

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 14th OCT** – Friday night meals start
- **COME & TRY - Sat OCT 15th** - U/8-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
- **ALL TRAINING** – has started, refer below
- **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

LUKE JENTZ – JUNIOR CHIEF INSTRUCTOR

- **My real job is...**Electrician
- **I started surf lifesaving...** 2003
- **My favourite meal is...**pizza
- **My nickname is school was...** Jentzy
- **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

NIPPER OF WEEK

U 6/7 n/a
U8 Kai Genovese
U9 Harper Rochford
U10 Lachie Goodrick
U11 Oliver Smith
U12 Kharva Hudson
U13 George Jeffries
U14 Oliver Collins

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**

Congratulations kids, collect your free sausage and drink

NEWS AND INTERESTING FACTS

WOMEN IN SURF LIFE SAVING

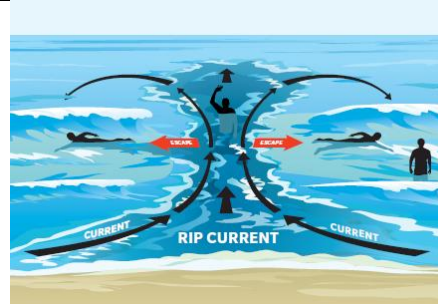
Did you know that during the 1940's teenage girls and women patrolled Port Noarlunga Beach while men went to war? However, it was not until 1980 that females were allowed to be active patrolling members.



SURVIVING (ESCAPING) A RIP CURRENT

Always swim between the red and yellow flags. If caught in a rip current:

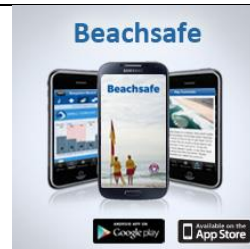
- Stay calm,
- Conserve your energy,
- Raise an arm and call out to seek help
- Float with the current
- Swim parallel to the beach



BEACHSAFE WEBSITE AND APP

www.beachsafe.org.au

Surf Life Saving's free Beachsafe app allows users to monitor surf and weather conditions at over 11,000 beaches around Australia from your phones.



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 trainingpnslsc@gmail.com if you are interested in any of the training above or have any questions.