

## UPCOMING EVENTS 2009

Saturday February 14th RSL at 12 noon	SO Athlete Social Club and Leadership Training-Dee Why
Sunday February 15th	Bocce training commences at Manly Vale at 3pm
Friday February 20th	Bus leaves Narrabeen Bus Terminus at 10.30am for State Swimming Carnival at Narooma
Saturday 21st February	State Long Course Swimming Carnival - Narooma Pool
Sunday 22nd February	State Short Course Swimming Carnival - Narooma Pool
Sunday 1st March	State Golf Competition - Central Coast
Saturday 7th March / 8th March	State Tennis Competition - Long Reef Tennis Courts Volunteers are needed for catering, ball retrievers, court officials, awards ceremony and marshalling. Registration at 8am, Opening Ceremony at 8.45am and play commences at 9am sharp
Saturday 14th March	State Basketball Competition at Newcastle
Sunday 15th March	SONSW Sailability Competition
Saturday 28th March	SOSN Awards Night at Manly Leagues Club. This is a very special night and the athletes will be encouraged to wear red, white or silver on the night. Tickets are \$50.00
Saturday April 4th	State Track and Field Competition
Sunday April 19th	State Bocce Competition
Saturday May 2nd / Sunday May 3rd	Regional Bowling Competition at Dee Why Bowling Centre
Saturday May 16th / Sunday May 17th	State Bowling Competition
Saturday May 30th	State Gymnastics Competition

## REGIONAL SWIMMING CARNIVAL SATURDAY 1ST FEBRUARY

On Saturday 1st Feb all the athletes gathered at the beautiful Pittwater House Pool for a regional swimming carnival. Here are some great photos from the day. Congratulation to everyone who swam so well.

