



AGM

This Friday, 29 July, 5.30 at the clubrooms.

Bar will be open from 5pm onwards, complimentary drinks & nibbles to thank everyone for their support throughout the season.

Beach Clean Up

Countdown, through a group of its store managers from Taranaki and Wanganui have put together a team to participate in a group activity that will benefit the community. As Countdown Spotswood has a good relationship with NPOB Surf Club they have kindly offered to come out to the club and help with a beach clean-up.

Club will be open from 3.30, would be great if we could get a good number down here to help out and show our support. Casey will be here and will organise a activity for afterwards (depending on what the weather is up to).

Pool Champs

Another good turn out tonight last night of both juniors, seniors and the more experienced in life.

The dates for New Zealand Pool Champs are Friday 7th October - Sunday 9th October at the Sir Owen G Glenn National Aquatic Centre which is located in Albany, Auckland.

I would like to know who is intending on attending both as a competitor and spectator as we need numbers to confirm our accommodation.

Please let me know either by email deannik@xtra.co.nz or 0275535231.

Cheers Deano

Taranaki Steelformers Around the Mountain Relay

A annual running event around Mt Taranaki, Friday 4th November. A 150km relay with 10 to 16 team members, with distances between 3 and

11km. Friday 4th November. Teams to suit all abilities.

Let us know if you are keen, npobsurfclub@xtra.co.nz

Training Schedule

Monday 25 July to Sunday 31 July

Monday	Aquatic Centre 5.30-7am 7-8am
	Craft (seniors) 5pm Ngamotu Beach
Tuesday	Beach Clean Up 3.30pm NPOB Club



Fitness @ Highlands
5.30pm

Wednesday

Thursday Aquatic Centre
5.30-7am
7-8am

Craft (juniors)
4pm Oakura Beach

Friday Pool Champs Race Skills
5-6pm Aquatic Centre

Saturday

Sunday Pool Champs / Club Night
5pm Aquatic Centre

* Beach/craft sessions are subject to change between Oakura and Ngamotu dependant on weather. Any changes/updates will be advised through text and Facebook.

Clubbie Profile

Oli & Sophia Winstanley

How old are you?

Oli – 8 years

Sophia - 7 years

Who is in your family?

Oli, Sophia, Simon & Frieda

What school do you go to?

Mangorei School

When did you start surf lifesaving?

3 years ago at East End, last season we moved to NPOB.

What is your favourite part about NPOB Surf Club?

Having fun in the water and playing games.

What is the best advice you have been given?

Check the conditions and know your limits.

Do you have a role model?

Our Dad because he is a lifeguard and a champion surfboat rower.

Favourite saying?

Oli – 'Do you what you love and love what you do'

Sophia – 'Taranaki tough!'



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