



**PICNIC BAY SLSC.
JUNIORS
Newsletter #1 – 5th August 2009**



DIRECTOR JAC
Jeff Weightman
Ph: 0407 779676

SECRETARY JAC
Julie Nimmo
Ph: 47214104

TRAINING & DEVELOPMENT
Graham Adams
Ph: 0418 728336

**Po Box 662
TOWNSVILLE Q 4810
Ph: 47244211**



Diary Dates



RUSWIN
INTEGRATED
SECURITY
SYSTEMS

SUNFERRIES



ANZ BANK

**WE THANK OUR
SPONSORS
ONCE AGAIN FOR
THEIR SUPPORT
AND
ENCOURAGE
YOU TO
SUPPORT THEM**

Mark in your Diary

1. R&R Training Session U11-14 **SUN 9th Aug** *PB Surf Club* 9am to 10.
2. Nipper Swimming training – Tobruk Pool Starts Tuesday 11th Aug
3. Variety Bash – **Thur 13th Aug** – Cooking Brekky for 600. HELP required 4.30am onwards...
4. **Officials Course (Level 1) – 1 Day only - Sat 15 August** – All Parents encouraged to attend.
5. **Coaching Course (Level 1) – 2 Days - Fri 21st 5 to 9 & Sat 22nd Aug 8am to 12mid.**
6. **1st Sign On Day SUN 23rd Aug @ 10am**
7. Proficiency Training for CURRENT mem' U8 to U14 **Wed 26 Aug.**
8. **Open/Fun Day SUNDAY 30th AUG @10am to 2pm (inc Sign On)**
9. Nipper Season starts **13th Sep @ 8.30am**
10. **Carnival – Forrest Beach 3 & 4 Oct**
11. **Carnival – North Aussies MACKAY 30,31Oct & 1 Nov 09**
12. **Carnival – Picnic Bay U8 to U10's SAT 7 NOV- Start 10am**

NOTE: - Great news is that Luc Senent at TOBRUK POOL has kindly offered discounted Squad training for existing club members on Tues & Thurs arvos for \$6. *Membership Card must be shown.*

Hello all members, as you can see above we have a fantastic fun filled start to the season planned. If you have any questions at all about any of the above courses or about anything please ring Jeff Weightman 0407 779676



Let's Go in Season 09/10



**PICNIC BAY SLSC.
JUNIORS**
Newsletter #1 – 5th August 2009



DIRECTOR JAC
Jeff Weightman
Ph: 0407 779676

SECRETARY JAC
Julie Nimmo
Ph: 47214104

TRAINING & DEVELOPMENT
Graham Adams
Ph: 0418 728336

Po Box 662
TOWNSVILLE Q 4810
Ph: 47244211

NOTES From Steve Braddick



Sign on starts on the Sunday 23rd August 2009 10am

First Training session Board and Skill:

Wednesday 26th August 2009 at 4.40pm to 6.00 pm for Under 8 to Under 14
Saturday 30th August 2009- 3pm Under 11-under 14

R and R Training – U11 to U14

Griz (Graham Adams) is really hoping we can put more teams together and we certainly have the numbers to do this- Our goal is to have 3 teams of 2 person R and R in each of the age groups.

All interested to show up to the Club House on the Strand at 9.00am this Sunday 9th August 2009.- New and old teams please. Estimate one hour training session. This is for new and existing R and R members.

Pool Training

Luc Senent at Tobruk pool has provided Picnic Bay nippers a big discount on training sessions at his pool. At \$6.00 per session (Usually \$10) Luc has provided Tuesday and Thursday (minimum) for training. Sessions 3.30 to 4.30 for the /starters/ steady swimmers (I think level 5-7) and 4.30 to 6.00pm for squad swimmers. (Not limited to Tuesday and Thursday). Swimmers need to show club ID or quote the deal to the counter staff.

Nipper Swimming Training

Tobruk -3.30 to 4.30. Starts this Tuesday. Swimmers need to show club ID or quote \$6 deal to counter staff.

March Past Training

Griz really wants to see a good team compete at the North Aussies and the State, so we are going to get the ball rolling with some training- further details to follow.

First Carnival

Forrest Beach

Quick start to the Carnival season; 3rd and 4th October at Forrest Beach.

North Australian (Nth Aussies)

North Australian Carnival is on 30th, 31st and 1st November 2009.....another early one.

Water Safety

We will need as much support as we can muster here.....with big numbers of Under 8s (close on 30 coming up from Fluros, 20-30 odd Under9, 20-30 odd Under 10 and same numbers in Under 11).

Parents are required to assist if they have their Surf Rescue Certificate or Bronze Certificate. New parents wanting to get trained can be referred to Jim Heery.

Level One Coaching

LEVEL 1 Coaching Clinic on Friday 5pm to 9pm and the Saturday about 8 to 12 on the Friday 21st and Sat 22nd August at Arcadia Club House. Please contact Beryl at the Picnic Bay club House on 47244211 and let her know you are there.
