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Join Friends of Snowsports in 2014

Friends of Snowsports are a sociable group who enjoy getting together. We always welcome new families.

We encourage girls from Prep to Year 12 of all skiing and snowboarding abilities to participate.

Our year begins with a Registration and Information Night when all girls must register their interest in joining the 2014 Team. Dryland Fitness Training begins in Term 2 to prepare the girls for the Interschools Competition. Mt Hotham weekend in July is a fun family weekend with training available. The main event of the year for the Snowsports Team is the Victorian Interschools held at Mt Buller in August.

Girls have the opportunity to compete in different disciplines including Alpine skiing, Snowboarding, Boardercross, Skiercross and Moguls. Please see our Calendar of Events.

FRIENDS OF SNOWSPORTS

2014 Snowsports Captain
Shannon Griffiths

Co-ordinator
Chris Phyland 8779 7500

Committee members
Cathy Catlow 0413 754 328
Deb Griffiths 0412 014 576
Nadine Goldsmith 0400 101 388
Andrea Waters 0419 239 614
## Snowsports Calendar 2014

### Term 1 - 30/1/14 - 4/4/14
Friends of Snowsports proudly produce the Strathcona Business Directory, which is issued to all families.

**Wednesday 26th February**  
Registration and Information Evening @ CPAC 6.30pm-8.00pm

### Term 2 - 23/4/14 - 26/6/14
- **TBA**  
  Dry Land Training to commence  
  Term 2 and Term 3 - Day and Time to be advised

- **Monday 5th May**  
  Registrations of Interest closes for 2014  
  Strathcona Snowsports Team

- **Friday 16th May**  
  Snowsports Social Evening 6.30pm-9.30pm

### Term 3 - 15/7/14 - 11/9/14
- **Friday 18th - Sunday 20th July**  
  Mount Hotham Family Weekend

- **Wednesday 10th August**  
  Victorian Interschools Cross Country Championships at Mt Buller

- **Thursday 21st August**  
  Interschools Breakfast Team Meeting  
  7.30am at Cafe Eden

- **Friday 25th - Sunday 31st August**  
  2014 Victorian Interschools Championships at Mt Buller  
  Division 5 and 4: Monday to Wednesday  
  Division 3, 2 and 1: Thursday to Sunday

- **Wednesday 10th - Sunday 31st August**  
  2014 Australian Interschools Championships at Perisher, NSW

### Term 4 - 7/10/14 - 9/12/14
- **Friday 10th October**  
  End of Season Presentation Dinner @ CPAC  
  6.30pm-9.30pm

- **Friday 31st October**  
  Strathcona 2015 Business Directory Applications Close

## Snowsports Committee Meeting Dates 2014 - Held at Mellor House

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ASPS  Australian Society of Plastic Surgeons

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Contact: Dr Calvin Miller
    calvin.miller@mitec.com

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**Exercise Physiologist**
Brooke DeHey

**Remedial Massage Therapist**
Larissa Cordiano (Remedial/Sports, Collingwood FC)
Crossway LifeCare
Helping people in tough places flourish

Our Vision
Our vision is to see people in tough places flourish. We believe God cares deeply for those doing it tough in society and our mission is to join in with Him to help people flourish emotionally, socially, economically and spiritually. We offer a holistic model of care and community development.

Our Values
We are faith-based but not faith-biased and seek to benefit people no matter what their religion, race, disability or sexual orientation. We try to model Christ-centeredness, grace, care, trust and interdependence within our team and with others. We often partner with other organisations for the benefit of the community.

Our Services
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At LifeCare, we have a team of qualified and experienced counsellors, social workers and clinical psychologists who assist individuals and families with professional, caring, holistic and confidential counselling services. They help people better understand themselves and discover positive ways to manage or resolve life issues.

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LifeCare B-Empowered helps struggling people take control of their finances, offering practical ways to tackle short-term problems and long-term solutions for future financial wellbeing. B-Empowered aims to motivate and assist people through:
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- Budgeting and financial education
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Mentoring (COACH)
COACH stands for Creating Opportunities And Casting Hope.

LifeCare COACH is a community mentoring program that aims to strengthen families and young people going through tough times. COACH helps people reach their goals with the support of a positive older role model, offering the opportunity to change and giving hope for the future.

COACH recruits volunteer coaches (“friends with purpose”), trains them, and puts them in touch with families and young people.
PIANO TEACHER

Aleesha Carina, BMus, Melb Uni 2013
(Year 12 & House Music Captain 2010)
AMEB Grade 7 Piano - Honours
AMEB Grade 5 Theory - Honours
Contact Details:
Address: 13 Maysia Street, Canterbury 3126
Phone: (h) 9836 4050/(m) 0439 563 867
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Pictured below is Aleesha Carina teaching piano to her student Chloe
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Saturday 29 March 2014
10 am - 4 pm

At Tay Creggan
30 Yarra Street, Hawthorn

Enquires: Diana Little
8779 7517
dlittle@strathcona.vic.edu.au
Strathcona Brownlow Breakfast

DATE:
Monday 22nd September 2014

Where: Etihad Stadium

Time: 7-9am

Enquiries: ELISABETH CHALMERS
echalmers@strathcona.vic.edu.au
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Contact Cathy Catlow if you would like more information on 9831 5640.

(Strathcona Past Parent - Elisha - Year 12 in 2013)
To be involved in the Strathcona Business Directory next year please email:

cro@strathcona.vic.edu.au

2015 Application forms are also available from School reception
FRIENDS OF SNOWSPORTS

Acknowledge

Cathy Catlow, Deb Griffiths, Nadine Goldsmith, Andrea Waters, Chris Phyland, Elisabeth Chalmers, Mark Bremner, and the school community for their support and assistance in producing the Business Directory.

Friends of Snowsports are proudly sponsored by the

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State Emergency Service 13 2500

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Camberwell Police Station 9882 0688
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13 Cabs 13 2227
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34 Scott Street Canterbury Victoria 3126

Tay Creggan – Year 9 Campus
30 Yarra Street Hawthorn Victoria 3122

Mellor House – Junior School Campus
173 Prospect Hill Road Canterbury Victoria 3126

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Friends of Snowsports
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Co-ordinator
Chris Phyland 8779 7500

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Deb Griffiths    0412 014 576
Nadine Goldsmith  0400 101 308
Andrea Waters  0419 239 614