

n g farah
coogee

NEWSLETTER



Randwick Shield - A Great day out for the Coogee Minnows



The local derby continued this weekend between the Randwick based junior surf lifesaving clubs covering Coogee, Clovelly, Maroubra and Sth Maroubra.

The Annual Randwick Shield, this year hosted by Maroubra, is a great example of kids getting out and having some fun, using the skills they have learnt at the beach on Sundays at Nippers. Over 500 kids aged from 7-13 gathered on the sand ready for a friendly day of competition, cheered on by a great bunch of parents.

With a wide range of events from boards to flags, to swims and board rescues, the day was a credit to the skills and determination shown by these junior up and coming life savers of the future.

Competition is always strong, and friendly, between these clubs, and last Sunday was no exception. Lots of close finishes, some stand out efforts from both young and older, showed us all what these kids are really capable of.

Across the whole beach there was a sea of very eager and smiling faces over the whole event, and when the day was finished lots of handshakes and well dones' from some very supportive mums and dads.. and a big smile from the Sth Maroubra team as this years Randwick Shield winners.

Congratulations to those who attended the Randwick Shield last weekend.

Coogee did extremely well and there were some stand out efforts from a lot of kids including
 Angus Bennett,
 Ashley Stone
 Evie O'Connell,
 Kirra Fisher,
 Christian McDonough,
 Hanah Costigan,
 Will Ball,
 Heather Milne,
 Michallie Pearce,
 Alexandria Simpson
 Anthony Vasallis,
 Jordan Williams,
 and heaps of others

Many thanks to all those who put in the effort and make Coogee Minnows the Club that it is



TEAMS DAYS - A SUCCESSFUL INNOVATION

On November 13th we held our first Teams Day Event Schedule at Coogee Minnows. with our next one due Dec 4th

This new format has proven very popular with the kids and parents alike. and gives all the kids chance to participate as part of a team during each session.

Its a credit to the kids and the Age teams that the format was so well applied on the day, delivering such a positive outcome for the kids and the club.

As many can appreciate many aspects of Surf Life Saving are dependant on solid teamwork and to this end this new format has already proved a winner



CONGRATULATIONS TO THE PARENTS, THIS ONE'S FOR YOU

With any club activity its the parents who make it happen on behalf of the kids

Over 120 parents attended the SLSA Age Manager Training Sessions over our 3 presentations and are now working on the beach each Sunday making a huge difference to the running of the beach each Sunday

Last week over 30 Coogee Minnows parents lined up for their Annual Bronze Medal Proficiency Assessment and all passed and are once again qualified to be part of our fantastic Water Safety Team.

Each week this team puts in the hours in the water, cold or warm, ensuring the safety of all the kids as they tackle the swim and board races... well done team

Under 14's and the Surf Rescue Certificate

Currently our Under 14s are doing their SRC which is being delivered via the Senior Club. The SRC entails one theory class each week and a practical session, learning Surf Rescue Skills in CPR and rescue formats, using rescue boards and tubes.

The kids have really made an effort with the course and are showing those involved what they've already learnt via the Minnows.

In a couple of weeks the team will be doing their final exam and from there, donning their patrol hat for next season.



Thanks to our Sponsors

MAJOR SPONSOR



NG Farah Coogee has been with us now for over 6 years. We are very thankful to Jason Black and his team for their level of commitment to Coogee Minnows



Medina Apartments Coogee have supported us with a number of resources every year such as our Fridge Calendars and new surfboards.

Medina Coogee's support of Coogee Minnows is supported by the Medina Group Nationwide, by offering Coogee Minnows major discounts at their serviced apartments around Australia.



Boost Juice joined us last year supplying weekly gift vouchers. This season Heath and the team at Boost Coogee will also join us on the beach with event banners and more of those wonderful Boost Juice Vouchers

Fed Cafe and Grill

Fed have been with us now for two years supporting us with resources such as radios and flags.

Alfio and the team serve up some of Coogee's tastiest fare down at Fed, so be sure to drop in and grab a meal.

New Sponsor for 2005-06

T & R Butchery

Shop 14

Cosmopolitan Centre

Double Bay

David McDowell and the team from T & R Butchery Double Bay have now become a new Sponsor for Coogee Minnows

T & R will be assisting us in meat supplies for all our BBQs throughout the season

Many thanks to Dave and the team, and we look forward to downing a few of those great sausages and steaks in the next few months

- Coogee Minnows Gear -

New gear - Swim caps and goggles
Coogee Minnows gear is available each Sunday morning at the beach.

This year our range includes swim caps and goggles, t-shirts, rash vests and rash shirts and of course boys and girls costumes.

For October 16th gear will be available till 10:00am
For other weekends gear will be available from 08:45 am-9.15 am

for further information on Coogee Minnows please visit us at

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