

Between the Groynes

Edition 27 23rd September 2014



FROM THE PRESIDENT'S PEN

In any community or non for profit organisation sponsors play an integral role in assisting with the survival of clubs.

Christine Cougan, our Business and Marketing Director and her hard working committee do an extremely good job ensuring we at Sorrento SLSC are fortunate to have a good team of sponsors.

Please, where ever possible as a club member can I ask that you support the businesses of our sponsors.

I think it also important that when the opportunity arises that we all let our sponsors know we are members of Sorrento and we appreciate the support that they provide to our club.

A club as one is a club of strength!

Rob Doherty
President



BoGaN BINGO is coming to Sorrento Surf Life Saving Club. Calling all SoSLSC Members and Friends to ...
"Jump-on-the-Bogan-Bandwagon"

WHEN: Friday, 7th November '14

START: 7:30pm

TICKETS: \$15 per person 18+ only

Phone the office to book your TABLE.

CLUB DETAILS:

Email: admin@sorrentoslsc.org.au
Website: www.soslsc.com
Tel: 9448 1431
Mobile: 0413568155 (AH)

OFFICE HOURS:

Mon & Tues - Thurs & Fri : 9:30am – 2:30pm
Wednesday : Closed

EVENTS

October 2014:

04/10 : SunSmart Beach Series Round 1
04/10 : SunSmart Ironman Series Round 1
04&5/10 : Club Requals 9-11am
11/10 : IOP Race 1
11&12/10 : Club Requals 9-11am
12/10 : SunSmart Board and Swim Series Round 1
15/10 : Competition Committee Meeting
17/10 : Sunset Ski Series Race 1
18/10 : Sorrento Challenge
18&19/10 : Club Requals 9-11am
19/10 : Classic Paddle
19/10 : SunSmart Beach Series Round 2
19/10 : SunSmart Ironman Series Round 2
25/10 : SunSmart Board and Swim Series Round 2
25/10 : WA Boat Series Round 1
25/10 : IOP Race 2
25&26/10 : Club Requals 9-11am
31/10 : Junior Halloween Disco

November 2014:

01&02/11 : Level 1 Coaching Course
01/11 : Club Swim – Have a Go Board
01&02/11 : Anaconda Adventure Race
01&02/11 : Coolangatta Gold
08/11 : Club Swim – Have a Go Board & Swim
08/11 : IOP Race 3
09/11 : SunSmart Beach Series Round 3
09/11 : SunSmart Board and Swim Series Round 3
14/11 : Sunset Ski Series Race 2
15/11 : Member Senior First Aid Course
15/11 : Club Swim – Have a Go Swim, Tube & Belt
16/11 : SunSmart Ironman Series Round 3
16/11 : Member Senior First Aid Course
16/11 : WA Boat Series Round 2
16/11 : Navy Surf Boat Series Round 1
19/11 : Competition Committee Meeting
21/11 : Junior Preliminary Evaluations
22/11 : IOP Race 4
22/11 : Club Swim – Have a Go Ski
22/11 : Indian Ocean Paddlers Down winder
23/11 : SunSmart Pre-Season Cup Grand Final
23/11 : Junior Club Champs 1
27/11 : Sunset Ski Series Race 3
28/11 : Junior Competition Evaluations
29&30/11 : The Doctor Ski Race
29/11 : Club Swim – Have a Go Ski
30/11 : Nipper Joint Age Group Interactions
30/11 : Navy Surf Boat Series Round 2

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Between the Groynes

Edition 27 23rd September 2014

SURF LIFE SAVING WA NEWS

Successful businessman, sports event promoter, cycling, hockey and rugby enthusiast and surf lifesaving stalwart Craig Smith-Gander has been elected as President of Surf Life Saving WA (SLSWA) for a three year term.

He replaces Mark Irwin who retired last week after six years as SLSWA President.

"I am honoured to be entrusted with the position of President, and look forward to carrying on the excellent work that Mark, the Board and the executive team have done, and are continuing to do, for surf lifesaving in Western Australia", Craig said.



SORRENTO CHALLENGE 18th OCTOBER 2014

This year's edition of the **Sorrento Challenge** will occur on Saturday 18 October 2014. There are both team and individual categories so everyone can do it.

To register go to <http://sorrentochallenge.com.au/>. If you can't or don't want to compete then please volunteer. To volunteer please send Kevin Penny an email with the subject heading Sorrento Challenge Volunteer at: kevin.penny1956@gmail.com.

Thanks to the many friends of the Sorrento Surf Club we have a lot of on-the-day draw prizes – but to win one you need to be there in person and registered as an competitor.

Event Day Draw Prizes (must there on site to accept all draw prizes during awards ceremony - no stand ins)

- From **Go Paddle Sports:**
 - One Ocean Racer PFD (value \$120.00)
 - One Paddle Shorts (Value \$58.00)
 - One Boat Leash (\$45.00)
 - Three \$50.00 store vouchers (none cash redeemable for product purchases only)
- From **In2Kayaks:**
 - One Ocean Paddler pfd (value \$130.00)
 - Two 2P Adrenaline Thermo Top Rashies (Value \$44.95)



SORRENTO SURF LIFE SAVING CLUB **North Coast Tri Club**

SORRENTOCHALLENGE

2014

Saturday October 18th @ Sorrento Beach

1.2km Ocean Swim - 7.0km Ocean Paddle - 7.5km Beach Run

www.sorrentochallenge.com.au



2 | Page

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Between the Groynes

Edition 27 23rd September 2014

- Two FENN Rashies & Cap (Value \$65.00)
- Five \$30.00 store vouchers (none cash redeemable for product purchases only)
- From **Mills Charters:**
 - Five Family Passes for whale watching
 - One Day Fishing Pass for two people
- From **White Salt Restaurant:**
 - Five \$50.00 vouchers
- From **Living Colour Hair Design**
 - 10 \$10 off Vouchers
 - One \$180 make over voucher
- From **LiquorBarons**

SOCIAL NEWS – Leanne Lewis

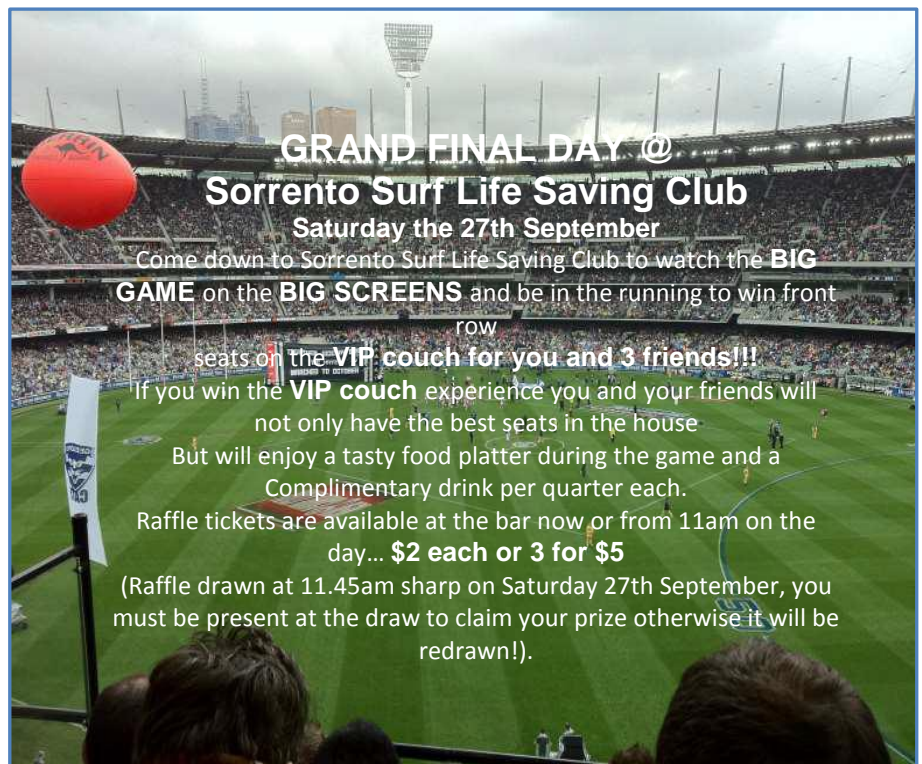
We are re-introducing breakfasts on Saturday mornings from the 20th of September. For those of you who are out training early there will be pre order forms available so that when you come in for a feed and if you have pre ordered you will not be kept waiting too long to nourish yourself afterwards.

The breakfast's menu is very simple but good value.

- Big Breakfast - 2 Eggs, bacon, sausage and baked beans on toast - \$12**
- Bacon and egg burger \$5 OR muesli \$5**
- Coffee or Tea \$4.**

Tickets are already selling for Bogan Bingo, so if you're inner Bogan is busting a gut to be let loose, come down on November the 7th and let the air guitar fly. Tickets available through the office or see Helen Bunford on a Sunday Morning.

It's nearly that time of year again for the Grandest of finals when the AFL boys go head to head to bring home that coveted award for the year.



GRAND FINAL DAY @ Sorrento Surf Life Saving Club
Saturday the 27th September

Come down to Sorrento Surf Life Saving Club to watch the **BIG GAME** on the **BIG SCREENS** and be in the running to win front row seats on the **VIP couch for you and 3 friends!!!**

If you win the **VIP couch** experience you and your friends will not only have the best seats in the house But will enjoy a tasty food platter during the game and a Complimentary drink per quarter each.

Raffle tickets are available at the bar now or from 11am on the day... **\$2 each or 3 for \$5**

(Raffle drawn at 11.45am sharp on Saturday 27th September, you must be present at the draw to claim your prize otherwise it will be redrawn!).

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3 | Page



Between the Groynes

Edition 27 23rd September 2014

Cheapest beer and wine on the coast, with a chance to sit on the VIP couch with a bit of noisy but friendly rivalry, what more could you wish for on the last Saturday in September.

Urgently seeking volunteers to help out in the bar.

Leanne Lewis
Club Services Director

ADMIN NEWS – Kerry Yates

A special message to all our 2013/2014 members:

This is the LAST chance you have to re-register for the upcoming 2014/2015 season. We understand that you may still be involved in your winter activities and sporting events, therefore the thought of summer; surf and Sorrento Surf Life Saving Club haven't crossed your mind and you haven't had a chance to re-register yet....

We're allowing re-registrations to take place at the "old rate" prior to **Monday, 6th October**. Any registrations after will be charged a late registration fee of \$50 per member.

If you do not plan on continuing with the Sorrento Surf Life Saving Club for the upcoming 2014/2015 season please can you contact us on 9448 1431 or email:

adminassistant@sorrentoslsc.org.au

Should you have any administration queries or suggestions please do not hesitate to give Shannon or myself a call in the office on 9448 1431. To all our new members the office is open on the below listed dates:-

- **Mon-Tue** : **9:30-2:30**
- **Wednesday** : **Closed**
- **Thur –Fri** : **9:30-2:30**

Shannon will be soaking up the rays in Bali as of tomorrow she will be on Annual Leave till 6th October! Enjoy your time off.

LIFESAVING NEWS – Garry Bunford

DO YOU KNOW WHAT THE BEACH COMMITTEE DOES?

The beach committee is now complete for the 2014/2015 season; I'd like to introduce the Beach Committee members to you and give you a brief outline on their duties and responsibilities.

To ensure your 2014/2015 Life Saving season is an enjoyable one and fulfilled, please do not hesitate to contact the below members should you have any queries; questions and or suggestions

1. LIFE SAVING DIRECTOR – GARRY BUNFORD.

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Between the Groynes

Edition 27 23rd September 2014

RESPONSIBILITY: Garry oversees the whole Beach Committee; he is the Director of Life Saving at the SoSLSC.

2. ASSISTANT LIFE SAVING OFFICER – NIKKI OWEN

RESPONSIBILITY: Nikki's main responsibility is to assist the Lifesaving Director in maintaining and developing Surf Life Saving efficiency, Nikki is there to co-ordinate and liaises with those members directly responsible for the care and use of all Surf Life Saving equipment, and in the absence of the Lifesaving Director the Assistant Lifesaving Officer shall have like power and authority.

3. PATROL OFFICER – LEIF HINRICHSEN

RESPONSIBILITY: Leif your Patrol Officer (and Past President) is there to control the patrolling of the beach and keeps all patrol records and allocations of Patrols. Leif, looks after the patrol Captains and ensures that the Patrols are being conducted properly, he basically oversees anything and everything to do with patrols

4. PATROL CAPTAIN

RESPONSIBILITY: Looks after the beach and the community that uses our beach while controlling the patrolling of our beach and keeping patrol records and looking after all of the surf lifesaving equipment

5. EDUCATION OFFICER – Paul Berry

RESPONSIBILITY: Paul is responsible for the instruction of all members in Surf Life Saving and the preparation of members for award examinations and all assistant instructors come under the control of the Education officer.

6. FIRST AID OFFICER – Priscilla Rafferty

RESPONSIBILITY: Priscilla ensures all first aid supplies are adequately stocked; first aid rooms are ready for use at all times and first aid kits and bum bags are stocked. Including ordering first aid equipment such as Oxygen first equipment for patrol equipment, she is the go to person for any assistance the patrol first aider needs.

7. EQUIPMENT OFFICER – Craig Gamble

RESPONSIBILITY: Craig will ensure all Life Saving gear and equipment is maintained in optimal operating condition.

8. IRB OFFICER – Jacqui McGregor

RESPONSIBILITY: Jacqui will ensure all IRB's are maintained in optimal condition.

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5 | Page



Between the Groynes

Edition 27 23rd September 2014

9. LIAISON OFFICER – Shelley Gardiner

RESPONSIBILITY: Shelley will assist the patrol officer and beach committee and be the liaison between patrol members and the beach committee, Shelley will also assist the Youth and other members that may need assistance.

Garry Bunford
Lifesaving Director
Lifesavingdirector@sorrentoslsc.org.au

PATROL ROSTER – Attached is the patrol roster which can be found on the Patrol Notice Board in the Boat Shed.

STINGERS
Last session this Sunday!!!
Thanks to all those keen members
that participated in STINGERS this
winter!



EDUCATION NEWS

Club Requal's will take place every Saturday and Sunday in October from **9-11am**, meet on the grass wash down area. Please note that REQUALS will ONLY take place during October 2014.

BRONZE COURSE – Final call for all members who are interested in completing a Bronze Medallion Course in October. Please contact the office to put your name on the expression of interest list.

Between the Groynes

Edition 27 23rd September 2014

BUSINESS & MARKETING NEWS – Christine Cougan

As a club we would just like to thank Matt (Assistant Manager at Grill'd Hillarys) for the Cheque of \$300 they presented to us last week.

Grill'd Hillarys love to give back to the local communities which they call home. They support groups from all walks of life. The weird & the wonderful... but all of them worthy. Every month our local Grill'd will donate \$500 to a local community.

We were lucky enough thanks to the support of our valued members for placing their bottle tops into the Sorrento Surf Life Saving Jar to receive \$300 of the \$500 split.



CLUB DEVELOPMENT NEWS – Ron Clarke

PLEASE NOTE – The Male change rooms will be closed on Wednesday from 4pm. This will be the final process of the Locker Room upgrade. Please use public toilets outside or SoCafé toilets.

JUNIOR NEWS – Ian Smallwood

Junior Board Repairs

Dom Berry will be holding a repair session this Sunday 28th September, to get the junior boards ready for the start of the season.

Could you please email or call me and let me know if you will be helping.
JuniorDirector@sorrentosls.org.au or 0430 046 215.

Ian Smallwood
Junior Director

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Between the Groynes

Edition 27 23rd September 2014

YOUTH NEWS

YOUTH: It was great to see so many people at our meet and greet session. We are looking forward to a great season with you all.

Committee: If you are 14 - 18 years old and are interested in joining the Youth Committee please email Peter Watkins at pprwat@bigpond.com.

Youth Involvement Program (YIP):

To encourage, recognize and reward youth participation we run a Youth Involvement Program. It's a voluntary program that requires the youth members to achieve three levels of participation - bronze, silver and gold. Along the way we recognize and reward your commitment and achievements.

The concept is quite simple. YIP's is a recognition and reward program with a similar concept to Frequent Flying points. Participants collect points for being involved in lifesaving activities. The more activities you engage in, the more hours you volunteer, the greater your YIP's points score! YIP's encourages participation in all areas of club activity such as:

- Lifesaving
- Development
- Competition
- Administration
- Junior Activities
- Youth Activities
- Club Activities

You can choose your level of involvement and the areas you are specifically interested in. By collecting points three levels of achievement can be attained. These include: Bronze, Silver and Gold.

A minimum number of points and patrol hours are required for each level. Once each level is obtained you will be presented with a reward provided by the Club and a certificate from Lifesaving Australia to acknowledge you. This looks great in your CV, holding a similar status to the Duke of Edinburgh Award.

Did you know that if you have completed your SRC or Bronze Medallion in year 10, 11 or 12 you can use this to contribute to your Western Australian Certificate (WACE)?

Those with their **SRC = 1 point and Bronze Medallion = 13 WACE Points.**

If you are interested, please contact Nic at nicoledhue@hotmail.com or Deb at advickery@bigpond.com.

Remember you only get out what you put in – so get involved.

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8 | Page



Between the Groynes

Edition 27 23rd September 2014

DATES TO REMEMBER

11th October – First Youth Session: Meet Peter Watkins at the boat shed at 8:45. Don't forget your pink vest, you will be doing your proficiency swim.

Regards,
Nicole Dhue

COMPETITION NEWS – Claire Rafferty

I have made a list of athletes that have done their Bronze or SRC in the last 2 years that may be going to the Aussies 2015. These people will need to contact the office to give their names and emails to Kerry to complete some paper work and training for their Cert 2 to compete at the Aussies:

Deirdre Beck, Chris Bond, Drew Corrigan, Cooper Gibson, Gavin and Gaye Humphreys, Nicole Jahn, Austin Sheard, Tara Smith, Libby Vickery, Tristan Xavier, Jakob Zeller, Tahlah Rafferty, Sydney Rafferty, Meg Gibson, Celeste Becks and Ryan Campbell Howard.

Also all athletes that just completed their Bronze on Saturday, this also applies to you. If I have missed your name and you are competing please also contact the office. Hopefully this can be done at a requal session.

Claire Rafferty
Competition Director



LIFESAVING WORLD CHAMPIONSHIPS 2014 NEWS

Our Sorrento Masters have just had their moment on the world stage, now it's time for our Liam Ryan and Jackson Symonds to jump on the plane and make their way to the south of France.

Well done to all the Sorrento Masters that were involved in Rescue 2014. All up there were 26 representatives from Sorrento SLSC, Cottesloe, Floreat, Mullaloo, North Cottesloe, Scarborough, & Trigg Island we were well represented.

Our SoSLSC may all be needing some extra baggage now after a swag of Gold, Silver & Bronze medals coming back home.

9 | Page

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Between the Groynes

Edition 27 23rd September 2014

LIFE SAVING WORLD CHAMPIONSHIPS
RESCUE
MONTPELLIER - LA GRANDE MOTTE

2014

FRANCE

Gold Medals:

50-54 Female Ski Race – Sue Lemmon

60-64 Female Beach Sprint - Janie Rowse

140+ Female Ski Relay – Sue Lemmon, Kelly Barker & Peta Watkins

170+ Female Board Relay – Janie Rowse, Rita Berry & Leanne Lewis

170+ Female Ski Relay – Janie Rowse, Rita Berry & Leanne Lewis

170+ Female Taplin Relay - Janie Rowse, Rita Berry & Leanne Lewis

Silver Medals:

60-65 Female Board Rescue – Janie Rowse & Leanne Lewis

Bronze Medals:

40-44 Male Beach Sprint – Michael Saunders

45-49 Female Beach Sprint – Peta Watkins



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10 | Page



Between the Groynes

Edition 27 23rd September 2014

UNIFORM SHOP OPEN HOURS

Wednesday 24th September: 6pm-7pm

Saturday 27th September: 10am-11am

Wednesday 8th October: 10am-7pm (School Holidays)

Wednesday 15th October: 6pm-7pm

Sunday 19th October: 8am-12pm

For Backpacks please pre order pickups.



YOGO CORNER has come to SoSLSC,

Join Odette's Yoga class on Thursday evenings from 6-7pm.

\$12 per session or

\$100 x 10 sessions valid for 3mths



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