



SLSNZ Courses

Those wanting to upskill in Surf Sport (Coaching and IRB's) Lifeguarding and Official Marshalling, please let me know and I can check through your current qualifications and see what you are eligible for. The SLSNZ website and Taranaki Facebook page will have all courses available very soon. If you see one you think you are keen on please notify myself.

Goal Setting

Please contact me during the month of **September** regarding your own personal and club/lifesaving goals for the season. I can arrange a time to meet so we can discuss how we can accommodate your needs/wants (all levels - Masters, Seniors, Juniors).

Casey

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Quiz Night - Friday 2nd September



Paid Regional Guards

Applications close 04 September. Check out the SLSNZ website for further details.

Training Schedule

Monday 29 August to Sunday 04 September

Monday Run / Sprints (seniors)
5.30 Pukekura Park

Tuesday Aquatic Centre
5.30-7am



	7-8am
	Fitness @ Highlands - All welcome 5.30pm
Wednesday	Spin Class - All welcome (parents included) 5.30pm at Rampage Fitness
Thursday	Aquatic Centre 5.30-7am 7-8am
	Beach Skills & Craft (juniors) 3.30pm Oakura Beach
	Craft (seniors) 4.30pm Oakura Beach
Friday	
Saturday	Run / Sprint / Craft - All welcome 9am Oakura Beach
Sunday	Club Night 5pm Aquatic Centre



Clubbie Profile

Aimee Daniels

Nickname?

Aimz

How old are you and when is your birthday?

16 years old, 27 April 2000

Who is in your family?

Mum – Doreen, Dad – Jack & sister Emma

What school do you go to?

Sacred Heart Girls College

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

To feel safe at the beach.

What is your biggest / best accomplishment in SLS? Worst?

Best – winning tube rescue nationals title.

Worst – ski at nationals.

What is your favourite part about NPOB Surf Club?

Everyone gets along well and accepting of others. We all know each other.

What is the best advice you have been given?

What happens will happen, do the best you can.

Do you have a role model?

Ayla.

Do you have a favourite saying / motto?

I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'

Any secrets you can share from your patrol team?

Secrets are secret, what happens on patrol stays on patrol.



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