



An awesome start to the trainings last week. A lot of keen people turning up, all ages and fitness levels. Don't be shy this week.

TRAINING SCHEDULE

MONDAY 18 JULY TO SUNDAY 24 JULY

- Monday 5.30am Swim – Aquatic Centre
3.30pm Run/Craft – Oakura (weather permitting)
- Tuesday 9-11am Juniors – Education, Beach, Water – NPOB Club
5.30pm Fitness – Highlands
- Wednesday
- Thursday 5.30am Swim – Aquatic Centre
3.30pm Run/Craft – Oakura (weather permitting)
- Friday 5pm Club night Champs – Aquatic Centre
- Saturday 8am Beach run - Oakura
- Sunday 5pm Club night – Aquatic Centre

AGM

Friday 29 July, 5.30pm at NPOB Clubhouse. Please ensure all nomination forms are returned no later than 20 July, npobsurfclub@xtra.co.nz

CLUBBIE PROFILE

FENTON MACARTHUR

- 11 years old
- Who is in your family?
Scott, Karen, Kingston, Taco (The Cat)
- What school do you go to?
Oakura
- What got you started in SLS, how many years have you been involved?
4-5 Years
- What is your biggest / best accomplishment in SLS?
Competing at Oceans 2016
- Worst moment?
None
- What is your favourite part about NPOB Surf Club?
Friends
- What is your most embarrassing moment at NPOB Surf Club?
Don't have one.
- What is the best advice you have been given?
Keep your technique.



Do you have a role model?
My Dad, because he's a Lifeguard.
Do you have a favourite saying / motto?
Go hard or go home.



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