



Club Newsletter May 2009

Hi Everyone

Well winter has definitely arrived and with a bit of a flourish, so I am hoping you're all managing to stay warm, and are still managing to get some training in over the winter.

Mike Roach and Graham Goldsworthy recently attend the Project Groundswell launch in Rotorua to hear about the direction that SLSNZ are suggesting we head towards in the very near future.

There are plenty of changes ahead, so to learn more about Project Groundswell go to SLSNZ website, www.slsnz.org.nz and click on the Project Groundswell page in the bottom left hand corner.

To discuss this in more detail and to learn more about the timeframe for this Project, there will be a meeting for all club members on **Sunday the 31st of May** at Fitzroy Surf Club at **3.00pm**.

The executive would like everyone to attend if possible not only to discuss Project Groundswell but other club matters as well.

Back by popular demand for the 2009 winter!

Toddies Quiz Nights

Fitzroy SLSC

Sat 30th May

7pm

Teams of 4 or 5

Caution you may have fun!

Club Member Profile



Name: Helen Velvin

Age: Over 21

Position in Club:
Supporter/Parent/Grandparent/Official

Previous Roles:
President of Ladies Committee

Career Highlights
Travelling to and officiating at World Champs.
Winning National Title

Qualifications/Achievements
Qualified Lifeguard, Instructor, Level 2 Surf Official,
Nationals & Surf League results supervisor.

How long have you been a member of Fitzroy?
Over 40 years.

How did you get into Surf Life Saving:
Because of family involvement

Other interests:
Skiing, Fishing, Dressmaking and knitting for grandchildren.

Favourite Movie:
You've Got Mail

Favourite Food:
Curries

Last Book Read:
Mayfield by Joy Chambers

Favourite Actor/Actress:
Tom Hanks

Favourite Sport:
Surf Lifesaving, skiing

Goals for the future:
Enjoy my family

Words of wisdom/favourite quote
Learn from the past but plan for the future.

COACHES CORNER

Winter Training

Don't forget that winter training is now well underway, so there is no excuse for "letting yourself go" over the winter months!!

Friday nights:

6.30pm, we have club swimming night. At the moment we are getting around 20 club members along, everyone enjoys a few lengths warm-up and swimming before breaking out into relays and some "novel" events that Todd dreams up! We also have had a few younger members come along that are developing their swimming skills, so if you want to come along and be a part of this, be at the Bell Block Pool by 6.15pm Friday nights.

Sunday afternoons

Leaving the clubrooms at 4pm is the club running crew. We have people at all stages of running fitness and even a few bikers, so come along and have a well deserved drink at the club bar afterwards.

Tuesday nights

At 5.20pm is the kettle bell sessions held at Boys High School Gym. These are great quick sessions to get your legs toned and strengthened.

Wednesday night

Kayak sessions are also underway out at the Waitara River. Due to the amount of gear available to the club these numbers are limited, however if you are really keen or want to know if you would be suitable to train out there, call Ron Cole for more information.

Keep up the fitness and we will hit the ground running next season!

