

## FROM THE PRESIDENT'S PEN

Dear Members,

Well done to all members that either assisted or participated in the various activities that were held over the weekend. Many events were held over the weekend including; the Mile Swim, Master Friendly Carnival, Sundowner, Senior Carnival at Trigg and the Junior Club Champs, it was a very hectic weekend for Sorrento members.

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

**Rob Doherty**  
President

## PROJECT NEWS – Mick Saunders

Looking for anyone who has a drone that can take a GoPro for and upcoming project. Please contact Mick on [Project@sorrentoslc.org.au](mailto:Project@sorrentoslc.org.au)

## EVENTS

### January 2016:

23/01 : Manly Senior Carnival  
23/01 : SunSmart Country Carnival  
24/01 : Manly Junior Carnival  
24/01 : Club Swim  
26/01 : Ocean Swim Series 6  
26/01 : Freshwater Carnival  
30/01 : Senior Club Champs 3  
31/01 : SunSmart Junior Teams Carnival

### February 2016:

03/02 : Junior Committee Meeting  
05/02 : NCTC  
06/02 : Ocean Swim Series 7  
06/02 : Bay to Beach Paddle  
07/02 : SunSmart Surf Premiership Series Rnd  
07/02 : WA Surf Boats Series Rnd 4  
07/02 : Busselton Jetty Swim  
07/02 : Club Swim  
09/02 : Beach Committee Meeting  
09/02 : Junior Players Tea Qualifier  
12/02 : NCTC  
13/02 : SunSmart Junior Beach Qualifier  
13/02 : Ocean Swim Series 8  
14/02 : SunSmart Junior Water Qualifier  
14/02 : Club Swim  
16/02 : BOM Meeting  
17/02 : Competition Meeting  
19/02 : Junior Red Faces  
21/02 : SunSmart Premiership Series Rnd 5  
21/02 : WA Surf Boat Series Rnd 5  
21/02 : Club Swim  
21/02 : Junior Joint Age Interaction  
27/02 : Rottnest Channel Swim  
28/02 : Club Swim  
28/02 : Junior Club Champs 3

### CLUB DETAILS:

Email: [admin@sorrentoslc.org.au](mailto:admin@sorrentoslc.org.au)  
Website: [www.soslsc.com](http://www.soslsc.com)  
Tel: 9448 1431

### OFFICE HOURS:

Mon, Tues, Wed & Thurs: 9:30am – 2:30pm  
Fri: 10.30am – 2.00pm

### SoCafe Operating Hours

Wednesday & Friday Club Dinners  
Meals 6:00 - 7:30pm  
Bar from 6:00pm

Saturday Breakfast  
7:30-9:30am

Sunday Coffee & Muffin \$5 Special  
8-10am

For all up to date & current information follow us on facebook

[SOcafé at Sorrento Surf Lifesaving Club](#)

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# Between the Groynes

Edition 14 19<sup>th</sup> January 2016

CLUB SERVICE NEWS – Leanne Lewis

Well I have just returned from a most wonderful break and hit the ground running. The Surf Club never sleeps and a lot has been happening since I have been gone. Thank you to all the team who took care of the Club Services for me in my absence; Mike Wren, Rita Berry, Amanda Bowman, Krystal Adams and all the other wonderful volunteers who work so hard to make this area function effectively.

According to all sources the Masters Friendly Carnival on Saturday went well, despite the extremely hot conditions, with quite a good number of participants coming from Mullaloo and Trigg Surf Clubs. A big thank you to the officials Janine, Sue and Roger as without them it couldn't go ahead. Also thanks to the IRB crew for looking after everyone. After the carnival our own Russell Wright and his friend Mick entertained everyone and many joined in with a sing along.



## Clothing Shop-:

Male masters that plan on competing at the State Titles please get your new jammers/racers asap as stock levels are low and you may miss out. The shop is open Wednesday 6.30-7.30pm and Sunday 7.30am-9am.

## So Cafe-:

Business as usual in the Socafe. Pop in and have a few drinks with friends or come for a cheap meal on Wednesday and Friday evenings. Breakfast on Saturday mornings is also a treat so if you haven't tried it yet come along and see for yourself. **Bar is in need of lemons, please bring them into Mike if you have any spare.**

## Wednesday Dinner Menu-:

Adults \$12

Green Chicken Curry with Rice  
Beef Goulash with Rice  
Chicken Caesar Salad

Nippers \$7

Nippers Burger  
Half Serve Chicken Curry  
Half Serve Beef Goulash

Please make reservations to [barmanager@sorrentossc.org.au](mailto:barmanager@sorrentossc.org.au) or text 0437 453 884.

## Social-:

The Social Committee like to organise various types of entertainment for you to further enrich your Surf Club experience. If you have any wonderful ideas of what you would like to see happen please do not be shy in coming forward, as we may be able to make this happen for you.

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## Yoga Space North opens in SORRENTO

**FREE ASHTANGA LED CLASS**

**Tuesday Feb 2nd 6:30pm**

Yoga Space North is owned by Odette Beswick a dedicated student of Sharath Jois, the grandson Sri K Pattabhi Jois, founder of Ashtanga Yoga. She has been teaching for many years in West Perth and is excited to bring authentic Ashtanga Yoga to Perth's North! Upon her return from Mysore, India, Odette will offer her first Ashtanga Led Class as a FREE class! Please come and join her. No bookings required.

Timetable for Yoga Space North, launching 2 February 2016:

Monday 6:30 - 7:45pm - Ashtanga 6 Week Beginners Course

Tuesday 6:30 - 8:00pm - Ashtanga Led

Thursday 6:00 - 6:50pm - Vinyasa

Thursday 7:00 - 8:15pm - Yin by Candlelight

For more information email: [info@yogospace.com.au](mailto:info@yogospace.com.au) or visit our website: [www.yogospace.com.au](http://www.yogospace.com.au)

## COMPETITION NEWS – Claire Rafferty

### AUSSIES 2016-:

Please make sure if you haven't already put your Touring Forms in please, do so as soon as possible. We also need your size for the Aussies Jackets.

**Aussie early bird registrations** are out. This is a payment of \$85 until the 4<sup>th</sup> February then it goes up to \$100. All entries close on the 17<sup>th</sup> March. Take advantage of the discount and pay as per normal through the gate way. Please make sure you clearly write your name, age group and title it Aussies 2016.

ONLINE PAYMENTS;

[https://pnpnet.qvalent.com/OnlinePaymentServlet?cd\\_community=SLSA&cd\\_currency=AUD](https://pnpnet.qvalent.com/OnlinePaymentServlet?cd_community=SLSA&cd_currency=AUD)

The events next year will be split over 3 venues on the Sunshine Coast - Qld - Maroochydore (Water events), Alexandra Headland (Lifesaving, Board Riding & Boats) & Mooloolaba (Beach events).

We have secured accommodation at 2 venues in Mooloolaba:-

- **RAFFLES Mooloolaba**
- **MANTRA Group Mooloolaba.**

This is only a 10 min drive from Maroochydore. TRANSPORT WILL BE YOUR OWN RESPONSIBILITY THIS TIME.

Prices range from \$200 per night for a 1 Bed Apartment (2 people) Up to \$395 per night for a 2 Bed Apartment (4 people).

We have a variety of 1 & 2 bedroom apartments that range in price!

Contact: Peta Watkins - 0400 094 482

### WINE FUNDRAISING!!

Wine fundraising is on again this year; look out for forms to be sent out tomorrow!



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## Sorrento Mile Swim Photos:-



## BOATS NEWS:-

The men's crew had a busy weekend. On Friday evening Luke, Raymond, Luke, Jarod and Grant represented the club at the North Cottesloe Sunset Sprints. The conditions were excellent and everyone enjoyed the racing, the Roy and HG style commentary, and the spectacular sunset. They fronted up again on Saturday at Sorrento with Scottie jumping in for Luke Laycock for the invitation friendly with Mullaloo where the public had a close view of surf boat racing. Sunday saw the crew of Luke, Luke, Scottie, Jarod and Grant at Trigg Beach for the Premiership Series Round 2. The crew rowed hard in choppy conditions but the previous 2 days had taken their toll on energy levels. They kept in touch and showed a strong Sorrento presence in the boat arena.



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## IRB RACING NEWS:-

There will be a team meeting on the 20<sup>th</sup> in the Courtyard at 6pm for any and all interested in racing this coming IRB season. All welcome, even the underqualified.

For those who don't know much about our discipline this video was created to showcase the preparation for the World Titles touring team a few years ago. <https://www.youtube.com/watch?v=8lIWjLpBTiY>

Training times:

Sunday mornings from 6am

Wednesday evenings from 5:30pm

Contact Dan

040 893 8608

[danrose@westnet.com.au](mailto:danrose@westnet.com.au)

## SWIMMING NEWS:-

### **Belt Race Competitors and Teams, Rescue Tube Rescue & Tube Race Competitors:**

Belt race/tube training will commence Wednesday 20<sup>th</sup> January and continue each week until the Belt State Champs.

Training will commence for swimmers at 6.00pm (or after board training) and 6.20pm for belt teams (or when March Past Finishes).

State Belt Titles Saturday 21 February at Trigg Island

Rescue Tube and Rescue Tube Rescue will be in the State Champs.

The State Belt Titles will commence at aprox 8 am. Round 5 SLSWA Sun Smart Premiership Series will be run on the same day at Trigg Island.

Belt Races will also be run as part of Round 4 SLSWA SunSmart Surf Premiership at Leighton Beach Sunday 7 February and this is a great chance to practice.

Competitors whom wish to enter State Belt Titles must advise the office of their intention by the 1st February. Advice is required so that we can allocate competitors to belt teams.

We are looking for Belt teams to assist- if you can assist please contact Andrew Ridley on 0408 298 725 or email [andrew.ridley@hotmail.com](mailto:andrew.ridley@hotmail.com). Andrew will be preparing team members on the morning of the Titles but is keen for interest in advance.

### **Swim Training:**

Junior State Champs is only 8 weeks away. Sorrento is running swim training on Tuesday Nights, Thursday Nights and Saturday afternoons for nippers (must be in level 8 at swimming lessons).

Run at Carine SHS and Craigie LC the program aims to develop swim speed, fitness and technique in the lead in to the state champs and will also help prepare those doing school swim carnivals.

Masters/Parents- why not join us and get fit too.

If you want to get involved give Andrew a call on 0408 298 725.

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CLUB DEVELOPMENT NEWS – Peter Watkins

## WATERMAN TO WALL SWIM REGISTRATIONS-:

Registrations are now being taken for the Waterman to Wall Swim to be held in April. Register at the link below:

<https://www.webscorer.com/register?pid=1&raceid=59430>

## Surf Club vs. Tri Club Aquathlon Challenge-:

So the challenge is on – for Sorrento Surf Club members and North Coast Tri Club members **to see who reigns supreme at Sorrento Beach.**

On Friday evening 22<sup>nd</sup> January **Surf** will challenge **Turf** in an **Aquathlon shoot out**. Both Clubs are to bring along their best Female and Male competitors and race head to head for the “Surf vs. Turf” challenge trophy.

### Race rules

1. You must be a paid up competitive member of the Club you are representing
2. Enter as many of each gender as you can – points scoring will be 50 points for 1<sup>st</sup> across the line down to 1 point for 50<sup>th</sup> across the line.
3. Team numbers (size) will be determined by team with the least entries. If Sorrento Surf Club has only 7 men entries then only the first 7 from North Coast will count in the points tally (although more will actually participate in the race) and the same with the women.
4. North Coast members will race under the sanctioning of Triathlon Australia.
5. Sorrento Surf Club members will enter and race under their own Club activity insurance.
6. Race briefing 6.00pm
7. Race start 6.10pm
8. The race format will be determined by the race director on the night and will be dependent on the prevailing weather conditions.
9. Probable race format – swim (400m) between the groynes, run (2.4) on grassed area towards Hillarys Marina and back (3 laps)

**So Sorrento athletes we need you in numbers next Friday evening to take on the “wetsuit brigade”.**

## THEIR BEACH OR OURS?



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**JUNIOR NEWS – Ian Smallwood**

Good luck to the Nippers heading to Bunbury for this weekend's Junior Carnival 3 on Saturday!



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