

Between the Groynes



Edition 20: Tuesday 10 January 2017

FROM THE PRESIDENT

Dear Members,

With the festive and holiday time upon us it was wonderful to see so many of our patrolling members give up valuable time last Sunday morning and cast a watchful eye over the Abalone morning.

Your assistance and support is greatly appreciated by your board of management team.

We look forward to both a safe and serious incident free 2017.

Best of luck to our Nipper members competing this weekend on home soil here at Sorrento, hope you all have an enjoyable carnival.

A club as one is a club of strength!

Rob Doherty
President



Upcoming Events

January 2017

14/01/2017 - Senior Ocean R9 (Swim, Ski) and Beach R5

15/01/2017 - Lifesaving Rd2 and Surf Boats

22/01/2017 - Senior Oceans Teams R2

22/01/2017 - Junior Club Champs

28/01/2017 - Country Carnival

February 2017

11/02/2017 - Junior Beach at Trigg

12/02/2017 - Junior Ocean Series

19/02/2016 - Junior Club Champs

24/02/2017 - Red Faces - Juniors

Office Hours:

Monday - 8am - 4pm

Tuesday - 8am - 4pm

Wednesday - 11am - 7pm

Thursday - 8am - 4pm

Friday - 8am - 4pm

So Café Hours:

Wednesday - 6pm - 7:30pm

Saturday - 7:30am - 9:30am

Sunday - 7:30am - 9:30am

Uniform Shop Hours:

Wednesday - 6:30pm - 7:30pm

Only every First Wednesday of the Month - OPEN THIS WEDNESDAY!

Sunday - 8am - 9am



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Business and Marketing – Christine Cougan

It is with great pleasure being presented with a cheque for \$1000 from Craig Tickner principal dealer with Galleria Toyota.

Craig, who purchased the club's old UTE; then utilised his apprentices, as part of their trade training to repair and restore.

Once completed the ute was sold and all profits from the sale have been donated by Galleria Toyota to Sorrento Sorrento Surf Life Saving Club.

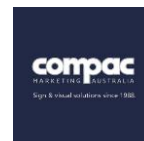
Thank you Craig and Galleria Toyota for you kind donation.



Today Show – Live from Sorrento Surf Club

Today Perth News Live from Sorrento SLSC
18th January 2017
7am onwards

Please come along to help showcase Sorrento Surf Life Saving Club in club gear to highlight all the great activities that take place. All juniors and seniors welcome!



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Waterman's to the Wall Sponsorship

SPONSORSHIP AND SPOT PRIZES WANTED – WATERMANS TO THE WALL 2017

The Watermans to the Wall Swim held in April of this year was a huge success for the club. Planning is well underway by a hard-working committee for the event to be held again in April 2017.

We are currently looking for sponsorship for the event. If you have a small business and would like to be a part of this fantastic event please contact Jess in the office to get further information of how you can participate.

If you are unable to provide sponsorship but could donate some spot prizes this would also be appreciated. All funds raised from the swim go towards the Building Fund for the new clubrooms.

Small Business Club

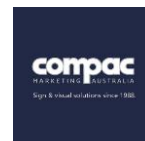
Welcome Carpentry by CCR to our small business club. Thank you for supporting the club. If you need Carpentry work please contact Russell Harper below.



Patrol Rebate Cards

We have extended the expiry date of the Patrol rebate cards until 17/1/2017. You must use card by then in the bar, shop or café by 17th January 2017. All cards will expire after this date.

EXPIRED



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Lifesaving – Garry Bunford

Welcome back everyone

I hope that you all had a great safe and happy Christmas.

I would just like to thanks some of the people that stayed around and kept the club going while we were on leave or even through the winter months when we are doing other sports

Abalone

Another great turn out by our club and we were visited by surf lifesaving WA so they could do some research and questioning the abalone fishing community.

Well done to everyone.

Well done Colleen and her crew.

Sorrento First aiders

Great to see that there are over 80 face book members and we are growing from strength to strength if you are interested please talk to Stephen Thomas. First aid only patrol members can be recognized because they don't wear a patrol cap also they will have a band around their arm and when supply allows it they will have a cross on their patrol hat we continue to ask members to join our group if you have a first aid or are a nurse etc please let us know if you want to our growing group of volunteers.

Well done Stephen.

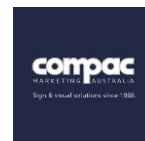
Education.

Please it has come to our attention that members are patrolling without any qualifications. Unfortunately you need a qualification to patrol or ware a patrol uniform. 400 members have done their requal

Well done Paul Berry

Patrol

Please remember we are all volunteers and we must not forget Leif and Shelley who always there to help people with patrols and keep our patrols up to date and roster us on the patrols.



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Continue - Lifesaving

IRB

IRB training and the general looking after them is again a very important tasks I would like to thank Evan Bunford for his support and hard work he has also been instrumental in the securing of the jet ski.

Well done Evan.

Jet Ski

The jet ski the daily looking after the jet ski will be done by Richard E should you have any question regarding the jet skis please let him know via the office or Evan Bunford

Thanks Richard.

Lifesaving officer

Shelley Gardiner has been working hard this season looking after the lifesaving and a lot more.

Thanks Shelley.

Patrol Captains

Well lifesaving would not be lifesaving if it was not for our patrol Captains we are so lucky to have such dedicated Patrol captains.

I would like to thanks each and every one of them great work.

Equipment office

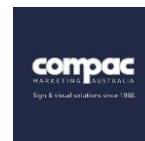
Craig Gamble is such a quite achiever looking after the patrol equipment ensure they are in good working order.

Thanks Craig.

Remember swim between the flags and take care out there!

Regards

Garry Bunford



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Club Services – Peter Watkins

Wednesday 11/01/ 2017 - \$12

Green Chicken Curry with Rice

Spiced beef curry with coconut

For bookings, contact Krystal on 0405 492 850

Friday 13/01/2017 - \$12

Chilli Mussels

Spaghetti Meatballs

Vegetarian Lasagne

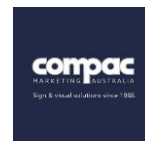
For bookings, contact Krystal on 0405 492 850

Uniform Shop

The uniform shop will be open on Wednesday the 11th of January 6.30pm – 7.30pm.

Normal hours of operation are the first Wednesday of every month 6.30pm – 7.30pm and every Sunday 8am – 9am.

Items can also be purchased outside of these times by emailing uniformshop@sorrentoslc.org.au



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Juniors – Ian Smallwood

Junior Ocean round 4

Sorrento will be hosting the Junior Ocean round 4 series this Sunday. Lots of helpers still required from 5.30am. If you can help please see Ron Morris or Keiron Burke and they will find you a job. Water safety please report to me, 7.30am is the first shift (Patrol hours will be given)..

IRB drivers and crew needed, we require IRB drivers and crew, if you can help please get in contact with Evan Bunford and he will allocate you a time (Patrol hours will be given).

If anyone has a 4WD we can borrow from 5:30am until 1pm on Sunday please let me know.

Junior Club Champs 3

The Junior club Champs that were due to be held on 19th February will now be held on 5th February. This is so that our Junior R&R teams can compete at the R&R State championship

Junior Red Faces

The annual Junior Red Faces is due to be held on 24th February. Some groups are still looking for volunteers to get their acts up and going so if you can help out please get in contact with them now. It is a great night and helps to support our great club.

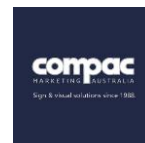
Ian Smallwood

Junior Activities Director

Competition – Claire Rafferty

Good luck to those athletes who are competing this weekend. I will be away until the 18th January so please contact Jess in the office if you need anything.

It is getting to the exciting part of our Season, so please make sure you are training to be ready for States and if lucky enough Aussies!! We will be putting teams together so please make sure you let coaches know you want to be included in team events. Especially U14/15 athletes that have not been to many carnivals you can still be part of a team for States!



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Continue - Competition

Good Luck to the Sorrento Athletes competing in Queensland in the coming weeks:

Jackson Symonds

Charlie Rigby

Ben Waterman

Cristian Sayers

Macarah Mallis

Charley Rafferty

Sydney Rafferty

Up Coming Carnivals in the New Year:

Saturday 14th January: Senior Ocean R9 (Swim, Ski) and Beach R5

Sunday 15th January: Lifesaving Rd2 and Surf Boats

Sunday 22nd January: Senior Oceans Teams R2

Saturday 28th/29th January: Country Carnival

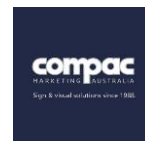
CLUB CHAMPIONSHIPS

This will be a Twilight event commencing right on 5pm with all water events then Beach events under lights followed by a Sundowner!!! Friday 10th February. (Please put this date in your diary, it will be a great afternoon/night).

AUSSIES 2017

Touring forms are out and need to be downloaded from the website, completed and returned to the front office if you are intending on competing at the Aussie Titles in 2017 at Kirra.

Aussie early bird registrations are out. This is a payment of \$90 until the 13th January then it goes up to \$105. All entries close on the 15th March. Take advantage of the discount and pay as per



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Continue - Competition

normal through the gate way. Please make sure you clearly write your name, age group and title it Aussies 2016.

Can you believe it's that time of the year again... planning for Aussie's 2017!!!

For those going to Aussies I will put up the event sheets next Wednesday so you can indicate all the events you want to be entered into. Please make sure you have paid online so Jess can put your registration through. Also Masters if you have your Aussie teams organised can you please send me a copy of the team events you would like to be entered into. All other teams for Youth and Seniors will be selected and loaded by the coaches.

The events this year will be back at Kirra!!

We have secured accommodation at Calypso Oaks Apartments. For more information contact Peta Watkins. Please don't leave this to the last minute.

Peta Watkins - 0400 094482

Coaching Course

Do you want to do your Level 1 Coach Accreditation?

The club will be starting the process of running a course. We are seeking interest from members.

If you wish to do the coach accreditation course please email Jess Bunford in the office.

A date will be locked away and promoted in the next newsletter.

Junior Training

Junior Training starts back this weekend after the Christmas Break.

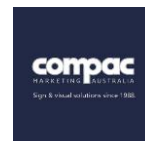
Training times are as per below:

BEACH TRAINING:

Wednesday Night at Sorrento Beach, 4.00pm - 5.00pm

BOARD TRAINING:

Wednesday Night at Sorrento Beach, 5.00pm - 6.00pm



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Continue - Junior Training

SURF SKILLS (Board, Swim Iron):

Sunday Morning at Sorrento Beach, 7.30am - 8.30am

(Parents are encouraged to help provide water safety)

SWIM TRAINING:

Tuesday Night at Carine SHS, 5.15pm - 6.15pm or 6.20pm - 7.30pm

Thursday Night at Carine SHS, 5.15pm - 6.15pm or 6.20pm - 7.30pm

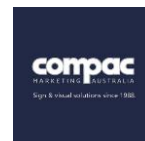
Saturday Afternoon at Craigie LC, 3.00pm - 4.30pm

Register for swim training at www.h2ofitnessacademy.com.au

R&R:

7am Saturday and/or 7.30am Sunday at Sorrento Beach

| Day/Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|-------------------------------|--|-------------------------------|--------|---|--|
| AM | | | | | | R&R Training (Sorrento Beach) | Surf Skills Training (Sorrento Beach) R&R Training (Sorrento Beach) Club Day |
| PM | | Swim Training (Carine SHS) | Beach Training (Sorrento Beach) Board Training (Sorrento Beach) | Swim Training (Carine SHS) | | Swim Training (Craigie Leisure Centre) | |



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Continue - Junior Training

Coaching Contacts:

Surf Skills: Andrew Ridley: 0408 298 725 or Ellie Smith: 0417 944 215

Swim: Andrew Ridley: 0408 298 725

Board: Callan Preiato: 0400 760 583

Beach: Tristan Xavier: 0414 316 300

R&R: Theresa Gartlan: 0411 686 322

Boaties

This weekend we have 2 Crews competing in Round 3 of the Navy series at Scarborough.

The new look ladies crew of Kristie Knustman, Aimee Dagnia, Rebecca Ferrier and Maren Scriven plus the Men's crew The Psychos who have been competing all season .

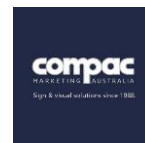
The weather looks good so far so should make for some good racing.

We are now going to start back our Saturday morning sessions for anyone curious about boats.

Just turn up at the boat shed make yourself known and have a chat to one of the boaties and we can get you started. Minimum requirement to start is must be a club member, preferably hold a current Bronze medallion and be at least 15 years of age. Special arrangements can be made if you don't meet all the requirements. Should you require any further information I can be contacted on the number below

Yours in Boats,

Watto



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SORRENTO SLSC
STATES
AFTER PARTY
5TH MARCH 2017

Celebrate the end of Senior States
BAR OPEN 5PM
DJ from 6pm

All Clubs
Welcome

SORRENTO
SURF LIFE SAVING CLUB

RosierlyWai.com

