

AGE GROUP MANAGERS

- U 6/7** Sue Williams
- U 8** Steve Burke
- U 9** Nathan Kuchel
- U 10** Abby Jeffries
- U 11** Nicole Reid
- U 12** Mike Corbett
- U 13** Kirsty McCracken
- U 14** Jane O' Sullivan

JUNIOR COACHES

JUNIOR COACH

Cherie Jentz

JUNIOR CHIEF INSTRUCTORS

Luke Jentz, Rob Reid

SWIM – Simon Jeffries

RUN – Lee Myatt

Shaun O'Sullivan

Grant Brown

MARCH PAST & THEORY

Suzie Linke

JUNIOR CHAIRPERSON –

Donna Thomas

JUNIOR SECRETARY –

Lisa Kuchel

FUNDRAISING -

Kate Barnes

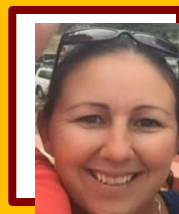
WHAT'S HAPPENING AROUND THE CLUB

- **FRI 7th OCT** – Friday night meals start
- **OPEN DAY – Sat 8th OCT** – 12:30-4pm
- **COME & TRY - Sat OCT 15th** - U/9-U/14 at 1:15pm **Sat OCT 29th** U/6-7 at 2:15-3:30
- **NEW START TIME FOR TADPOLES – 2:15 – 3:30**, new all age group fun event at the end
- **BOARD TRAINING** has started on the river
- **TEAM APP** – new communication, calendar and newsletter information – download from the app store and find **PNSLSC**
- **CLUB INDUCTIONS** – all new members to be shown around the club, including meet the coaches and managers on come and try days

GET TO KNOW YOUR COACHES

CHERIE JENTZ – JUNIOR COACH

- **My real job is...**SSO Student Support Officer
- **I started surf lifesaving...** at 13
- **My favourite meal is...**fruit & chocolate
- **My nickname is school was...**
Chezza
- **My last travel destination was...**
Manly



JUNIOR CARNIVALS AND EVENTS

CARNIVAL 1	SUN 20 th NOV	SOMERTON
CARNIVAL 2	SUN 18 th DEC	PORT ELLIOT
CARNIVAL 3	SUN 22 nd JAN	SEACLIFF
NIPPERTON	SAT 28 th JAN	WEST BEACH
MID COAST CHALLENGE	SUN 29 th JAN	CHRISTIES BEACH
JUNIOR QUALIES	SAT 25 th FEB	GLENELG
JUNIOR STATES	SAT 18 th / SUN 19 th MAR	SEMAPHORE

BBQ ROSTER

All parents are encouraged to help with the BBQ

Nov 5th – Under 13
 Nov 12th – Under 12
 Nov 19th – Under 11
 Nov 26th – Under 10
 Dec 3rd – Under 9
 Dec 10th – Under 8
 Dec 17th – Under 6/7

UNIFORMS

Available from the uniform office upstairs – see Chloe and Jo or order:

pnuniforms@outlook.com

Rashies/ High Vis
 Bathers/ Jammers
 Club hats
 Hoodies
 Club shirts

TRAINING SCHEDULE

- SAT** 12 – 1 MARCH PAST
U/9 –U/13
- SAT** 1:15-3:30 **U/8-U14**
2:15-3:30 **U/6-7**
- SUN** 10:00-11:00 **BOARDS**
U/9 –U/13
- TUES** 6:00-7:00 **SWIM**
ALL AGES
- THURS** 5:30-6:30 **RUNNING**
- FRI** 5:30-6:30 **IRON MAN**

NIPPER OF WEEK

U 6/7 TBC
U8 TBC
U9 TBC
U10 TBC
U11 TBC
U12 TBC
U13 TBC
U14 TBC

Congratulations kids, collect your free sausage and drink

NEWS AND INTERESTING FACTS

CONGRATULATIONS – to PNSLSC for coming 2nd in the IRB State Carnival. For a small club we won enough GOLD to sink a boat! Well done everyone, a great day was had by all.



INFRONT are proudly sponsoring a couple of amazing kids with shiny new boards for the season. If anyone is interested in purchasing a board, check them out or speak with Rob or Nicole Reid.



The recent storms have uncovered parts of the original jetty which was constructed in 1855. These have not been seen like this for over 50 years. The jetty we see today was constructed in the early 1900's.



SENIOR/ MASTERS CARNIVAL DATES & EVENTS

SAT SEPT 24TH	Board & Ski Series #1 –	Seacliff
SAT OCT 8TH	Board & Ski Series #2 –	Chiton Rocks
	Beach Series #1 –	location TBC – twilight
SAT OCT 22ND	Board & Ski Series #3 –	Aldinga Bay
SAT NOV 12TH	Board & Ski Series #4 Final -	Glenelg
	Beach Series #2 Final –	Glenelg
SUN NOV 27TH	Senior Carnival #1+ Masters+ Boats	Moana
SUN DEC 11TH	Senior Carnival #2+ Masters	Location TBC
SAT DEC 17TH	Somerton Signature	Somerton
SUN JAN 8TH	Senior Carnival #3 U17-Open+Boats	South Coast
SUN JAN 15TH	Youth Carnival	Location TBC
SAT/SUN FEB 11/12	Senior Carnival #4	Robe
SUN FEB 26TH	Senior States Day 1	Glenelg
SAT/SUN MAR 4/5	Master States	West Beach
SAT/SUN MAR 11/12	Senior States Day 2/3	Moana
MAR 25TH-31ST	Aussies	North Kirra, QLD

SURF LIFE SAVING COURSES AND PROFICIENCIES

Are you interested in doing some courses??

- Bronze Medallion
- Surf Rescue Certificate (SRC) – for 13-14yr olds
- IRB Crew or IRB Driver – end of October
- First Aid or Advanced Resuscitation Techniques Certificate (ATRC) or Radios

Contact **Mel Baker, Chief Instructor** at trainingpnspsc@gmail.com if you are interested in any of the training above or have any questions.