

Between the Groynes



Edition 20th June 2015

FROM THE PRESIDENT'S PEN

Dear Members,

Please note the City of Joondalup is conducting road works along West Coast Drive. The northern car park of the club will be closed until the end of June. At this stage there is no disruption to the entrance of the So Café, however this may change as they lay down sewage and gas pipes.

Well done to everyone who competed in boats and skis down in Albany over the long weekend.

A club as one is a club of strength!

Rob Doherty
President

SOCAFE NEWS

Wednesday Night Dinner

Menu:

Spaghetti Bolognese
Chicken Wrap & Chips

Friday Night Dinner

Menu:

Hungarian Goulash

At the So Café from 6pm
New Menu, Great Taste and Fast Service!!



EVENTS

June 2015:

06/06 : SunSmart Pool Rescue Series Round 3
07/06 : IRB Series Round 3
13/06 : SunSmart Surfboard Riding Champs
14/07 : Sorrento SLSC AGM
21/06 : IRB Series Round 4
21/06 : SunSmart Pool Rescue Series Round 4
28/06 : IRB Series Round 5

July 2015:

05/07 : SunSmart Pool Rescue Series Round 5
12/07 : Broome Sunset Carnival
13/07 : Broome Sunset Carnival
18/07 : Interstate IRB Champs
19/07 : Interstate IRB Champs
20/07 : Interstate IRB Champs
26/07 : SunSmart Pool Rescue State Champs
27/07 : SunSmart Pool Rescue State Champs

August 2015:

09/08 : Re-Registration Day
19/08 : Re-Registration Night

CLUB DETAILS:

Email: admin@sorrentoslsc.org.au
Website: www.soslsc.com
Tel: 9448 1431

OFFICE HOURS:

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

Partnering Sponsor



Gold Sponsors



Bronze Sponsors



Between the Groynes

Edition 20th June 2015

COMPETITION NEWS – Claire Rafferty

Hi all hope you are having a well-deserved break from Competition, unless you are in the IRB Crew or Pool Rescue who are in full swing!! Actually as I sit here I am wondering if there really is a break!

The new training schedule will be up this week and all training will recommence in the second week of June. All start times in the evenings will be earlier until it gets lighter. Also the Sun Smart Surf Board Riding Championships are creeping up on us, details below:



Sun Smart Surf Board Riding Championships:

Long Boards – Saturday 13th June

Short Boards – Saturday 8th August

(This year U13/U14 age groups have been added to the Short Board Competition)

\$38.00 Masters

\$40 Seniors

\$35.00 Juniors

Pool Rescue Competition:

CARNIVALS

The following Series Events are scheduled below:

- Saturday 6 June 2015 HBF Stadium 1.00pm – 5.00pm Registration Closing Date: 11pm Monday 1 June 2015
- Sunday 21 June 2015 HBF Stadium 1.00pm – 5.00pm Registration Closing Date: 11pm Monday 15 June 2015
- Sunday 5 July 2015 HBF Stadium 1.00pm – 5.00pm Registration Closing Date: 11pm Monday 29 June 2015

ENTRY COST: Series Events Entry: \$11 (includes entry into the centre).

Enter online on the club website, list your name, age group and "Pool Rescue"

2015/16 SUNSMART POOL RESCUE STATE CHAMPIONSHIPS

- Date and Time: Saturday 25 July 2015 from 8am-5pm & Sunday 26 July 2015 from 8am-5pm
- Registration Closing Date: Monday 13 July 2015
- Location: HBF Stadium, Mt Claremont
- State Championships Entry: \$15 per competitor (includes entry into the centre).

Questions: If you have any questions, please contact your age manager, the club office or give Andrew Ridley a call on 0408 298 725. All competitors you can find information on the Athletes Facebook Site/ Club Newsletter/ Sorrento Website or the Competition Board in the Boat Shed.

Partnering Sponsor



Gold Sponsors



Bronze Sponsors



Between the Groynes

Edition 20th June 2015

BOATS NEWS

The trek to Albany over the long weekend saw 4 boat crews and 7 paddlers from Sorrento take on all corners from the stronger club crews to put up great showings from each crew. The men's open crew raced against North Cottesloe, Cottesloe, Scarborough, City of Peth and Mullaloo. The crew showed strong improvement from last year and with the new blood joining we will get stronger and stronger in that division.

The other two men's crews were both in the 180 Masters sections and both performed strongly. The new boys on the block from the Double Green Cap dads now know a little bit more about surf boats and enjoyed their first taste of Albany.



The second 180 crew also performed well with Ron Eping filling in last minute due to injury. Special thanks to Mike Uglow and Jeff Anderson who had only arrived back home from overseas on the Wednesday night. In the Open Ladies division the Sorrento crew did well but ran into tough opposition this year with 7 crews rowing. The Open Ladies crew also had some new crew members.

At our presentations Kristie Kunstmann took out the Boatie of the Year Award. Kristie is always willing to help out when required and kept our crews well-nourished at each carnival.

Congratulations to all the ski paddlers who also competed over the weekend. Unfortunately I do not have any results.

Yours in Boats,
Watto

Partnering Sponsor



Gold Sponsors



Bronze Sponsors



Between the Groynes

Edition 20 2nd June 2015

SKIGUL NEWS

You may or may not have seen the pink Skigul shirts around Sorrento Surf Club and wondered Mmm, who are they and how can I get involved. Firstly, the group was formed to support and encourage women who are interested in learning to paddle, to train and encourage one another in the club once they had gained their bronze medallion (as this is when you are allowed to use the gym and the club equipment), as you all know, it is far more fun to train as a group than on your own and chances are, you more likely to attend if you know someone is relying on you to turn up.



The Skiguls are now planning to run a beginners session for any woman who is interested in learning how to paddle, the first few sessions will be in the marina on plastic skis (or if you have your own ski by all means use that). Weather permitting the first session will take place on the long week end, Monday 1 June at 9am. Please advise me firstly, of your interest to learn to paddle and secondly if you will be attending on the Monday, if we get enough interest, these sessions will continue into next season on a Sunday 8am, if the weather is not 'friendly' bring your gym shoes and we will do a session in the gym anyway. As your skills improve you may then want to join one of the many ski paddling groups that are available through our club or just continue with the skiguls, totally up to you. In the meantime, if you are not ready to get your feathers wet, please feel free to join in the running group on a Wednesday night (starts at 6pm sharp) or in the gym during the winter months, get in touch and at least one of us skiguls will be there to train with you.

Thanks,
Sue

Partnering Sponsor



Gold Sponsors



Bronze Sponsors

