

Between the Groynes

Edition 28 7th October 2014



FROM THE PRESIDENT'S PEN

Congratulations to our Officials, Competitors and Supporters who represented our club at the 2014 World Surf Life Saving Championships. No doubt the name of Sorrento WA has been well entrenched on the world stage.

To our medal winners well done, a special mention must go to our World Champion sprint king Jackson Simmonds. Liam Ryan, finished a credible 5th place in the Open Swim.

Our club web site has now been updated; I would like to thank Graham Nash for his work behind the scenes over the last year in assisting with the development of our new site.

<http://soslsc.com/html/home.aspx?id=1&Lvl=1>

The BOM would like to remind ALL members of our responsibilities around maintaining the day to day running costs of our club. The City of Joondalup no longer covers the utility costs of running our power and water. On behalf of the BOM can I please ask that ALL of us are diligent in ensuring if we are last to leave all the lights are turned off, the roller doors down and the alarm set.

I look forward to meeting our new members at the new member induction day scheduled for Sunday 19th October.

A club as one is a club of strength!

Rob Doherty

President

NEW MEMBER INDUCTION DAY!

Sunday 19th October 11.30am

All new members are invited to our new member induction day on Sunday. Please stay after Nippers to meet the Board of Directors and learn more about YOUR CLUB !!!

EVENTS

October 2014:

- 11/10 : IOP Race 1
- 11/10 : First Youth Session @8.45am
- 11&12/10 : Club Requals 9-11am
- 12/10 : SunSmart Board and Swim Series Round 1
- 15/10 : Competition Committee Meeting
- 17/10 : Sunset Ski Series Race 1
- 18/10 : Sorrento Challenge
- 18&19/10 : Club Requals 9-11am
- 19/10 : First Nippers Day! @8.45am
- 19/10 : New Member Induction Day
- 19/10 : Classic Paddle
- 19/10 : SunSmart Beach Series Round 2
- 19/10 : SunSmart Ironman Series Round 2
- 25/10 : SunSmart Board and Swim Series Round 2
- 25/10 : WA Boat Series Round 1
- 25/10 : IOP Race 2
- 25&26/10 : Club Requals 9-11am
- 31/10 : Junior Halloween Disco

November 2014:

- 01&02/11 : Level 1 Coaching Course
- 01/11 : Club Swim – Have a Go Board
- 01&02/11 : Anaconda Adventure Race
- 01&02/11 : Coolangatta Gold
- 08/11 : Club Swim – Have a Go Board & Swim
- 08/11 : IOP Race 3
- 09/11 : SunSmart Beach Series Round 3
- 09/11 : SunSmart Board and Swim Series Round 3
- 14/11 : Sunset Ski Series Race 2
- 15/11 : Member Senior First Aid Course
- 15/11 : Club Swim – Have a Go Swim, Tube & Belt
- 16/11 : SunSmart Ironman Series Round 3
- 16/11 : Member Senior First Aid Course
- 16/11 : WA Boat Series Round 2
- 16/11 : Navy Surf Boat Series Round 1
- 19/11 : Competition Committee Meeting
- 21/11 : Junior Preliminary Evaluations
- 22/11 : IOP Race 4
- 22/11 : Club Swim – Have a Go Ski
- 22/11 : Indian Ocean Paddlers Down winder
- 23/11 : SunSmart Pre-Season Cup Grand Final
- 23/11 : Junior Club Champs 1
- 27/11 : Sunset Ski Series Race 3
- 28/11 : Junior Competition Evaluations
- 29&30/11 : The Doctor Ski Race
- 29/11 : Club Swim – Have a Go Ski
- 30/11 : Nipper Joint Age Group Interactions
- 30/11 : Navy Surf Boat Series Round 2

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1 | Page



Between the Groynes

Edition 28 7th October 2014

SORRENTO CHALLENGE 18th OCTOBER 2014

This year's edition of the **Sorrento Challenge** will occur on Saturday 18 October 2014. There are both team and individual categories so everyone can do it.

To register go to <http://sorrentochallenge.com.au/>. If you can't or don't want to compete then please volunteer. To volunteer please send Kevin Penny an email with the subject heading Sorrento Challenge Volunteer at: kevin.penny1956@gmail.com.

Thanks to the many friends of the Sorrento Surf Club we have a lot of on-the-day draw prizes – but to win one you need to be there in person and registered as an competitor.

Event Day Draw Prizes (must there on site to accept all draw prizes during awards ceremony - no stand in's)

- From **Go Paddle Sports:**
 - One Ocean Racer PFD (value \$120.00)
 - One Paddle Shorts (Value \$58.00)
 - One Boat Leash (\$45.00)
 - Three \$50.00 store vouchers (none cash redeemable for product purchases only)
- From **In2Kayaks:**
 - One Ocean Paddler pfd (value \$130.00)
 - Two 2P Adrenaline Thermo Top Rashies (Value \$44.95)
 - Two FENN Rashies & Cap (Value \$65.00)
 - Five \$30.00 store vouchers (none cash redeemable for product purchases only)
- From **Mills Charters:**
 - Five Family Passes for whale watching
 - One Day Fishing Pass for two people
- From **White Salt Restaurant:**
 - Five \$50.00 vouchers
- From **Living Colour Hair Design**
 - 10 \$10 off Vouchers
 - One \$180 make over voucher
- From **LiquorBarons**
 - One 5 Piece Wine Set



SORRENTO SURF LIFE SAVING CLUB **North Coast Tri Club**

SORRENTO CHALLENGE 2014

Saturday October 18th @ Sorrento Beach
1.2km Ocean Swim - 7.0km Ocean Paddle - 7.5km Beach Run
www.sorrentochallenge.com.au



2 | Page

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Between the Groynes

Edition 28 7th October 2014

EDUCATION NEWS

Bronze Medallion: Congratulations to all members who passed their Bronze Medallion course over the winter months.

To all our New BM Members please keep in contact with Leif Hinrichsen on-: leif.hinrichsen@siemens.com to ensure you are allocated onto a patrol for the 2014/15 season,

Level 1 Officials Course: Two courses are being held on the following dates:
Thurs 5th December and Sat 13th December.

If you are interested in becoming an official here is your chance! Info can be found here: <http://surflifesavingwa.com.au/surf-sports/officials#skiplink-0.42431190493516624>



If you have any queries regarding becoming an official please do not hesitate to contact me.

Janine Boyle - Officials Liaison Officer
0405542943 - gralidar@inet.net.au

SOCIAL NEWS – Leanne Lewis

SoCafe Update: Thank you to all the members and volunteers who have been supporting Wednesday Night Dinners. You'll be happy to know we're sitting just above our breakeven point.

Saturday Breakfast is now available from 7-9am, including Hot Breakfasts and espresso coffee. Juniors will be handling Sunday Breakfast from October 19th. SoCafe will be open for coffees and milkshakes. Friday Nights will kick off with a bang, or rather cow horn. On October 24th SoCafe will host Oktoberfest! Happy hour, games and food will all be on.

We're always looking for volunteers to keep our costs down. If you're available for Wednesday, Friday nights or Saturday mornings please contact Debbie Levey our amazing new Bar Manager on-: barmanager@sorrentoslsc.org.au Deb will place you on the roster. If you're able to donate your professional services or time in the running of the Cafe we're always looking for more hands and brains! To keep in touch with the latest news please follow us on Facebook - SoCafe @ Sorrento SLSC.



BoGaN BINGO is coming to Sorrento Surf Life Saving Club. Calling all SoSLSC Members and Friends to ...

"Jump-on-the-Bogan-Bandwagon"

WHEN: Friday, 7th November '14

START: 7:30pm

TICKETS: \$15 per person 18+ only

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Between the Groynes

Edition 28 7th October 2014

YOUTH NEWS

Youth Newsletter

Edition 1

October 2014

Welcome to Season 2014/2015

What's next?

Saturday 4th Ironman and Beach @ Leighton Beach

Saturday 11th First Youth Session @ 8:45 am

Sunday 12th Board and Swim Series @ City Beach

Saturday 18th Sorrento Challenge

Sunday 19th Ironman and Beach @ Trigg

Saturday 25th Board and Swim @ Mullaloo

CONGRATULATIONS

To our very proactive youth members who endured many cold mornings in the ocean on Saturday and Sunday mornings and Monday evenings doing theory over the past 10 weeks preparing for their Bronze Medallion exam.

WELL DONE
You did it!
Damian Smallwood
Jenna Starceвич
Abbey Dhue

Youth Member of the Month

Jarrad Nash

Nick Name - **Jarhead**

Member since - **2004**

What I like about Sorrento SLSC - **The training**

What I do around the club - **Youth Committee Member**

What I want to get out of the season - **Make the State Team**

What's up with Watto?

Saturday 11th October

First session with Watto!

Meet at the Boat shed @ 8:45. You will be doing your proficiency swim (so bring your pink vest and goggles) followed by some fun in the water and on the sand.

Hang around - we will be having a sausage sizzle in the court yard.

Don't forget to wear the **pink** vest whenever

you're in the water!

YIP's

Remember to bring your Log Books on Saturday 11th with your details added.

Nic and Deb will be at the boat shed ready to update your log books.

It's never too late to join this programme. Get rewarded for what you put in!



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4 | Page



Between the Groynes

Edition 28 7th October 2014

YOUTH NEWS Cont ... First Youth session this Saturday 11th October. See you at the Boat Shed at 8:45am for your proficiency swim and a range of other activities before a sausage sizzle in the court yard.

If you are interested in volunteering for the Sorrento Challenge as water safety or as a marshal next Saturday please let Nic or Deb know. It is not too late to enter the Challenge as an individual or a team!

We need a new name rather than being referred to as the 'Youth' and we want to know what social activities you want arranged. Bring your ideas on Saturday to the sausage sizzle.

YIP members; don't forget your Log Books.

Regards

Nicole Dhue nicoledhue@hotmail.com

LIFESAVING NEWS – Garry Bunford

Patrols: Its finally October the weather is beginning to feel more like summer (some days) and its almost time for patrols to start again. Our first patrol is on 18th October commencing with Arbuckle Patrol.

The patrol roster and patrol team are on the new website. These are also placed on the Life Saving Notice Board in the boat shed.



A quick reminder: you will not be allocated onto a Patrol if you are not financial for the 2014/15 season. Please contact Kerry or Shannon in the office if you're having difficulty with SurfGuard.

Requals can be completed EVERY Saturday and Sunday during the month of October – **ONLY OCTOBER!!!** So please ensure that you make it down to the club and meet our Education Officers on the grass area between 9:00 – 11:00am.

If you have any inquiries about patrol teams or rosters please contact the office or Leif.

Regards

Leif Hinrichsen – Patrol Officer 2014/15 leif.hinrichsen@siemens.com

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Between the Groynes

Edition 28 7th October 2014

PROJECT NEWS – Mick Saunders

I am the SoSLSC Grant Guru - Mick Saunders, I'm in the process of lodging a grant application with Optus. In order for this Grant to be processed we need to have a contact at Optus, this is where you will be able to assist. All we require is a name of a family member or friend that works at Optus; retail or commercial.

If you know of anyone please can you email me on-: project@sorrentoslsc.org.au

Many thanks, Mick Saunders

IRB NEWS – Jacqueline McGregor

Congratulations to Brian Cowie, Luke Harman, Evan Bunford, Stephen Thomas, Kevin Penny and Lexi Varkonyi on gaining their IRB Drivers Silver Medallion this month, successfully demonstrating their driving skills at a Floreat Beach based assessment. The group did Sorrento proud negotiating the Floreat surf conditions in style receiving excellent feedback - well done.



It's been great to catch up and touch base with so many club IRB drivers and crew throughout this seasons IRB requals. As we officially commence patrols this month for the 2014 - 2015 season, patrol lists are being finalized. Nominated patrol drivers and crew are required to be officially signed off as holding proficiency for the season. This is an essential to holding the nominated position on your patrol. If you have not attended one of the endorsed IRB requals this year please contact me through the office at admin@sorrentoslsc.org.au.

Effective 1st October, 2014 SLSA mandates the compulsory wearing of certified life-jackets for all IRB operators, drivers and crew-person/s when operating IRBs for all lifesaving services, competition and training. Please note there are NO exceptions to this ruling. Both IRB driver and crew-person/s are to wear a certified life-jacket (worn correctly; zipped; clipped up and in the correct size) at all times when in an IRB is on the water. Certificated life-jackets (2 of each size) have been hung up in the IRB room for IRB operators use on rostered patrols, water-safety and training. These are to be returned to the IRB room daily after use.

See you on the beach!

Regards

Jacqui McGregor - IRB Officer mcclangroup@gmail.com

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6 | Page



Between the Groynes

Edition 28 7th October 2014

COMPETITION NEWS – Claire Rafferty

We are extremely proud of all our athletes that competed in the World Titles. Our Masters were outstanding with a lot of medals being won which was posted last week. This week our Sorrento boys Jackson and Liam both made us really proud. With Jackson taking Gold in the Open Sprint and 5th in Open flags and Liam placing 5th in the Open Surf Race. They are a credit to our surf club and role models to all junior members!

Thanks to all those competitors that have embraced the Preseason cup. It was evident by the number of green caps that we are extremely motivated this year. It shows how keen we all are to make this the best Season possible. THANK YOU!

Please make sure you have registered for: Round 2 of the Board and Swim Series at City Beach Sunday 12th, there will also be a Ski event as well due to the cancellation of the last Series, with registrations closing on Wednesday the 8th October. You can now register for this event on the registration sheet on the Sorrento Competition board and pay \$11.00. Please don't leave it to the last minute as my smile starts heading south! While you are there you may also want to register for the Ironman and Beach Series on the 19th at Trigg with those rego's closing on the 15th of October. Remember Beach Series is \$9.00 and Ironman is \$11.00.

Please make sure if you are going to compete at the Aussie titles this year, you need to secure your accommodation as soon as possible. We have only booked a number of 1 and 2 bedroom apartments. Once these have been taken it will be up to individuals to find their own accommodation. As we are going as a team it would be great to all stay together. So please check the Sorrento website to download touring team details. Please hand in to the office your downloaded information sheets as soon as possible, especially if you require accommodation. If you have any queries or would love to help with fundraising please contact Peta Watkins (Team Manager).

All coaches please make sure your athletes are doing at least 2 Sessions of the Strength and Conditioning program a week to get any benefit out of the program. Jeff will also be available on Thursday nights at the club between 6.30-7.30pm to monitor athletes. (I suggest younger competitors, use this time as one of your sessions, so Jeff can address any issues or technique problems you are having). Please be aware Introduction of monthly programs will usually be the 1st Sunday of every month. Please make sure to sign the Strength and Conditioning attendance book and date it when you do the program.

Boat/Craft: 8.00am
Beach: 9.00am (These times are from October onwards)
Water: 10.00am

Jeff is also conducting an open session for any active members who wish to do something extra on a Sunday morning from 7 – 8.00am (Program will vary and may not be in the gym). Great for

7 | Page

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Between the Groynes

Edition 28 7th October 2014

those members who would like to increase their fitness for the Season. Starting Sunday 5th of October.

A strength and Conditioning timetable will be displayed in the Gym.

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

A junior and senior training schedule has been developed to make sure all Sorrento athletes have every chance to succeed in their chosen discipline this year. A copy of the schedule will be placed on the Competition board and on the Website. All training sessions should be starting at the beginning of October unless stated otherwise. Of course lots of our senior athletes have already started training and this can be seen in the Pre-Season Competition.

DON'T FORGET OPEN SESSION FOR ACTIVE MEMBERS IS ON EVERY SUNDAY 7.00AM WITH JEFF!!!

ATT: ALL COMPETITORS THERE IS NOW AN EARLY BIRD PAYMENT AVAILABLE TO PAY FOR THE 4 METRO CARNIVALS AND STATES AT \$1 10.00 WHICH IS OVER A 10% DISCOUNT. PLEASE MAKE YOUR PAYMENT THROUGH THE GATEWAY AS USUAL.

SoSLSC TRAINING SESSIONS 2014/2015:

[SUNDAY]

Open Gym Session - Jeff 7.00am (Active Members only)
Senior Iron's - Guy 7.30am
Intro Sessions - Jeff Beg Sunday of each Month starting at 8.00am
Beach Sprints - Jen 9.00am

[MONDAY]

*Swimming - Andrew 5.15am
Junior Iron's - Callan 4.00pm
Senior Boards and advanced Junior - Guy 5.00pm
Beach Sprints - Jen 5.15pm

[TUESDAY]

Surf Ski - Les 6.00am
Junior Sprints - Wendy 4.00pm (Start date will be 1st week of November)
Surf Ski - Guy 5.00pm
*Swimming - Andrew 6.30pm

[WEDNESDAY]

Junior Boards - Brenton 5.45am
Junior Boards - Brenton Intermediate 5.00pm



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Between the Groynes

Edition 28 7th October 2014

Junior Boards - Ian Beginners 5.00pm
Senior Boards and advanced Junior - Guy 5.00pm
Senior Beach Sprints - Jen 5.15pm

[THURSDAY]

Surf Ski - Les 6.00am
Junior Sprints - Wendy 4.00pm (Start date will be 1st week of November)
Surf Ski - Guy 5.00pm
Gym Session – Jeff 6.30pm
*Swimming – Andrew 6.30pm

[FRIDAY]

*Swimming – Andrew 5.15am
Junior Boards - Brenton 5.45am
Senior Beach Sprints - Jen 5.15pm
Senior Boards – 5.00pm

[SATURDAY]

Junior Iron's - Callan 8.00am
Club Swim – 9.00am
Surf Awareness swim training – Andrew Ridley 3.00pm Start 4/10/14
*Swimming Junior – Andrew 3.00pm
*Swimming Senior – Andrew 3.00pm

[NOTES] Training times and venues may change due to conditions and available light.
Senior Times (Junior will be selected by Guy Powers)
Junior Times

Regards
Claire Rafferty
Competition Director

UNIFORM SHOP OPEN HOURS

SCHOOL HOLIDAY SPECIAL...

Wednesday 8th October: 10am-7pm

Wednesday 15th October: 6pm-7pm

Sunday 19th October: 8am-12pm

Please Note: Pink Vests have not arrived but can be pre-ordered.

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9 | Page

