

Special points of interest:

- Winter Championships: Sunday 13th June 2010

2010, Issue 5

3rd June 2010

MID NORTH COAST GIRLS SURFRIDERS INC

Scotts Head Wrap Up

Hi Girls,

Once again a great weekend had by all at Scotts Head Campout. Some were lucky enough to get waves on Saturday afternoon, some missed out, but a good time to relax and spend time with family and friends; something we can't do on comp days. It's great to see all the girls mixing with each other and making new friendships along the way; thanks for making the effort to come along.

We have included some photos of the action had out of the water at Scotts.



Winter Championships

Sunday 13th June 2010

No entries will be accepted
after 7:30am

(except beginner girls caddy)

The format used for Winter Championships is a straight knock out. There will be 3 placings awarded for each division. Bring your wetsuit and some warm clothes!

The canteen crew will have the BBQ fired up with bacon and egg rolls, hot coffee, tea and milo.

Vests and hoodies should be ready for those who ordered them.

See you at the beach.

Rob.



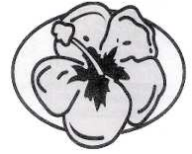
Waiting for the waves to come!

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

honeyoceansearch 

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Reece was in charge of the club's new motorised esky!



The boys cook up a storm on Saturday night



Pete's new UFO tent!



I'm too sexy for my pants!!!



Jo goes old school and warms up for the waves

SPONSORS



CODE OF RESPONSIBILITY

Members please be aware that there are inherit 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.