

# Between the Groynes

Edition 2 12th January 2015



## FROM THE PRESIDENT'S PEN

Dear Members,

Well done to all members who competed in the Boaties Carnival and the Premiership Series Round 2 on the weekend. Great effort by all competitors. Good luck to all Nippers competing this Sunday at the second junior carnival on our beach. The Junior committee need helpers for setting and more importantly packing up especially with this competition on our beach. Also looking for assistance with cooking on the BBQS.

A total of 16 clubs participated in the annual Surf Lifesaving Street appeal last month. Lifesavers were out in force collectively raising \$61,553. Sorrento topped the list with a total of \$9156.20. Well done to all members who collected money on the day.

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

**Rob Doherty**  
President

## BUSINESS & MARKETING NEWS – Christine Cougan

Our appreciation to Mad Mex for continuing as a Bronze sponsor for the 2015 season. Please reciprocate and support Mad Mex at Hillarys Boat Harbour.



## ADMIN NEWS

### Members Portal

New Members, please watch the attached link and create an online members portal.

<https://www.youtube.com/watch?v=oBJfB7oGGP4>

### Patrol Hours

Members please check your patrol hours weekly and if there are any issues please contact Shannon on [adminassistant@sorrentoslc.org.au](mailto:adminassistant@sorrentoslc.org.au). Once these patrol

## EVENTS

### January 2015:

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	: Rottnest 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

### CLUB DETAILS

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

### OFFICE HOURS:

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

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logs are closed we cannot update hours. The patrol logs close every month. Competing members please ensure you have done 16 hours of patrolling.

## COMPETITION NEWS – Claire Rafferty

### SunSmart Premiership Series Round 2

What a great welcome back from my holidays! The Senior Athletes performed extremely well at the Trigg Carnival on the weekend, with our runners dominating the track both old and new and our water athletes showing Sorrento are looking good heading into the important part of the Season. Keep up all your training and continue the great work. I am very proud of all of you for the effort you are putting in this season.



There will be a compulsory meeting on the 21<sup>st</sup> January at 6.45pm in the club for all competitors. If you can't be there please let me know as this meeting is important! If you are doing all your patrol hours and not skipping patrols you have nothing to worry about! Hint, Hint!

I would like to send our deepest sympathy and support to Peter Watkins and his family on the passing of his Father on Sunday.

Could all athletes that are attending the Esperance Country Carnival please let me know and I will register you. Please pay online as usual. I will send out a FB message to ask for competitors names.

The Mile Swim is on this Saturday 17<sup>th</sup> January with Registration at 8.30am and Race briefing at 8.45am. Please make sure you come and give it a go. There will be an 800m course for those of you that would like to warm up for next season. Paul Laver our Swim Captain will be there to run proceedings.

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.

Please contact Peta Watkins if you still need accommodation for Aussie 2015 as we still have some 1 Bedroom apartments available.

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

### Boatie Carnival

The boaties launched off the Port Bouvard coastal beach similar to athletic lions chasing down a gazelle across the flat savannah. The days flat 0.5m swell gave no waves, chop or side wind. Optimal conditions for clubs accustomed to rowing on a pond.

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The open ladies team (Shark Bait, Swept by Watto (aka Peter Watkins Under 19s manager), smashed themselves with a 3<sup>rd</sup> in the first heat, 3<sup>rd</sup> in the second heat (along-side Scarborough until the last can), and a 5<sup>th</sup> in the third and final race, beating Trigg but four boat lengths. It must be noted that Shark Bait rowed together against the unconquered North Cottesloe and four seasoned Scarborough crews to place 5<sup>th</sup>. Improved specific fitness will see your Sorrento crew place again.

Watto swept both Sorrento ladies and Coogee men's (1<sup>st</sup> timers) welcoming a new club to the beach line up. He swept with calculated caution, remarkable determination and passion.

Sorrento mens crew placed 3<sup>rd</sup> in the first heat (showing a gutsy turn and sprint to shore), 5<sup>th</sup> in the second heat and 5<sup>th</sup> in the third and final race. Swept by Grant Ganmnon, the men claimed their best team connection thus far for 201. The heavier boat will see the claim waves and finishing places in bigger swells this season.

We now have a group of dads from the Double Green Caps trying their hand at rowing. Early days but showing promise and are certainly keen. Good to have you aboard. If there is anyone else wanting to try Boats just get in touch with Watto on 0419471470 and he will steer you in the right direction. Age is 15 years and above to start. These are Surf Lifesaving Australia recommendations.



## YIP'S NEWS

If you are keen to earn some points to help you achieve your Bronze level before the end of the season, come down and help out at the Junior carnival on Sunday. We need people to help serve at the BBQ, setting up and packing up. If you are interested in volunteering some of your time please contact Deb Vickery via email [advickery@bigpond.com](mailto:advickery@bigpond.com) or Ian Smallwood at [ij.smallwood@bigpond.com](mailto:ij.smallwood@bigpond.com)

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CLUB SERVICES – Leanne Lewis

A truly magic atmosphere was last Sunday's Sun downer, as the courtyard came alive to the sounds of Jason Ayers. This young man certainly entertained us all with his musical and vocal talents, so much so that we had many requests to have him come back again. It was great to see you Sorrentairians relaxing and enjoying yourselves and making the most of an awesome sunset evening whilst having some fun with friends and family.



Thank you to all the social committee for organizing another wonderful event for us all to enjoy, and to Krystal for cooking so we mums did not have to go home and start pulling the pantry apart.

Wednesday the 28<sup>th</sup> of January our club is hosting the Opening Ceremony for the International Disc Golf tournament. Members will be asked to hang out in the courtyard on this evening but are also welcome to have a look and see what this sport is all about. We may not know a great deal about it in W.A. but I am told it is quite a big deal internationally and the 10 top players will be flying in to try and take a piece of the \$30,000 prize pool. Chris Finn, a representative from this sport will come down to our club this Wednesday to talk to anyone who is interested in finding out what it is all about and he has a bit of footage he will be showing.



The clothing shop is in dire need of help. We desperately require a few people who can come in and help in the shop and maybe have some input into our clothing lines. The clothing shop is open this Wednesday night from 6-7pm and this Sunday from 8am. For the collection of the pink vests. If you are interested in helping in this area could you please contact:

Kerri Fennell - [kerri@projectartichoke.com.au](mailto:kerri@projectartichoke.com.au)

Leanne Lewis - [ClubServiceDirector@sorrentoslsc.org.au](mailto:ClubServiceDirector@sorrentoslsc.org.au)

The next Sun downer is scheduled for the 8<sup>th</sup> of February and the Social committee is working hard on many more events to help the club become a fun place to be. If you would like to have a say and join a fun bunch of Ladies and Gents the social committee is a fun committee to join. Contact Leanne Lewis - [ClubServiceDirector@sorrentoslsc.org.au](mailto:ClubServiceDirector@sorrentoslsc.org.au) or phone 04031 15250.

The bar will be open this coming Sunday from 3pm - 6.30pm - all welcome to come and enjoy a cold drink or ice-cream. Bring your nibbles or BBQ and make use of your clubs facilities.

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LIFESAVING NEWS – Garry Bunford

Australia's first volunteer surf lifesaving clubs appeared on Sydney's ocean beaches in 1907. With the repeal of laws banning daylight bathing, beach culture was changed forever: beachgoers entered the surf in rapidly escalating numbers. The surf was new to most surf-bathers and many could not swim, so with its increasing popularity came more drowning and consequent attempts at rescue. By the summer of 1906-07, surf lifesaving clubs first emerged. On 18 October 1907, representatives from these clubs, together with members of other interested groups, met to form the Surf Bathing Association of New South Wales, the organisation now known as Surf Life Saving Australia.



Sorrento SLSC grew out of a concern for drowning which were occurring in the area. Today, we carry on the tradition of surf lifesaving every weekend by performing unpaid patrols at Sorrento. There is no doubt that we need competition to encourage fitness, attract sponsors and provide a sport stream for the club. Equally, our juniors and youth are critically important to provide the life savers of tomorrow, whilst also teaching them surf safety.

Since taking on the role of life saving director I've been regularly approached by members asking why they need to patrol, how they can delay their patrols, or why going hours down means they can't compete. This is both disappointing and disturbing to me given our core focus is on life saving.

It is important that we not forget our lifesaving roots and nor should we seek to minimise our patrol duties. At the core of life saving, patrolling is what we are about. Already this season we have participated in first aid and resuscitations. The lifesaving work we do makes a difference. Without lifesaving we'd be a sporting , or a youth education club. The Lifesaving focus is what sets Surf Life Saving Australia apart from almost all the other clubs in the country.

Did you know that of our Sorrento members with an award which makes them eligible to patrol (apart from the core-6), 50% are long service, life or other membership categories. This means that almost half of our eligible patrolling members don't have to patrol, although some choose to which boosts the experience we have on the beach. Currently we are averaging 7 members to cover each of our patrols. So next time you see a patrol with only 5-7 members, that isn't to many that is actually us being short, which unfortunately this is actually becoming the norm. If everyone who is eligible to patrol but doesn't did two patrols per season, we'd add another 2 members to each patrol this includes youth SRCs. We have simply not had enough members for self-selecting patrols, and in some instances those who have been rostered to patrol are not shown up.

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This means that patrol captains cannot plan their skill mix, and can't be sure how many members are actually going to be on patrol.

If you have employment which is shift based, or have requirements which means you cannot commit to a rostered patrol, there is (and always has been) the option of an individual patrol agreement. Please provide information to Life Saving Director on [LifeSavingDirector@sorrentosls.org.au](mailto:LifeSavingDirector@sorrentosls.org.au) so these can be considered by the beach committee in a timely manner.

Normal rules apply to all rostered patrols. If you miss a patrol you will go hours down. If you fail to get a proxy you will go hours down, and if your proxy doesn't show, they'll go hours down. When on the beach remember that patrolling is the core of what Surf Life Saving is about. Be proud to wear the cap and the uniform. Take time out from the patrol shelter to walk the beach and talk to the public. Prevention is better than rescue.

## Education

### Aussies

If you are going to the Aussies and have not done your Certificate II RPL you will be unable to compete at the Aussies, there will be no exceptions to this rule.

Once you have completed your RPL and all area that need signatures have been signed please hand to Paul Berry or the office.

Please don't get caught out.

## Club Push Bike

The club push bike seems to have gone missing, if you see it please bring it back to the club or let the office know where you have seen it so we can pick it up and bring back to the club.

## MASTERS NEWS – Brenton Rose

### Masters Friendly Carnival - Saturday 7 Feb @ 1.00pm

It's rolling around to that time of the season when all the oldies start to get excited for a few weeks of training and pretending they still have what they never had! First event is our own annual Masters Friendly Carnival, to be held on Saturday 7 February starting at 1.00pm. Invitation has been issued to all metropolitan and regional clubs. Refer to the Sorrento Surf Athletes Facebook group page for details of events and categories. This is a free carnival, so it's an ideal opportunity for all new masters to try their hand (and legs, arms, feet etc.) at all the different events and refine their skills in the lead up to the state titles.

### Masters Training Saturday Morning

Nicole Jahn has rallied a few of the masters girls together on Saturday mornings for some water event practice and training. A full set of swim and craft buoys will be set each Saturday morning to provide proper course to train to for board rescue and tube races, and for practicing ski and board turns. These sessions are open to all masters, and everyone who is intending to compete at

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the various carnivals ahead should make an effort to get along, especially those with some experience, to share their knowledge and expertise.

## Masters State Titles EOI for Team Events

An EOI form for the team events for the Masters State Titles, on Saturday 28 February at Mullaloo, has been posted on the Sorrento Surf Athletes Facebook group page. Please get there, download the form, complete it and get it back to me. If you don't have Facebook, please contact me directly at [brentonrose@hotmail.com](mailto:brentonrose@hotmail.com) for a copy.

And remember, with Alzheimer's, every training sessions is a fresh new enjoyable experience!

Brenton Rose  
Masters Captain

### UNIFORM SHOP OPEN HOURS

Sunday - 8am-9:30am

Open this Wednesday 13<sup>th</sup> January for collection  
of pink vest. 6-7pm

### 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



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