

LIFES A BEACH

MMLS Coach Spindles Newsletter

November 2009

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Hi Everyone,

The summer program has started and it is great to see all the new faces on the beach. There was an awesome sight a couple of weeks ago when all of the Ocean Athletes had finished training, they went into an *old-school* idea which saw a tennis racket brought out and a ball was hit around on the beach. It was a great sight to see all the 10–14yr olds mixing it up together like a real team should do.

Pre-seasons are well underway. We have had some outstanding results and it is great to see that the Club has come out of winter very fit. On the 22nd of November we head to Piha with the U16, U19 and Open Lifeguards to take on the big surf. This will be the first time we have choose to do this instead of going to the Battle of the Bays. I know a lot of you are very excited about travelling to Piha and I'm sure you won't be disappointed.

Well done to everyone that went to the SLSNZ Pool Champs. We had an awesome team that got 7th overall. There were many stand out performances that made me very proud to be the coach. Well done all and thanks for setting the scene for the summer.

Anyway have a read through this newsletter and please get back to me if there is anything you may not understand.

My contact details are;
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MMLS Head Coach
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How well do you know the Mount Club Quiz

- Question 1 — Name the members of the MMLS Open Women Boat that won Gold at the 2009 Nationals
- Question 2 — How many gold and silver medals did Chelsea Maples win at 2009 National Title
- Question 3 — Name the members of the MMLS Open Women's Board Relay team that won Gold at the 2009 Nationals

Answers on page 5



McKay Strathnaver Trust

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Ocean Athletes

mediaworks
RADIO

Hi everyone,

Great to see you all on the beach and I can see we have got so many new faces to join in with the *old*. Welcome to all of you and lets head towards a long hot summer together.

I have mentioned to a few of you to keep the date 13th of December free. We will head out to Waihi for a Bay of Plenty Surf Competition. As I mentioned to the new ones it will be good for you to come out and have a go in whatever you want to compete in. From there we can work towards your events that you like doing. Remember, if the surf is too big then you don't have to go out in it. We have a lot of time in the holiday program to get your skills right in the surf

You would have notice that we have had pretty small surf over the last couple of weeks. I'm going to take advantage of this and keep the boards in the water. Remember, when you are paddling in these conditions it is all about fast start, bottom-up high and good rating through the water. Also remember to reach out as far as you can so it feels like your feet are just about to come off the board. Once you get that feeling then put your hands in the water.

Also, the Holiday Program starts on the 14th of December and goes until the 29th of January. These are great times so lock in the weeks and come down and enjoy it. I'll give you more information next month on the Holiday Program

Spindles :-)



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Senior Athletes

Hi everyone

Things are getting hotter now with the SLSNZ Boat Series starting in Wellington on the 28th of this month. We have named the Men's and Women's A Crews to go and take on the rest of NZ. The Men's A-crew is Andrew Parker, Steve Rush, Brad Thomson, Richard Saunders and Clayton Kellett. The Women's A-Crew is Wayne Urbhan, Justine Brennan, Chelan Garnham, Donna Brodie and Megan Scott. All the best and lets see if we can bring home both titles.

On the small craft front we have had great results through the ranks in the pre-season and are now looking forward to Piha. This will be our first challenge up there as a Club and we look forward to competing with the *hardened* Northern Region Competitors.

Patrols are well underway now so please make sure you are all refreshed and find replacements if you're not able to make it. I see the beach is taking a different shape than other years with a lot of sand bars from half to low tides of Main Beach. These will cause a few problems when the surf is up. There is also heaps of sand up high on the beach down the coast which will cause shore dumps and injuries that you may come across during your roams. Look out for yourself if you have to go into the water as these conditions will be tricky at times.

That's about it from me now. Our Senior Reporter will be back next month as exams will be over. If you have anything that you wish to put in the coaches newsletter then please get hold of Chelsea

See you all at training

Spindles



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Training and Events Schedule for November

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
am	Swim – own program	Swim – own program 6 o'clock Advanced kayaking at Waimarino	Swim – own program	Swim – own program 6 o'clock Advanced kayaking at Waimarino	Swim – own program	8 o'clock Ironman / Mt Club 10 o'clock Ocean Athletes 10 o'clock Sprint Mt Beach	REST
pm	4.15 – 5.30 Ocean Athletes Mt Beach 5.30—7.30 Senior Board, Ski Mt Beach	4.15 – 5.30 Ocean Athletes Mt Beach 4.15 – 5.30 Sprint Venue Blake Park Sprinters / Mt Beach Others 5.30—7.30 Senior Board, Ski Mt Beach	4.15 – 5.30 Ocean Athletes Mt Beach 5.30—7.30 Senior Ironman / Surf Swimming Mt Beach	4.15 – 5.30 Ocean Athletes Mt Beach 4.15 – 5.30 Sprint Venue Blake Park Sprinters / Mt Beach Others 5.30—7.30 Senior Board, Ski Mt Beach	4.15 – 5.30 Ocean Athletes Mt Beach 5.30—7.30 Senior Ski, Board, Surf Swimming Mt Beach	REST	REST

November Events

Pre-Season 2 and 3

- 1st November Omanu. 9am start for Ski and Boats, 10.30am start for Board and Canoe
- 15th November Papamoia. 9am start for Ski and Boats, 10.30am start for Board and Canoe

Northern Region / Piha 22nd November 9am start

- 3 x board races
- 3 x ski races
- 3 x surf races
- 3 x beach sprint
- 3 x beach flags

NZ Boat Series — Wellington November 28



FARMER AUTOVILLAGE

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Ozzie Titles 2010

Crossing at Xmas

Hi All,

Please make sure you are well-prepared for the Christmas Crossing. After this one I need to confirm all of the seats and I should have a price to how much more you will owe.

Raffles

Can we please have all the money and raffles returned to Jen by the end of this month. We need to bring them in to see how many we have left to sell. While you are on patrol ask your Patrol Captain if you can sell them on the boardwalk during your break. We sold 22 books over Labour Weekend on the Boardwalk. Remember that all money you raise goes to your trip. There are some that have done no fundraising so far and consequently have no money towards the Australian Surf Lifesaving Titles.

Training

This is just a quick note to say I'm happy with the training that is being done toward these titles. Yes there are 2 or 3 of you that are not putting in the work in and I will be talking to you later but to everyone else I think you will be very surprised to how well you will go if you keep up work that you are doing. To let you know, the management team has everything sorted now from radio's, flights, accommodation etc. the only thing left to do is a little more fundraising, confirm a surf boat and entries. We are well on target

Quiz Answers

Question 1 – Wayne Urbhan, Justine Brennan, Chelan Garnham, Donna Brodie and Megan Scott

Question 2 – 6 Gold and 5 Silver medals

Question 3 – Chelsea Maples, Katrina Madill and Johanna O'Connor

