

Edition 171

11th August

SCARBORO



Rottnest Proficiency weekend...Friday 17/Saturday 18th September...

We have reduced our booking to one house of 13 beds. We have 11 members whom have paid and secured their booking. If you have your name on the list and have not paid you do not have a bed. We now have 2 places left for this weekend. The first two people to ring the office to pay will have their place secured. **Last chance !!**

SLSWA Courses and opportunities

There are several courses and opportunities available to you that are conducted by SLSWA. If you are interested in completing a coaching course, officials course, becoming a Compliance Program Assessor, please click on the link below and have a browse. Please note that all members must be endorsed by the club prior to the course.

<http://www.mybeach.com.au/node/567>

2011 ROTTNEST CHANNEL SWIM INFORMATION SEMINAR

If you are thinking about swimming solo in the 21st Rottnest Channel Swim, you are invited to attend a free information seminar to help prepare at 7.30pm - 8.30pm, 17 August, Lecture Theatre Challenge Stadium. This seminar will provide information about training programs, nutritional preparation and an achievable race plan.

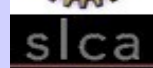
Past and present Rottnest Channel swimmers will also discuss their experiences and offer tips which will provide invaluable information to prospective swimmers. **<<READ MORE>>**

Board and Ski series 2-this Sunday at Mullaloo

Entries closed. See attached for carnival program.

Commercial Training

Our club has secured an opportunity to be a commercial training provider. This will provide employment opportunities for members who may be interested in presenting and training courses in First aid to the public sector. Qualifications are required to do this so if you are interested, please contact us and we will help you to get started. If you are working in a company that may like some First Aid training, let us know so that we can provide them with the relevant information. There are also course for mums who would like to have some basic training, so get a group together and ask us for a quote.



Join Twitter here!

Another opportunity to keep yourself updated with what is going on at our club. Click on the link below to register yourself

<http://twitter.com/ScarboroSLSC>

Scarboro Calendar-coming soon!!

All events and social activities will be updated onto our website calendar soon and linked to the echo for your convenience.

Club bar open every Friday night from 6.30pm-Food now available for purchase from 7-8pm

Club Training Opportunities**Water**

Swimming sessions are open to members (All active members age 15 and over welcome) for those wanting to improve fitness and technique.

Location: Bold Park Swimming Pool usually lanes 6 & 7

Day: Monday & Wednesday- 5.30-6:30pm Equipment: Kick board and pull buoy required - BYO

Board

Afternoon sessions with Andrew Mosel on Tuesdays at 4.30pm at Hillarys
Thursdays at 4.30pm at Scarboro

All sessions are open to all members from u/15 to masters

Morning sessions are conducted by David Hall.

The Classifieds

All ads are due via email by 4pm Mondays

Employment Opportunity:

There is a position available for an

Assistant Swimming Coach – Newman Churchlands Swimming Club

Commencement – October 25th - Newman College Pool.

Mon, Wed & Friday afternoons from 4pm – 6.30pm

Tuesday afternoons from January 4 – 6.30pm

Pay rate above industry averages

Phone Tim Schifferli 0432 988 185 for further details.

Selling a board or ski?

John Clark is looking to purchase second hand equipment for Broome SLSC. If you are looking for a buyer, give John a call on 0417 919 364

