

September 09



BALLINA RSL YOUTH CLUB NEWSLETTER

Hi Everyone,
Regards Kim
Gymnastics Coach



Shotokan Karate....

Mark Waller 4th Dan
North Coast Chief Instructor
Zanshin Shotokan Karate- Do.

MEET ONE OF OUR COACHES

Display Date for the Youth Club is **Saturday the 5th December**. This is to be held at the Youth Club Premises and is for all youth club members. Displays will be given by the Gymnasts, Boxers and Karate. 11am is the anticipated time to start, however, this may change. We will keep you all posted.



BOXING... A note from Casey

Casey

GENERAL FITNESS

Johnno

We would like to thank the following people:

Tim Apps from www.TheWebDesignPeople who has kindly donated his time and skills to develop a website for the Ballina RSL Youth Club.

From The Side Line

Beware, we have eyes everywhere, no one is safe. Don't think you can get away with anything, or it may end up right here, in the monthly newsletter.....

Congratulations to

UPCOMING EVENTS TO WATCH FOR.....

Shotokan Karate:

Gymnastics:

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- NSW Country Championships held in Gosford 15th – 18th October 09.
- Mitchelton Competition.

Boxing: Casino RSM Club – Tournament – Saturday 24th October 2009

The RSL Youth Club is not owned by the RSL Club LTD, it is sponsored by the Ballina RSL Sub Branch. We do rely heavily on volunteering assistance to be able to keep our costs down. If you can help in any way please let someone know at the canteen.

**BALLINA RSL YOUTH CLUB MEETINGS ARE HELD ON THE SECOND THURSDAY OF EACH MONTH.
NEXT MEETING WILL BE ON THURSDAY 22nd OCTOBER, 2009 AT THE BALLINA RSL CLUB.
EVERYONE IS WELCOME TO ATTEND. MEETING COMMENCES AT 7PM.**



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President: Mr Bob Smith
Secretary: Mrs Robyn Carr
Treasurer: Christine Brydon