

# Moana SLSC Bulletin

Department of Sport Australia  
2016-18 Innovation and Sport



Proudly a recognised STARCLUB



Hi all Moey's

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

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*We want to know what you think about the coaching at Moana SLSC*

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Moana SLSC are taking part in a project to [help improve our coaches](#). We are doing this with Onkaparinga Council and Flinders University. As part of this we need you to complete a very quick survey about how you view the coaching at Moana SLSC now, all results will be confidential, and you do not need to give your name

[https://qualtrics.flinders.edu.au/jfe/form/SV\\_8bQzekB4MduRRTn](https://qualtrics.flinders.edu.au/jfe/form/SV_8bQzekB4MduRRTn).

If you would like to see the full details about this project, please see [here](#).

Thank you

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*Winter Training Timetable*

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More coming soon...but for the time being

Mon	Tues	Wed	Thu	Fri	Sat	Sun
		Hiit with Max at 5.30pm all welcome	Swimming State Swim 7pm		Junior and Cadet boards 3pm with Jamie	Boards with Max at 10am all welcome

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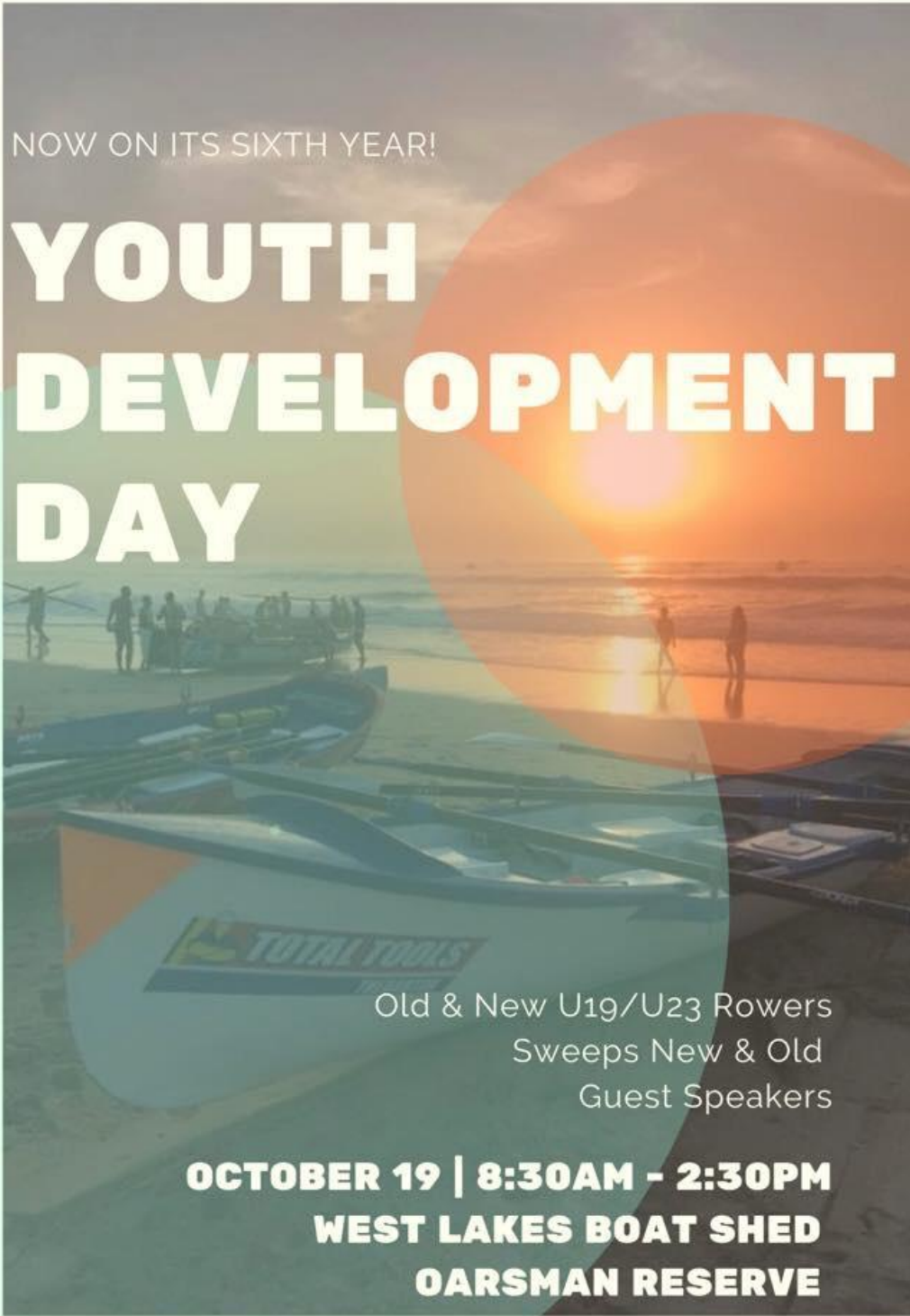
*Ponder of the week*

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MORE SLEEP  
MORE MUSIC  
MORE TEA  
MORE BOOKS  
MORE SUNSET  
MORE CREATING  
MORE LONG WALKS  
MORE LAUGHTER  
MORE HUGS  
MORE DREAMING  
MORE ROAD TRIPS  
MORE FUN  
MORE LOVE.

# Moana SLSC Bulletin

*Calling all youth up to 23 who would like to try or are already involved in rowing*



NOW ON ITS SIXTH YEAR!

# YOUTH DEVELOPMENT DAY

Old & New U19/U23 Rowers  
Sweeps New & Old  
Guest Speakers

**OCTOBER 19 | 8:30AM - 2:30PM**  
**WEST LAKES BOAT SHED**  
**OARSMAN RESERVE**

Please follow the link to register [https://www.eventbrite.com.au/e/slssa-asrl-sa-surf-boat-development-day-tickets-74055147941?fbclid=IwARolHgnD3Uxv-CNYScUAO8zVCd5zwREKFBN2KopYaztxTb72e7fALH\\_cYg](https://www.eventbrite.com.au/e/slssa-asrl-sa-surf-boat-development-day-tickets-74055147941?fbclid=IwARolHgnD3Uxv-CNYScUAO8zVCd5zwREKFBN2KopYaztxTb72e7fALH_cYg)

# Moana SLSC Bulletin



## The Moana SLSC Calendar

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

MON 30	TUE 1	WED 2	THU 3	FRI 4	SAT 5	SUN 6
Queen's Birthday (Western Aus)		● 17:30 HiIT training - everyon	● 19:00 Senior's swimming at	● 18:00 Friday night meals		Daylight Saving Time starts ● 10:00 Board and Ski training
7 Labour Day (regional holiday) Queen's Birthday (Queensland)	● 18:30 BOM meeting	● 17:30 HiIT training - everyon	● 19:00 Senior's swimming at	● 18:00 Friday night meals	12	13 ● 10:00 Board and Ski training
14	15	● 17:30 HiIT training - everyon	● 19:00 Senior's swimming at	● 18:00 Friday night meals	19	20 ● 10:00 Board and Ski training
21	22	● 17:30 HiIT training - everyon	● 19:00 Senior's swimming at	● 18:00 Friday night meals	26	27 ● 10:00 Board and Ski training
28	29	● 17:30 HiIT training - everyon	● 19:00 Senior's swimming at	● 18:00 Friday night meals	2 Nov 1	3 ● 10:00 Board and Ski training

If you would like to include anything in the Bulletin, please email [secretary@moanaslsc.com.au](mailto:secretary@moanaslsc.com.au) or text 0427197260. **1<sup>st</sup> October 2019.**