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# Noosa District State High School Newsletter

## Cooroy Campus

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**27<sup>th</sup> August 2009**

## PRINCIPAL'S NEWS

Dear Parents

### Yr 12 QCST

Good luck to our Year 12s who sit for the Queensland Core Skills test next Tuesday and Wednesday.

### Yr 11 QCST

Our Year 11 OP eligible students will have an all day practice of QCST papers next Thursday following the Yr 12 tests.

### DISTRICT ATHLETICS CHAMPIONS – Again !

Congratulations to our students who represented Noosa District SHS at the District Athletics carnivals in the recent weeks. Special mention to Murray Gordon who as Sportsmaster had been the driving force to have students participate – much of our success is the number of students who compete in more events than they are nominated for. Almost every event has a Noosa High competitor!

### MIDDLE SCHOOL LEARNING EXPERIENCES

Our leadership team is currently reviewing the learning experiences in Years 8 & 9 to ensure our students are not only engaged in relevant learning activities but also that we have support structures in place to ensure all students are being challenged to achieve to their potential. Policies including bookwork, homework, literacy and numeracy are being reviewed for consistency across all key learning Areas. I congratulate Ian Yarham and the Heads of Department for this critical work they are undertaking in their already busy lives.

### SCIENCE BLOCK UPGRADE

The National Schools Pride money will be spent on the refurbishment of the F Block laboratories and Prep room. The work the Science staff under the leadership of Vanessa Quinlivan is to be commended. The \$200,000 does not go very far having architects involved! The work should be completed by the time we return in 2010.

A busy few weeks ahead with students involved in assessment right up to and including the last day of term.

Cate MacMillan  
Principal

## **LACROSSE**

An exhibition game of lacrosse will be played at Cooroy State School at 2.00 pm on Saturday 29 August. Noosa District State High School will combine players with Nambour State High to play a scrimmage designed to improve the skills of the Sunshine Coast players and to attract new players and coaches to the sport.

Lacrosse was originally played by Native Americans of the northeast to simulate war during periods of peace. Goals were often kilometres apart and getting caught with the ball could be fatal. The modern version of the sport is not lethal but combines all the elements of running, hitting, team strategy, high skill development and excitement. Players wear a full face helmet, heavy gloves, and arm pads to keep from getting bruised by contact with sticks or other players. The ball is hard rubber. The game has similar strategies to field hockey but involves full body contact and the ball can be played with the feet.

Any boys who would like to join a team or men who would like to coach can call Steve Hall on 0431543290

## **POMONA CAMPUS NEWS**

### **NORTH ZONE ATHLETICS CARNIVAL HELD ON 13<sup>th</sup> AND 19<sup>th</sup> AUGUST**

Four students from our Pomona Campus who made the North Zone athletics finals did very well. Congratulations Jack Mountford who is moving onto the Sunshine Coast Regional Athletics Carnival representing us in the high jump for 13 year boys. Jack was placed first at the North Zone Athletics Carnival. Congratulations Cory Boulton who competed in seven events, long jump, triple jump, high jump, discus, javelin, 200m and 400m sprints. His best results were third place in long jump and triple jump. Cory is a reserve for these events at the Sunshine Coast Regional Carnival. Billy Mahony was to compete in the 3000m long distance race but due to unforeseen circumstances he was unable to compete on the day. Alex Mahony ran in the 800m and was placed fourth. The boys' results adding to the total has helped make Noosa District SHS first overall winners again!

### **SUNSHINE COAST LOTE COMPETITION – 30<sup>th</sup> AUGUST**

Students who will represent NDSHS Pomona Campus are Alicia Berlin, Laura Kennedy, Brodie Popple from year 8 and Tremayne Gordon from Year 9. Mrs Mason, our LOTE teacher, is one of the organizers for the Sunshine Coast's multi-cultural festival at the Sunshine Coast University. Students are required to speak several pages of Japanese without palm cards and a series of comprehension questions will be asked to determine their knowledge of Japanese.

### **YEAR 8 SOSE**

As part of Year 8 SOSE, Disasters and Extinctions Unit, Pomona Campus hosted a presentation by Mates of Marysville founder, Gayne Emblin – CEO Ritek Building Solutions based in Cooroy. The Mates of Marysville has been formed with the aim of raising the necessary funds to provide community support via Marysville Lions Club. Gayne presented a photo story about his Marysville experience.

### **QCATs – QUEENSLAND COMPARABLE ASSESSMENT TASKS**

This is for all Year 9 students across Queensland and the three areas being tested this year are Mathematics, Science and English. Students will have within the next 8 weeks a 90 minute lesson in each area to help them prepare and understand the requirements needed

to sit each assessment task. The length of each assessment task is also 90 minutes which can be delivered over 2-3 lessons. Results from these tasks will be on their final report card.

### **PARENT OPINION SURVEYS**

The time taken to complete the opinion survey and return to the office is much appreciated. They have now been sent off to the relevant authorities to be collated and the results will be published later in the year. All schools are compared across the state from the information given.

### **RESPECT AT SCHOOL**

At our school we follow four values. The values are Respect, Courtesy, Co-operation and Safety.

Students have values sheets shown in each classroom which are referred to regularly. Over the next several weeks we will provide you with the meaning of each value. First one will be RESPECT.

When you think about it, **respect** is probably the most important attribute one can have. Respect has several meanings

- **Having regard for others** That means accepting that other people are different but just as important as you feel you are. Some people may call this tolerance
- **Having a proper respect for yourself** That means that you stand up for yourself and don't let yourself be talked into doing stuff that you know is wrong or makes you feel uncomfortable.
- **Not interfering with others** (or their property.)
- **To consider something worthy of high regard** That really means taking all those other values and living them.

When you're at school you will have to learn some different ways to **respect** others and yourself.

- You will meet with people from different backgrounds, maybe different countries, cultures and religions.
- Some people will look very different from you and your family.
- Some people will behave very differently from you and your family.
- You can **respect** their differences and expect that they will **respect** yours.
- If people are behaving badly towards you and hurting you or your feelings, then you cannot, and must not, **respect** their unkind behaviour.

**Bullying and harassment should never be tolerated.**

### **Earning respect for yourself**

Earning **respect** from yourself is probably harder than earning **respect** from others.

- If you aim to be an honest, caring person who accepts that everyone is different, always tries hard and is willing to share and help others, then living up to your aims can be very difficult.

- Don't give yourself too hard a time if you sometimes make mistakes. Mistakes are what we learn from.
- Earning **respect** from others is easy if you live by those values, because people will soon know that you are the kind of person who can be trusted to do the right thing, behave in a caring way and **respect** others' rights to be themselves.

<b>DATES TO REMEMBER</b>	
11 <sup>th</sup> September	Noosa Show Holiday
18 <sup>th</sup> September	Last day of Term 3

Regards

Stewart Worboys  
Head of Campus

## COMMUNITY NOTICES

### **2009 Child Protection Week: 6<sup>th</sup> - 12<sup>th</sup> September**

#### **Theme: “Take action for Child Protection”**

Attached is a second article developed for use in school newsletters to promote 2009 Child Protection Week.

It focuses on personal safety and protective behaviours, and aims to provide parents and caregivers with some practical suggestions for addressing this topic with children.

*Child Protection Week – Take action for Child Protection* [www.ndshs.qld.edu.au/redir/protweek.pdf](http://www.ndshs.qld.edu.au/redir/protweek.pdf)

It is more aimed at personal safety within the community (around the risk of abduction) rather than the risk posed by adults who are known to a child. For this reason the content might be more suitable for younger children rather than adolescents. One suggestion to consider for secondary school aged students would be to focus on the risks associated with the use of technology. The newsletter article shared with the GO discussion list previously by Liz McNeill on “Cyber Bullying” could be a useful resource in this regard.

Please read through the content of the attached article carefully in order to consider its suitability for use in your particular school context.

## COOROY COMMUNITY KINDERGARTEN FETE

*Fete poster* [www.ndshs.qld.edu.au/redir/feteoutlines.pdf](http://www.ndshs.qld.edu.au/redir/feteoutlines.pdf)

## MENTAL HEALTH WEEK – ART COMPETITION

[www.ndshs.qld.edu.au/redirect/artcomp.pdf](http://www.ndshs.qld.edu.au/redirect/artcomp.pdf)

You are invited to create and share art that explores how to

**‘Be Active, Get Connected, Stay Involved’**

To celebrate mental health Week 2009, all students from grade 6 to 10 are encouraged to get involved and have the chance to win a share of \$1000 worth of prizes!!!

## LIFELINE COMMUNITY CARE

Greater Sunshine Coast

Are

Urgently seeking

Volunteers to lend a couple of hours at the best Father’s Day event on the Coast

**“Doing Dads Proud”**

[www.ndshs.qld.edu.au/redirect/DDPfact.pdf](http://www.ndshs.qld.edu.au/redirect/DDPfact.pdf)

Whether you are happy to:

- sell merchandise or showbags,
- manning the donation points,
- setting up chairs and tables,
- mini market place coordinator,
- lunch break rotation,
- community stage helper,
- Swimming Pool games and activities helper or
- Site cleaning in the beautiful park, post event
- Minor traffic control of cordoned off car park (licence/ticket reqd)

We have plenty of exciting tasks for all who would like to volunteer.

Lunch, refreshments and a certificate of appreciation will be provided to all volunteers.

**To offer your help, even just 2 hours of your time, please phone 5443 5366.**

### Media Contact

Carly Buxton

Lifeline Community Care QLD

Greater Sunshine Coast Region

P:5443 5366

F:5443 8642

E: [carly.buxton@lccq.org.au](mailto:carly.buxton@lccq.org.au)

### WHY NOT INVITE AN EXCHANGE STUDENT TO STAY WITH YOU?

Learn about Sophie, [www.ndshs.qld.edu.au/redirect/sophie.html](http://www.ndshs.qld.edu.au/redirect/sophie.html)

My name is Patricia Clunes and I am the Queensland Coordinator for Nacel Australia, a cultural and student exchange program.

I am writing to see if your school could advertise for a possible host family for Sophie who arrives in Australia on 4 September and will be here until June 2010.

While being hosted by one family is ideal, Sophie could be hosted by up to 3 host families. If you would like more information then I can be contacted on the telephone numbers listed below or my email.

Yours faithfully

Patricia Clunes

Tel: 54986066

Mobile: 0410 617 825

## **CYBER BULLYING**

Bullying comes in many forms but one of the most sinister forms is through technology (the internet or mobile phones) in the form of MSM messaging, emails, face book etc.

Psychologist Michael Carr-Greig is a founding member of the national centre for bullying. He works for Beyond Blue, and he's also been called upon to help counsel the students in the latest loss of life through cyber bullying. He states that cyber bullying is worse than school yard bullying as it can continue 24/7. Because the bully doesn't need to see its victim the bullying is often more intense, and more frequent and can be far more damaging. Cyber bullying is difficult to get away from as today's youth are in many ways so deeply dependent on their phones and computers to develop or increase their social network, that banning them would be what the kids would call 'social death'.

Here are some ideas:

- Talk to your child about bullying – ask them if it has or is happening to them either face to face or through the mobile or internet. If it is happening act now.
- Supervise your child's internet and mobile usage (with teenagers this may be more difficult but as children need 8.25 to 9.25 hrs of good sleep each night encourage the mobile to be turned off and left outside the bedroom).
- Limit internet usage. Where possible have the computer in a public area)
- Watch for changes in your child's behaviour – Are they withdrawn or not themselves? Are they sad/ tearful/angry/ not enjoying things they may have once enjoyed? Is school work affected? These factors may indicate depression. It may also indicate that your child is unwell.
- As bullies thrive on secrecy, if you, the parent know about bullying then report it – to the school or police and ensure follow up with you occurs.

Michael Carr-Greig states that to help children be resilient:

- They need to have an adult in their life who they feel safe with (and will feel comfortable talking to)
- Children need to learn social and emotional skills – both at home and at school.
- Provide a balanced life for your child – school is one part of their life. Involve them also in the arts, music, sport, leisure.
- Teach your child to self- talk positively – it's just as easy to say something nice about yourself as it is to put yourself down
- Provide spiritual awareness – being connected to something/someone that transcends this world helps with people to cope with problems.

If you need more help on this issue, these numbers may be useful Lifeline 131114 or Beyond Blue 1300 224 636 or speak to your Guidance Officer at your school.

*Adapted from Michael Carr Greig's Radio Conversation 22/7/09*

ABC radio interview [http://blogs.abc.net.au/queensland/612\\_morning/index.html](http://blogs.abc.net.au/queensland/612_morning/index.html)

## **RINGS OF FIRE PRESENTATION**

*Rings of Fire Presentation, [www.ndshs.qld.edu.au/redir/rof.html](http://www.ndshs.qld.edu.au/redir/rof.html)*

My name is Amanda Pool, I am 16, and a student at Maroochy SS. I am raising funds for Riding for the Disabled. We are working very hard to get ready for the show; training, practicing, working the horses so that they are in top condition, and seeking sponsors to cover the set up costs.

Michael has been training us for free and we practice 3 times a week or more.

Our local RDA centres at Yandina and Caboolture suffered losses in the recent floods. Riding for the Disabled provides a very valuable service to the community and depends mostly on donations to operate.

**Please help us promote this event so that we can raise a good amount of money.**

Thank you

Amanda Pool

### **“STRONGER FAMILIES PROGRAM”**

St Vincent de Paul's Stronger Families Program is a wonderful opportunity to draw on your life experience, your skills and your heartfelt desire to be of help to others in our community.

**“Stronger Families” is a project aimed at assisting families in-home in practical and educational ways.**

Volunteers have assisted families in a variety of specific ways: eg. offering encouragement & support, assisting parents to learn how to cook a healthy meal, helping families develop routines, teaching practical & positive parenting strategies and modelling ways that parents can play with their kids.

Volunteers are trained and supervised to non-intrusively and respectfully engage with families so that children's needs for healthy growth and development are prioritised.

**Please phone Renee on 5482 7429 or 0418 197 388**

**If you are inspired or interested.**

### **LIFE WITHOUT BARRIERS – FOSTER CARERS**

*Life without Barriers*, [www.ndshs.qld.edu.au/redirect/lwb.html](http://www.ndshs.qld.edu.au/redirect/lwb.html)

You can make a real difference to the lives of children and adolescents with high support needs through the provision of full time or weekend care.

### **FUSION SUNSHINE COAST YOUTH ADVENTURE DAY**

**Fusion Sunshine Coast is keen to let you know about the next Youth Adventure Day Trip which is coming up on Saturday the 12<sup>th</sup> of September!**

The **Youth Adventure Daytrip** which is coming up is a time where young people experience a day of fun with positive time structuring activities and role modeling. In the past we have seen growth and change in young people as they have come on these trips. They are aimed at all high school aged young people and are drug and alcohol free. The day will **start at 8:00am and finish at 9:30pm** at Fusion's base at the Alcooringa Centre in Buderim. The day will include a range of activities involving chocolate, a scavenger hunt and of course Storm the Fort! The **cost is \$13.00** and covers all food, transport and activities.

## **Death by Chocolate!**

### **Fusion Youth Adventure Day Trip!**

**Our next Day Trip is happening soon!**

**On Saturday the 12<sup>th</sup> of September; we are heading to Coomera (Gold Coast) for the “Death by Chocolate” Youth Adventure Day Trip.**

It will be a whole day of fun featuring a range of activities involving chocolate, a chocolate scavenger hunt, and of course Storm the Fort!

The cost is only \$13.00 which covers all food, transport and activities. Booking is essential.

For more information or to book, contact Jesse O'Neil on 5476 5033 or check out the website at [www.fusion.org.au/qld/daytrips.htm](http://www.fusion.org.au/qld/daytrips.htm)

**Ambya Walkerden**  
Team Leader  
Fusion Sunshine Coast

### **NOOSA SHOW SOCIETY – CELEBRATING 100 YEARS**

[www.ndshs.qld.edu.au/redirect/studbeef.html](http://www.ndshs.qld.edu.au/redirect/studbeef.html)  
[www.ndshs.qld.edu.au/redirect/photography.html](http://www.ndshs.qld.edu.au/redirect/photography.html)

[www.ndshs.qld.edu.au/redirect/cookery.html](http://www.ndshs.qld.edu.au/redirect/cookery.html)  
[www.ndshs.qld.edu.au/redirect/showgirlupdate.pdf](http://www.ndshs.qld.edu.au/redirect/showgirlupdate.pdf)

The Noosa Country show is coming up on Sept 11th and 12th.  
Media release will be filtering out for the next two weeks. Tall Poppies will be a great for all kids.

### **TALL POPPIES ARE 'ENTERTAINMENT'**

Mostly with puppets, but sometimes with magic, juggling and mime, along with some very funny characters with some well worked comedy routines, Tall Poppies have performed all around the world with their roving riot of entertainment.



Tall poppies are ventriloquists and puppeteers Steve London and and this year they are performing at the Tully Show with their colourful and entertaining puppets.

Their credentials are impressive. They have performed at festivals, agricultural shows and events all over New Zealand, Australia and the South Pacific, as well as Austria, Belgium, China, Germany, Poland, Singapore, Spain and Switzerland.

When you enter the surreal world of Tall Poppies comedy characters you may come across a couple of big game hunters with a talking zebra and a zany lion. You may be accosted by a couple of lost babies wanting you to take them home or a couple of funny policemen and their even funnier police dogs. You



may come across old time movie star Charlie Chaplin out and about making a film or Laurel and Hardy just out and about. It may be sassy 86 year old Lizzie and her long suffering husband Alfred that you see or a couple of talking crocodiles. Or you may even come across something completely different. Now that's surreal and that's Tall Poppies.

Please open attachments to view '2009 Show Ball'; 'Stud Beef Cattle'; 'Cookery' and 'Photography' - Rules of entries, Programs, etc.

All of these have junior classes in them.

Please note the upcoming Noosa Show Ball. We are celebrating 100 years of the show society this year, which will be exciting for our community. The Ball will help acknowledge the wonderful volunteers in our community. What an amazing effort for a volunteer run organisation. Tickets are still available. Group bookings are welcome.

Regards

Mia Hacker  
Hon. Noosa Show Secretary  
Hon. Secretary Near North Coast Sub Chamber  
Noosa Rural Ambassador 2007/2008  
Ph: 07-54850566  
Email: [noosashowsociety@internode.on.net](mailto:noosashowsociety@internode.on.net)  
Website: [www.noosashowsociety.org.au](http://www.noosashowsociety.org.au)



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Gympie 4570  
ABN: 23 278 014 614  
Ph: (07) 5486 6166 Fax: (07) 5486 6014  
[info@kiahpark.com.au](mailto:info@kiahpark.com.au)  
[www.kiahpark.com.au](http://www.kiahpark.com.au)

We are a Christian based **Horse Riding Camp** and hold **7 Day Camps** for children every school holidays. The camps offer a fantastic opportunity for children to gain their independence in a safe Christian environment.

We cater for children ages 6 yrs to teens, offering full accommodation and adult supervision. The camp is situated close to Gympie and there is a bus available from Brisbane.

#### **SEPTEMBER/OCTOBER HOLIDAY CAMP DATES**

**20 – 27 September**

**27 September – 4 October**

Nick and Tilana Qually



**Sunshine Beach SLSC**  
**"Nippers" 09/10 Sign On**



The Sunshine Beach Surf Life Saving Club is conducting a recruitment program, aiming to boost membership categories in the active cadet, active junior and senior ranks.

Surf Life Saving continues to attract people prepared to commit their time to saving the lives of others. What these people experience in surf life saving clubs will mould the future decisions of surf lifesaving.

With the summer season fast approaching, our surf club would like to continue to play a proactive role in educating the broader community on basic aquatic safety principles in both coastal and rural communities and also increase our membership base to cater for the increasing number of visitors to our beaches.

Members of our club will be available to provide a presentation on Surf Life Saving during our open day 5/9/09 from 8am until 12.

Content that would be discussed would include:

- History of the club
- The different types of membership
- Benefits of being a surf lifesaver
- Duties of a surf lifesaver
- How to join a surf life saving club
- Aquatic safety messages

Kind regards

Barry Giles

Club Captain SBSLSC

**Run Swim Run:** Needed for all nippers wishing to complete their Age Group Surf Certificate and compulsory before competing at carnivals.

Sunday 31 August at Sunshine Beach 2pm followed by a..... "Welcome Members BBQ" in the park

**First Club Sunday:** Sunday 20 September 2009 Sunshine Beach

We'd love to see you on our beach. Come and join in on the fun!!

For more info please ring Sunshine Beach SLSC on 5447 5491

or email [nippers@sunshinebeachslsc.com.au](mailto:nippers@sunshinebeachslsc.com.au)

## SCIENCE ON SATURDAY!

Science on Saturday is a fun and exciting Queensland Government program giving Queensland school students from 7 to 14 years old an opportunity to participate in real, hands-on science experiments.

Each phase will run for six weeks in venues across Queensland, with a new topic each week.

Attend one session or attend all of them. The Science on Saturday program runs in six new towns each term, so if there are no activities near you this time, don't worry; we might be coming to a town near you later in the year.

Most sessions include something to take home. At the end of fourth week of the program (Whodunnit?), each child in attendance will receive a Science show bag with more than 10 experiments to complete at home with family and friends!

Children who attend all six sessions will receive one of the following magazines at the end of their program:

- [The Helix magazine](#) a science magazine for ages 10+
- [Scientriffic magazine](#) a science magazine for ages 7+.

### Term 3 details

Science on Saturday costs A\$6 per session (pre-paid) or A\$9 per session if you pay on the day.

There are two 90-minute sessions each Saturday:

- a junior session (7-10 years old) from 10.00 am to 11.30 am
- a senior session (11-14 years old) from 12.30 pm to 2.00 pm.

Topics still to be held in 2009 are:

- **29 August - Geology Rocks!** Investigate the rock cycle, geological time and mining processes. Look at raw materials and see where they are used at home.



• **5 September - Awesome Agriculture.** How do plants and animals grow? How do we get rid of pests and diseases? Come along and look at the agricultural diversity of Queensland. **Children under 10 must be accompanied by an adult.**

**To book, phone 1300 302 649 or use our [online booking form](#).** Please note, the booking procedure is not automatic. Please wait 48 hours for a confirmation email or phone call. If you have not received a response within 48 hours, please try again.

Numbers are limited to 25 per session and bookings are essential, even if you want to pay on the day.

Science on Saturday sessions for term 3 will be held at the following locations:

• **Charters Towers** - Charters Towers State High School, 97-113 Towers Street, Charters Towers.

• **Mount Isa** - Spinifex College (Senior Campus), 145 - 163 Abel Smith Parade, Mount Isa.

• **Sunshine Coast** - Maroochydore State High School, 160 Maroochydore Road, Maroochydore. **PLEASE NOTE: All junior sessions on the Sunshine Coast are already booked out!**

• **St George** - St George State High School, 2 Victoria Street, St George.

• **Emerald** - Central Highlands Science Centre, Emerald Showgrounds, Emerald.

• **Ipswich** - Ipswich State High School, 1 Hunter Street, Brassall.

**Please note that bookings and payment close at 4 pm each Friday prior to Science on Saturday sessions.**

## **NOOSA BROWNIES**

Hi from Noosa Girl Guides.

Our latest fundraiser is a shopping voucher booklet, aimed to help local businesses. We would love to have help promoting this and getting local businesses to participate.

We are seeking Local Business that would like to participate/advertise in a Local Shopping Voucher Book.

All profits go to Noosa Girl Guides. (A not for profit organisation)

For further information please contact - Janeene Cooke

Noosa Girl Guides Fundraising Committee

P 5442 4613

E [jco43512@bigpond.net.au](mailto:jco43512@bigpond.net.au)

Thank you for your support

Geraldine Pettit

(Noosa Girl Guides PR)

## **COMMUNITY INFORMATION SERVICES (CIS)**

### **FYI - Skate & BMX Facilities**

[www.ndshs.qld.edu.au/redir/meetinpark.pdf](http://www.ndshs.qld.edu.au/redir/meetinpark.pdf)

All interested skaters, BMX riders or community members are encouraged to drop in to one of six skate facility consultation sessions being conducted throughout the Sunshine Coast. The aim of these sessions is to discuss the future direction of skate and BMX facilities in the Sunshine Coast Region.

**Sunshine Coast Regional Council**

**Community Information Services Coordinator**

Web: [www.sunshinecoastcis.qld.gov.au](http://www.sunshinecoastcis.qld.gov.au)



## **SUNCOAST-HINTERLAND SOFTBALL ASSOC INC.**

Postal Address: PO Box 347 Wurtulla Qld 4575

Ph/Fax: (07) 54931710 Mobile: 0422204661

Email: [suncoastsoftball@bigpond.com](mailto:suncoastsoftball@bigpond.com) Website: [www.suncoast.softball.org.au](http://www.suncoast.softball.org.au)

### **SHSA SOFTBALL**

#### **10 WEEK SUMMER COMP.**

Suncoast Hinterland Softball Assoc are holding a 10 week Summer Jnr Mixed Fast-Pitch Comp & a Snr Mixed Slow-Pitch Comp.

AGES: 10yrs through to Masters.

Male & Female, Beginners & Experienced players all welcomed.

10 week trail starts Saturday 10<sup>th</sup> October & will finish Saturday 12<sup>th</sup> December.

Join a team or get your team together. Jnr Mixed Fast-Pitch teams require 9 players & the Snr Mixed Slow-Pitch teams require 10 players. All games will be played Saturday's at the same venue all season.

Interested players please phone: Karen Robe 0422204661 or Email Karen at

[suncoastsoftball@bigpond.com](mailto:suncoastsoftball@bigpond.com) for more info.

[www.suncoast.softball.org.au](http://www.suncoast.softball.org.au)

Nichole McCord

SHSA Publicity Officer

Ph 54467415 - 0417467065

[nicholemccord@internode.on.net](mailto:nicholemccord@internode.on.net)

[www.suncoast.softball.org.au](http://www.suncoast.softball.org.au)

### **COOROY DOLPHINS SWIMMING CLUB**

#### **SIGN ON DAY 5th SEPTEMBER 2009**

**11.00 am – 1.00 pm**

#### **Noosa District High School Swimming Pool**

With the swimming season almost upon us we wish to invite current members and people interested in joining the club to come along to a sausage sizzle where you will meet our new coach Lucy McDonnell. Lucy comes to us from NZ with excellent credentials and new and innovative training techniques. She is committed to making the forthcoming swimming season both successful and enjoyable for all. She will be heading the Learn to Swim programme and if you wish to find out more about her 'Learn to Swim Programme', please contact Lance McFayden on 0412980786.

We as a club cater for all ages and all levels of experience, from those who are new to swimming and wish to gain more confidence, to those children that wish to compete at swimming carnivals.

**Sign on Date:  
Saturday 5<sup>th</sup> September 2009  
Noosa District High School Swimming Pool  
11.00 am – 1.00 pm**

**This season we will also be having Adult swimming four mornings a week (5.30am-7.00am) and evenings (Tuesday and Thursday) 6.30pm-8.00pm. For further information please contact Lance McFayden on 0412 980786.**

**COMPARE OUR PRICES WITH ANY OTHER SWIMMING CLUB – WE ARE THE CHEAPEST ON THE COAST AND ARE NOW IN OUR 35<sup>TH</sup> YEAR OF OPERATION!!**

**Look forward to seeing you there.**

**CRICKET IS BACK!**

**Cooroy/Eumundi Cougars Sign on Dates for the 2009/10 Season are:  
Friday the 28<sup>th</sup> of August 5-7.30pm – Sausage Sizzle and Fun!  
Saturday the 5<sup>th</sup> of September 10am-12.30pm  
In the Clubhouse in Cooroy  
Any enquiries please phone: Greg Davis (president) on 5442 5291**

Regards;  
Denise Popple  
Cooroy/Eumundi Cricket Club  
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