OR COMPETING, PLEASE EMAIL Secretary@pmslsc.com.au. THE CLUB WOULD LOVE TO CONGRATULATE YOU!