

Nobby's Nipper News



Edition 5: December 5, 2010

CAR RAFFLE!

Have you returned your ticket books yet?
All Tickets sold & money to be returned ASAP!



Wishing you all a Merry Christmas and a Safe and Happy New Year!
Dates to Remember:
Last Nippers - Sun 12th Dec
First Nippers - Sun 9th Jan



BEACH ROSTERS

Sunday 5th December
BBQ – Under 14's
Beach Setup - Under 6's
Beach Pack up – Under 12's

Sunday 12th December
BBQ – Under 13's
Beach Setup – Under 8's
Beach Pack up – Under 11's

Sunday 9th January
BBQ – Under 12's
Beach Setup – Under 9's
Beach Pack up – Under 10's

RAFFLES – WEDNESDAY NIGHT

Wed 8th Dec Jurd Family

Wed 15th Dec Trudy Nielson & Alison Males

Wed 22nd Dec Susan Ellis

Raffles sold from 6:15pm at Nobby's Surf Club . See Duty Manager on Arrival

NOT SURE WHAT TO DO?
BBQ – Catch up with Jeff or Julie Pavey when you arrive at the beach, they can let you know how to help!
Beach Setup – Arrive around 7:15am to help take all nipper equipment to beach and help set up Water & Beach Zones.
Beach Pack up – All Nipper equipment to be bought up and hosed down then returned to club house. If unsure, just ask an Water Safety Officer (bright orange shirt)

Dear Club Members

The annual Surf Safe Appeal is next weekend, Saturday 4th December 2010. This is the **major fundraiser** for our surf club for the year and your support is requested.

To date we have only had 4 people who have put up their hand to assist.

This is a desperate call for your assistance.

We will have 2 locations for the collection:

1. Qantas Domestic Terminal, Brisbane Airport – 6:00am – 12:00pm.
2 shifts : 6:00 – 9:00am & 9:00am – 12:00pm
8 persons only, per shift required
Parking provided
2. DFO – Brisbane Airport – 10:00am – 4:00pm.
2 shifts : 10:00 – 1:00pm & 1:00 – 4:00pm
9 persons only, per shift required
Parking provided



Please email and/or phone the following persons with a suitable time and location for you to attend. We would appreciate you advising us **immediately** of your availability.

Bill Allendorf – 0412 729213 bill@wmademolition.com.au

Lyn Malcolm - 5578 6680 nobbys@bigpond.net.au

Thanking you in advance for your support.

THE REGULARS [see over]

COACHES CORNER by NICK MARSHALL
SURF SPORTS by DARREN SESSARAGO
NIPPER WATCH by MADI WEVER

CONGRATULATIONS!

To all Nobby's new Bronze Medallion holders.
Well done on completing your Bronze Medallion

Newsletter Proudly Sponsored by:



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COACHES CORNER by NICK MARSHALL

Hi All

This will be the last newsletter and column until after Christmas so I want to leave you all with some things to think about over the holidays.

There are more and more people coming to training which is great. But remember just turning up to training is only part of it. It's the effort you put in at training that improves your fitness and racing ability.

No matter what sport you do, all coaches will tell you, the way you train reflects the way you race. The mistakes you make in training are the ones you will continue to make in races. So it is really important to come to training with the right attitude and with a view to be the best you can be every session. If you come to training and just stuff around and then continue to make mistakes, then your body gets use to making those little errors and they all re appear when you are under pressure in races at Nippers or carnivals.

Over the Christmas break there will still be training for the older nippers, but a break for some of the younger ones, but everyone should be trying to spend as much time as they can in the surf on their boards and catching waves. It's these skills that you get from hours and hours of play in the surf that help you to be competitive in races. So get out in to the surf and enjoy the time away from School. See you all at training.

Nick

SURF SPORTS by DARREN SESSARAGO

Hi All,

There has been a lot of action the last month in Carnivals for both Seniors & Juniors and we have had some terrific results.

NIPPERS -

U8-10. We were well represented with some 23 upcoming stars in the Little Dudes Carnival at Coolangatta last weekend. Many kids were having their first taste of competition representing Nobbys and they didn't let us down. Many finals made by the OUR little dudes and the following Top 6 finishes put the icing on the cake.

Damon Cameron - 1st Place (U10 Swim & Board Events. WOW !)
Dane Gadsby - 1st (U10 Flags) & 5th (U10 Sprints)
George Stokes - 3rd (U9 Sprints)
Riley Pavey - 6th (U9 Sprints)
Harry Farrell - 6th (U10 Wade)

Fantastic efforts to these guys & all the other competitors who had a great day & Nobbys are very proud of their efforts . We compete as a team at Nobbys & great to see a good atmosphere & some young talent on the rise. Special thanks to Ben Cameron (Team Manager) for a smooth running Carnival , Age Managers & Ace Homer & Jim McHugh (debut) for Officiating thus allowing the kids to compete .

U11-14 - Gold Coast City Titles

We had a small but select Team competing at these titles at Nth Kirra with some regulars missing due to a massive Swim Meet on the same weekend. Some very pleasing results from some newcomers as well in Jake Birgun, Jack Molloy, Callum Davenport & Lillianna Muenier. Congrats on your first carnival guys & hope to see you develop over the years at Nobbys. Also representing the Club & competing well were past State Team Members Sam Mispelhorn , Elisa Tuicakau , Brent Woolf , Koda Takohashi , Charlie Duke & Dean Cruice . Brent had his usual consistently brilliant Flags Competition finishing 6th . Thank You to Kylie Duke for a great job at Team Manager backed up by Tony Cruice. Special Thanks to Shane Murphy, our ever reliable Official who will no doubt be deservedly rewarded with a gig at State & Aussie Titles again this season , he is very much respected in the Officiating ranks and his dedication to Nobbys is fantastic !

SENIORS -

It was simply the Jack Gray show this last month with the following results very well deserved.
U15 Junior Coolangatta Gold Ironman (1ST Place) - This was UNBELIEVABLE he just blew them away .
Maroochy Surf Classic (3rd Ironman,4th Swim , 6th Board Finals) - Ryan Janetski also making the Swim Final , nice work mate .

Don't Forget Training Sessions are NOW available

- Tuesday 4pm (Lake Hugh Muntz) - Nippers General Board 4pm, Experienced U11 upwards
- Friday 4.30 pm (Miami Beach) - Experienced U11 upwards 4.30pm Board 45mins , Fitness
- Saturday 7.30am (Nobbys) - Experienced U11 Upwards Board,Swim,Iron Development
- Saturday 9am (Nobbys) - Beach Events training , Sprint & Flags , Open to ALL ages

All the Best & Merry Xmas
Darren sessarago
Nobbys Surf Sports

Club Captain Report by Brian Watt

Thankyou to everybody for attending patrols they have been going well. High tides have made it hazardous on the beach until we have low tide there isn't more we can do on patrol.

Please make sure if you can't attend you patrol please contact you patrol captain. Please remember those 2 books of raffle tickets you received when signing on are handed back to the surf club asap as there is only 2 weeks to go.



For up to date information check out our website nobbysbeachsurfclub.com.au.

For Wet Weather cancellations, either Follow us on



Twitter [@NobbysNippers](https://twitter.com/NobbysNippers)

or phone the club on: 5572 5173

Remember "MNM" Training Facebook Page – Nobbys Beach Coaching

Links to both Twitter and Facebook on Nobbys Website

NIPPER WATCH!

By Madi Wever



Matthew

What school do you go to?

I go to Tambourine Mountain State School

How old are you?

9 so I'm in under 10's

What are your hobbies?

Running and cricket

Do you enjoy nippers?

Yes it's really fun

How long have you been doing it for?

Since under 8's so for 2 years

What is your favourite event?

Board because it's fun

What do you want to do when you grow up?

I want to be a life saver, because it looks fun



Charlie

What school do you go to?

Burleigh Heads State School

How old are you?

11 so I'm in Under 12s

What are your hobbies?

Nippers and swimming

Do you enjoy nippers?

Yes, because it is really fun

How long have you been doing it for?

Since flippers

What is your favourite event?

The swim

Do you compete?

Yes

Do you like competing?

No I don't really like it, only sometimes

What do you want to do when you grow up?

I would like to be a journalist and a lifesaver, I want to be a journalist because I like to write



CAR RAFFLE

Why do you need to sell these tickets?

Our club is hoping to raise much needed funds. Instead of further raising membership fees this year like other clubs, our club made the decision to raise funds through this car raffle and similar fundraising events. Without your support in selling these tickets and volunteering your time, our club will struggle.

Our club relies heavily on active involvement of parents.

You only need to sell 2 books each, so ask your workmates, friends and neighbours if they can buy a ticket to support YOUR club!



NIPPER TRADER

Email: mchughjm@optusnet.com.au

WANTED

2nd hand Nippers Board required for U9's age group willing to pay up to \$150.00.

Please call Darin on 0448 463 165

FOR SALE

Mal Nipper board for sale. 12mths old. \$1,000.00. If you are interested please contact Michelle Gray on 0447009465.



surf life physio

Phone/Fax: (07) 55277830 admin@surflifephysio.com.au www.surflifephysio.com.au
Cnr Lavarack Rd & Albatross Ave Nobbys Beach Qld 4218 Po Box 1433 Broadbeach Qld 4218

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TUESDAY'S



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e: wkhomer@bigpond.com



"MNM" CHRISTMAS CAROLS

Mermaid Beach AEME SLSC Christmas Celebration

**Carols at the Club
Saturday 11th Dec
from 4:30pm for a 5:00pm start**

Bring a picnic and rug and have your dinner
in the park with our Club family while we sing
Christmas Carols and celebrate this joyous
time of year

**Soft drinks and glow sticks will be available for purchase
(This event is ALCOHOL FREE please)**

If you can help us with any of the following items, we would appreciate your help....

- * Stage
- * Speakers (for PA system)
- * Fairy lights
- * Additional helpers (to help with the Nippers getting on and off stage)

Please let us know if you can help with any of the above or offer any other assistance by Wed 24th Nov

*Merry
Christmas!*

CHRISTMAS CAROLS by each Age Group

U6's & U7's – "Away in a Manger"

U8's & U9's – "Silent Night"

U10's & U11's – "We Wish You a Merry Christmas"

U12's; U13's & U14's – "Joy to the World"

Nipper Parents - "The First Noel"

Seniors - "Hark the Herald Angels Sing"

See your Age Group Liaison Officer this Sunday for the words to your song.

Please RSVP if you are coming to your Age Group Liaison Officer or

Karen Adams email kaz_adams@bigpond.com

MNM Training

Commencing Sat 6th November 10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM		6.00 am - Mermaid. U17 to Masters. Ski (D)	5.30 am - Miami. All ages. Gym and run (Check availability)	5.15 am - Miami. All ages. Fitness and board.		6.30 am - Mermaid. U17 to Masters. Ski (D)	6.30 am - Mermaid. U17 to Masters. Iron (including ski)	
		5.15 am - Miami. All ages. Fitness and board.	6.00 am - Lake Hugh Muntz. U14 to Masters. Board			6.45 am - Mermaid. U11 - U14. Board	6.30 am - Miami. All ages. General fitness & board. (D)	
	<p>This timetable is for training session purposes only. Attending these sessions does not oblige you to compete for another club. <u>All</u> sessions are free of charge. Please let your club contact know when you plan to go to a session at another club for the first time.</p> <p>Club contacts - Miami - Alan Hobbs, Nobby's - Darren Sessarago, Mermaid - Ann Donnelly-Marshall</p>						8.00 am - Mermaid. U14 to Masters. Board. (HP)	6.45 am - Mermaid. U14 to Masters. Board
							8:00am - Mermaid Beach. U8-U14 Nippers. Beach Training (D)	7.00 am - Nobby's. U14 to Masters. General fitness. From 17th Oct
							8.30 am - Mermaid. Patrolling members. Life Saver Skills.	7.50 am - Mermaid. Nippers. Board.
					9.30 am - Mermaid. U14 to Masters. Beach sprints & flags	8.00 am - Mermaid. U11 - U14. Board		
					8.00am - Mermaid. Surf Boats	9.00am - Mermaid. Surf Boats		
PM	4.30 pm - Mermaid. U14 to Masters. Strength & condition	4.30 pm - Mermaid. U17 to Masters. Ski (HP)	4.00 pm - Mermaid. U11 - U14. Board	4.30 pm - Mermaid. U17 to Masters. Ski (HP)	4.00 pm - Miami. U11 to Masters.. Iron man (no ski) (HP)	1.00 pm - Miami. U17 - Masters. Ski (D/I)		
	5.00 pm - Mermaid. Patrolling members. Life Saver Skills.	4.30 pm - Nobby's. U14 to Masters. Board and run.	4.00 pm - Mermaid or Lake Hugh Muntz. Nippers. Board. (D)		4.00 pm - Mermaid. U14 to Masters. Strength & condition			
	5.15 pm - Swim at Pizzey Park (not coached)		5.00 pm - Mermaid. U14 to Masters. Beach sprints & flags		4.30 pm - Mermaid. U14 to Masters. Board			
	4.00 pm - Miami. All ages. Board				4.30 pm - Nobby's. U11 to Masters. Conditioning			

Coaches:

Miami

Wes Berg

Alan Hobbs - 0411 844 782

Nobby's

Nick Marshall - 0419 753 917

Darren Sessarago - 0411 379 316

Mermaid

Stuart Keay - 0421 416 482

Jason Barker - 0419 734 442

Michael Dalton - 0411 864 133

Daffey Gray - 0408 699 697

Deanne Wilkinson - 0434 123 651

Version 10: 06.11.10

Legend:

HP - High performance

D - Development

I - Intermediate