

Sidelines Express



The Newsletter of the Collaroy Cromer Strikers Football Club

Email info@ccstrikers.com

Website www.ccstrikers.com.au

ISSUE 34

2010 CLUB SPONSORS			
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CC STRIKERS FOOTBALL CLUB TACKLE CANCER SATURDAY 7TH

AUGUST 2010 AT ST MATTHEWS FARM RESERVE, CROMER

CC Strikers Football Club is joining big name sporting stars, Socceroos' Tim Cahill, Essendon's Andrew Welsh and Parramatta Eels' Tim Mannah in Cancer Council's Call To Arms this August to help tackle our toughest opponent yet – cancer.

CC Strikers Football Club spokesperson Diana Arena said the team will fundraise by playing Premier League Football Matches and will don a yellow armband for their Call To Arms match at 1pm and 3pm on Saturday 7th August, 2010 against Beacon Hill at St Matthews Farm Reserve, Cromer.

"We feel it's important to support Call To Arms to raise funds and awareness for cancer in men. The stat of 1 in 2 men affected by cancer by the age of 85 is confronting to say the least," said Diana Arena.

"Our players will wear yellow armbands to support men who have survived cancer, those currently facing cancer and to remember mates who have lost their lives to cancer."

Cancer Council spokesperson Irene Manitta said compared to women, Australian men are more likely to be diagnosed with cancer and less likely to survive their diagnoses and supporting Call To Arms is a great way to spotlight this pressing health issue.

"Call To Arms is a chance for all local sporting clubs, like CC Strikers, to rally together and help raise funds to help prevent cancers in men, find new treatments and fund support programs for men facing cancer," Ms Manitta said.

To support our Premier Leagues Call To Arms match, head to St Matthews Farm Reserve on Saturday 7th August and make a donation in one of our BIG YELLOW BUCKETS or PURCHASE A TICKET IN OUR PROSTRATE CANCER RAFFLE.

For more information on Call To Arms visit www.calltoarms.com.au.



**** NOTICE BOARD ****

This week there are a couple of important notices tabled that Strikers families, teams, players and families (and possibly friends), need to be aware of:

1. Premier League – Annual Ladies Day
2. Strikers – Main Raffle

NOTICE 1 PREMIER LEAGUES – ANNUAL LADIES DAY

Saturday 7th August 2010 is the **Premier Leagues - Annual Ladies Day**.

The Premier League has been running this for approximately 8 years and it's a chance as seen by the players, to say thank you to the fans; especially the female ones!

The match itself starts at 1:00pm and there is free champagne for the ladies and other refreshments for the men (sorry fellas, they need to be purchased). To make the event family friendly, there will be a sausage sizzle and soft drinks.

Both Reserve Grade and First Grade are in the running to win the comp and the Strikers are playing bitter rivals Beacon Hill..

The Premier League Team hope you can come down and be part of the occasion.

NOTICE 2 STRIKERS – MAIN RAFFLE

Tickets are now available for the Strikers Main Raffle – the draw will be held Saturday 18th September 2010.

There are loads of prizes to be won, including, BBQ, Outdoor table & chairs setting, Roland Headphones, Shoe & Clothing Gift Vouchers, Restaurant & Food Vouchers, Strikers Gear, Bowling vouchers, Magnums of Wine, Coffee products and vouchers, vouchers, vouchers and even more vouchers.....

Tickets \$2 each or 3 for \$5

If you can help by taking and selling some tickets to raise monies for the club, contact [sponsorship@ccstrikers .com.au](mailto:sponsorship@ccstrikers.com.au)



**SUMMER
6-A-SIDE**

STARTS SEPT 8

**MIXED
COMP**
A and B grade
(including O/35)
and U17

DIVISIONS

- Ladies**
(junior & open)
- Boys**
(junior to U16)
- Sub-junior**
(can be mixed)

Full details
Collaroy Cromer
STRIKERS
FOOTBALL CLUB INC
www.ccstrikers.com.au

All enquires to:
sixaside@ccstrikers.com
or perry2097@optusnet.com.au

The advertisement features a blue background with a soccer ball in the top right. A red banner with white text says 'STARTS SEPT 8'. A female player in a red jersey is in the foreground, and a male player in a blue jersey is in the background. A soccer ball is on the ground between them. The text is arranged in a clear, bold font.

**WHAT ARE THE COMPETITION
DETAILS? – WELL, READ ON!**

SUMMER 6-A-SIDE

Team entries are now being accepted and numbers are again limited, so start to get your team organised now. Entries will be accepted on a first come basis.

Full details of the six-a-side comp can be found on the club website www.ccstrikers.com.au

All enquires to sixaside@ccstrikers.com or call the tournament organiser Richard Hooker 0408-665578

COST:-

\$440.00 per team (includes GST) + Insurance/Sporting Union cost Per Player.

Insurance/Sporting Union Levy:

- Registered in 2010 winter season –
\$10 Juniors/Full time Students or \$24 Adults/Non Students.
- Not registered in 2010 winter season –
\$16 Juniors/Full Time Students or \$41 Adults/Non Students.

With 8 players per team, this works out to only \$65-\$71 per junior or \$79-\$91 per senior player depending if they played in the last winter comp or not.

ANTICIPATED GRADES:- (To be determined by nominations)

SUB-JUNIORS:

U/6, U/7, U/8, U/9 (can be mixed girls & boys)

JUNIOR BOYS:

U/10, U/11, U/12, U/13, U/14, U15/16 (girls can also play in a boys team)

JUNIOR GIRLS:

U/10, U/12, U/14, U/16, U/18

LADIES

Open division
Over 35 division

MIXED (suitable for the older boys and girls.

MIXED U/17 Division

MIXED Open Age Division 1.

MIXED Open age Divisions 2 including MIXED O/35's.

No more than 2 boys can be on the field at any one time. (Excluding the Goal Keeper where anyone can play).

All players must abide by the correct spirit of the game to play in a mixed grade.

SUMMER 6-A-SIDE (continued)

TOURNAMENT SCHEDULE:-

All games are Wednesdays at Cromer Park,

08/9/10	Round 1
15/9/10	Round 2
22/9/10	Round 3
29/9/10	School holidays. No play unless rain washed out an earlier round.
06/10/10	School holidays. No play unless rain washed out two earlier rounds.
13/10/10	Round 4
20/10/08	Round 5
27/10/10	Round 6
03/11/10	Round 7
10/11/10	Round 8
17/11/10	Wet Weather catch-up. (If no washed out rounds then it is the FINAL)
24/11/10	FINAL if 17/11/10 is used as a catch-up round.

U/6 and U/7's will start at either 4:30 or 5:00 pm - Last game around 8:30 PM

TOURNAMENT KEY POINTS:-

- a) Referee's provided
- b) Playing time 13 minutes each half, no half time break, no offside, and full interchange.
- c) Players uniform (shirt, shorts and socks) to be provided by the team which keeps costs down. T-shirts are OK and numbers are not compulsory.
- d) Played on 1/3 full sized field so there is plenty of running.
- e) All teams will play on Finals night (1 v 2) (3 v 4) (5 v 6) etc based on team standings.
- f) Max 10 players per team, (8 works best)
- g) Teams are restricted to a max of two (2) players who have recently played representative football or who have been selected in any Manly United "skills" squad.

All enquires to sixaside@ccstrikers.com or call the tournament organiser Richard Hooker 0408-665578



www.shelvingshop.com.au



Game Draws – Beginning 07/08/2010

Details obtained from the www.mwfa.com.au web site

Age Group/Div	Round	Date	Time	Home Team	Away Team	Field
8 / Under 8 Blue	15	07/08/10	00:00	Collaroy Cromer Strikers Football Club Panthers	~~~bye~~~	
9 / Under 9 Light Blue	15	07/08/10	00:00	Collaroy Cromer Strikers Football Club Stingrays	~~~bye~~~	
10 / U10/1	18	07/08/10	08:30	Collaroy Cromer Strikers Football Club	Harbord Seaside United Football Club	St Matthews 3
10 / U10/3	8	07/08/10	08:30	Collaroy Cromer Strikers Football Club	Narrabeen Football Club	Dee Why Oval 1
11 / U11/4	18	07/08/10	08:30	Collaroy Cromer Strikers Football Club A	Manly Vale Football Club	Collaroy Plateau
13 / U13/4	8	07/08/10	08:30	Wakehurst Football Club	Collaroy Cromer Strikers Football Club	County Road
6 / Under 6 Zone B	15	07/08/10	08:30	Collaroy Cromer Strikers Football Club Red Bellies	Collaroy Cromer Strikers Football Club Cobras	DY 216A
7 / Under 7 Brown	15	07/08/10	08:30	Forest Killarney Football Club Falcons	Collaroy Cromer Strikers Football Club Wolf Spide	Melwood J7
7 / Under 7 Brown	15	07/08/10	08:30	Collaroy Cromer Strikers Football Club Black Wido	Wakehurst Football Club Bobcats	St Matthews J7
8 / Under 8 Blue	15	07/08/10	08:30	Pittwater RSL Football Club Bluebottl	Collaroy Cromer Strikers Football Club Pythons	Kitchener J8
8 / Under 8 Blue	15	07/08/10	08:30	Forest Killarney Football Club Cheetahs	Collaroy Cromer Strikers Football Club Falcons	Melwood J8
8 / Under 8 Blue	15	07/08/10	08:30	Seaforth Football Club Goannas	Collaroy Cromer Strikers Football Club Jaguars	Seaforth Oval J8A
8 / Under 8 Green	15	07/08/10	08:30	Wakehurst Football Club Hawks	Collaroy Cromer Strikers Football Club Giraffes	Hews Parade J8
8 / Under 8 Red	15	07/08/10	08:30	Manly Allambie United Football Club Jets	Collaroy Cromer Strikers Football Club Zebras	Millers J8A
8 / Under 8 Red	15	07/08/10	08:30	Collaroy Cromer Strikers Football Club Leopards	Mosman Football Club Snappers	St Matthews J8
8 / Under 8 White	15	07/08/10	08:30	Collaroy Cromer Strikers Football Club Cheetahs	Pittwater RSL Football Club Vipers	Dee Why Oval J8
9 / Under 9 Blue	15	07/08/10	08:30	Seaforth Football Club Pythons	Collaroy Cromer Strikers Football Club Sharks	Seaforth Oval J9
9 / Under 9 Orange	15	07/08/10	08:30	Collaroy Cromer Strikers Football Club Bilbies	Beacon Hill Football Club Trojans	Collaroy Plateau J9
11 / U11/1	18	07/08/10	08:30	Collaroy Cromer Strikers Football Club	Mosman Football Club	St Matthews 2
13 / U13/1	8	07/08/10	08:30	Collaroy Cromer Strikers Football Club	BTH Raiders Soccer Club	Nolans 3
15 / U15/3	8	07/08/10	08:30	St Augustines Soccer Club	Collaroy Cromer Strikers Football Club	David Thomas 1
6 / Under 6 Zone B	15	07/08/10	08:30	Collaroy Cromer Strikers Football Club Taipans	Collaroy Cromer Strikers Football Club Anacondas	DY 216C
8 / Under 8 Red	15	07/08/10	08:31	Seaforth Football Club Wildcats	Collaroy Cromer Strikers Football Club Hawks	Seaforth Oval J8B
6 / Under 6 Zone B	15	07/08/10	09:15	Collaroy Cromer Strikers Football Club Geckos	Harbord Seaside United Football Club Green	DY 216A
7 / Under 7 Red	15	07/08/10	09:15	Collaroy Cromer Strikers Football Club Redbacks	Forest Killarney Football Club Kookaburra	St Matthews J7
6 / Under 6 Zone B	15	07/08/10	09:15	Curl Curl Youth Club Cockatoos	Collaroy Cromer Strikers Football Club Skinks	DY 216C
8 / Under 8 Red	15	07/08/10	09:30	Collaroy Cromer Strikers Football Club Wolves	Mosman Football Club Starfish	St Matthews J8
8 / Under 8 White	15	07/08/10	09:30	Collaroy Cromer Strikers Football Club Bears	Seaforth Football Club Cougars	Dee Why Oval J8
9 / Under 9 Green	15	07/08/10	09:30	Narrabeen Football Club Leopards	Collaroy Cromer Strikers Football Club Champs	Boondah J9
9 / Under 9 Red	15	07/08/10	09:30	Collaroy Cromer Strikers Football Club Bandits	Pittwater RSL Football Club Leopards	Collaroy Plateau J9
9 / Under 9 Red	15	07/08/10	09:30	Pittwater RSL Football Club Jaguar	Collaroy Cromer Strikers Football Club Thunders	Jackson Road J9
11 / U11/4	18	07/08/10	10:00	Collaroy Cromer Strikers Football Club B	Dee Why Football Club	Collaroy Plateau
12 / U12/1	18	07/08/10	10:00	Mosman Football Club	Collaroy Cromer Strikers Football Club	Alan Border Oval
12 / U12/3	18	07/08/10	10:00	Mosman Football Club	Collaroy Cromer Strikers Football Club B	Middle Head Oval
14 / U14/1	18	07/08/10	10:00	Collaroy Cromer Strikers Football Club	Brookvale Football Club	St Matthews 3
6 / Under 6 Zone B	15	07/08/10	10:00	Collaroy Cromer Strikers Football Club Angry Ants	Collaroy Cromer Strikers Football Club Adders	DY 216A
7 / Under 7 Blue	15	07/08/10	10:00	Brookvale Football Club Bobcats	Collaroy Cromer Strikers Football Club Wasps	Grahams J7
7 / Under 7 Red	15	07/08/10	10:00	Collaroy Cromer Strikers Football Club Huntsmen	Mosman Football Club Jamaica	St Matthews J7
10 / U10/5	18	07/08/10	10:00	Collaroy Cromer Strikers Football Club B	Collaroy Cromer Strikers Football Club A	St Matthews 2
13 / U13/2	8	07/08/10	10:00	Collaroy Cromer Strikers Football Club	Pittwater RSL Football Club	Nolans 3
15 / U15/1	8	07/08/10	10:00	Collaroy Cromer Strikers Football Club	Wakehurst Football Club A	Dee Why Oval 1
6 / Under 6 Zone B	15	07/08/10	10:00	Curl Curl Youth Club Falcons	Collaroy Cromer Strikers Football Club Iguanas	DY 216C
12 / U12/3	18	07/08/10	10:01	Pittwater RSL Football Club	Collaroy Cromer Strikers Football Club A	Kitchener 2
8 / Under 8 Green	15	07/08/10	10:30	Collaroy Cromer Strikers Football Club Lions	Avalon Soccer Club Rovers	St Matthews J8
8 / Under 8 Yellow	15	07/08/10	10:30	Collaroy Cromer Strikers Football Club Tigers	Pittwater RSL Football Club Killer Wha	Dee Why Oval J8
9 / Under 9 Blue	15	07/08/10	10:30	Pittwater RSL Football Club Tigers	Collaroy Cromer Strikers Football Club Vikings	Jackson Road J9
9 / Under 9 Light Blue	15	07/08/10	10:30	Curl Curl Youth Club Panthers	Collaroy Cromer Strikers Football Club Devils	Abbott Road J9
6 / Under 6 Zone B	15	07/08/10	10:45	Collaroy Cromer Strikers Football Club Boas	Collaroy Cromer Strikers Football Club Frilled Necks	DY 216A
6 / Under 6 Zone B	15	07/08/10	10:45	Collaroy Cromer Strikers Football Club Pythons	Curl Curl Youth Club Eagles	DY 216B
7 / Under 7 Blue	15	07/08/10	10:45	Collaroy Cromer Strikers Football Club Scorpions	Pittwater RSL Football Club Tassie Dev	St Matthews J7
7 / Under 7 Orange	15	07/08/10	10:45	Beacon Hill Football Club Lions	Collaroy Cromer Strikers Football Club FunnelWebs	Beverly Job J7
7 / Under 7 Orange	15	07/08/10	10:45	Brookvale Football Club Titans	Collaroy Cromer Strikers Football Club Hornets	Grahams J7
10 / U10/2	18	07/08/10	11:30	Collaroy Cromer Strikers Football Club	Avalon Soccer Club	St Matthews 3

Game Draws – Beginning 07/08/2010

Details obtained from the www.mwfa.com.au web site

Age Group/Div	Round	Date	Time	Home Team	Away Team	Field
14 / U14/3	18	07/08/10	11:30	Collaroy Cromer Strikers Football Club	Manly Allambie United Football Club	Collaroy Plateau
6 / Under 6 Zone B	15	07/08/10	11:30	Collaroy Cromer Strikers Football Club Transformers	Collaroy Cromer Strikers Football Club Vipers	DY 216A
6 / Under 6 Zone B	15	07/08/10	11:30	Collaroy Cromer Strikers Football Club Tiger Sharks	Dee Why Football Club Swans	DY 216B
7 / Under 7 Green	15	07/08/10	11:30	Collaroy Cromer Strikers Football Club Bullants	Brookvale Football Club Lasers	St Matthews J7
8 / Under 8 Grey	15	07/08/10	11:30	Collaroy Cromer Strikers Football Club Buffalos	Curl Curl Youth Club Marlins	Dee Why Oval J8
8 / Under 8 Orange	15	07/08/10	11:30	Collaroy Cromer Strikers Football Club Crocodiles	Avalon Soccer Club Goannas	St Matthews J8
8 / Under 8 Purple	15	07/08/10	11:30	Collaroy Cromer Strikers Football Club Alligators	Narrabeen Football Club Condors	Millers J8A
9 / Under 9 Yellow	15	07/08/10	11:30	Wakehurst Football Club Jets	Collaroy Cromer Strikers Football Club Lasers	Hews Parade J9
11 / U11/3	18	07/08/10	11:30	Collaroy Cromer Strikers Football Club	Mosman Football Club	St Matthews 2
13 / U13/3	8	07/08/10	11:30	Collaroy Cromer Strikers Football Club	Pittwater RSL Football Club	Nolans 3
7 / Under 7 Yellow	15	07/08/10	12:15	Collaroy Cromer Strikers Football Club Tarantulas	Pittwater RSL Football Club Possums	St Matthews J7
21 / U21	18	07/08/10	13:00	Collaroy Cromer Strikers Football Club	Manly Vale Football Club	St Matthews 3
AL / AL4R	18	07/08/10	13:00	Collaroy Cromer Strikers Football Club A	Wakehurst Football Club	Collaroy Plateau
AL / AL4R	18	07/08/10	13:00	Seaforth Football Club	Collaroy Cromer Strikers Football Club B	Tania Park 1
O35 / O35/1R	20	07/08/10	13:00	Seaforth Football Club	Collaroy Cromer Strikers Football Club	Seaforth 1
O35 / O35/5	18	07/08/10	13:00	Avalon Soccer Club	Collaroy Cromer Strikers Football Club B	Pittwater High School 2
18 / U18/1	20	07/08/10	13:00	Collaroy Cromer Strikers Football Club	Beacon Hill Football Club	St Matthews 2
AL / AL6	18	07/08/10	13:00	Collaroy Cromer Strikers Football Club	Mosman Football Club	Passmore 1
AL / AL3R	18	07/08/10	13:00	Manly Vale Football Club	Collaroy Cromer Strikers Football Club	Millers 3
O35 / O35/5	18	07/08/10	13:00	Harbord Seaside United Football Club	Collaroy Cromer Strikers Football Club A	Nolans 5
18 / U18/2	18	07/08/10	15:00	Collaroy Cromer Strikers Football Club	Curl Curl Youth Club	St Matthews 3
AL / AL4	18	07/08/10	15:00	Collaroy Cromer Strikers Football Club A	Wakehurst Football Club	Collaroy Plateau
AL / AL4	18	07/08/10	15:00	Seaforth Football Club	Collaroy Cromer Strikers Football Club B	Tania Park 1
O35 / O35/1	20	07/08/10	15:00	Seaforth Football Club	Collaroy Cromer Strikers Football Club	Seaforth 1
AL / AL3	18	07/08/10	15:00	Manly Vale Football Club	Collaroy Cromer Strikers Football Club	Millers 3
AL / AL7A	15	07/08/10	15:00	Narrabeen Football Club A	Collaroy Cromer Strikers Football Club B	Narrabeen High School
AL / AL7A	15	07/08/10	15:00	Mosman Football Club A	Collaroy Cromer Strikers Football Club A	North Narrabeen
O35 / O35/4	18	07/08/10	15:00	Collaroy Cromer Strikers Football Club	Mosman Football Club	Lionel Watts 2
O35 / O35/6	18	07/08/10	15:01	BTH Raiders Soccer Club	Collaroy Cromer Strikers Football Club	Terrey Hills 2
W-11 / W11/2	8	08/08/10	08:30	Manly Vale Football Club B	Collaroy Cromer Strikers Football Club	David Thomas 2
W-16 / W16/2	18	08/08/10	08:30	Curl Curl Youth Club	Collaroy Cromer Strikers Football Club A	Abbott Rd 4
W-16 / W16/2	18	08/08/10	08:30	Manly Vale Football Club	Collaroy Cromer Strikers Football Club B	David Thomas 1
10 / U10/3	14	08/08/10	08:30	Harbord Seaside United Football Club	Collaroy Cromer Strikers Football Club	Nolans 4
W-10 / Womens 10 Yellow	16	08/08/10	08:30	Collaroy Cromer Strikers Football Club Roses	BTH Raiders Soccer Club Rubies	Collaroy Plateau J9
W-13 / W13/2	8	08/08/10	08:30	Collaroy Cromer Strikers Football Club	Wakehurst Football Club	Collaroy Plateau
W-16 / W16/1	8	08/08/10	08:30	Mosman Football Club	Collaroy Cromer Strikers Football Club	Georges Heights 1
W-10 / Womens 10 Green	16	08/08/10	09:45	Collaroy Cromer Strikers Football Club Daisies	Brookvale Football Club Seahorses	Collaroy Plateau J9
W-14 / W14/2	18	08/08/10	10:00	Collaroy Cromer Strikers Football Club	Seaforth Football Club	Beacon Hill Oval 2
12 / U12/3	16	08/08/10	10:00	Mosman Football Club	Collaroy Cromer Strikers Football Club A	Nolans 5
W-12 / W12/1	8	08/08/10	10:00	Collaroy Cromer Strikers Football Club	Pittwater RSL Football Club	Collaroy Plateau
W-11 / W11/1	8	08/08/10	11:30	Curl Curl Youth Club	Collaroy Cromer Strikers Football Club	Abbott Rd 4
W-12 / W12/3	7	08/08/10	11:30	Collaroy Cromer Strikers Football Club	Wakehurst Football Club	St Matthews 2
W-14 / W14/1	8	08/08/10	11:30	Collaroy Cromer Strikers Football Club	BTH Raiders Soccer Club	Collaroy Plateau
W-AL / WALL1RA	1	08/08/10	13:00	Pittwater RSL Football Club	Collaroy Cromer Strikers Football Club	Passmore 1
O35 / O35/4	14	08/08/10	13:00	Collaroy Cromer Strikers Football Club	Manly Allambie United Football Club	Collaroy Plateau
W-18 / W18/1	7	08/08/10	13:00	Collaroy Cromer Strikers Football Club	Harbord Seaside United Football Club	St Matthews 2
W-AL / WAL3	7	08/08/10	13:00	Collaroy Cromer Strikers Football Club	Pittwater RSL Football Club	St Matthews 3
W-AL / WAL4	7	08/08/10	13:01	BTH Raiders Soccer Club A	Collaroy Cromer Strikers Football Club A	Terrey Hills 2
18 / U18/4	20	08/08/10	13:01	St Augustines Soccer Club	Collaroy Cromer Strikers Football Club	Grahams Oval 1
W-AL / WALL1A	1	08/08/10	15:00	Collaroy Cromer Strikers Football Club	Manly Vale Football Club	Nolans 5
W-AL / WAL2	7	08/08/10	15:00	Collaroy Cromer Strikers Football Club	Wakehurst Football Club	St Matthews 3
W-AL / WAL4	7	08/08/10	15:00	Collaroy Cromer Strikers Football Club B	Beacon Hill Football Club	St Matthews 2
W-18 / W18/2B	1	08/08/10	15:01	Pittwater RSL Football Club	Collaroy Cromer Strikers Football Club	Millers 3
W-O35 / W35/2B	1	08/08/10	15:01	BTH Raiders Soccer Club	Collaroy Cromer Strikers Football Club	FORFEIT AWAY TEAM

St Matthews Farm Canteen Roster

St Matt Canteen/BBQ roster is a work in progress. Further inclusions will occur as details are provided.

DATE (2010)	TIME	CANTEEN / BBQ	RESPONSIBLE TEAM/s
7 th August	08:00 – 10:00	Canteen	Under 11/1's
	10:00 - 12:00	Canteen	Under 11/3's
		BBQ	Over 35/1's
14 th August	08:00 – 10:00	Canteen	Under 6 Tiger Sharks
	10:00 - 12:00	Canteen	Under 6 Frilled Necks
	08:00 – 10:00	BBQ	Under 6 Adders
	10:00 - 12:00	BBQ	Under 6 Geckos

Mimmo's
Pizza



Collaroy 9971 0311
Warriewood 9997 6646



RSL CLUB

CC Strikers Football Club is proudly sponsored by Dee Why RSL Club Ltd:

Please visit the DYRSL website at www.dyrsl.com.au for all the latest news, entertainment and promotions on offer for members and guests.

For promotions and events visit www.thebeachclub.com.au
www.thebeachclub.com.au | p. 9971 5355 | 1058 Pittwater Road, Collaroy



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BLEDISLOE CUP



**BLEDISLOE CUP
 LIVE FROM CHRISTCHURCH**

Saturday 7 August from 5pm
 Wear your team colours for \$3.50
 Steinlager Pure or James Squire
 bottles.

KIDS EAT FREE!



**KIDS EAT FREE
 MONDAY & TUESDAY**

Watergrill
 Kids eat free every Mon & Tue with
 every accompanying paying adult meal
 from the Watergrill menu.

**WIN A
 \$5000 PRIZE**



Harvey Norman

SPEND & SWIPE TO WIN

Draws Sep 7 & Dec 7 2010
 Simply spend \$5 over any bar or in the
 Watergrill & swipe your card for a chance
 to win a \$5000 Flight Centre Holiday or a
 \$5000 Harvey Norman Spending Spree*

**WEEKEND
 EVENTS**



Fri 6
Sat 7
Happy Daze 7.30pm
NEW - Saturday Raffle
 From 4pm, drawn at 6pm
ALSO Bledisloe Cup live
FROM 5pm
They Call Me Bruce 4.30pm
*Authorised under NSW permit no. LTT95/00/07/004

Members Badge Draw stands at \$2800. Draws at 5pm, 6pm & 7pm every Wednesday. Next draw Wednesday 11 August.

Speciality Castles
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Uniform Image

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I welcome the opportunity to review your insurance and provide you with a competitive alternative. Running a business is costly and without adequate insurance cover, that too is an expensive outcome!

Your exposures to risk will be identified and an insurance program tailored to suit your needs.

Please call **Peter Timosevski** to arrange a convenient time to review your insurance portfolio.

02 9934 9777

54 Balgowlah Road, Balgowlah
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Mobile : 0412 101 413 or email Diana.A@see-changeconstructions.com.au**

GET OFF THE BENCH

and cut your cancer risk



Physical Activity

Step up and get active.

30 minutes of training a day can help reduce your cancer risk. 60 minutes would be even better.

Nutrition

Healthy food means a healthy body.

Keep your doctor (and coach) happy by limiting red meat to 3-4 times a week. Why not chuck some vegies on the barbie?

Know your body

The best chance you have to tackle cancer is to find it early. If you notice lumps or sores that don't heal, coughs that won't go away or moles that have changed shape, size or colour, it's a good idea to get them checked out.

Smoking

Want to perform better on the field?

Quit smoking. Your body works better with more oxygen. You'll also reduce your risk of lung cancer by half in ten years time.

More than a third of all cancers can be prevented with a healthy lifestyle.

For more tips on how to cut your cancer risk phone Cancer Council Helpline on 13 11 20.

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