



Special points of interest:

- Next Comp Day: Sunday 11th September 2011
- MNCGS Classic 8th & 9th October 2011

2011, Issue 9

5th September 2011

MID NORTH COAST GIRLS SURFRIDERS INC

News from Rob & Jo...

As we had no competition in August we have just included a few reminders in this edition.

- ◆ SEPTEMBER COMP: Don't forget this is a 'double points' round, so make sure you turn up at 7am, this Sunday 11th September for a great day of surfing and fun with the girls.
- ◆ MID NORTH COAST GIRLS SURF CLASSIC 2011: This will be held on the 8th and 9th of October at Rainbow Beach. Our club will be hosting the comp and it is a great weekend to be involved in surfing, with lots of fun and friendship. Entry forms were attached to your August Newsletter, so make sure you get your entry in soon to secure your spot in this great comp.
- ◆ RAFFLE TICKETS: These were also included with your August Newsletter, for an awesome mini mal that will be raffled at the Classic. If you have sold all your tickets, please return them at the September Comp.



Beginner Girls - Caddy at the Winter Champs

Oxfam Trail Walkers...

A huge congratulations to Di, Deb, Caryn & Mandy, better known as the Mid North Coast Good Sorts who completed the Oxfam Trail Walk last weekend. 550 teams set off on Friday 26th August through the bush land of Northern Sydney, from the Hawkesbury to Sydney Harbour, walking 100kms within 48hrs. The girls put in a great effort for their first attempt at the walk, finishing the course in 39hrs & 3mins, in 492nd place. The team also raised a massive \$6000 for Oxfam charities around the world. Great effort girls, we are all very proud of you and can't wait to hear your war stories about leeches, blisters, conversation topics...



Intermediate Longboard 'Competitors' at the Winter Champs.

If you'd like to order a copy of photos from the Winter Champs please see Mel at the September Comp.

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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 Surf Riders Code of Responsibility for a great surfing session. Entering and leaving the water be careful of shore duffers, 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.

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