



*Hi all Moey's*

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

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## *IRB Proficiencies*

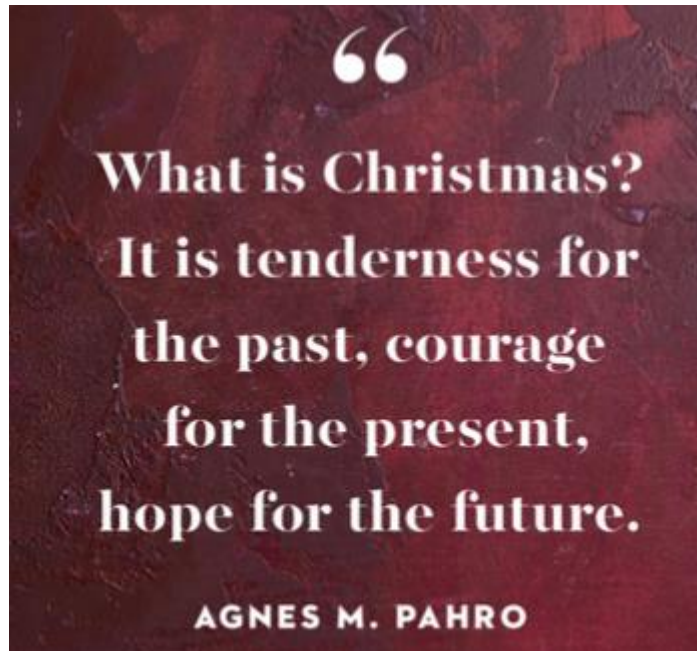
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**IRB proficiencies** on the 21<sup>st</sup> December at 1.30pm.

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## *Ponder of the week*

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## *A big thank you*

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A special shout out and a big thank you to Kate and Danny Powell and Max Simionato who have volunteered to patrol on Christmas Day. If you would like to join them, please get in touch with Stuart Hage [captain@moanaslsc.com.au](mailto:captain@moanaslsc.com.au).

# Moana SLSC Bulletin

## Discounts for members

- 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 <b>6pm</b> with Toby	HiiT with Jamie at <b>5.30pm</b> all welcome	Boards with Michael at <b>6pm</b> Swimming State Swim <b>7pm</b>		Iron training <b>12pm</b> with Harvey	Skis <b>8am</b> with Harvey Boards with Max at <b>9am</b> all welcome

### Juniors

Mon	Tues	Wed	Thu	Fri	Sat	Sun
	Boards <b>5.00pm</b> with Jamie	U13 and above HiiT with Jamie at <b>5.30pm</b> all welcome	Swimming State Swim <b>6pm</b>	Boards <b>5.50pm</b>	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:

- 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.



## Who to contact at Moana SLSC?

We are here to help 😊 – here are a few people to get you started:

- **President** – Ange Farrier (General Moana SLSC legend and can help with everything) [president@moanaslsc.com.au](mailto:president@moanaslsc.com.au)
- **Club Captain** – Stuart Hage (All patrolling related stuff) [captain@moanaslsc.com.au](mailto:captain@moanaslsc.com.au)
- **Competition and Coaching** – Max Simionato (anything to do with Senior competitors) [competition@moanaslsc.com.au](mailto:competition@moanaslsc.com.au)
- **Youth** – Becky Harris (your go to person if you are 13 – 18 years old) 0414846382 (text is best)
- **Juniors** – Rob Cerullo (your go to person if you are 13 or under or a parent) [robcerullo@hotmail.com](mailto:robcerullo@hotmail.com)
- **Training** – Nats Hincksman (the person you need to speak to about getting awards or training for an award) [training@moanaslsc.com.au](mailto:training@moanaslsc.com.au)
- **Secretary** – Ange Phillips (Ange can point you in the right direction for who to chat to) [secretary@moanaslsc.com.au](mailto:secretary@moanaslsc.com.au) or 0427197260 (text is best).

For a full list of people [click here](#).

## Thursday 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 CO.

Made with PosterMyWall.com

## Moana SLSC Bulletin

### Junior Christmas Breakup Party Saturday 21<sup>st</sup> December



Straight after Nipper training there will be a SPECIAL visitor

BBQ is provided for a Gold Coin Donation

Please bring a salad or something sweet to share

The Bar will be open

# Moana SLSC Bulletin



## 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.

16	17 ● 18:00 Board training	18 ● 17:30 HiiT training - everyon	19 ● 18:00 President's drink ● 18:00 Junior Swimming ● 19:00 Senior's swimming at	20 ● 11:30 Council Christmas Pa ● 18:00 Friday night meals	21 <b>Cultural Program at Moana</b> ● 12:00 G Patrol - Full 4 more	22 ● 08:00 Ski training ● 10:00 Board and Ski training ● 12:00 A Patrol - Full
23	24 <b>Christmas Eve</b> ● 18:00 Board training	25 <b>Christmas Day</b> ● 12:00 Christmas Patrol - VO ● 17:30 HiiT training - everyon	26 <b>Boxing Day (regional holiday)</b> <b>Proclamation Day (South Aus)</b> 3 more	27 ● 18:00 Friday night meals	28 ● 12:00 D Patrol - Full ● 12:00 Iron person training	29 ● 08:00 Ski training ● 10:00 Board and Ski training ● 12:00 C Patrol - Full
30	31 <b>New Year's Eve</b> ● 18:00 Board training	Jan 1 <b>New Year's Day</b> ● 09:00 E Patrol - 9-12 SB/ 12 ● 17:30 HiiT training - everyon	2 ● 18:00 Junior Swimming ● 19:00 Senior's swimming at	3 ● 18:00 Friday night meals	4 ● 09:00 F Patrol - 9-12 SB/ 12 ● 12:00 Iron person training	5 ● 08:00 Ski training ● 10:00 Board and Ski traini ● 12:00 G Patrol - 9-12 SB/

If you would like to include anything in the Bulletin, please email [secretary@moanaslsc.com.au](mailto:secretary@moanaslsc.com.au) or text 0427197260. 17<sup>th</sup> December 2019.