

## FROM THE PRESIDENT'S PEN

Dear Members,

To all members that assisted with the open water swim event on Australia Day your BOM thanks you all. We earned a considerable amount of revenue for the club by providing water safety, first aid, BBQ facility etc. for the event.

Working first hand with our clubs board of management team I advise our club is being managed to the highest standard. Being a board member is a voluntary role that takes on a high degree of both commitment and responsibility.

Planning for the 16/17 season some of our hard working board members will unfortunately not be renominating. Our wonderful Business and Marketing director Christine Cougan and wonderful Club Service director Leanne Lewis will be stepping down.

Both roles are very integral to the operations of our club. If members may have an interest in obtaining further information relating to the roles and responsibility please contact myself directly [President@sorrentoslsc.org.au](mailto:President@sorrentoslsc.org.au)

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

**Rob Doherty**  
President

### 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](#)

## EVENTS

### 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

### March 2016:

- 02/03 : Junior Committee Meeting
- 04/03 : NCTC Aquathon
- 05/03 : Masters State Champs
- 06/03 : WA Country Champs
- 07/03 : Interclub Adventure World Social Day
- 09/03 : Beach Committee Meeting
- 09/03 : Junior Players Tea
- 11/03 : Surf Lifesaving Champs Open Ceremony
- 11/03 : States Champs VIP Launch
- 12/03 : Junior Surf Lifesaving Champs
- 13/03 : Junior Surf Lifesaving Champs
- 13/03 : Club Swim
- 13/03 : Junior States After Party
- 15/03 : BOM Meeting
- 16/03 : Senior States Dinner
- 18/03 : Junior Awards Night
- 19/03 : Senior Surf Lifesaving Champs
- 20/03 : Senior Surf Lifesaving Champs
- 20/03 : Senior After Party
- 20/03 : Junior Presidents Marathon/Last Day
- 27/03 : Ocean Swim Series 10
- 27/03 : Club Swim

### CLUB DETAILS:

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

### OFFICE HOURS:

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

#### Partnering Sponsor



#### Gold Sponsors



#### Bronze Sponsors



# Between the Groynes

Edition 15 2<sup>nd</sup> February 2016

COMPETITION NEWS – Claire Rafferty

## ADMIN/COMPETITION NEWS-:

### SLSWA Sport Smartphone App

Now available for iPhone & Android to download from [Team App](#), it's 100% free and designed to keep you up-to-date with carnivals being run by SLSWA. The app will provide an additional channel for us to communicate information relating to carnivals, even while they are happening on the beach.

### **To activate SLSWA Sport:**

1. Search the APP Store for "Team App":
2. Download & Launch Team App, then..
3. Sign-up to Team App. You'll be sent an email to confirm your registration.
4. Log in. Search for SLSWA Sport.

**Rego Sheet** is up for the **7th February Leighton** please make sure you write your name on the sheet and pay online asap, closing on the 3rd.

Thanks for a great turn out at the last Club Champs too bad the Weather Gods were not on our side. All events not completed will be contested Wednesday night at 5.30pm apart from Irons which will be done on Saturday morning at 8.30am (U/14 Girls, U/17, U19, Open and Master Beach Sprint and all Flags). Please be ready to go on time. Get there at 5pm to help set up and get your rego numbers. For Opens and Masters on Saturday please be ready to go at 8.30am for your Irons final.

Make sure you are training as we are getting closer to States with only 6 weeks to go!! There is a flyer up and in the newsletter with all upcoming events and fees. Please make sure you register on time for all these events. As registrations for States and Aussies close around the same time it is a very busy time and everything needs to be entered before the cut off to avoid late fees.

**ATT MASTERS COMPETITORS:** If you are competing at States on the 5<sup>th</sup> March please put your name on the registration sheet on the competition board with the events you will compete in.

### UPCOMING EVENTS

#### SORRENTO ATHLETES 2016

**SATURDAY 30<sup>TH</sup> JANUARY SENIOR CLUB CHAMPS 3 REGO 8.00AM  
STARTING AT 8.30AM**

**SUNDAY 7<sup>TH</sup> FEBRUARY SUN SMART PREMIERSHIP SERIES RD4  
LEIGHTON \$20.00**

**SATURDAY 20<sup>TH</sup> FEBRUARY R&R STATE CHAMPIONSHIPS AT SORRENTO  
\$40.00**

**SUNDAY 21<sup>ST</sup> FEBRUARY SUN SMART PREMIERSHIP SERIES RD5 TRIGG  
\$20.00**

**&**

**BELT RACE STATE CHAMPIONSHIPS AT TRIGG \$40.00**

**SATURDAY MARCH 5<sup>TH</sup> MASTERS STATE CHAMPIONSHIPS AT SECRET  
HARBOUR \$38.00**

**SATURDAY AND SUNDAY 19<sup>TH</sup> & 20<sup>TH</sup> MARCH SUN SMART SENIOR  
STATE CHAMPIONSHIPS AT SCARBOROUGH \$40.00**

**\*\*\* For all Senior Athletes when you enter the R&R or Belt  
Championships this fee covers States on the 19<sup>th</sup> and 20<sup>th</sup> March**

**\*\*\* Masters who are competing in both Senior and Masters  
carnivals you need to pay both Fees!!**

### Partnering Sponsor



### Gold Sponsors



### Bronze Sponsors



# Between the Groynes

Edition 15 2<sup>nd</sup> February 2016

## 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



## CLUB SERVICE NEWS – Leanne Lewis

### 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)

#### Partnering Sponsor



#### Gold Sponsors



#### Bronze Sponsors





# Between the Groynes

Edition 15 2<sup>nd</sup> February 2016

## UNIFORM SHOP OPEN HOURS:-

First Wednesday of Every Month: 6.30pm-7.30pm

Every Sunday: 7.30am-9am

Our stock of bathers is much depleted so if you need new ones for the upcoming carnivals then you had better come and see us in the shop a.s.a.p., as we will not have another delivery until next season now. The new 2016 States jackets have arrived and are going fast, so don't be disappointed if your size is gone, come in early and check them out.

## So Café:-

**LEMONS NEEDED FOR THE BAR!** Please bring them in to Mike.

## Wednesday Night Dinner Menu:

Adults \$12

Chicken Korma and Rice

Beef Burgundy and Rice

Spinach and Beetroot Salad

Nippers \$7

Pizza and Chips

½ Serve Chicken Korma and Rice

½ Serve Beef Burgundy

Reservations to Mike, please email

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

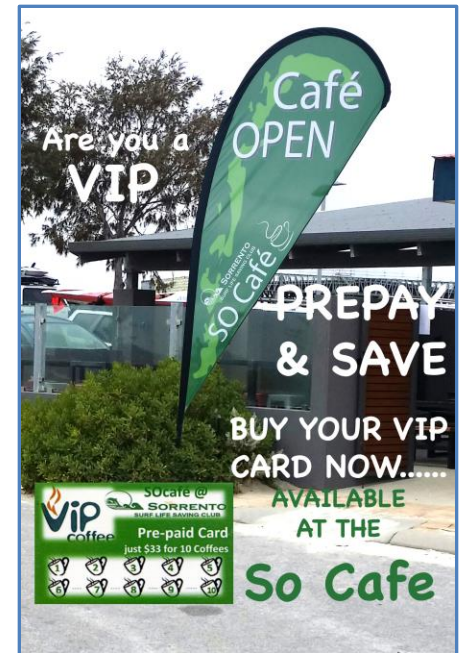
Our Café has a brand new coffee machine and it sure makes a great coffee, with a little help from our wonderful baristas. Come in and give it a try and pick up one of our loyalty cards, which give you your 10<sup>th</sup> coffee free!

If you are a regular coffee drinker why not prepay for your coffee and buy one of our VIP Coffee cards. These are just \$33 and this means you do not have to have money in your pocket every time you feel like a coffee at the club, but effectively means that each of the ten coffees you have pre purchased will only be setting you back \$3.30 – saving you 70cents per cup. Where else along the coast is the coffee this cheap!

Thank you to all who applied for the junior casual position we advertised for the So café. We have been inundated with applications and have now closed off any further applications.

## Upcoming Events:-

Sorrento Surf Club is proudly supporting the North Beach Surf Film Festival on the 19<sup>th</sup> and 20<sup>th</sup> of February at the North Beach Rugby League Club. Gates open at 6pm, food available and films begin at 7.45pm.



A poster for the North Beach Surf Film Festival 2016. The top half has a pinkish-red background with a silhouette of a surfer. The text 'NORTH BEACH Surf Film Festival 2016' is written in a stylized font. Below this, it lists the dates 'FRIDAY FEB 19TH &amp; SATURDAY FEB 20TH' and the location 'NORTH BEACH RUGBY LEAGUE CLUB'. It also lists 'FRIDAY NIGHT MOVIES' and 'SATURDAY NIGHT MOVIES' with titles like 'SPARKS', 'AT THE SPEED OF WIND', 'THE OLD, THE YOUNG AND THE SEA', 'GROW UP &amp; FLY AWAY', 'VIEW FROM A BLUE MOUNTAIN', and 'GROW UP &amp; FLY AWAY'. Ticket prices are listed: Family \$30.00 (2 adults &amp; 2 kids U/16), Adults \$25.00, Kids \$15.00. There are also 2 Night Packs available. Logos for sponsors like Harley, City, and others are at the bottom.

## Partnering Sponsor



## Gold Sponsors



## Bronze Sponsors



# Between the Groynes

Edition 15 2<sup>nd</sup> February 2016

LIFESAVING NEWS – Garry Bunford

## Calling on SRC, Bronze and First Aid for Sunday 7<sup>th</sup> Feb-:

The last swim we did for Swimming WA was a great success and we received much needed funds for the club. We have been invited to do another water safety event for Swimming WA at the swim river, held at the Swan River. We have arranged for the bus to collect members at the club for 5.45am and leave the club at 6am sharp. IRB and First Aid members will need to be onsite for 5.45 am (IRB on water setting course by 6am). Board and Ski paddlers need to be on site for brief at 7:15am. Patrol hours will be given for this event – please remember if you are going to volunteer there is a senior carnival on this day as well.

**Event:** River Swim  
**Date:** 7<sup>th</sup> Feb  
**Boards:** 10 – SRC and Bronze members welcome  
**IRB:** 1 – IRB Crew and driver needed  
**1st Aiders:** 2 first aid or bronze needed

Please contact Ron Clarke or Shelley Gardiner via face book or e-mail 'Life Saving Director'  
[LifeSavingDirector@sorrentoslsc.org.au](mailto:LifeSavingDirector@sorrentoslsc.org.au)

## Education-:

20 members are currently doing the IRB Crew Course with trainers; Stephen Thomas and Evan Bunford.

New Bronze Course – The first prerequisite 400mtr swim was done last weekend and there will be another swim on this weekend.

## Abalone Patrol-:

Colleen Blevins will be the patrol captain for the abalone patrol on Sunday the 7<sup>th</sup> February. Volunteers needed.

## Garry Bunford – Leave-:

I am on Leave from the 5<sup>th</sup> March to 31<sup>st</sup> March. Shelley Gardiner will be the acting Director of Life Saving in my absence.

## Patrol Updates-:

### **Water Safety 26<sup>th</sup> Jan:**

- 254 Stinger Incidents
- Minor Strapping and required puffer prior to race.
- Cut on foot
- Oxygen given to numerous patients
- 2 toe injuries
- Bee stings

*This was great to see our members in action and the public could not praise our members enough about how well trained and professional they were.*

### **Sat 23<sup>rd</sup> Arthurs Patrol:**

Great work Malcolm Judge and your patrol! 60 year old swimmer presented with blood covering his right foot. Cleaned and washed with saline solution revealing 2 puncture like wounds. The Wound was dressed and man was advised to see a GP if it gets painful or infected.

#### Partnering Sponsor



#### Gold Sponsors



#### Bronze Sponsors



# Between the Groynes

Edition 15 2<sup>nd</sup> February 2016

Well done to Callum Duncan for initial casualty management. Female bike rider presented to patrol complaining for being light headed. IP given water and sugary food, laid down in shade. Recovered after 20 mins.

## **Sat 23rd Brookman Patrol:**

7 year old child advised for medical attention as he had taken in a lot of water.

## **Tues 26<sup>th</sup> Richards Patrol:**

Patrol treated a man that stood on a cobbler at top of foot, treated with hot water and referred to GP. A females mouth was hit by a shelter, broke tooth and cut lip, referred to GP.

## **Great Feedback given to the McDonald Patrol (Patrol Captain: Jacqui McGregor):-**

We had a call from Heather, Her daughter Bronte was badly injured with a laceration to the back of her head at the Marina. She wanted to thank the lifesavers who helped her and she said she was very impressed. They also directed her to Joondalup hospital as she had never been before. Bronte had to get 5 stitches in the back of her head.

## **ATV:-**

The ATV has been repaired and Surf Lifesaving WA was kind enough to lend the club their ATV while ours was in for repair. It has been reported that members are getting the ATV bogged in the sand. Please rethink if you can drive the ATV before taking this vehicle on a roving patrol.

## **Patrol Ute:-**

The Ute has an oil leak which looks like it is going to be a major repair. Under instruction from those much more experienced than I it has been decided to try and wait until the end of the season before we get it in for repair (Please do not drive the four wheel drives unless you have a license and had permission from your patrol captain).

## **Digital Radio Test:-**

Unfortunately Lifesaving WA are still having problem with the radios therefore the new radios will not be used until further notice refer to your patrol captain for training in these radios.

## **Australia Day Swim WA Open Water Swim Feedback for Sorrento from SLSWA:-**

- 1.) I'd like to thank you and your team for all your effort on Tuesday and the lead up to the event. There were countless members from the IRB set up, to member management, to first aiders and board paddlers that provided an exceptional level of professionalism that ensured this event (swimming WA's largest event of their open water series) went on without an issue (even if their officials were stuck in a boat all day).

I'd also like to extend this to both patrol captains on the day who were both very accommodating and helpful.

The Sorrento SLSC has again out shined themselves and have highlighted what it is to be a lifesaver.

This appreciation does not only come from myself and SLSWA but also the Swimming WA team that were very thankful throughout the day.

Well done Sorrento on an exceptionally well done job.

### **Partnering Sponsor**



### **Gold Sponsors**



### **Bronze Sponsors**



# Between the Groynes

Edition 15 2<sup>nd</sup> February 2016

Please pass on my appreciation to the water safety and patrol teams involved on the day.

Regards,  
Josh

- 2.) On behalf of the infrastructure set up crew, I would like to thank your team for their great help on the day with access to power for inflating/deflating, enabling us to utilise the 4WD utility, transferring and washing the buoys, loading the weights into the trailer.

Really Appreciated,  
Peter

## Beach Committee Roles-:

Lifesaving Director	Garry Bunford
Lifesaving officer	Shelley Gardiner
Patrol Officer	Leif Hinrichsen
Education Officer	Paul Berry
First Aid Officer	Priscila Rafferty
Equipment Officer	Craig Gamble
Junior Water Safety Coordinator	Evan Bunford

See you between the flags!  
Garry Bunford  
Director of Life Saving

### Partnering Sponsor



### Gold Sponsors



### Bronze Sponsors

