

- Coogee Minnows - Season 2005 - 2006

Coogee Surf Life Saving Club
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Dear Minnows and Parents,

Welcome to the new 2005-2006 season of Surf Life Saving. Spring is here, and it's Minnows Registration time again! We are very pleased to report that our Sponsor's **NG Farah Real Estate Coogee, Medina Apartments, McDonalds, Fed Cafe, Boost Juice and Sydney Carvery** are all supporting us once again this season. We have worked with our sponsors to create a range of benefits for our Minnows and their families, including member discounts. All registering Minnows and their families will receive a special benefits card.

REGISTRATION & PROFICIENCY SWIM ARRANGEMENTS:

This year's **two registration Sundays** will be **September 18 and September 25, 2005**. Registrations will be at the **Coogee Randwick RSL Club - Carr St Coogee** from **11.30am - 1.30pm**. This year we will also have our **Proficiency Swims on the same day**, in the heated pool upstairs, so please ensure you bring your child's swim gear and goggles.

Our first Minnows Sunday on the beach is 08:45am 9th October 2005.

Children must be aged 5 years or older on 1 October 2005 to be able to register. Your child's age group is the year older than his or her age on 1 October 2005. (e.g. if your child is 6 years old on 1 October 2005 he or she will be in the under 7's).

Registration fees for this season will be \$95.00 per child, or \$135.00 for two children and \$165.00 for three or more children from one family (GST inclusive).

All registering Minnows will receive a Coogee Minnows T-shirt as part of their registration fee. All Minnows must have a club cap, which if you are a new Minnow, can be purchased on registration day for \$15. We are continuing with the reversible caps with the club colours on one side and a single age group colour on the other. Age groups have their own colour, which remains the same for each following season, so keep your colour caps from last season. All the Minnows Club gear including swimming costumes and hats (not compulsory), are available to purchase on the Registration days and at the beach each Sunday - 9.00 -10.00am.

To make your registration process as simple as possible, please complete the enclosed registration form and bring it with your payment (cheques made payable to Coogee Minnows) on one of the registration days. Please also sign the back of the Registration form. New Minnows will also be registering on these days.

(Please Note: Credit Cards are not accepted)

A limit on numbers will apply for registrations in individual age groups. This is more an issue for the younger age groups. We are expecting strong demand again this year, so early registration is recommended to avoid disappointment. First preference will be given to last season's Minnows and their siblings, but registration on either Sunday September 19th or 26th is essential to guarantee a place this season.

PROFICIENCY SWIMS

The required **proficiency swims** will be carried out on the Registration days and also the first Sunday morning of the season (**October 9**) for those who could not make the registration days. All Minnows in the Under 8's and above will be required to undertake their swim. **Passing of these proficiency's is mandatory for taking part in all water based activities.**

The level of proficiency required is to be able to complete 200m within 6 minutes for the 9's and 10's, and 200m within 5 minutes for the 11's to 14's. The 8 year olds do not need to complete a timed pool swim, but need to complete a 25m swim (in any stroke) and a float for one minute in the pool. The 6's and 7's do not need to undertake a proficiency swim at all.

HOW PARENTS CAN GET INVOLVED IN THE COOGEE MINNOWS!

We are continually working to make the Coogee Minnows a club where all children feel proud to be a member, where they learn individual and team skills on the beach and in the surf, and above all where they have a great time each weekend. As a voluntary organisation we need help from you, the parents and guardians, to be able to make this happen.

This year we are implementing a new program of team activities on the beach. This means we will continue to need Age Group Assistants to provide support to the Age Managers. Our need for qualified water safety officers in the surf (must have Bronze Medallion) during swimming and board events is always a priority. These positions are supported by officials to help with marshalling age groups, recording places for races, and teams to assist in setting up the beach each Sunday.

I am also looking for volunteers to help in the surf education activities (assisting age convenors guide the children through the simple workbooks during the season). We will be in contact with last year's age convenors to confirm your continued involvement shortly.

Please indicate on the tear-off slip attached how you would like to become involved with the Coogee Minnows surf club in any of the roles indicated, and return this with your completed registration forms. We will be very happy to discuss any of these roles with you at the Registration days. This year's Bronze Squads will be trained via the Senior Club, so please indicate your interest for this also.

3.

Important Dates:

October 15th 1.30- 4:30pm **Training Day** for All Age Managers, Water Safety,
Age Assistants

October 22rd 1:30pm –4:30pm: **Training Day** for All Age Managers, Water Safety,
Age Assistants

October 22rd 6.00 - 9:30pm Coogee Minnows Parents - Seafood Dinner

Coogee Minnows Clothing:

All available at Registration Day, and each Sunday on the beach 9.00am -10.00am
The costs below are current estimates:

Minnow's Age Caps \$15 (Compulsory) Visors \$10 Bucket Hats \$5

Swimming Costumes

Boys	\$25
Girls	\$40
Women's	\$45
Men's	\$30

We look forward to contributing together to make this the best season yet
for the Coogee Minnows.
See you on the beach

Doug Hawkins

Captain, on behalf of the Minnows 2005 - 06 Committee.

www.coogeeminnows.com.au

Yes, I want to get involved in the Coogee Minnows as:

Age Convenor	<input type="checkbox"/>	Age group	<input type="checkbox"/>	Bronze Medallion Squad member	<input type="checkbox"/>
Assistant Age Convenor	<input type="checkbox"/>	Age group	<input type="checkbox"/>	BBQ helper	<input type="checkbox"/>
Water Safety Officer	<input type="checkbox"/>	Name:	_____		
General helper	<input type="checkbox"/>	Phone:	_____		
Surf Education Assistant	<input type="checkbox"/>	E-mail:	_____		