



Hi all Moey's

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



*The President invites you
to the Moana SLSC*

CHRISTMAS EVENT

Thursday
DEC 19
5 - 8pm

FAMILY FRIENDLY
BRING A PLATE TO SHARE
EVERYONE WELCOME
MUSIC BY LEAH AND GO.

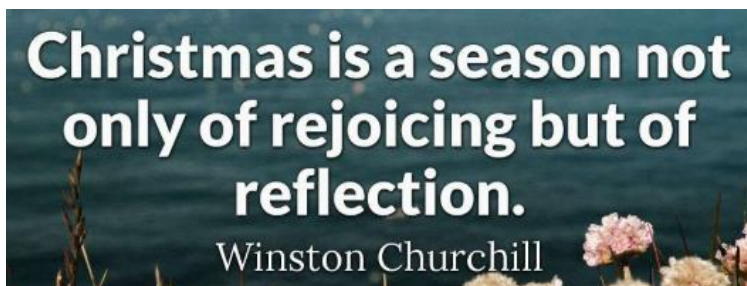
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IRB Proficiencies

IRB proficiencies on the 21st December at 1.30pm.

Ponder of the week



Moana SLSC Bulletin

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:

- 13/12/2019 Max and the senior competitors
- 20/12/2019 Jamie and the boaties
- 27/12/2019 Nat's bronzes' in training

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.

9	10 <ul style="list-style-type: none"> 18:00 Board training 18:30 BOM meeting 	11 <ul style="list-style-type: none"> 17:30 HiiT training - everyon 	12 <ul style="list-style-type: none"> 18:00 Junior Swimming 19:00 Senior's swimming at 	13 <ul style="list-style-type: none"> 18:00 Friday night meals 	14 <ul style="list-style-type: none"> 12:00 C Patrol - Full 12:00 Iron person training 3 more	15 Nipper Carnival 2 <ul style="list-style-type: none"> 06:00 Moana Triathlon - VOI 4 more
16	17 <ul style="list-style-type: none"> 18:00 Board training 	18 <ul style="list-style-type: none"> 17:30 HiiT training - everyon 	19 <ul style="list-style-type: none"> 18:00 President's drink 18:00 Junior Swimming 19:00 Senior's swimming at 	20 <ul style="list-style-type: none"> 11:30 Council Christmas Pa 18:00 Friday night meals 	21 Cultural Program at Moana <ul style="list-style-type: none"> 12:00 G Patrol - Full 4 more	22 <ul style="list-style-type: none"> 08:00 Ski training 10:00 Board and Ski training 12:00 A Patrol - Full
23	24 Christmas Eve <ul style="list-style-type: none"> 18:00 Board training 	25 Christmas Day <ul style="list-style-type: none"> 12:00 Christmas Patrol - VO 17:30 HiiT training - everyon 	26 Boxing Day (regional holiday) Proclamation Day (South Aus) 3 more	27 <ul style="list-style-type: none"> 18:00 Friday night meals 	28 <ul style="list-style-type: none"> 12:00 D Patrol - Full 12:00 Iron person training 	29 <ul style="list-style-type: none"> 08:00 Ski training 10:00 Board and Ski training 12:00 C Patrol - Full
30	31 New Year's Eve <ul style="list-style-type: none"> 18:00 Board training 	Jan 1 New Year's Day <ul style="list-style-type: none"> 09:00 E Patrol - 9-12 SB/ 12 17:30 HiiT training - everyon 	2 <ul style="list-style-type: none"> 18:00 Junior Swimming 19:00 Senior's swimming at 	3 <ul style="list-style-type: none"> 18:00 Friday night meals 	4 <ul style="list-style-type: none"> 09:00 F Patrol - 9-12 SB/ 12 12:00 Iron person training 	5 <ul style="list-style-type: none"> 08:00 Ski training 10:00 Board and Ski training 12:00 G Patrol - 9-12 SB/

If you would like to include anything in the Bulletin, please email secretary@moanaslsc.com.au or text 0427197260. **10th December 2019.**