

# MINNOWS MAIL



Friday 1 May 2026

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  - End of Season Presentation & Party 8 May 2026
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## Minnows AGM: Save the Date 3 May 2026

The Coogee Minnows AGM will be held on the 3rd May 2026 - 10am, Ocean Room. This meeting will be virtual as well as in person.

If you would like to become more involved in the running of Coogee Minnows, several Executive and Management committee roles are available. Please complete the Google form (Link below) to express your interest in becoming a member of this dynamic team before 2 May 2026. If you would like more information about the available roles, please reach out to the [Secretary via email](#).

[Coogee Minnows Executive and Management Committee Elections Season 2026/27](#)

If you have any questions you wish to have addressed by the Minnows Committee at the AGM, please complete the Google form (link below) before 2 May 2026.

[Members Questions to the Committee](#)

The AGM meeting pack is below:

- [Coogee Minnows AGM Minutes 2024.2025 Amended](#)
- [Minnows AGM Agenda 3 May 2026](#)

Virtual Link details:

[Minnows AGM via Microsoft Teams](#)

Meeting ID: 478 598 473 040 85

Passcode: CX9g3Rp9

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# T H E A N N U A L SEDDON SHIELD S U R F C O M P E T I T I O N

May 2<sup>nd</sup> @ 9am

**POSTPONED**

BYO Food,  
Water, (for  
over night  
stayers)

Late BBQ  
Provided

ALL SURFER'S  
WELCOME



## Seddon Shield POSTPONED

Due to the whale carcass & increased shark activity in the Royal National Park, beaches are closed, including at Burning Palms & Era.

This has forced us to postpone this weekend's Seddon Shield to 5th September



The Penguins' winter swim season is fast approaching, with the first swim on Sunday, 3rd May. Come along and dive into the Ross Jones Memorial pool, which is only 17.83 m in length and is too short to get cold in. The Penguins cater for swimmers of all abilities and welcome members of the surf club and minnows to join us each Sunday, as the Penguins were founded in 1947 by members of Coogee SLSC and in 2027 will celebrate the 80th anniversary.

The season runs from May to September, and members compete in handicap races over two and four laps, an individual medley, and a relay. A 20-lap nominated time event is held before the start of events at 10am. Put it into your diary and come down at 9am to register for events.

The Penguins can be contacted via email at [penguins@coogeeslsc.com.au](mailto:penguins@coogeeslsc.com.au) or by contacting Emperor Penguin Mick McMahon on 0405 336 169 or our Treasurer, Tim Green 0412 158 185. See you at the pool on 3rd May



Friday 8 May 2026, doors open at 5.30pm. Minnows Awards commence at 6pm in the Ocean Room



Did you know our very successful Beach Competition Team is coached by Damien Costello from Coz Sprint? "Coz" is a 30 year Coogee SLSC member and a previous Australian medalist.

Coz Sprint provides speed and agility training for all sports and levels of athlete. It also provides rugby skills coaching. Call Coz on 0422 596 023, [cos2034@gmail.com](mailto:cos2034@gmail.com).



Fit2Swim's multi-award-winning swim programs are a great way to improve swimming skills in the lead-up to summer, as well as increase swimming fitness and endurance. Fit2Swim's indoor heated pool in Maroubra offers classes from squad level down to parents-and-babies.

Please contact [support@fit2swim.com](mailto:support@fit2swim.com) or 0431 246 247

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## Regularly Used Links

[Coogee Minnows Handbook](#)

[Coogee Minnows Contacts](#)

[Coogee Minnows Code of Conduct](#)



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Coogee Surf Life Saving Club  
Cnr Beach & Carr St  
Coogee, NSW 2034

[Unsubscribe](#)