



Welcome to the Hydrothon All Female Sports Clinic which is proudly supported by Macquarie Sports and hosted by Cronulla SLSC. We hope you are excited!

Below is some information that will help you have an enjoyable day.

Date: Saturday 24th September 2022

Wellbeing

If feeling unwell, please do not attend clinic.

8:00am – 9:00am Registration Club

Go directly to the TRIBE table for sign on and to get all your free gear. Just quote your name to volunteer who will pack your bag for you. *NB your rashie has been made to order. Sizes will be provided based on your online entry so we may not be able to exchange if size is not right.*

9:00am Welcome

A quick welcome to participants and introduction of mentors: *Lizzie Welborn, Taylar Puskaric, Kirsty Higgison, & Brielle Cooper*

9:30am – 10:00am Keynote Speaker, Bonnie Hancock

10:15am – Overview of Beach Activities

10:30am – Vacate Surf Club and move to Beach

BEACH ACTIVITIES

Water Session 10:45am – 2:30pm (inc lunch break)

- **15min Tribal Team Challenge** → to start off the water sessions we will organise a fun tribal team challenge.
- **Warmup and Surf Skills (30min)**
- **Racing (Swim, Board)**

No placegetter or prizes will be on offer, this will be a fun day for all so please make sure that if you are not racing, you are cheering on your tribe!

Official Close → 2:30pm

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Autographs→ 2:30pm-3pm You will be provided with a Notebook that you can use for autographs. Please bring a pen so the mentors can sign your books or clothing during the morning team and lunch *breaks*.

Expected close: Parent should arrive at the club around 2:30pm to pick up children.

NB: Weather or other factors may change the amount of time we spend on the beach and the overall clinic. Children's safety and comfort will always come first.

What to Bring

- A Pen
- Your morning tea & lunch
- Sunblock
- Wetsuit (optional) Just wear rashie over wetsuit please. NB: Water temp will be approx 18degrees
- Spare Towel
- Warm clothes
- Water Bottle
- Your Board (pls ask you club or friend to borrow one if needed)
- A big smile

Hydrothon Team Cossie

We will have available for purchase a limited range of colours and sizes of the 2022 Hydrothon Edition. **Cost per garment is \$85.00**. Made in Australia, the garments are sublimated and fully lined.

To see range, sizes and availability, OR to **pre purchase** for clinic day pickup, please go the Hydrothon Shop by clicking [HERE](#)

Can't attend the Clinic?

A 50% refund will be available up until 48hours prior to the event. After that, cash refunds are no longer offered. However, there are two options for you.

Please contact Steve via email steve@sportwell.com.au should you not be attending and let us know which option above you would like to take and if having bag picked up, by whom.

Get Social

For all post event photos please join us at www.instagram.com/hydrothon or www.facebook.com/hydrothon

If posting on your social media pages we would love you to tag @hydrothon #macquariesports

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Tribe List

- PLEASE NOTE INDIVIDUAL EVENT ROUND ROUND ALLOCATION IN TRIBE LIST BELOW FOR INDIVIDUAL EVENTS. Note all swim events will go first followed by board
- PLEASE NOTE TEAM ALLOCATION IN LIST BELOW.

First Name	Surname	Rashie	Age Group	Tribe	Mentor	Individual Event Round	Tribal Challenges
Ruby	BOFINGER WALKER	XS	U14	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 2
Kasey	BOLT	10	U13	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 3
Tiffany	CROMPTON	XS	U14	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 4
Siena	EGUIGUREN	S	U15	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 2
Scarlett	HOERR	12	U13	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 3
Ellie	HOWISON	12	U15	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 4
Harley-Rose	MCGRODER	12	U13	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 1
Lucy	MCLEAN	14	U14	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 2
Grace	MCLEAN	14	U14	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 3
Sienna	MEAD	XS	U13	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 4
Chloe	MUIR	XS	U13	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 1

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First Name	Surname	Rashie	Age Group	Tribe	Mentor	Individual Event Round	Tribal Challenges
Kate	NEWTON	14	U13	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 2
Ruby	PAYNE	XS	U14	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 3
Grace	RUTTY	S	U13	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 4
Jade	SEIDEL	12	U13	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 1
Jasmine	SPRINGALL	10	U14	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 2
Jessica	STONESTREET	S	U15	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 3
Georgia	THOMAS	12	U14	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 1
Sophie	WOODROW	14	U14	DARLA	Kirsty Higgison	Swim 2 - Board 2	Team 4
Isla	BARKER	10	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 1
Kleo	CIEPLIK	10	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 2
Eve	DALGLEISH	8	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 3
Eve	DE CARLE	10	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 4
Violet	GEORGE	10	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 1
Lila	HARRISON	10	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 2

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First Name	Surname	Rashie	Age Group	Tribe	Mentor	Individual Event Round	Tribal Challenges
Annaleigh	KOHNNENKAMPF DIAZ	10	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 3
Ruby	MCGRODER	10	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 4
Kate	MCGUINNESS	12	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 1
Penny	MORRIS	8	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 2
Abigail	OFLYNN	10	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 3
Kendyll	PAIPA	10	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 4
Lily	RIKIHANA	8	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 1
Abigail	SHARRATT	8	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 2
Elizabeth	SIMOS	10	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 3
Felicity	TANGER	8	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 4
Gracie	TOWLE	10	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 1
Indiana	WATTS	10	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 2
Rebecca	WOODSIDE	10	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 3
Olivia	WRIGHTER	8	U9	NEMO	Brielle Cooper	Swim 1 - Board 1	Team 4

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First Name	Surname	Rashie	Age Group	Tribe	Mentor	Individual Event Round	Tribal Challenges
Pippa	BACON	10	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 1
Calani	BATES	12	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 2
Eva	CORREIA	10	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 3
Piper	EDSON	XS	U13	PEACH	Taylor Puskaric	Swim 2 - Board 2	Team 1
Annabelle	HOWISON	8	U13	PEACH	Taylor Puskaric	Pack pick up only	n/a
Kiani	JOHNSON	10	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 1
Ava	MCLEAN	10	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 2
Zoe	NOACCO	10	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 3
Saoirse	O'BRIEN	S	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 4
Akira	RIKIHANA	12	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 1
Emma	ROMYN	12	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 2
Libby	SHARRATT	12	U10	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 3
Ebony	SPRINGALL	8	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 4
Jacana	SYMONDS	10	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 1

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First Name	Surname	Rashie	Age Group	Tribe	Mentor	Individual Event Round	Tribal Challenges
Josie	TASKER	12	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 2
Zoe	TSOUKALAS	12	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 4
Mackenzie	WALKER	10	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 1
Avril	WALLES	12	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 2
Lillian	WENMOHS	10	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 3
Sienna	WILKINSON	12	U12	PEACH	Taylor Puskaric	Swim 4 - Board 4	Team 4
Hayley	AUSTIN	10	U10	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 1
Sophia	DEVINE	12	U10	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 2
Charlotte	DIVER-TUCK	XS	U10	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 3
Jayde	HARTUP	8	U11	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 4
Dakoda	HODGE	12	U11	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 1
Petra	JOHNSON	XS	U10	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 2
Cate	MCCULLOCH	10	U10	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 3
Heidi	MORRIS	10	U10	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 4

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First Name	Surname	Rashie	Age Group	Tribe	Mentor	Individual Event Round	Tribal Challenges
Charli	MOSES	12	U10	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 1
Olivia	MURPHY	14	U10	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 2
Kendall	PAYNE	10	U10	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 3
Chloe	RUSSELL	10	U11	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 4
Estelle	SLATER	5	U11	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 1
Montana	SMITH	8	U11	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 2
Andie	SMITH	8	U11	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 3
Liesl	SPINNER	10	U11	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 4
Paige	SULLIVAN	12	U10	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 1
Sarella	SYMONDS	8	U10	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 2
Emily	WALKER	10	U10	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 3
Madelyn	WATTS	12	U10	PEARL	Lizzie Welborn	Swim 3 - Board 3	Team 4
Harper	ZMUDA	10	U10	PEARL	Lizzie Welborn	Swim 1 - Board 1	Team 1

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