

November 2011 Newsletter



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COMING UP

Next club round:

Sunday 27th November
Lennox head. Meet at 7am

End of year presentation:

Saturday 3rd December, starts at 5pm
Lake Ainsworth sport and rec
See newsletter for details

Presidents Report●

Broken Head conditions were quite limited, only one contestable bank in the corner but it was a glorious Spring day and we were surprised by the occasional 1/2m + set that sporadically came during heats throughout the morning. This round was an important test for many girls across all divisions as final placings are still being consolidated for end of year ratings!

A big thankyou to all the committee and club members that prepared salads, purchased patties and buns, and then cooked the BBQ that followed the club round...It was a great way to finish a hectic morning of surfing, judging and just hanging together! I was starving but wasn't going to miss out on the yummy food so grabbed some salad and a pattie then scooted off to surf patrol!

The girls "Go for it Day" was very successful with 10 girls participating in basic coaching and surfing fun waves with Trish and myself. This session reinforced the need for girls to take time to meet together and take advantage of each others experience and enthusiasm and just have fun surfing. I look forward to being involved in more of these events in 2012.

Sunday 27th November is our last club round for 2011! The top 4 placings in all divisions are still not solid and it will be great to see as many club members at the final club round competing! It is important that if you are surfing you must be signed on by 7.15am as the draw will be made during the Annual General Meeting.

Our Annual General Meeting (AGM) will be held prior to the start of competition. During this time all Committee positions will be vacated and voting of a new committee for 2012 will happen. If you are interested in being nominated or helping out in one of the many positions please email your interest to me before Sunday's club round.

Following our final club round we have our END of YEAR PRESENTATION on Saturday 3rd December at the Sport and Recreation BBQ and Covered area starting at 4.30pm with presentation of trophies starting promptly at 5pm. So make sure you put these dates in your calendar!

Our next club round is on **Sunday 27th November at Lennox Head**. Meet for sign-on at carpark at 7am.

See you soon in the waves, Maz



ALL GIRLS END OF YEAR PRESENTATION!!

Scary Karaoke!

Pizza!

Saturday December 3rd

4.30 pm till 9 pm

Lake Ainsworth Sport and Rec, down by the lake

Dress up in your scary costume!

Go to the 'Deaf by Karaoke' website to chose and rehearse your song for the night

Prizes: Best Solo, Best Group, and Best Mum or Dad and daughter combo!

<http://www.deafbykaraoke.com.au/page8.html>



OCTOBER RESULTS	FIRST	SECOND	THIRD	FOURTH
ADVANCED	Ashlee Spence	Mel Mott	Jane Tranberg	Roisin Carolan
INTERMEDIATE	Sam Kay	Isobel Mayo	Halu Shinasu	Sam Cooper-Smith
JUNIOR BEGINNERS	Mahlia Carr	Lily Lewis	Isabella O'Connell	Emma Taylor
SENIOR BEGINNERS	Berenice Roberts	Sonia Acret	Susan Fryer	
LONGBOARDS	Roisin Carolan	Carol Stevenson	Mel Mott	Maz Pentecost

Monthly awards

Le Chelle- Tracey Knobbs - wave selection and improvement

Beachside Bargains -Lily Acret - commitment

Lennox Surf - Melissa Wright - encouragement

Pizza pasta - Sam Kay - fantastic surfing



All girls website:

www.allgirlssurf.com



Member Profile: SHONA MCINDOE

How long have you been surfing?

Since I was 18 - so 22 years now (makes me feel old when I add those 2 numbers together!)

Most Epic wave: my one and only tube at Celito point near Forster

Biggest wipeout: 6 foot Carparkarks at North Narrabeen - when I was still trying to prove myself.

All Girls: What don't I love about all girls? Great crew, all ages, sooooo amazing to have so many girls all in the water together. There is something very special about chicks on sticks!!

I recently went to Bali to provide Physio to surfers competing in the Oakley World Pro Junior event. 60 of the best junior surfers in the world in one place. View of crazy surfing at Keramas or Canggu from my treatment table. Not a bad job!!

The girls blew my mind - they are RIPPING. (you can check out footage of the girls surfing at oakleyprojunior.com)

The best part was the Balinese grommets - they were so stoked to be part of the event.

Stretching with Sally

Here are some of the stretches you have been given to practice during the year. As you can see, stretching can be fun!

Keep yourself supple between surf sessions, prepare your joints and muscles for the activity they are about to undertake, help ease those muscles after a good workout in the surf, assist those growing (and aging) bodies keep strong and flexible..... remember these are only to be used as a guide and for specific musculoskeletal concerns please see your Physiotherapist.”



Neck side flexion, and a Triceps (arm) stretch - remember never to force or jerk your stretches. Focus on your relaxed breathing while holding the stretch for 10-20secs. Always repeat on both sides – but remember also that each side can produce a different stretch sensation



Quadriceps, the muscle down the front of your thigh. This also tests your sense of balance and strengthens your ankle for those floaters. You can do this on your own without the added support of a friend or post to hold onto



Thoracic rotation and butt stretch – one of my favourites!



Hamstrings and calf, the muscles down the back of the leg. Notice the nice straight spines and head position. This will help with those driving turns on the board!

A very Merry Christmas and a Healthy and Happy New Year to All. May you remain injury free and remember...”move it, or lose it”. Sally



ALL GIRLS COMMITTEE MEMBERS

PRESIDENT: MAZ PENTECOST Ph 66877760

VICE PRESIDENTS: MEL MOTT Ph 66875005
CAROL STEVENSON

SECRETARY: EMILY SIMMONDS

PUBLICITY: GEORGIA LADDIN georgiablue49@hotmail.com

HEAD TALLIER: BERENICE ROBERTS (SHONA MCINDOE TO SUPPORT)

TREASURER: CAROL (CAZ) STEPHENS

GEAR STEWARD: MARG BRYANT

HEAD JUDGES: DEB TINKER, SALLY PETRIE, ROISIN CAROLAN

NEWSLETTER: CAROL STEVENSON
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CONTEST DIRECTORS: MEL MOTT, MAZ PENTECOST

ASSISTANT CONTEST DIRECTORS: JANE TRANBERG, ANITA PIERS

JUNIOR VICE PRESIDENT ISABEL MAYO

JUNIOR COMMITTEE JO CALLAGHAN ROISIN CAROLAN
KELLIE WHITE

