

**Special points of interest:**

- 1st Comp Day: Sunday 13th February 2011

2011, Issue 2

2nd February 2011

## Welcome to 2011

MID NORTH COAST GIRLS SURFRIDERS INC

### Jo's Report

#### *Vice President / Contest Director*

Another year underway with lots of new members joining at our sign on day last week. I look forward to our first contest in February. Please be aware that our February contest is usually a long day as we have the "2 surfs" format as well as new members with sorting out their divisions. So, please be patient with us and bring plenty of sunscreen!

Most importantly, don't forget surfer girls and ladies: SURF 1, DRY OFF, JUDGE 1. If you have not judged before I am only too happy to teach you. Learning to judge actually assists you to improve your surfing.

We are looking for some help in the Canteen this year. Pete Muir, BBQ extraordinaire has volunteered his time this year in the water, helping the girls with their surfing. So, we are asking for mums or dads to volunteer some time in the canteen. My thoughts are two shifts: early morning / mid morning. The lovely Brett Belgrove will still be there to assist and direct. The canteen is our biggest source of income and is also another way to meet and socialise with other club members.

That is enough jibba for the first report, OMG - sorry!

See you in February, keep on surfing!

Jo



### News from the AGM

At our AGM last week we discussed the below issues and it was resolved that we would do the following:

1. Donate \$250 to the Premier's QLD Flood Appeal
2. Donate \$250 to the 2MC FM GIVE ME 5 FOR KIDS Hospital Fundraiser

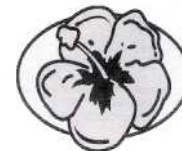
We also discussed our up and coming surfer girls and where to from here. We are going to set up an AWAY CONTEST REGISTER. There are surfing contests held all over the East Coast each week, each month. So, if you think you would like to surf in them and represent Mid North Coast Girls Surfriders then please see Jo to put your name down. It was also resolved that if you choose to surf at away comps representing MNCGS that the Club will subsidise entry fees for each comp.

I have received an entry form for the Surfest Coca Cola Teams Challenge at Merewether, Newcastle in March 2011. It is for a team of 4 girls, so if you are interested see Jo at the February Contest.



Here's hoping we get waves like this for our first comp!

*honeyoceansearch* 



## News from Robyn... *President*

Hi Girls

Well a new year is upon us; a BIG welcome to all the new surfer girls who signed up and welcome back to all last year's members.

You can still register first comp day, Sunday 13th February. As you can all imagine first day back is kind of hectic, so please try to be at the beach by 7am to sign in so Jo can put you in your appropriate division! Beginner girls please arrive by 8am.

We are in for another great year of surfing, making new friends, lots of laughs, not to mention lots of fun!

We will be having our annual campout at Scotts Head in May, followed by the winter knockout championship in June, also included is our annual MID NORTH COAST GIRLS SURF CLASSIC in October, one not to be missed, so I will catch up with you all at the beach.

ROB

Whilst we check all information supplied to us, we urge you to verify all dates. If you have any funny stories or information for the newsletter please email it to: [info@mncgs.org.au](mailto:info@mncgs.org.au)

## Competition Rules

COST: \$5.00 per competition

SIGN IN: 7:00am with first heat at 7:30am

Beginner Girls Caddy ONLY: Check in from 8:00am, Safety Awareness 8:45am, First Heat in the water at 9:00am

JUDGING: Surf your Heat, dry off the next Heat, then you are required to judge. Warning: 2 points maybe deducted for not judging.

## Scoring

Progressive point score. 5 points awarded for each competition attended and paid for (except Tag Team). Plus additional points for Heat placings, as follows:

1st - 6 points

2nd - 5 points

3rd - 4 points

4th - 3 points

5th - 2 points

6th - 1 point

## SPONSORS



## CODE OF RESPONSIBILITY

Members please be aware that there are inherent risks in surfing activities that common sense and personal awareness can reduce. Observe the Girls Surfriders Code of Responsibility for a great surfing session.

Entering and leaving the water be careful of shore dumpers, possible rips, rocks and other surfers. Watch for items that may be floating in the water.

**Know your ability:** Be in control of your board and your body. If you feel that the conditions are beyond your comfort zone, don't be compelled to enter the water, ask yourself: "Am I going to enjoy this surf?"

**Be Alert:** Watch out for other surfers, loose boards, shallow water, slippery rocks, anyone in difficulty and don't knowingly drop in. Check that your board and leg rope are in good order and protect yourself from the sun and the cold.