



Welcome to the 2009/2010 Season

Welcome to all new and existing members. Hope you are all ready for a bigger and better season with lots of work being done behind the scenes to prepare for hitting the beach.

Firstly a big hello from me! I will be editing your monthly newsletter. Please don't be too critical but suggestion or improvements would be greatly appreciated. If you have any articles or pictures that you would like included please send an email to

admin@saltslsc.org.au before the 20th of each month for the next month's edition.

Salt SLSC is conscious of being environmentally friendly so in future this newsletter will be distributed by email to all members and will also be available on the Salt SLSC Website www.saltslsc.org.au If you are not receiving this newsletter by email please send an email to update your details to admin@saltslsc.org.au.

The newsletter aims to provide members and parents with regular, quick and short 'NEED TO KNOW' news and information of current and upcoming activities of the Salt SLSC so please take the time to read. Karen Smith

Nippers

Some housekeeping for new families and reminder for the old. Please be at Nippers at 8.00 am for 8.30 am start. In this time please make sure you have

- Applied sunscreen
- Caps on
- Signed in to register book

Signing off is also very important at the end of nippers so all children are accounted for at the end of the day.

If the weather is looking a bit ify please check the website where details will be updated.

A more detailed newsletter will be distributed to nipper parents on the first club day.

Club Togs

Togs are available for sale

Nipper Caps	\$ 10.00
Rash Shirt	\$ 35.00
Rash Vest	\$ 30.00
Girls Swimwear	\$ 40.00
Ladies Swimwear	\$ 50.00
Boys Swimwear	\$ 30.00
Mens Swimwear	\$ 35.00
Hats	\$ 15.00

Available on club days.

Development Training

Board training will be on every Wednesday afternoon from 4.00 pm this is offered to all nippers 9 and over who are water proficient and would like to improve their skills. Meeting place will be the SLSC unless otherwise notified.



Lets all get in and help!!

Being a volunteer organisation we are only successful with the much needed help of our nipper parents. You don't need to commit to a regular job or role any help will be appreciated when you can—it is a good way to get to know other members. You can contact any of our committee if you feel you can help in any way. Bear in mind the child you help may be your own.

Between the Flags—Patrols



Patrols have began for the season. All active members are reminded that they must undertake their proficiency

for the coming season. Emails have been sent with places and dates of where this can be done. If you are not getting these emails please contact Gary Raso at gary_raso@aapt.net.au. If you cannot make your patrol please organise a replacement. Communication is the key so if you cannot organise a replacement place contact your patrol captain to let them know.

Bronze Medallion

If you would like to do your Bronze Medallion the next training will be starting on the 28 October and will run for approximately 6 weeks. This is a great way of meeting other families in the club. Ask some other members that have recently done this course how much fun it is!

Date: 28 October

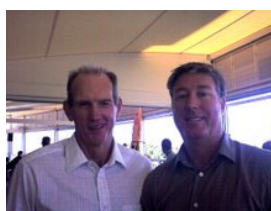
Time: 6.30 pm

Venue: Salt SLSC

Contact Gary Raso gary_raso@aapt.net.au if you are interested.

Sportsman's Lunch

Thanks to all that attended another successful Sportsman's lunch on Friday and special thanks to all those that put in a great effort to make it so. I am sure everyone enjoyed the stories of Wayne Bennett.



Dave Hoare (President) giving the super coach a few pointers



Special Offer

Club member *George Melit* of Salt Physiotherapy would like to offer a postural screening to all nippers to pinpoint possible areas of potential injury or developmental concern using a computerized program which he can printout for the child's parents and then workout an exercise routine. This offer is at the special rate of \$49.

Looking forward to a
great season !!

