

# Between the Groynes

Edition 1 6th January 2015



## FROM THE PRESIDENT'S PEN

Dear Members,

I hope all members had a wonderful Christmas and the New Year is one full of prosperity.

As we head into the second half of our season we will no doubt see all our Nipper, Senior and Master competitors start to fine tune their skills at training for the business end of the competition season, with both the State and National Titles approaching.

A big Thanks to Gary and all involved in the Abalone patrol this last Sunday.

Well done to the Social Committee for arranging a great New Year's Eve function at the club. Although not that well patronised it was a great night for those that attended.

On behalf of the BOM I would like to both Thank and wish Liam Ryan all the best for his exciting venture. Liam is a great club member and one that many of us have watched progress into an elite athlete. Liam is heading to the Gold Coast to advance his professional career and also join the North Burleigh SLSC. Our loss is no doubt there gain.

***A club as one is a club of strength***

**Rob Doherty**  
President

### CLUB DETAILS

Email: [admin@sorrentoslsc.org.au](mailto:admin@sorrentoslsc.org.au)  
Website: [www.sosslsc.com](http://www.sosslsc.com)  
Tel: 9448 1431  
Mobile: 0413568155 (AH)

### OFFICE HOURS:

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

## EVENTS

### January 2015:

10/01 : Club Swim – Have a Go Board/Swim  
10/01 : Ocean Swim Series 3  
11/01 : SunSmart Surf Premiership Series Round 2  
11/01 : Navy Surf Boat Series Round 3  
16/01 : Sunset Sprints Surf Boats  
17/01 : Club Swim – Have a Go Swim/Tube/Belt  
17/01 : IOP Race 5  
17/01 : Club Mile Swim  
18/01 : SunSmart Junior Carnival 2  
24/01 : Club Swim – Have a Go Ski  
24/01 : Manly Senior Carnival  
25/01 : SunSmart Surf Premiership Series Round 3  
25/01 : Junior Country Carnival 3  
25/01 : Manly Junior Carnival  
26/01 : Ocean Swim Series 4  
26/01 : Freshwater Carnival  
31/01 : Senior Club Championships Day

### February 2015:

01/02 : Club Swim – Have a Go Ski  
01/02 : SunSmart Junior Teams Carnival  
07/02 : Club Swim – Have a Go Boat/IRB  
07/02 : Sorrento Masters Friendly  
07/02 : Ocean Swim Series 5  
07/02 : SunSmart WA First Aid Championships  
08/02 : SunSmart Surf Premiership Series Round 4  
08/02 : Be Active Busselton Jetty Swim  
08/02 : Junior Club Champs 2  
08/02 : Navy Surf Boat Series Round 4  
14/02 : Club Swim – Have a Go Boat/IRB  
14/02 : SunSmart Junior Metro Qualifier  
14/02 : SunSmart WA Champion Patrol Titles  
14/02 : Ocean Swim Series 6  
14/02 : IOP Race 6  
15/02 : SunSmart Junior Metro Qualifier  
15/02 : Ocean Swim Series 7  
21/02 : Club Swim – Have a Go Sprints/Flags  
21/02 : Rottneest Channel Swim  
22/02 : Junior Joint Age Interaction  
22/02 : SunSmart Surf Premiership Series Round 5  
28/02 : Club Swim – Have a Go Sprints/Flags  
28/02 : SunSmart WA Masters State Champs  
28/02 : Sunset Sprints Surf Boats

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## COURSES RUNNING IN JANUARY

### **BRONZE MEDALLION COURSE:**

As only a very few people attempted the swim last Saturday, we have agreed to provide another opportunity for those wishing to try for the Bronze.

**When: Saturday 10<sup>th</sup> Jan 9am  
Sunday 11<sup>th</sup> Jan 9am**

You must complete the swim in 9 minutes or less, if you do not meet the time unfortunately you will not be accepted onto the course. If you try on Saturday and don't make it, you have another opportunity on the Sunday!

We are on a tight schedule to get the group underway as the exam is targeted to be completed prior to the State Titles in mid-March. Course commences the week 12<sup>th</sup> January.

### **SPINAL COURSE:**

To be eligible to attend this course you must be both over 17 years of age and have a current Bronze Medallion.

**When: Saturday 10<sup>th</sup> Jan  
Start: 9:30am (after Club Swim)  
Finish: Approx 13:00  
Cost: \$25**

Please contact Leif Hinrichsen at [PastPresident@sorrentoslc.org.au](mailto:PastPresident@sorrentoslc.org.au) if you wish to attend.

### **FIRST AID COURSE:**

**When: Wednesday 7<sup>th</sup> Jan  
Start: 8:30am  
Finish: 4:00pm  
Cost: \$70 (includes Nationally Accredited Certificate)  
Bring: own lunch, morning tea will be provided.**

Please contact Paul Berry at [paulb@iinet.net.au](mailto:paulb@iinet.net.au) if you wish to attend.

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**BUSINESS & MARKETING NEWS – Christine Cougan**

**SURF LIFE SAVING WA**  
**street**  
**appeal**  
5 DECEMBER 2014

This year Sorrento Surf Club raised a total of **\$9156.20**. All money raised will assist the club to pay for various upgrades to your Club Facilities, Purchase of New Equipment and to support the general running of all departments within the Sorrento Surf Life Saving Club.

The Street Appeal was a huge success and would not have been possible without the volunteers who helped.

## COMPETITION NEWS – Claire Rafferty

Happy New Year Everyone! I am finally back from my travels and am in need of a lot of training! If you are in my shoes get down to the club and get ready for a great year.

Please make sure you fill in the Rego Sheet for Rd 2 which will go up on the board this week. Rd 2 will be at Trigg on Sunday 11<sup>th</sup> and the Navy Boat Series Rd 3 is at Port Bouvard. I will be taking the sheet down on Wednesday, so write your name down ASAP.

The Mile Swim will be rescheduled to the 17<sup>th</sup> January as the Senior Carnival was changed to Saturday the 13<sup>th</sup> of December. Thank you to those of you that stepped in to make sure the club swim went ahead while Jeff and I were away. Jeff has posted handicaps on FB, so please check your handicapped start time. Let's see if we can get some great numbers to the club swim this week.

Make sure you get in early and pay your \$85.00 entry fee for the Aussie Titles. This payment ends soon so get in quick.



All competitors you can find information on the Athletes Facebook Site/ Club Newsletter/ Sorrento Website or the Competition Board in the Boat Shed.

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LIFESAVING NEWS – Garry Bunford

## Patrols:

### Christmas:

I firstly would like to thank those members that volunteered on Christmas day. the beach was full of people and it was great to see so many of our club members give up their valuable family time to look after our community family to ensure all went well on this special day.

### Patrol Attendance:

I wish to thank all those members that always attend their patrols or get a substitute to cover for them when they are unable to attend.

Unfortunately Patrol attendance has been very poor lately and Patrol Captains have reported that members are not showing up or informing their Patrol Captains when they are unable to attend. If you need any help or have any challenges with your allocated patrol please let your Patrol Captain know and then the Patrol Officer Leif Hinrichsen or Liaison officer Shelley Gardiner.

Over the Christmas period it was great to see our members step up and help out other patrols that needed extra members and I felt especially proud when one of the SRC's members came back from Hillarys saying "I am not sure why but the members of the public keep saying thank you to me and the others at Hillarys". This shows that the community do appreciate you all.

### Education:

Please note that there are several courses that members have put an expression on interest in for. However, when they were contacted by our Education Team they have not responded. There will be one more start date for the Bronze course. Those of you that have not responded to Paul Berry's e-mail please do so ASAP. If numbers are low the courses will be cancelled.

### Abalone Patrol:

What a start to the New Year. The new things that are happening in our Zone (zone 3) are people diving from jet skis and boats in the reef area looking for Abalone. Well done to those members that helped out yet again great work, we seem to have more first aid members than bronze members.

### Feedback on Life Saving:

The beach committee and I encourage feedback please take time and let us know what you are thinking and how we can help you as members, after all if we do not know we cannot help make things better for you!

Email: [LifeSavingDirector@sorrentoslsc.org.au](mailto:LifeSavingDirector@sorrentoslsc.org.au)

### Old Patrol Uniforms:

We have a shortage of patrol uniforms if you have unwanted patrol uniforms please put them into the lost property box at the club.

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## CLUB SERVICES NEWS – Leanne Lewis

Another year begins and we saw 2015 in with a fun party for New Year's Eve. Thank you to all the Social Committee for your hard work setting this event up and organising such a fun night.

What's on next you ask - well this Sunday there is to be a Sun downer in the courtyard with live entertainment from 4 - 8pm. These events are always a fun end to the week, to chill and relax with friends. Krystal will be cooking, so stress if off for mum if this is the way you want to go, or BYO picnic.

Sunday afternoons at the club, when there is no Sun downer are very informal, Byo nibbles etc., and a volunteer will open the bar from 3 - 6.30pm. Thank you to Chris Murray for giving up his time for you last Sunday and Mike Wren the week before.

Friday nights we regretfully will no longer be providing a meal service unless we have a booking of 10 or more. It seems this service is not being utilised by members and we cannot continue to hire staff if very few people patronise our club to eat on this night.

January the 28th will see the international Golf Frisbee opening ceremony at our club. The top10 world champions in this sport will be in attendance as will local dignitaries including Mayors from a few local councils, not to mention the media; channel 7 and 9. This will be very good exposure for our club and members are welcome to come along and take a look. Over the next few weeks we will supply you with more information about this little known sport in Perth; however it seems it has a huge following overseas especially in the U.S.A. We are hoping they will give us a bit of a demonstration on the lawns outside the club, but they are planning on trying to break the World record for the longest throw at Sacred Heart Oval. Stay tuned for upcoming event info.

Well to all our members I hope 2015 is a year of wondrous things, and I wish you a happy and healthy 12 months.

## U10-U14 BEACH TRAINING

To all the U10-U14 athletes you are hereby invited to join in me in all beach sprints, relay and flag training on Tuesdays and Thursday afternoon. We normally start 4.30-4.35pm and finishes 5.30-5.45pm. You do not need to be good at any beach event, just be prepared to join in and learn all the techniques and have fun.

Tuesdays we will be concentrating on sprint starts, flag starts and techniques and relay hand overs, Thursday we'll concentrate on getting your stamina and fitness levels up. I recommend everyone bring sneakers and bathers along, depending on the weather and the wind, we'll be training on the grass area or beach and on very hot days, have a nice cool off in the ocean if your parent allows it.

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There are some days I do like us all having a fun day and we'll play games aimed at getting your fitness, thinking and giggling caps going. I try and make training fun, but also hard, so you feel your walking away accomplishing your goal.

If you have any queries feel free to contact me and I'll answer your questions, if you have a specific goal you want to work towards we can discuss the best options. I am looking forward to meeting all you future budding beachy champions.

Yolande Van Dyk  
0408 940 207

## SLSWA PRE-SEASON CUP FEEDBACK SURVEY

Below is a link for members to provide feedback regarding their experiences and the structure of the 2014 SLSWA Sun Smart Pre-Season Cup. We would like to get as much feedback as we can from competitors, coaches, officials and club support teams about the Pre-Season events so that we can build bigger and better events for next season.

<https://www.surveymonkey.com/s/CKR65FY>

### UNIFORM SHOP OPEN HOURS

**Sunday - 8:30am-9:30am**

**1<sup>st</sup> Wednesday of the month – 6:00pm-7:00pm**

### SO CAFÉ OPEN HOURS

**Please call 0432 630 609 for all bookings**

#### **Wednesday Nights**

Dinner: 6-7.30pm  
Bar: 6pm onwards



#### **Friday Nights**

Bar: 6pm onwards

#### **Saturday Morning**

Breakfast: 7-9am  
Coffee: 7am onwards



#### **Sunday Morning**

Coffee: 7am onwards  
Bar: 10.30am onwards



New early morning yoga classes begin on Thursday 8th Jan at 7am-8am at Sorrento Surf Club!

Introductory special for Club Members - first class is free!

Please wear comfortable clothing.  
Mats, blocks, belts and blankets supplied.

#### Cost:

Casual class - \$18 (\$15 concession)  
5 class card - \$75  
10 class card - \$150

What a great way to start the day - look forward to seeing you on the mat and sharing the many benefits of yoga with you!

Andrea Freeman  
yogablissperth@gmail.com

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