

Between the Groynes

Edition 12 24th March 2014



FROM THE PRESIDENT'S PEN

A huge Congratulations to all our Nippers that competed last weekend. You all did an outstanding job at flying the SSLSC Flag high. You should all be very proud of yourself, your hard work and dedication throughout the season has paid off. Great to see the crowds back at the club on Sunday as well to celebrate your success.

Big Sunday coming up this weekend as well with the Nippers Presidents Marathon and wind up in the morning and also the patrol wind up in the afternoon before we kick off in the Aussies next week. I am looking forward to racing with all of our talented nippers in the morning and also hope to see all of our patrolling members in their uniform for the traditional end of season photo in the afternoon.

Members General Meeting Sunday 13th April at 2pm

Club Constitution Food and Beverage

The constitution committee has been working hard over the season revamping and modernising our club constitution. The committee would like to present the proposed amended constitution to the members at a special General Meeting to be held on Sunday 13th April at 2pm so that members have a chance to fully review the amendments before the AGM in June.

The Board would also like to take the opportunity for an open discussion with members on the future direction of our food and Beverage area and obtain members thoughts and feedback

Leif Hinrichsen
President

ANNUAL DINNER

ANNUAL DINNER & AWARDS NIGHT

– 17 MAY 2014 –

LAKEVIEW BALLROOM JOONDALUP RESORT



BLACK TIE DINNER/DANCE

GET YOUR TABLES OF 10 TOGETHER

TICKETS NOW ON SALE

\$100 PER HEAD

Includes 3 course meal, 5 hour drinks

Package and live band

PRE-DINNER DRINKS FROM 7PM

EVENTS

MARCH 2014:

26/03: Seniors - Players Tea
28/03: Sorrento SLSC Junior Awards Evening
29/03: TriClub Northcoast
30/03: Juniors Wind-up
30/03: Patrol Season Sundowner

AUSSIES CARNIVAL 31 MAR – 6 APR

31/03: Aussies Team Meeting & Cool Down 4pm – 6pm
& Every day thru to end of Carnival
01/04: Aussie Masters Celebration
06/04: Aussie Closing Party
07/04: Aussie Mad Monday
Bar open every night over the Aussies

APRIL 2014:

13/04: Presidents Marathon
13/04: Life Members Breakfast
13/04: Members General Meeting
18/04: Good Friday
20/04: Easter Sunday
21/04: Easter Monday
25/04: ANZAC Day

CLUB DETAILS

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

OFFICE HOURS:

Mon, Tues, Wed, Fri : 9:30am – 2:30pm
Wednesday : Closed

Important notice:

The Bar will be open each night over the Aussies with food available.

Partnering Sponsor



Silver Sponsor



Bronze Sponsors



Between the Groynes

Edition 12 24th March 2014

COMPETITION – Graham Nash

COMPETITIONS, CARNIVALS

Aussies 2014 - Players Tea - Team Briefings

There is a player's tea and general team briefing at **7:00pm this Wednesday 26 March 2014** to run through the planning for next week's events. Pasta is on offer for all competitors at \$10/head.

Subsequent team briefings will be held in the gymnasium at **6:00pm each night from Sunday 30 March 2014**, where we plan to distribute the Lycra tops. We will also keep you informed through the club web site under www.soslsc.com under Surf Sports.

Belt Race Training for Nationals (Aussies)

The final training session for those racing in the Belt Races at Aussies is this Sunday morning – 9.30am in front of the surf club.

Please arrive early to set-up the reels.

We need the swimmers and belt teams please. Any issues call Andrew Ridley on 0408 298 725

Junior Swim Training (Carine High)

Junior Swim training wraps up this Thursday night (27th with a juniors wind-up at 5.15pm.

The winter program will commence on Thursday 1st May- returning swimmers are given 1st preference before we open up to Sorrento SLSC members only.

Sessions will run Tuesday and Thursday nights 6.30pm – 7.30pm & Saturday afternoons 3.00pm – 4.30pm.

This is a great way to build fitness and skills over the winter months.

For more information contact Andrew Ridley on 0408 298 725

Pool Rescue Competition

The summer season is almost over and with Winter approaching we are gearing up for Pool Rescue season.

Pool rescue racing is a surf life saving sport and carries club points for junior and senior athletes.

Held at challenge stadium this competition is run over 4 series events with a state champs. Events are catered to develop lifesaving skills and this is a great way to get some racing up during the off season.

The competition is open to U/12's, U/13's and U/14's in Juniors and U/15's, U/17's U/19's, Open and Masters Athletes in seniors.

Athletes will race in the same age group they have raced for season 2013/2014.

We encourage anyone who is keen to give this a go- particularly anyone currently swimming.

Sorrento SLSC will run the first training session in April/May for Juniors and Seniors ... watch this space for more info.

Contact Andrew Ridley on 0408 298 725 for more information

Well done Junior and Senior Athletes

On behalf of Sorrento SLSC's junior and senior coaches congratulations to all athletes who raced over the last two weekends at Junior and Senior State champs. The future is strong for our club.

The improvement by our athletes over the last 12 months is fantastic to watch.

Sorrento finished 3rd place in both the Junior and Senior state champs and finished 2nd in the Masters

Thanks to our many Junior, Senior and Masters Coaches including but not limited to: Jen Plint, John Hackett, Guy Power, Shelley Gardiner, Brenton Rose, Ian Smallwood, Roy Grant, Jeff Carter, Ken Jenner, Darryl O'Donnell, Mick Saunders, Les Goodliffe, Rob Doherty, Andrew Ridley, Nikki Rogers, Paula Hill, Liam Ryan, Sheldon Milligan and Carly Ridley (Sorry we are sure to have missed a few)

Training now continues for all disciplines for our Senior and Masters Athletes gearing up for Nationals.

For info on training related to your discipline visit our club website or give Andrew Ridley a call on 0408 298 725 and he can point you in the right direction.

State Development Squad and State Team 2015

With some great results over the last two weekends athletes can start to think about putting their hand up to represent the state in January 2015 with the State Team and Junior Development Squad heading to Sydney.

Age Groups:

Development Squad: U14 & U/15 State Team: U/17 – Open

Partnering Sponsor



Silver Sponsor



Bronze Sponsors



Between the Groynes

Edition 12 24th March 2014

Selection: Selection will be at the Pre-season series events held August – November.
Athletes wanting consideration MUST compete in these events for selection.
Watch the newsletter in July for more information and speak with your coaches.

Aussies – Courtesy Shuttle

ROTTNEST FAST FERRIES

COURTESY SHUTTLE SERVICE

Every evening during The Australian Surf-Living Saving Championships 2014, Rottnest Fast Ferries will be operating a free shuttle service between Scarborough Beach and Hillarys Boat Harbour.

Depart. Scarborough	Depart. Hillarys
17:00	17:15
17:45	18:00
18:30	18:45
19:15	20:30
21:00	21:15
21:45	22:00

Operating 31st March – 6th April. Limited seats available



Rottnest Fast Ferries will be providing a free shuttle service from Scarborough to Hillarys Marina each evening over the week of Aussies.

They are planning 7 departures from Scarborough beginning at 1700 with the last bus leaving

Hillarys at 22h00 each evening.

Any questions that you have should be directed to: **08 9246 1039**.

Business & Marketing – Christine Cougan

MAIN & SMALL BUSINESS SPONSORSHIP 'S

Season Wind-up – 30 MAR 2014 – 16h00

The much appreciated contributions from our valued sponsors will be recognised at the Patrol Season Windup, to which they have all been invited.

LIFESAVING – Garry Bunford

VOLUNTEERS NEEDED, PATROL WRAP UP

Patrol Season Wrap-up Sunday 30 March

Sunday 30 March - Last Patrol Sundowner! Book The Date - Don't miss this day, always great fun!

We will take the Club Patrol Photo together with our Sponsors, and this year we're hoping to do a sunset 1.

Patrol Presentations and Competition Awards in the courtyard afterwards.

Australian Life Saving Championships – 31 March to 6 April 2014 (Aussies)

On the website we have uploaded an Expressions of Interest form if you are interested in volunteering as water safety personnel at this year's Australian Titles.

Partnering Sponsor



Silver Sponsor



Bronze Sponsors



Between the Groynes

Edition 12 24th March 2014

This is a great opportunity to not only gain experience in this great event but also the opportunity to watch the competition from the best seats in the house!

Please direct all interest to the Water Safety Coordinator – Mark Hills MLSLC61@optusnet.com.au.

SOCIAL COMMITTEE – Krystal Kotakis

SOCIAL EVENTS

Members Draw

The \$50 Members Draw keeps going off! Make sure you're at the Club on a Friday night. All purchases give you a chance to win \$50 Cash! Cheese Platters are still on and the BBQs always have plenty of gas.

Social Committee

Anyone interested in being a part of the Social Committee please contact Krystal Kotakis krystal_kotakis@hotmail.com. We meet the first Wednesday of each month @ 7:30pm.

BOATIES – Peter Watkins

COMPETITIONS, CARNIVALS

Boat Action for the Aussies at Scarboro Starting on the 31st March

Masters Crews: 220 years Men's and 200 Years Men's crews will be competing against all comers from around Australia for Aussie Gold. Reserve Men's later in the week will find the competition very tough as well as our Open Ladies crew with both crews entering their first national competition.

All crews have been training hard and should do well against stiff opposition.

Hope to see all our rowers supporting our other club members if the events don't clash. **GO SORRENTO!!**

IRB – Brenton Rose

DRIVERS NEEDED

IRB Driver Wanted

Do you have your IRD drivers and Level 1 officials certificates? Are you interested in driving/crewing in the IRBs for the Aussie Masters carnival (Monday 31/3 and Tuesday 1/4)?

If so, then Wanda SLSC seeks your help, and your time will be rewarded for.

Please contact Brenton Rose on 0418 229 033 or brentonrose@hotmail.com ASAP. Thanks.

UNIFORM SHOP – Kerri Fennell

OPENING TIMES,

Do You Have Last Minute Aussie Uniform Requirements?

Uniform shop will be open this Wednesday night before the Players Tea from 6:30 – 7:00pm

YOGA

Thursday 6:00pm – 7:00pm

Cost: \$10

No need to register, just arrive a little earlier than 6:00pm

Partnering Sponsor



Silver Sponsor



Bronze Sponsors



4 | Page

