

Moana SLSC Bulletin

Department of South Australia
Office of Recreation and Sport



Proudly a recognised STARCLUB



Hi all Moey's

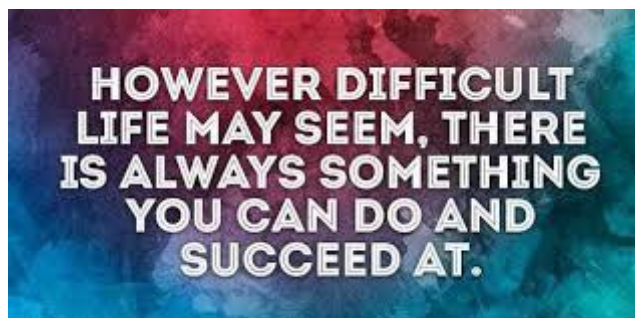
Welcome to this week's Moana Bulletin. Please see the notices for this week.

Winter Training Timetable

More coming soon...but for the time being

Mon	Tues	Wed	Thu	Fri	Sat	Sun
	Iron person 6pm with Toby all welcome	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

Ponder of the week



Patrol rosters for 2019/20

All patrol rosters can be found <http://moanaslsc.com.au/lifesaving/>. Any questions, please speak to Emma Hage vicecap.moanaslsc@iinet.net.au.

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

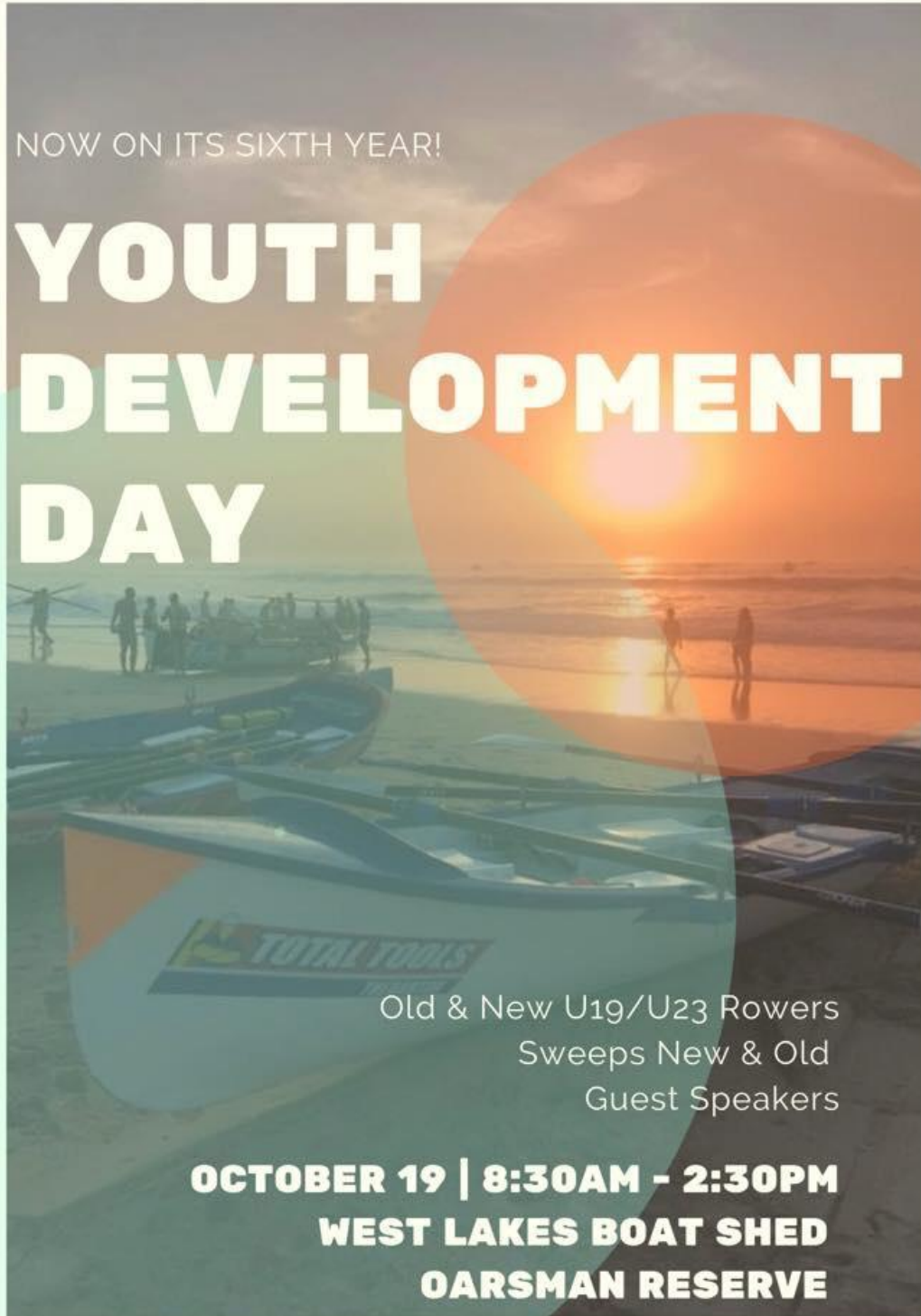
Moana SLSC are taking part in a project to **help improve our coaches**. We are doing this with Onkaparinga Council and Flinders University. As part of this we need you to complete a very quick survey about how you view the coaching at Moana SLSC now, all results will be confidential, and you do not need to give your name
https://qualtrics.flinders.edu.au/jfe/form/SV_8bQzekB4MduRRTn.

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

Thank you

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

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The Moana SLSC Calendar

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

7	8	9	10	11	12	13
Labour Day (regional holiday) Queen's Birthday (Queensland)	<ul style="list-style-type: none"> ● 18:30 BOM meeting 	<ul style="list-style-type: none"> ● 17:30 HiIT training - everyon 	<ul style="list-style-type: none"> ● 19:00 Senior's swimming at 	<ul style="list-style-type: none"> ● 18:00 Friday night meals 		<ul style="list-style-type: none"> ● 10:00 Board and Ski training
14	15	<ul style="list-style-type: none"> ● 17:30 HiIT training - everyon 	<ul style="list-style-type: none"> ● 19:00 Senior's swimming at 	<ul style="list-style-type: none"> ● 18:00 Friday night meals 	19	<ul style="list-style-type: none"> ● 10:00 Board and Ski training
21	22	<ul style="list-style-type: none"> ● 17:30 HiIT training - everyon 	<ul style="list-style-type: none"> ● 19:00 Senior's swimming at 	<ul style="list-style-type: none"> ● 18:00 Friday night meals 	26	<ul style="list-style-type: none"> ● 10:00 Board and Ski training
28	29	<ul style="list-style-type: none"> ● 17:30 HiIT training - everyon 	<ul style="list-style-type: none"> ● 19:00 Senior's swimming at 	<ul style="list-style-type: none"> ● 18:00 Friday night meals 	Nov 1 2	<ul style="list-style-type: none"> ● 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. **8th October 2019.**