



Established October 1907 ABN 74 781 063 539

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## PRE AUSSIES – COMBINED CLUB TRAINING MORNING

**Saturday 28<sup>th</sup> March 2015 @ Elouera  
Commencing at 9am to 12 Midday**

The Surf Life Saving Sydney Board of Surf Sports is holding a combined club ***Pre Aussies Training Morning*** for Sydney, Illawarra & South Coast Branch competitors. This event is open to all competitors from U14 through to Masters. Water, beach and boat competitors are all encouraged to attend.

2 fully ( IRB supervised ) water courses will be set and events will include Swim, Board, Ski and Ironman. Team events may also be conducted in consultation with competitors and coaches. The boat program will be set by Grant Wilkinson ( Sydney Branch Boat Advisor) with further details to follow.

All beach competitors are also encouraged to attend for a joint training session.

The morning will involve rounds of events in the following ages U15, U17, Open and Masters. The event is not a carnival and as such no finals will be held and no formal places taken. The theme of the morning is more focused on a joint training session than a carnival. All Coaches are requested to attend and provide input into the morning.

Hi vis pink vests and club competition caps are compulsory for all competitors and handlers.

In the event surf and/or weather conditions are not favourable – an alternate location may be utilised. If required further details of the alternate location will be announced leading into the event.

For further information please contact me on 0490 081 273.

**Wayne Druery  
Director of Surf Sports  
Surf Life Saving Sydney**

#### Affiliated Clubs

Garie Era Burning Palms  
Wanda Elouera North Cronulla Cronulla  
Clovelly Coogee Maroubra South Maroubra  
North Bondi Bondi Tamarama Bronte

Australian for life. 