



Hi all Moey's

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

Patrol amendments - Sunday 26th Jan

F patrol 9 am – 2pm

G patrol 12 – 6 pm

Want to do your SRC or Bronze in 2020?

The Training Team is seeking registrations from Members in order to gauge the interest in a final SRC / Bronze course for Season 2019/20.

Before committing to a full Training Program over an approximate 10/12 week period, we are keen to ascertain availability, interest and commitment to meet this timeframe, as well as fitness skills in order to enable Assessment before Season end.

The basic pre-requisite:

- SRC Award is being able to complete a timed pool swim of 200 metres in 5 minutes and a minimum of 13 years
- Bronze Candidates must have reached the age of 15 years by the time of Assessment and the ability to complete a pre-requisite timed pool swim of 400 metres in 9 minutes.

Most importantly though, due to the desired outcome to complete Assessments by late March/early April, Candidates should be available for most training Sessions which are intended to be Saturdays 11am to 1.30 pm with an intended start on Saturday 11 January or the week after. Lead Trainers will be Tony Francis and Chris Roe.

Please register interest by [this link](#) as soon as possible.

Ponder of the week



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Nipper information

Board training starts again today. 5pm on Tuesday and Friday.
Nippers on Saturday 1.15pm for a 1.30pm start.

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 5.00pm	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:

- 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.

6	7 ● 18:00 Board training	8 ● 17:30 HiIT training - everyon	9 ● 18:00 Junior Swimming ● 19:00 Senior's swimming at	10 Kero meat raffle ● 18:00 Friday night meals	11 ● 12:00 Iron person training	12 ● 08:00 Ski training ● 10:00 Board and Ski training
13	14 ● 18:00 Board training ● 18:30 BOM meeting	15 ● 17:30 HiIT training - everyon	16 ● 18:00 Junior Swimming ● 19:00 Senior's swimming at	17 Junior's on the meat raffle ● 18:00 Friday night meals	18 ● 12:00 Iron person training	19 ● 08:00 Ski training ● 10:00 Board and Ski training
20	21 ● 18:00 Board training	22 ● 17:30 HiIT training - everyon	23 ● 18:00 Junior Swimming ● 19:00 Senior's swimming at	24 Max/Seniors on the meat raff ● 18:00 Friday night meals	25 ● 12:00 Iron person training	26 Australia Day ● 08:00 Ski training ● 10:00 Board and Ski training
27 Day off for Australia Day	28 ● 18:00 Board training	29 ● 17:30 HiIT training - everyon	30 ● 18:00 Junior Swimming ● 19:00 Senior's swimming at	31 IRB's meat raffle ● 18:00 Friday night meals	Feb 1 ● 12:00 Iron person training	2 ● 08:00 Ski training ● 10:00 Board and Ski training

If you would like to include anything in the Bulletin, please email secretary@moanaslsc.com.au or text 0427197260.7th January 2020.