

## C.S.L.S.C New Member Contacts for Competition

Please note this information is likely to change over the course of the season. The following is provided as at September 1 2009. Please refer to the website for the most recent information.

Arena	Division (if applicable)	Name	Email	Contact Number
General Inquires (all)		James Bairstow	<a href="mailto:captain@cottsurf.com">captain@cottsurf.com</a>	0419048867
		Paul Bossong	<a href="mailto:vicecaptain@cottsurf.com">vicecaptain@cottsurf.com</a>	0448882733
Nippers to Under 14's		Dean Davidson	<a href="mailto:development@cottsurf.com">development@cottsurf.com</a>	0438930063
Under 15 to Under 19s		Katie Redbond	<a href="mailto:junioractivities@cottsurf.com">junioractivities@cottsurf.com</a>	0413908943
Beach		Courtney Franz	<a href="mailto:beachsprinters@cottsurf.com">beachsprinters@cottsurf.com</a>	0425824844
Skis		Paul Gohrt	<a href="mailto:boardandski@cottsurf.com">boardandski@cottsurf.com</a>	0403253555
Boards	Open	Paul Gohrt	<a href="mailto:boardandski@cottsurf.com">boardandski@cottsurf.com</a>	0403253555
	Under 11 to Under 19s	Carla Payne	-	0413090242
Boats	Open Mens and Under 19	Mike Cameron	<a href="mailto:Michael.camron@optusnet.com.au">Michael.camron@optusnet.com.au</a>	0413481380
	Open Womens and Under 23	Jeff Burling	<a href="mailto:thegrasscutter@hotmail.com">thegrasscutter@hotmail.com</a>	0419046369
	Reserves	TBA	-	
IRBs		Karl van Zwol	<a href="mailto:irb@cottsurf.com">irb@cottsurf.com</a>	0414260490
Aussies Touring Team Manager		John Lishman	-	0408110479

## C.S.L.S.C Training Times

The following are provided as a guide only. All sessions are open to all, but it would be advisable to contact the relevant session leader before attending your first session.

Day	Time	Arena	Session	Level*	Location	Session Leader	Contact Number
Monday	5:30am – 7:00am	Ski	Ski	A	The Coomb	Various	-
	6:00pm – 7:00pm	Open Women Boats	Ergos	I	Cott Gym	Sophie Madden-Scott	0410523105
	5:30pm – 6:30pm ^	Beach	Distance	B / I	Cott Clubhouse	Phil Edwards	-
Tuesday	5:00am – 7:00am	Under 23 Boats	Rowing	I	Cott Boatshed	Jeff Burling	0419046369
	5:15am – 7:00am ^	Skis	Ski	A	Cott Boatshed	Peter Leaversuch	-
	5:30am – 7:00am	Open Mens Boats	Ergos	I	Cott Gym	Mike Cameron	0413481380
	5:00pm – 6:00pm	Under 23 Boats	Ergos	I	Cott Gym	Meg Chute	0423159072
	5:30pm – 7:00pm	Skis	Ski	A	Mosman Bay Boatramp	Glenn Eldon	0419837345
Wednesday	5:30am – 7:00am	Ski	Ski	A	The Coomb	Various	-
	5:45am – 6:45am	Beach	Running	B / I	Cott Clubhouse	Courtney Franz	0425824844
	5:45am – 6:45am	U11 – U19	Board	B / I	Cott Boatshed	Carla Payne	0413090242
	6:00pm – 7:30pm	Open Mens Boats	River Rowing	I	Fremantle Rowing Club	Mike Cameron	0413481380
Thursday	5:00am – 7:00am	Under 23 Boats	Rowing	I	Cott Boatshed	Jeff Burling	0419046369
	5:15am – 7:00am ^	Skis	Ski	A	Cott Boatshed	Peter Leaversuch	-
	5:30am – 7:00am	Open Mens Boats	Ergos	I	Cott Gym	Mike Cameron	0413481380
	5:00pm – 6:30pm	Beach	Running	B / I	Cott Clubhouse	Courtney Franz	0425824844
	5:30pm – 7:00pm	Skis	Ski	A	Mosman Bay Boatramp	Glenn Eldon	0419837345
Friday	5:30am – 7:00am	Ski	Ski	A	The Coomb	Various	-
	5:30pm – 6:30pm	U11 – U19	Board	B / I	Cott Boatshed	Carla Payne	0413090242
	5:30pm – 6:30pm #	Beach	Running	B / I	Cott Club House	Guest Coaches	0425824844
	6:00pm – 7:00pm	Open Mens Boats	Rowing	I	Cott Boatshed	Mike Cameron	0413481380
	6:00pm – 7:00pm ^	All	General Fitness	B / I	Cott Club House	Personal Trainer	

Day	Time	Arena	Session	Level*	Location	Session Leader	Contact Number
Saturday	6:00am – 7:30am	Ski	Ski	A	Brown St, East Perth	Glenn Eldon	0419837345
	7:00am – 9:00am	Under 23 Boats	Boats	B / I	Cott Boatshed	Jeff Burling	0419046369
Sunday	7:00am – 8:30am	Skis	Ski	A	Cott Boatshed	Glenn Eldon	0419837345
	8:00am – 9:00am	U8 – U14	Board	B / I	Cott Boatshed	Brett McCarthy	
	8:00am – 9:00am	U15 – U19	Board	B / I	Cott Boatshed	Carla Payne	0413090242
	8:30am – 9:00am	Skis	Ski	B	Cott Boatshed	Stan Davies	0403304361
	8:00am – 9:00am	Beach	Running	B / I	Cott Clubhouse	Courtney Franz	0425824844
	9:00am – 10:45am	All	Club Competition	B / I / A	Cott Boatshed	Rod Sarson	93413179
	9:00am – 10:00am	Open Mens Boats	Rowing	I	Cott Boatshed	Mike Cameron	0413481380

^ Commencing in October

# Special events only. Will be advertised.

\* Levels:

- (B) Beginner Assistance for technique and equipment will be provided. It's a good idea to contact the session leader first.
- (I) Intermediate Some instruction, but a basic level of proficiency will be assumed. If arranged earlier, you may be able to get assistance with equipment.
- (A) Advanced Essentially a training group. Little instruction will be provided beyond finetuning. You are expected to be at a serious level of expertise and fitness and have your equipment arranged ahead of the session.

### Sunday Competition

- Sunday competition will commence at 9:00am on Sunday mornings from the start of October until the end of March.
- Sunday competition is intended to allow club members to compete in the majority of the events that will be contested at State Titles.
  - At 9:00am each week, handicapped rounds of board and ski races will be conducted.
  - At 9:45am, an alternative event will be conducted (either the tube race, ironman, board rescue, taplin/cameron relay, beach sprints/flags or the double ski, depending on conditions).
  - Club announcements will be made at 10:15am.
  - Sunday competition will conclude at 10:30am with the Club swim.

## Competition Dates

### National Championships

Australian Titles

16-21 March 2010

Kurrawa, Queensland

### State Championships:

WA Surf Life Saving Championships  
Westpac Junior State Championships  
Master's State Championships  
R&R State Championships  
WA Lifesaving Championships  
WA Country Championships

Sat 27th & Sun 28th February 2010  
Sat 6th & Sun 7th March 2010  
Sunday 14th February 2010  
Sunday 14th February 2010  
Sunday 21st February 2010  
Saturday 13th February 2010

Secret Harbour SLSC  
Trigg Island SLSC  
City of Perth SLSC  
City of Perth SLSC  
Floreat SLSC  
City of Perth SLSC

### Surf Premierships Series

Round 1  
Round 2  
Round 3\*  
Round 4  
(\*Bonus round - double points available)

Saturday 12th December 2009 (AM)  
Sunday 10th January 2010 (AM)  
Saturday 23rd January 2010 (11am)  
Saturday 6th February 2010 (PM)

Fremantle SLSC  
Trigg Island SLSC  
Bunbury  
Sorrento SLSC

### The Navy Surf Boat Series

Round 1  
Round 2  
Round 3 \* (with Surf Premiership Series round 1)  
Sunset Sprints  
Round 4 \* (with Surf Premiership Series round 2)  
Round 5

Sunday 15th November  
Saturday 28th November  
Saturday 12th December 2009 (AM)  
Friday 18th December (3.00PM)  
Sunday 10th January 2010 (AM)  
Saturday 13th February 2010

Scarboro Beach SLSC  
Secret Harbour SLSC  
Fremantle SLSC  
Cottesloe SLSC  
Trigg Island SLSC  
City of Perth SLSC

### Retravisio Board and Ski Series

Round 1  
Round 2  
Round 3

Saturday 14th November 2009 (7.00am)  
Friday 27th November 2009 (5.30pm)  
Friday 4th December 2009 (6.00pm)

TBA  
TBA  
TBA

### Retravisio Beach Series

Round 1  
Round 2

Sunday 22nd November 2009 (9am)  
Sunday 6th December 2009 (9am)

TBA  
TBA

### Junior Events

Junior Carnival #1  
Junior Carnival #2  
Junior Carnival #3  
Junior Carnival #4 (QUALIFIER)

(AM) Sunday 13th December 2009  
(11am) Saturday 23rd January 2010  
(AM) Sunday 7th February 2010  
Sunday 21st February 2010

Fremantle SLSC  
Bunbury SLSC  
Sorrento SLSC  
Trigg Island SLSC