

Between the Groynes



Edition 25 28th July 2015

SAFE BEACH SWIMMING ENVIRONMENT @ SoSLSC



On Monday 20th July Premier Colin Barnett announced that the State Government will be funding the installation of a "safe beach" swimming area within the boundaries of the Sorrento Surf Life Saving Club's patrolling area. The enclosure will be in the form of shark proof netting. This project will be facilitated by the City of Joondalup.

Our club's Board of Management unanimously supports the project and firmly believes it will provide great exposure and opportunity for our club.

A strong message delivered to both the State Government and the COJ is that a working party from the Sorrento SLSC MUST have a major input into the location and proposed area m2 of the swimming enclosure.

We were formally advised of this decision on Friday, 17th July, so we advise you our club member, that at this point in time no dialog has taken place in relation to the exact area and size of the enclosure.

This is a link to the independent report by Hydrobiology into the beach enclosure trialled in Dunsborough.

<https://www.dpc.wa.gov.au/science/SiteCollectionDocuments/Review%20of%20the%20Dunsborough%20Beach%20Enclosure%20Trial.pdf>

We will keep you updated on the progress of this project.

Kind regards
Rob Doherty

EVENTS

July 2015:

31/08 : CHRISTMAS in JULY at SoSLSC

August 2015:

01&2/08 : AVON Descent

16/08 : Re-Registration Day 1-4pm

19/08 : Re-Registration Night 6-8:30pm

30/08 : NEW Member Registration Day 1-4pm

: City to Surf

September 2015:

05/09 : SunSmart Board & Ski Series R1

12/09 : Patrol Captain Conference

20/09 : SunSmart Ironman Series R1

26-28/09 : Lancelin Development Camp SoSLSC

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 (only this week)

SoCafe Operating Hours

Wednesday & Friday Club Dinners

(ONLY: last Friday of each month)

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](#)



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LIFE SAVING – EDUCATION 2015/16 SEASON

The off season presents an opportunity to do some additional education courses where members may be looking to expand their list of Awards. We are currently looking for **expressions of interest** from **members only** for the following courses listed below. To apply for either course, please complete the **"Expressions of Interest form"** which can be collected from the office – if there is no application form I do not know you would like to do the course and you will not be able to join in on the day! (Expressions are not carried over from the 2014/15 season, you need to complete a new form!)

1. **Provide (Senior) First Aid –HLTAID003**: nationally accredited course. Payment of \$70 must be made prior to the day. We have already conducted one of these courses, however, another course is planned for late August on a Saturday or mid-week if we have 4 or more candidates.

Cost = \$70

2. **Advanced Resuscitation Techniques Certificate (ARTC)** – The next course will be Saturday 1st August. You must already have or have held your Bronze Medallion for surf. Other dates will be available in August if there are sufficient people interested.
3. **Silver Medallion Basic Beach Management** – expressions of interest are being taken. This course is for 18+ only and will give you skills to manage people in Patrol setting as well as other group activity settings.
4. **Season 2015 Re-Quals (Skills Maintenance)**
Yes it is time to start thinking of this! If you have a Bronze Medallion or SRC you will need to do a requalification this season – that **includes anyone** who obtained the Award prior to July 1st 2015, which means all of you!

The Trainers and Assessors will be meeting next week to set the requal dates and is likely to be similar to the last two years – note that the dates set will be strictly adhered to with no "special late opportunities". So if you know you are going to be away mid October to early November you will need to start thinking how you can get requalified before then, not leaving it until December !!

Some "dry" theory sessions will be held during the evening mid week over the next couple of months to help deal with the numbers of people to process, in particular those with ARTC – dates will be announced.

5. **New Bronze Medallion candidates** will also need to complete an **"Expression of Interest form"** as soon as possible; you will be advised of the date for the pre-qualification swim (400m in under 9 minutes) following the Trainers meeting next week. All candidates must be ready to do this swim before they can be allocated to a course, so I strongly suggest you hit the pool now to get your fitness up.

Cost = \$70 for Active 18+ / \$40 for Youth.

Parents wishing to do the **SRC for water safety** will need to complete the **"Expressions of Interest form"** as well; the date for the pre-qualification swim (200m in under 5 minutes) will also be published after the trainers meeting. All U14's and U15's who wish to do their SRC will be advised separately.

Regards

Paul Berry
Education Officer SO SLSC

Lifesavingdirector@sorrentoslsc.org.au



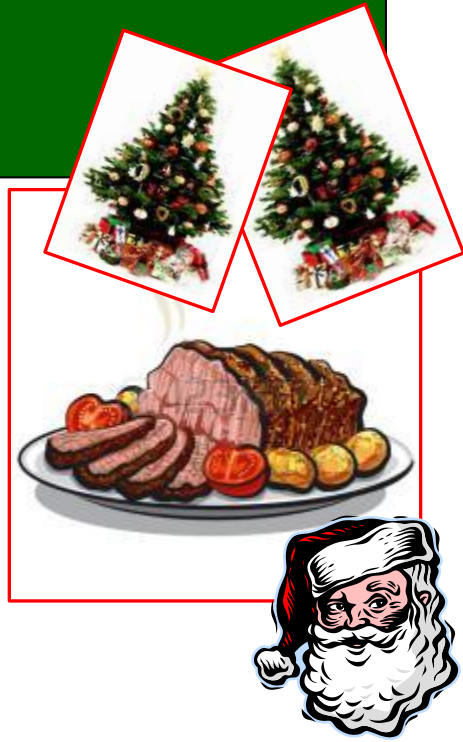
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LIKE CHRISTMAS IN JULY

SoCafés themed dinner for this month is kinda sorta Like a *Christmas* in July.

Bring the *Family* down; Invite all you're *Friends* to join us for a Buffet style **Roast Dinner** with desert. MMMMMM yummy.



Friday, 31st July 6.30pm
Price: \$20 per person \$10 per child
(child 6 – 10yrs old; U/6's Eat Free)

Booking essential by Tuesday 25th July 2015 barmanager@soslsc.com or call the office on 94481431.

CLOTHING NEWS:

The clothing shop is currently closed, however will be open for the upcoming Registration days.

- Re registration Sunday, 16th of August 1:00 - 4:00pm
- Re registration Wednesday, 19th August 4:00 – 7:00pm
- New Registraltions Sunday, 30th August 1:00 – 4:00pm

The clothing officer this year is **Amanda Bowman** who has kindly donated her time to this position. The ordering of stock this year will be kept under close control to alleviate overstocking.

Please come in and get your required clothing either on the registration days or early in the season. We will be open 1 full day also in the school holidays - date still to be confirmed.

If you get in early and we do not have what you need we can order it in and have it for you close to the start of the season. Please do not leave your run for clothing too late or you may be disappointed.

Please be patient with our clothing shop helpers as they are all **volunteers** and can only be there as their own schedules allow. Let them know if you would like to purchase a particular item and it is out of stock as they will be more than happy to record your needs and we will endeavour to get the items in as soon as is possible.

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BAR & So Café:

The bar and So Café is a member service that cannot run if it is under utilised. This has been the case recently on Friday nights, and hence we have had to suspend this service for a couple of months.

The Bar and So Café are now closed on Friday nights except for the last Friday of each month, when we will have our themed dinner buffet nights.

The second of these is the Like Christmas in July, 31st of July (this Friday night). The last on was a Mauritian night to farewell the members going off to compete in Mauritius on their Surf Skis. This night was a big success and the food was delicious.

So don't miss out this Friday night and book your place before Wednesday afternoon, as catering is done to numbers booked.

Wednesday night we have a simple menu in So Café but if you have a large group coming in, and let us know well in advance, we can cater to your specific needs. Meals start at 6.30pm.

So Café breakfasts on a Saturday morning are proving to be very popular, so why not come in after your early morning exercise regime and see why. Open from 7.30am - 9.30am, for breakfast and coffee.

Also open Sunday mornings for Coffee from 7.30am

Leanne Lewis
Club Services Director
Clubservicedirector@sorrentosisc.org.au



COMPETITION – Claire Rafferty

POOL RESCUE 2015/16 STATE CHAMPIONSHIPS: What a weekend with lots of amazing results and athletes giving it all for their club. The Juniors had a small but enthusiastic team, led by Teresa as Team Manager. Juniors came 5th overall and produced some great individual and team results. Our Masters also had a small contingent but produced outstanding results coming second overall. The Seniors were the standouts with the club coming together as one from all disciplines to make up teams which were very competitive. We had some amazing individual results from U14 to Opens and our teams had great fun, winning a few medals along the way. The Seniors came 2nd overall which was fantastic and gives us a great start to the 2015/16 Season.

I must thank the wonderful officials we had: Janine, Shelley and Sue for giving up all there time to allow us to compete. I would also like to thank Graham with his Pool Organisation on both days. The actual competition ran extremely smoothly this year, well done Ben Harvey! We had a stand out performance this weekend going to our undercover pool setter Mick Saunders, he is why with his pool setter ninjas the event flowed so well Thank you to all Timekeepers and Parents for their support over both days and to Peta Watkins for being Team Manager on Sunday. A MASSIVE thank you to Andrew Ridley for his Coaching and organisation of teams over the weekend you are amazing!

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FINALLY, thank you to everyone that competed for SORRENTO over the weekend, your efforts were outstanding and you should all be very proud of yourselves. I am extremely proud to be the Senior Competition Director at Sorrento when I see our Seniors come together to get the job done. The SORRENTO SPIRIT was definitely on show this weekend!

LANCELIN SENIOR CAMP 26TH SEPTEMBER TO 28TH SEPTEMBER. ALL INFORMATION CAN NOW BE DOWNLOADED FROM THE CLUB WEBSITE. REMEMBER FIRST IN BEST DRESSED!!!

Training schedules are up on the website, remembering junior training will not commence until the end of August/Beginning of September. Senior sprints training is now back on Monday's at Sacred Heart and Wednesday's meeting on the grass near the boat shed at 5.15pm and Sunday mornings at 9.00am.

There has been great interest in the Ski Development sessions for U15 and up on Saturday morning at 7.30am with a lot of young athletes really developing their skills on the Ski. I would like to thank Dean, Les, Wendy, Peter, Rob and Gibbo for all their support in this area. If you haven't come down yet and want to, you are always welcome.

Also a huge thank you to the Skiguls for their continued support in training our more mature athletes on Skis at 9.00am on Sunday mornings.

Don't forget if you want to keep your fitness over the winter months Jeff Carter is still doing his Sunday 7.00am morning sessions in the boat shed, all active members welcome. Also athlete's compulsory gym sessions are on Tuesdays and Thursdays with Jeff at 6.30pm, your attendance is important to your development in your chosen disciplines!! Also please be aware the gym is only for athletes training with Jeff at these times.

Remember don't forget to register for the Short board States on the 8th August.

Sun Smart Surf Board Riding Championships:

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

BRONZE COURSE: If you need to get your Bronze to compete this year please get in contact with me asap so I can put your name on the list for the first course.

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COMPETITION – State Championship Pool Rescue HBF Stadium



Thank to these amazing officials -: Shelly Gardiner; Kelly Barker and Janine Boyle



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FROM THE PRESIDENT'S PEN – Rob Doherty

Congratulations to our great athletes, coach's, officials, volunteers and supporters that represented Sorrento at the State Pool Rescue Championships on the weekend. You club BOM team are greatly appreciative of your efforts.

A special mention to Competition Director Claire Rafferty and head coach Andrew Ridley for your tireless work in getting our team together.

Listed below are some key dates that we encourage all existing members to re-register by.

Re-Registration Days:-

- Re registration Day - Sunday, 16th of August from 1:00 - 4:00pm
- Re registration Night - Wednesday, 19th of August from 4:00 – 7:00pm

Then, assist to spread the word, if you have any family or friends that are thinking of joining a Surf Life Saving Club, get them to come and join our Sorrento SLSC Family, New Member registration day

- New Registrations - Sunday 30th August from 1:00 – 4:00pm

For those new members that have already joined this will still be a great opportunity to come and meet your Age Manager and Junior Director – Ian Smallwood.

TITIAN FOBKEYS:-

Please note, your access Fob Key will be deactivated as of Monday 31st August and reactivated during this week on receipt of re-registration payment and re-activation by your attendance during the below mentioned week.

As of Monday, 31st August 2015 The Titian FobKey system will shut down.

Registration of Fob Keys will be from:-

- Monday, 31st August to Friday, 4th September from 7:00am to 3:00pm
- Late Night for Registration of Titian FobKeys will be:- Wednesday, 2nd September from 5:30 - 7.30pm.

Should you have any concerns regarding the above or would like more information. Please do not hesitate to contact our Administration Manager, Kerry on 9448 1431 during office hours 9:30-2:30 Mon; Tue; Thur & Friday.

Kind regards,

Rob Doherty

Club President

President@sorrentoslsc.org.au

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BUSINESS AND MARKETING – Christine Cougan

The club is looking into the purchase of personalised Sorrento Surf Life Saving Club number plates. Before the process can continue with the Department of Transport, we'd like an Expression of Interest from our members if you'd be interested in purchasing one.

Unfortunately at this early stage we do not have a pricing structure as this will depend on the amount we have made up. So at this early stage we are just seeking an interest from our members. (Please email admin@sorrentoslsclub.org.au / subject: Number Plates)

If you are a business owner and wish to support your very busy and popular club, please consider one of our many "Sponsorship Packages" which can be tailored to suit any type of business – big or small, we have a huge variety of alternatives available.

Please do not hesitate to give Christine Cougan, our Business and Marketing Director a call on: 0403 289 483 or email her on-: Business-MarketingDirector@sorrentoslsclub.org.au

Kind regards
Christine Cougan – Business and Marketing Director



Our Mayor Troy Pickard; Tony Krsticevic and Rob Doherty at the launch of the Safe Beach Environment.



Rob with Tony Krsticevic; Premier Colin Barnett and CEO SLSWA James O'Toole



SORRENTO SURF LIFE SAVING CLUB

NIPPER STARTER PACKS

\$40

- DRAW STRING BACK SACK
- AGE CAP *
- SUNSCREEN
- WATER BOTTLE
- GOGGLES

*Compulsory items for participation in Nippers Saving - \$10.50

Please direct all uniform enquiries to:
uniformshop@sorrentoslsclub.org.au

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