

Henley Surf Lifesaving Club

Senior Competitors



Age groups

Under 14, 15, 17, 19 & Open

Training times

Boards

All age groups

- **Monday & Wednesday 5:30pm**
(Board Coordinator - Daniel Hogan
0416669190)

Ski

Under 17 & above

- **Monday, Wednesday & Friday 6am**
- **Friday 5:30pm**
- **Saturday & Sunday 7:30am**
(Ski Coordinator - Gerard Cod;
0400262339)

Iron man

All age groups

- **Friday 5:45pm**
(Daniel Hogan 0416669190)

Swimming

All age groups

- **Immanuel College; Tues & Thurs 6pm. \$4 per session.**
- **Club swim – Saturdays 1:45pm before Nippers.**
(Swim Coordinator - Andrew Lanyon;
0488656161)

Gym

SRC with supervision only

- **Supervised sessions on Tuesday and Thursdays from 430pm with Gary Tredrea.**
(Gym coordinator – Gary Tredrea
0402006133)

Surf boats

16yrs & above

- Boat coordinator - Darren Hocking;
0428815133

Beach

All age groups

- **Monday 6pm at Port Adelaide Athletics Club (Sprints)**
- **Tuesday 5:30pm at HSLSC club (sprints/relays)**
- **Thursdays 6pm at Santos Stadium \$6pp.**
- **Fridays 5pm at HSLSC club (flags)**
(Contact Peter Burdett; 0400243136 for more information about trainings)
(Beach Coordinator - Paul Martin;
0430596006)

H.E.T

(Henley Extreme Team)

- **Camps and social activities**
(Contact Beck Forrest; 0418802522 or Ed Gates; 0497068389)

Keen to compete?

Contact the Surf Sports Managers;
competition@henleyslsc.com.au
Emma Cassidy; 0425659536
Matthew Gardner; 0412849388

Henley Surf Lifesaving Club

2017/2018 Events



All areas

Surf sports - under 14, 15, 17, 19, Open & Masters

Surf boats – under 19, 23, Open, Reserves, Masters

Updates regarding events can be found on the Henley Surf Lifesaving Club Members only face book page.

OCTOBER

- **29th Senior Carnival #1 – all areas (Seacliff)**
*State team selection
- **8TH Port Elliot Island Row**
- **22nd Head of the Onkaparinga – surf boats only**
- **29th Senior Carnival #1 – all areas (Seacliff)**
*State team selection

NOVEMBER

- **8th Surf Sisters Water Craft Rescue**
- **19th Senior Carnival #2 – all areas (Aldinga)**
*State team selection

DECEMBER

- **3rd Senior Carnival #3 – all areas (Location TBC)**
*State team selection
- **9th Senior Carnival – all areas (Robe) *State team selection**
- **10th Seacliff SPR & Surf Sisters Paddle**

JANUARY

Vacswim 2nd-14th

- **13th ASRL SA Twilight Event (location TBC)**
- **19th Australian Interstate Champs**
- **20th ASRL – Surf boats only (Moana)**
- **20th Mid coast challenge (location TBC)**
- **21st Senior Surf Sport Event – all areas**

FEBRUARY

- **4th Brighton Jetty Classic – surf boats only**
- **10th West Beach pink & blue swim**
- **16th – 18th ASRL OPEN - Surf boats only (Eloura, NSW)**
- **17th & 18th Lifesaving events state champs**
- **25th Senior Carnival #4 – all areas (location TBC)**

MARCH

- **3rd Masters State titles – surf boats only**
- **4th ASRL – South Port Coopers Classic**
- **17th & 18th MASTERS STATE TITLES (location TBC)**
- **24th SENIOR STATE TITLES (location TBC)**

APRIL

- **14th – 22nd AUSTRALIAN TITLES (Perth, WA)**

MAY

- **6th IRB Carnival #1 (location TBC)**
- **13TH IRB Carnival #2 (location TBC)**
- **27TH IRB Carnival #3 (location TBC)**

JUNE

- **9TH IRB Carnival #4 (location TBC)**
- **10TH IRB Carnival #5 (location TBC)**
- **16th and 17th Pool Rescue**

JULY

- **1ST IRB STATE CHAMPS (location TBC)**
- **14TH & 15TH POOL RESCUE STATE CHAMPS**

Keen to compete?

Speak to your area coordinator OR Contact the Surf Sports Managers;

competition@henleyslsc.com.au

Emma Cassidy; 0425659536

Matthew Gardner; 0412849388

