

# Between the Groynes

Edition 24: Tuesday 7 February 2017

## FROM THE PRESIDENT

Dear Members,

I would like to thank all members that assisted with the Abalone patrol on Sunday. Without all the fantastic volunteers we would not be able to do this.

Our Senior Club Champs was scheduled for this Friday night but due to the weather expected it has been changed to this Sunday morning from 8am. Please see details below for more information.

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

**Rob Doherty**  
President

## Business and Marketing – Christine Cougan

A big thank you to The Department of Education Vacswim Program for donating over \$700 to the club for the last series. Thank you to Nicole and the teachers for supporting the club.



## Upcoming Events

### February 2017

12/02/2017 – Club Champs

18/02/2017 – Lifesaving

18/02/2017 – Full Carnival – TBA

11/02/2017 – Junior Beach at Trigg

12/02/2017 – Junior Ocean Series

19/02/2016 – Junior Club Champs

26/02/2017 – Masters Championship

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

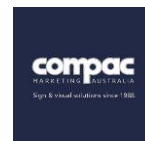
Sunday – 7:30am – 9:30am

### Uniform Shop Hours:

Wednesday – 6:30pm – 7:30pm

**Only every First Wednesday of the Month**

Sunday – 8am – 9am



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## Small Business Club

A big thank you to Stoke Physio for supporting our Small Business Club for the 2016/17 Season.

Stoke Physio Perth is a physiotherapy clinic with that little extra something. Co-founded by two happy individuals with a passion for the ocean and living life to the fullest, Stoke Physio Perth is here to help you get to where you were meant to be.

We look after all injuries and will come up with a tailored plan just for you to get you not only injury free, but back to the best you've ever been.

Your go-to Perth physio, we are located in vibrant North Beach, where we offer a range of services to North Beach, Trigg, Scarborough, Hillarys, Watermans Bay, Karrinyup, and surrounding suburbs.

114B Flora Tce  
North Beach Perth, WA  
(08) 9448 2994



## Competition - Claire Rafferty

CLUB CHAMPIONSHIPS CHANGE OF DATE: DUE TO THE WEATHER FORECAST CLUB CHAMPS HAVE BEEN CHANGED TO SUNDAY 12<sup>TH</sup> FEB REGISTRATION STARTING AT 8.00AM WITH THE FIRST RACE KICKING OFF AT 9.00AM. PLEASE HAVE ALL CRAFT AND EQUIPMENT READY TO GO TO BE ON THE LINE BY 9.00AM WITH THE SWIM BEING THE FIRST EVENT.

**RESCHEDULED**

### Up Coming Carnivals in the New Year:

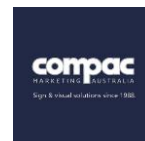
Saturday 18<sup>th</sup> February Full Carnival Ocean

Sunday 19<sup>th</sup> February Lifesaving Championships North Cott

Sunday 26<sup>th</sup> February Masters Championships Mullaloo

Saturday and Sunday 4/5<sup>th</sup> March Senior Championships

Please make sure you have put your name on the registration sheets for all upcoming events.



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## Competition - Claire Rafferty

**SENIOR / MASTERS STATES:** Event Sheets are up please put your name on the Sheet and pay \$40 online through the Gateway. Masters your fee is \$38 online.

### 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 13<sup>th</sup> January then it goes up to \$105. All entries close on the 15<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.

For those going to Aussies the event sheets are up 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 team's 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!!

If you need any information on Aussies please head to this website - <https://sls.com.au/aussies/>





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## Boats

Last Saturday in very choppy conditions at Sorrento we had a Masters Friendly carnival. In attendance were 50 Beach and water competitors plus 7 Boat crews (35) competitors. All had a great day with City winning the Boats ( mens ) and Mullaloo ( ladies ) . Crews in the boats were mixed around as a few regular members were working. Still to those that competed well done!

On Sunday the Psychos crew travelled to Secret Harbour for the 4th round of the Navy Series. Once again the men performed well against younger crews coming in a credible 6th in the B final. Once again we have noticed a few areas to work on in the next few weeks before Masters States and State Carnivals to ensure we perform at our best. Ladies crews will change for Masters as we have a couple of young ones in one crew.

All going well all masters' teams should bring home a Medal.

Yours in Boats

Watto



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## Lifesaving – Garry Bunford

### First Aid

We are running another First Aid skills practise session on Wednesday 22<sup>nd</sup> Feb 7 – 9pm. Great opportunity to learn something new and practise a wide range of skills. If interested in attending please confirm via the Sorrento Surf Club First Aid Community facebook group.

First Aid equipment restocking. When on patrol please take the opportunity to check ALL kit bags. Checklists are provided in a folder in the First Aid rooms at the club and at Hillarys. Where stock is below checklist numbers please re-stock bags from the first Aid cupboards while on patrol when you do the stock check.. If First Aid cupboards run low on stock then please let First Aid officer know.

Oxygen Cylinders. Spares are stored in the First Aid room and at Hillarys. Only qualified members should change Oxygen cylinders. Please do not remove the plastic wrapping from the stem until needed for use. Put used cylinders in the EMPTY container (in main first aid room).

### Training

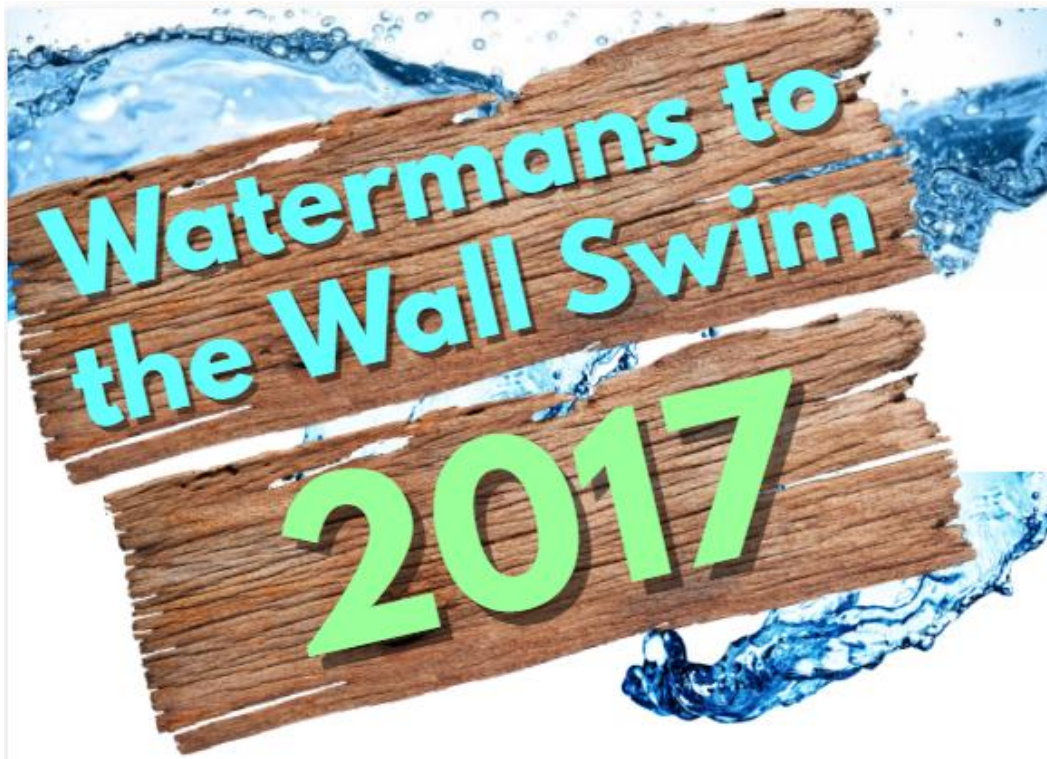
The next (and last for the season) Bronze and SRC courses are scheduled for April. If interested please contact Jess and register. The courses will only go ahead if sufficient members sign up.





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**Distance: 2.7km**  
**Solo, Duo or Teams of 3**  
**Date: Sunday 30th April 2017**  
**Start: 9am**  
**Entry: \$35.00 per person**  
**Entries Open on 01/02/2017**  
**Contact: Jess Bunford on 9448 1431**  
**Enter: [www.soslsc.com/watermans](http://www.soslsc.com/watermans)**

**\*Enter before 31 March and receive a free T-Shirt and Coffee\***

