



# COASTAL MOTORCYCLE CLUB

## NEWSLETTER

January 2009

Welcome to our first newsletter for 2009. Hope you all had a great Christmas and New Year and are enjoying the break from the MX Racing Season.

Although things are pretty quiet at this time of year, there are a couple of reminders of things coming up. Don't forget our registration day on the 18<sup>th</sup> January. Come along to join the club and have a ride. New membership forms will be available prior to the day from our website. *Please remember to bring your 2008 key with you as you will not be issued with a new one without returning the old one.* We are also looking for new volunteers for scoring so please see one of the usual ladies if you are interested.

There are two '5 Hour Coaching Clinics' being held at Coastal Park on the 10<sup>th</sup> and 17<sup>th</sup> January for all those juniors who need to renew their licence this year or for new junior members (see the ad below.) Places are still available and these will be the only 5 hour coaching clinics being run before Summercross unless you book time with a coach privately.

Our first event this year will be 'Summercross' on the 20<sup>th</sup> February for Juniors and 21<sup>st</sup> February for Seniors. The track will be closed from Saturday 7<sup>th</sup> February until after the events as there is quite a bit of track preparation to do. There will also be two practice sessions scheduled for Wednesday 18<sup>th</sup> (Juniors) and Thursday 19<sup>th</sup> (Seniors). Keep an eye on our website for the entry forms or you can find them on the MWA website.

Finally, for all those who missed the presentation night last month, mention should be made of our Life Member for 2008. Cheryl Young was presented with her Life Membership gold pin for her meritorious and outstanding service to the club. Not only has Cheryl been Social Secretary, Canteen Manager, Club Secretary and Trophy Officer over the years she has been a member of the club, she is still volunteering her time in the canteen at all our events. Congratulations Cheryl, this was very much deserved.

### BUSY BEE

SATURDAY 17<sup>th</sup> JANUARY 2009  
(Track Closed All Day)

### REGISTRATION DAY

SUNDAY 18<sup>th</sup> JANUARY 2009



### Track Closure

Track will be closed as follows:

Saturday 17<sup>th</sup> January

Saturday 7<sup>th</sup> February

Until after the Summercross event  
(date TBC)



Off Road Motorcycle Training

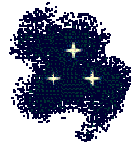
## Five Hour Coaching Clinic - Coastal Motorcycle Club

- For juniors requiring 5 hours coaching to renew their licences.

DATE:           **10<sup>th</sup> January 2009 - \$30**  
                      **17<sup>th</sup> January 2009 - \$30**

**For booking call Jamie on 0402 601 208**

**LEARN - TRAIN - RIDE**



## Dust

**Dust is becoming an issue during practice. Please consider the amount of dust that is being created when you ride. So far we have not had to switch to 'Summer Practice Times' which will mean the track is not open for as many hours. We need to consider our neighbours as a formal complaint has already been made.**

## Cameras



**Cameras are now operating in the gate and canteen area. Please ensure that you close and lock the gate on entering and leaving the gate. A new club rule for 2009 has been written and your key will be confiscated if you leave the gate open.**

## Some tips from Healthy Club

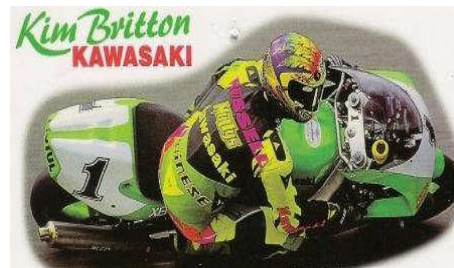
Alcohol promotes bleeding and swelling in sporting injuries which delays the healing process and recovery time. Steer clear of alcohol for at least 48 hours if you've sustained an injury.

Always warm up and stretch before you ride. This helps minimise the risk of injury from sudden stretching of cold muscles.

# Proud Supporters of Coastal Park



Aurelio or Tony  
PH 9430 4090



PH 9592 1113

**Mandurah City  
Yamaha**

Darrin Gaske  
Ph 9534 7944



The Sunday Times



## Coastal Motorcycle Club Coaches

Please contact any of our coaches if you require coaching

Dean Porter: 0408 168 721  
Jamie Munroe: 0402 601 208

Byron Corfield: 0400 666 007  
Grant Gaisford: 9527 6413  
(Quads)

[www.coastalmcc.com](http://www.coastalmcc.com)

Membership Enquiries 9592 4541

Other Enquires: 0437 550 047