



Circular 107:19

Date: Thursday 12th December

Subject: Sports Update

Attention: Club Junior & Senior Chairs, Managers, Coaches & Athletes

Description: Whangamata Classic

Circulars are available at: <http://lifesaving.org.nz/lifesaving/lifesaving-operations-circulars/>

SLSNR 2019 Whangamata Classic Results:

See below the results from last weekend's Whangamata Classic:

<http://www.lifesaving.org.nz/sport/event-information/senior-masters-events/the-whangamata-classic>

2020 Owen Chapman Cup Information:

Follow the link below for the first competition of 2020, the 64th Annual Owen Chapman Cup:

<http://www.redbeachslsc.com/events/owen-chapman-carnival/>

Next Wave Clinic:

See the attached flyer for the Next Wave clinics, run by Surf Life Saving members out of Mairangi Bay. For further information, please see contacts on the flyer.

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@the next wave



nextwaveclinics@gmail.com

NEXT WAVE CLINIC



TIME TABLE



8.30am	Registration open
9.00am	Clinic start/Warm UP
9.30am	Rotation 1
10.30am	Rotation 2
11.30am	Rotation 3
12.30am	Lunch
1.00pm	Talk on Nutrition, nerves, race plans, Q&A + Photos
2.00pm	Clinic Finish

WHAT TO BRING!

- Swimwear
- Sunblock
- Water
- Lunch
- Paddleboard

+

Positivity for a FUN day in
the Ocean



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