

The Bondi Surfer - 26 May 2010

The Bondi Surfer



Upcoming events

2009/2010 Presentation Night

Saturday 5th June

Scenic Lounge opens at 630pm for pre-drinks with presentation starting at roughly 7pm

3 Course Dinner with drinks included (Alcoholic drinks included are beer and house wine)

DJ upstairs in the scenic lounge!

\$30 / Ticket - not many seats left!

Should you miss out on a ticket, please note the bar will be open in the scenic lounge throughout the presentation night. Come and enjoy the night!

Annual General Meeting of Bondi Surf Bathers' Life Saving Club

This is timely notice for you to mark in your diary, the AGM will be held on Sunday 25 July 2010 at 10.00 a.m. in the Clubhouse. A formal Notice of AGM will be published closer to the date.

Surf Patrol! - Surf Patrol Series will be back in 2010 8.00 pm Wednesdays, Channel 7 from 5th May to 9th June.

Lifesaving - lifesaving@bondisurfclub.com

Competition - surfsports@bondisurfclub.com

Competition boards and skis

All boards and skis are allocated to competitors with some being owned individually by members. DO NOT take a racing board or surf ski out unless you have been allocated one to use by either the board captain Ben Sutherland or Ski Captain Greg Byrnes

Education – education@bondisurfclub.com

Higher Award Courses

For those wanting to do higher awards, please see the SLSA Sydney listing of awards.

<http://www.surflifesavingsydney.com.au/Lifesaving-and-Education/Training-Courses/>

To register please email your contact details together with the course description to admin@bondisurfclub.com

General Club News

Bondi to Watson's Bay swim

Sunday 16th. May,2010 was the annual Bondi to Watson's Bay swim.The conditions were horrendous, with a large 3mtr choppy swell and an outgoing tide.Ocean swimmer Extraordinaire Ryan Huckle won the event outright in 3hrs 15minutes, even beating all the team entries.The other club members to finish were Alan Williamson and Cyril Baldock who completed the event as a dynamic duo relay. Post race refreshments were enjoyed by all at the Watson's Bay Hotel.Many thanks go to the manager/photographer Tim Read and Support Grant Veckanges, Illya Anisimoff and the IRB team.

Member of the Month: April 2010

Margaret Miller for all her hard work in organising the Bondi Surf Swim

End of season party

We had our end of season party on Saturday 22nd of May combined with other surf clubs in the Waverley District. With over 350 people coming, it was a huge success and it will be repeated next year. Each of the four clubs made over \$1,000 on the night.

TRAINING:

May 2010	Time	Session	Venue
Monday 31st	16h30	Board	Club
Tuesday 1st	5h45	Gym	Club
	17h15	Run	Waverly Oval
Wednesday 2nd	17h15	Ski	Club
Thursday 3rd	5h45	Boxing	Club
	16h30	Board	Club
Friday 4th	5h45	Gym	Club
	16h30	Ski	Club
Saturday 5th	7h30	Ski/Board	Harbour meet at Club

Note: Swimming should always be your priority, when squads (at school or club) are available

Under 15,17 and 19 coaching is with Matt Colquhoun. He can be contacted on 0404234452

Winter training will be advertised as soon as a program has been drawn up. We will be training with the guys who will be doing the Coolangatta Gold as we are looking to put together some relay teams. Teams comprise of a runner, swimmer, board and ski paddler. If you are interested in participating contact Grant Veckranges on surfsports@bondisurfclub.com

RUNNING GROUP. ~FREE~ ALL WELCOME~ BONDI

Come for a long and slow friendly run every Tuesday night at 630. All standards. Run by Chris(a member at BSBLSC) from 'The Running Company' shop on Gould Street. Great to improve general fitness in the off season as well as keep off all that winter insulation many of us gain over winter. Just turn up on the night at Gould St (just behind the Bondi Hotel).

Why not start training for the city to surf in August, the 10k or Sydney marathon in September or the Coolangatta Gold in October!