



**Pool Champs**

Training this Sunday at Bell Block with East End and Fitzroy at 1.30pm.

\*\* There will be no club night\*\*

Don't forget to let Deano know if you haven't already if you are keen to compete at Pool Champs in Auckland, Friday 7<sup>th</sup> October – Sunday 9<sup>th</sup> October, [deannik@xtra.co.nz](mailto:deannik@xtra.co.nz) or 0275535231

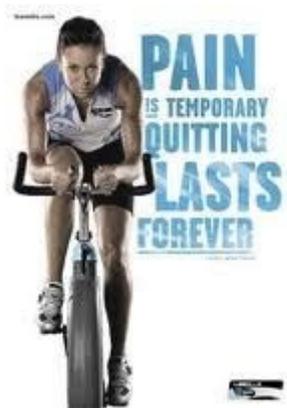
**Taranaki Steelformers Around the Mountain Relay**

It's not too late to let Casey know if you are wanting to join in a team, everyone and all abilities welcome.

Friday 4<sup>th</sup> November, 150km relay with 10 to 16 team members, with distances between 3 and 11km. Let us know if you are keen, [npobsurfclub@xtra.co.nz](mailto:npobsurfclub@xtra.co.nz)

**Rampage Fitness City Gym**

Feel like doing a spin class? Get along to Rampage City Gym and get your free pass to the 5.30pm class on Wednesdays. Summer is just around the corner, get down there and spin away your winter wobbles! Free passes for NPOB members at the front desk.



**Training Schedule**

**Monday 08 August to Sunday 14 August**

Monday	Run - Seniors 5.30pm Pukekura Park
Tuesday	Aquatic Centre 5.30-7am 7-8am
	Fitness @ Highlands - All welcome



	5.30pm	
Wednesday	Spin Class (free pass at front desk for NPOB members) 5.30pm at Rampage Fitness	
Thursday	Aquatic Centre 5.30-7am 7-8am	
Friday	Craft & fitness (juniors) 3.30pm Oakura Beach	
Saturday	-	
Sunday	Pool Champs / Club Night 5pm Aquatic Centre	



### Clubbie Profile

#### Mark Dingle – NPOB Chairperson

Do you have a nickname?

Ross

How old are you and when is your birthday?

50 - 31<sup>st</sup> May

Who is in your family?

Sarah, Lily, Jack, Sam

Do you and Ross intentionally try and trick people?

Not intentionally, but there have been one or two classic cases of mistaken identity.

Do you ever try to get your boys to a hairdresser?

Often, but without much success. Jack gets Lachie to cut his hair just inside the allowable limits of the Boys High hair policy, so it's actually Lachie's fault.

What do you do for a living?

I work for Vector AMS, I have a contract management role, working with companies who install SMART Electricity Meters onto people's houses throughout New Zealand.

What got you started in SLS, how many years have you been involved?

Lily, Jack & Sam got me started in Surf Life Saving, I think I have been involved for about ten years, and I love it.

What is your biggest / best accomplishment in SLS?

Coming up with the idea for, and then organising the NPOB camp. Thanks to a huge team effort, from many clubbies, the camp is now in its third year and is looking like a regular feature on our annual calendar.

Worst moment?

The surf swim at last year's Eastend Bronze refresher, it was freezing cold, blowing a gale & I did not enjoy it. (But I encourage everyone to get their Bronze & do their refreshers)

What is your favourite part about NPOB Surf Club?

The people and the Surf Club environment.

What is your most embarrassing moment at NPOB Surf Club?

Tumble Turning at pool champs and coming up right under the lane rope, in a pool full of spectators.

What is the best advice you have been given?

"Measure twice, cut once".

Do you have a role model?

People who have achieved amazing things through hard work and commitment, but who also give back. People like Sir Edmund Hilary and Richie McCaw.

Do you have a favourite saying / motto?

"Just Do It".

Any secrets you can share about the club?

It's not really a secret, but it is probably not well known, Club patrols commenced at Ngamotu Beach in 1921.

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