



Hi all Moey's

Welcome to this week's Moana Bulletin. Please see the notices for this week.

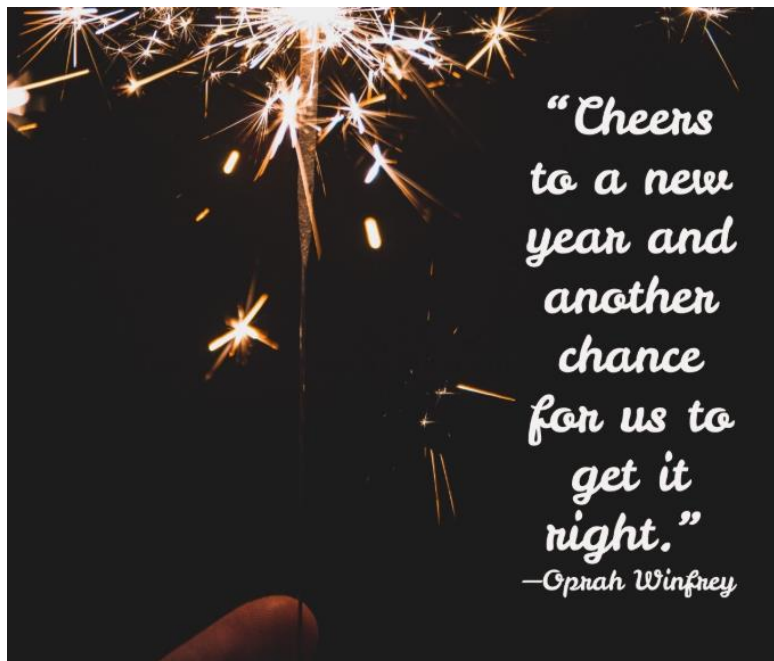
IRB Proficiencies

IRB proficiencies on the 1pm on New Year's Day with Kate Powell.

Patrols for January 2020

REMINDER: January patrols require 9am-12pm presence on beach (minimum of 2 x bronze or 1 bronze & 1 First Aid officer) who need to sign on with Surf Com. Then 12pm-6pm is normal patrol (min 4 x bronze). Patrol Captains will be liaise with their teams to ensure that we fully covered. Thank you to everyone who patrols in advance.

Ponder of the week



Thank you from the Club Captain

The Club Captain, on behalf of everyone at Moana would like to thank the people who patrolled on Christmas Day. Thank you to: Kate & Danny Powell, Max Simionato, Cecelia Ewenz, Nicola Lieff and Paul Hammond.

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Discounts for members

- Dukes café 10% on purchases
- Zambraros discount rate for club functions held at their dining area
- A.B.S.10% discount on car services
- PhysioXtra 50% on physio appointments
- Mid coast storage 10% on storage sheds
- Southern workout 10% on supplements
- State swim Seaford 10% for members
- Preece Surf shop 10% full priced clothing and wet suits

Training Timetable

Seniors and Cadets/Youth

Mon	Tues	Wed	Thu	Fri	Sat	Sun
	Boards 6pm with Toby	HiiT with Jamie at 5.30pm all welcome	Boards with Michael at 6pm Swimming State Swim 7pm		Iron training 12pm with Harvey	Skis 8am with Harvey Boards with Max at 9am all welcome

Juniors

Mon	Tues	Wed	Thu	Fri	Sat	Sun
	Boards 5.00pm with Jamie	U13 and above HiiT with Jamie at 5.30pm all welcome	Swimming State Swim 6pm	Boards 5.50pm	Nippers and Mini Moes	

The Meat Tray Roster

Please see the roster below for who will be up for selling the tickets for the meat tray for the rest of the year:

- 3/1/2020 Life members (or anyone named Whiting)
- 10/1/2020 Pete (kero) sponsorship officer
- 17/1/2020 Rob and the junior parents
- 24/1/2020 Max and the seniors
- 31/1/2020 Simons I.R.B. drivers and crew
- 7/2/2020 Jamie and the boaties
- 14/2/2020 Nat's great training team
- 21/2/2020 Simons I.R.B. drivers and crew
- 28/2/2020 Moana Life members
- 6/3/2020 Rob and the junior parents
- 13/3/2020 Max and the seniors
- 20/3/2020 Jamie and the boaties
- 27/3/2020 Life members

The President has offered a star prize to the team who raises the most in an evening.

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The Moana SLSC Calendar

Our online live calendar can be found at <http://moanaslsc.com.au/moana-calendar/>

Nippers 1.30pm start and Mini Moes 3pm start is included in the calendar, but in the more section on a Saturday.

MON 30	TUE 31	WED Jan 1	THU 2	FRI 3	SAT 4	SUN 5
	New Year's Eve <ul style="list-style-type: none"> 18:00 Board training 	New Year's Day <ul style="list-style-type: none"> 09:00 E Patrol - 9-12 SB/ 12 17:30 HiIT training - everyone 	<ul style="list-style-type: none"> 18:00 Junior Swimming 19:00 Senior's swimming at 	<ul style="list-style-type: none"> Life members meat raffle Paul and Ange Phillips on the 18:00 Friday night meals 	<ul style="list-style-type: none"> 09:00 F Patrol - 9-12 SB/ 12 12:00 Iron person training 	<ul style="list-style-type: none"> 08:00 Ski training 10:00 Board and Ski training 12:00 G Patrol - 9-12 SB/ 12
6	<ul style="list-style-type: none"> 18:00 Board training 	<ul style="list-style-type: none"> 17:30 HiIT training - everyone 	<ul style="list-style-type: none"> 18:00 Junior Swimming 19:00 Senior's swimming at 	<ul style="list-style-type: none"> Kero meat raffle 18:00 Friday night meals 	<ul style="list-style-type: none"> 12:00 Iron person training 	<ul style="list-style-type: none"> 08:00 Ski training 10:00 Board and Ski training
13	<ul style="list-style-type: none"> 18:00 Board training 18:30 BOM meeting 	<ul style="list-style-type: none"> 17:30 HiIT training - everyone 	<ul style="list-style-type: none"> 18:00 Junior Swimming 19:00 Senior's swimming at 	<ul style="list-style-type: none"> Junior's on the meat raffle 18:00 Friday night meals 	<ul style="list-style-type: none"> 12:00 Iron person training 	<ul style="list-style-type: none"> 08:00 Ski training 10:00 Board and Ski training
20	<ul style="list-style-type: none"> 18:00 Board training 	<ul style="list-style-type: none"> 17:30 HiIT training - everyone 	<ul style="list-style-type: none"> 18:00 Junior Swimming 19:00 Senior's swimming at 	<ul style="list-style-type: none"> Max/Seniors on the meat raffle 18:00 Friday night meals 	<ul style="list-style-type: none"> 12:00 Iron person training 	Australia Day <ul style="list-style-type: none"> 08:00 Ski training 10:00 Board and Ski training
27	Day off for Australia Day <ul style="list-style-type: none"> 18:00 Board training 	<ul style="list-style-type: none"> 17:30 HiIT training - everyone 	<ul style="list-style-type: none"> 18:00 Junior Swimming 19:00 Senior's swimming at 	<ul style="list-style-type: none"> IRB's meat raffle 18:00 Friday night meals 	<ul style="list-style-type: none"> 12:00 Iron person training 	<ul style="list-style-type: none"> 08:00 Ski training 10:00 Board and Ski training
	28	29	30	31	Feb 1	2

If you would like to include anything in the Bulletin, please email secretary@moanaslsc.com.au or text 0427197260. 31st December 2019.