

Between the Groynes



Edition 12 : Tuesday 1 November 2016

FROM THE PRESIDENT

Dear Members,

Our younger nipper age groups commenced on Sunday and it was fantastic to see numerous second generation double green, double blue and red members.

The highlight though was witnessing yet another generation of the Geneff family.

Young double green Aiden Geneff's great grandfather was our clubs foundation president, his grandfather and father Murray are also life members of our club.

As Nippers, Juniors and Seniors I have personally had an involvement with the Bell, Plint, Povey, Duffy, Doherty, Ridley and the Palmer families and it was wonderful to witness this group involved now with their children and our nipper program.

On a negative note, it is again becoming a regular occurrence for our bar staff to be finalising there shift to yet find the roller doors in the boat shed left up, exposing both the club's and your personal equipment to possible theft.

It would be a costly exercise for our club to have to implement motorised and timed mechanisms to the roller doors.

Can I please reiterate that we all do not just assume that someone else will put the doors down.

I also advise that your personal equipment is not covered under our clubs insurance policy for theft from the boat shed.

A club as one is a club of strength!

Rob Doherty
President

Upcoming Events

November 2016

5/11/2016 – Ocean Series Round 6

5/11/2016 – Beach Series Round 3

13/11/2016 – Junior Club Champs

19/11/2016 – Ocean Round 7

19/11/2016 – Boats at Mullaloo

December 2016

2/12/2016 - BeachSAFE Appeal Street

3/12/2016 - Senior Beach R4

3/12/2016 - Junior Beach R3

Club Details:

admin@sorrentoslsc.org.au
www.sosslc.com
08 9448 1431

Office Hours:

Monday – 8am – 4pm
Tuesday – 8am – 4pm
Wednesday – 11am – 7pm
Thursday – 8am – 4pm
Friday – 8am – 4pm

So Café Hours:

Wednesday – 6pm – 7:30pm
Saturday – 7:30am – 9:30am
Sunday - 7:30am – 9:30am

Uniform Shop Hours:

Wednesday – 6:30pm – 7:30pm
Sunday – 8am – 9am



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Business and Marketing – Christine Cougan

Thank you to Relish Gourmet for supporting our Small Business Club.

Relish Gourmet is a family run gourmet hampers and gift baskets business based in Perth, Western Australia. We operate an online and store based gift hamper company, with hampers and gift baskets available for delivery in Perth and across Australia.

Our experienced team members design and create gourmet gift hampers and baskets using the finest produce from throughout Australia, including chocolates, condiments, and cheese from Margaret River, the Yarra Valley, and Barossa. Every day, we service private and corporate clients from Perth, country WA, interstate, and overseas. Our goal is to bring joy to those who receive our gift baskets and peace of mind and satisfaction to our clientele.

Our product quality and freshness, reasonable prices, custom design service, and superior customer service have made us one of WA's leading hamper and gift basket suppliers.

Phone

08 9244 4213

Fax

08 9445 3365

Email

info@relishgourmet.com.au

Address

Unit 9B, 15 Carbon Court
Osborne Park 6017



Lifesaving – Garry Bunford

First Aid

Anyone interested in ensuring that they keep up to date with the tips and tricks required for treating people at our beach is encouraged to join the Sorrento First Aid facebook group. Only recently created and already we've had discussions on the best way to deal with jelly fish stings, cobbles and crush injuries. Let's more to come. Search facebook for Sorrento Surf Club First Aid Community and request to join.

Training

Watch this space! A brand new calendar of courses for all of 2017 is going to be published soon.



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Competition – Claire Rafferty

Congratulations to all that competed over the weekend at Leighton. Please make sure you have registered by Wednesday for Rd6 Ironman and Ski and Rd3 Beach at Cott on Saturday 5th November.

Carnivals in October/November:

Ocean Rd6 – Ironman/Ski (North Cott) Saturday 5th November

Beach Rd3 – 2km, Sprints, flags and relays (North Cott) Saturday 5th November

Ocean Rd 7 – Ski and Board (Secret Harbour) Saturday 19th November

Boats Rd 2 – Boats (Mullaloo) Saturday 19th November

Rego Sheets are up on the board. Please remember if you put your name on the sheet and do not attend or pay online you will be invoiced for the payment fee and unable to compete in the next carnival until it has been paid!!!

Ski allocations are up on the Competition Board. Can you make sure if you need to move your craft, could you please do it ASAP!!!

Please make sure you are doing your Rostered patrols. Remember you need 16hours by December 30th to compete. There are lots of opportunities to make up any hours you have missed.

Don't forget if you want to keep your fitness up Jeff Carter is still doing his Sunday 7.00am morning sessions in the gym all active members welcome. Also athlete's compulsory gym sessions are on Mondays and Wednesdays now with Jeff at 6.30pm, your attendance is important to your development in your chosen disciplines!!

Also please be aware the gym is only for athletes training with Jeff at these times. Under 14 – Masters athletes these are sessions that have been designed for you!!



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Juniors – Ian Smallwood

Board Training will be started for Under 9s – 13s at 4:30pm on Wednesday afternoon. This is as well as the below sessions listed.

SORRENTO SLSC 2016 JUNIORS TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							SURF SKILLS SESSION inc BOARD, IRON & SWIM 7.30am – 8.30am (SORRENTO)
PM		SWIM TRAINING 5.15pm – 6.15pm & 6.20pm – 7.30pm (CARINE SHS)	BEACH TRAINING 4.00pm – 5.00pm (SORRENTO) BOARD TRAINING 5.00pm – 6.00pm (SORRENTO) CLUB RUN 6.00PM (SORRENTO)	SWIM TRAINING 5.15pm – 6.15pm & 6.20pm – 7.30pm (CARINE SHS)		SWIM TRAINING 3.00pm – 4.30pm (CRAIGIE)	

Guidelines:

- 1) Beach based training (Water and Beach) is open for all members aged U/10 - U/13 age groups (U/9s are welcome on approval from their age manager)
- 2) Swimming is open to U/9's to Masters – note that you must be in at least level 7 at swim lessons.
- 2) Training sessions will be tiered to allow for athletes to train within their ability (rather than age group)
- 3) All juniors should arrive 15 mins prior to each session to be prepared for the training session and be dressed appropriately for the session (ie fluoro vest).
- 4) Parents, it is expected you will be available to assist with Water Safety for beach based water sessions.

Coaching Contacts:

Swim/Surf Skills: Andrew Ridley: 0408 298 725

Surf Skills: Ellie Smith: 0417 944 215

Board: Callan Preiato: 0400 760 583

Beach: Tristan Xavier: 0414 316 300

*Note swimming is through H2O Fitness Academy contact Andrew for enrolments.



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Club Services – Peter Watkins

Wednesday Night at So Café

Dinner - Adults \$12

Nippers - \$7

Chicken Cacciatore

Paella

Chicken Ceasar Salad

Desert

Apple Strudle with Ice Cream

Uniform Shop

Black ocean coats have arrived. Please collect from the uniform shop Wednesday 6.30-7.30pm or Sunday 8-9am.

If you would like to collect outside of these times please email uniformshop@sorrentoslc.org.au.

Cash only outside of normal trading hours.

Octoberfest 2016

Great night on Friday for our very own Octoberfest! Thanks to the Mike, the staff and volunteers for helping out for the night.



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Melbourne Cup at Sorrento SLSC 2016

We are having a great day down here at the club for Melbourne Cup. Well done to all our raffle prize winners that got to take home flowers from Padbury Florist.

