

Between the Groynes

Edition 30 28th October 2014



FROM THE PRESIDENT'S PEN

On behalf of all patrolling and new bronze members I would like to thank and acknowledge the efforts of Sorrento's instructors. Your work over the last few months conducting requalification sessions has been a wonderful effort and greatly appreciated.

In a previous newsletter I mentioned the importance the role that our club sponsors play. I would like to acknowledge club sponsor "The Good Guys of Malaga" and proprietor David Vicars. Dave has provided the club with a wonderful new fridge / freezer for the utilization of our nipper goods. Where possible please support the sponsors of Sorrento SLSC.

With the patrolling season now under way I wish Garry, Leif and all patrols a serious incident free season.

A club as one is a club of strength!

Rob Doherty
President

WSTB
Bogan Bingo
SHOW
HALF GAMESHOW, HALF PARTY
and more Aussie than a Bali prison
SORRENTO SURF LIFE SAVING CLUB ON
FRIDAY 7TH NOVEMBER
2014 @ 7.30PM
\$ 15 EACH
BOOK NOW PH: 9448 1431 OR EMAIL
ADMIN@SORRENTOSLSC.ORG.AU
TABLES OF 6 TO 8 OR INDIVIDUAL
BOOKINGS. BRING ALONG FRIENDS
& FAMILY (MA+)
BYO NIBBLES. BAR OPEN.
www.BOGANBINGO.com

EVENTS

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

December 2014:

- 04/12 : Level 1 Officials Course
- 05/12 : SLSWA Street Appeal
- 06/12 : Club Swim – Have a Go Boat/IRB
- 07/12 : SunSmart Junior Carnival 1 – Coogee Beach
- 07/12 : Ironman Busselton
- 13/12 : Club Mile Swim – Have a Go Boat/IRB
- 13/12 : Level 1 Officials Course
- 14/12 : SunSmart Premiership Series Round 1
- 14/12 : Navy Surf Boat Series Round 2
- 19/12 : Sunset Sprints Surf Boats Cottesloe
- 20/12 : Club Swim – Have a Go Sprints/Flags
- 20/12 : Ocean Swim Series 1
- 21/12 : Christmas Windup
- 27/12 : Club Have a Go Sprint/Flags

CLUB DETAILS

Email: admin@sorrentoslsc.org.au
Website: www.soslsc.com
Tel: 9448 1431
Mobile: 0413568155 (AH)

OFFICE HOURS:

Mon & Tues - Thurs & Fri : 9:30am – 2:30pm
Wednesday : Closed

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AUSSIES 2015 DONATIONS – Peta Watkins

The 2015 Aussies Touring Team are asking for donations for a Christmas raffle. Gifts of any type - Cosmetics, Accessories, Vouchers, Chocolates, Wines, Condiments etc. We will be collecting donations from now, selling tickets during December and drawing the winner on Saturday morning 20th December.

Thank you, the touring team appreciates your kindness,

Peta Watkins
Team Manager

COMPETITION NEWS – Claire Rafferty

Please make sure you have registered for: for Round 3 Board and Swim Series and Beach Series on the 9th November, at our home beach Sorrento with registrations closing on Wednesday the 5th of November. You can now register for this event on the registration sheet on the Sorrento Competition board and pay \$11.00/\$9.00. Please don't leave it to the last minute as my smile starts heading south!

Club Swim starts this Saturday 1st November. Swim time is 9.00am however; please get there early to get your competition number from Jeff. Hope the weather Gods are nice to us for the 1st Swim. Also the Board captains will be down to take a 1 hour board session for any interested members. Give it a go you may find you love it!

Our athletes had a great weekend with some impressive efforts at Mullaloo in the Board and Swim Series and at Lancelin in the first Boat Series. Here are some results for the Boats from the past two weekends:

Classic Paddle

Surf Boats

- 1st Open Men with assistance from Tim (Mullaloo) & Bruce (Trigg Island) along with assistance from Trigg Island's Boat
- 3rd Masters Crew 4th Open Ladies Crew.

Skis

- RLSWA Dash for cash - Josh Drummond.
- Double Surf Ski 1st place - Anthony Foley & Nick Pond
- Sing Surf Ski 55+ Men 4th place - Norm Miller
- Single Surf Ski women's U18 2nd place - Asa Nowell



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1st Round Navy Surf Boats

Lancelin, Small break near shore with larger waves break around turning cans.

Open Men

- 1st in Third round and 5th in Final

Mixed Crew

Half Masters Half Open Ladies

- 4th in second round & 2nd in third round. Missed first round due to mechanical issue on way to Lancelin.
-



Thank you Josh and Muzz for this update. As we can all see definitely a promising start to the year.

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. If you have any queries 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 competitor's 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 mornings starting from the 5th October at 7 – 8.00am. Great for those members who would like to increase their fitness for the Season. 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.



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Attention: All competitors there is now an early bird payment available to pay for the 4 metro carnivals and states at \$110.00 which is over a 10% discount. Please make your payment through the online gateway.

We have a Pre- Season Carnival at Sorrento on the 9th of November. Please contact Muzz or myself if you can help with set up!

Good Luck to Callan and Sandra at the Coolangatta Gold this weekend!

Regards,
Claire Rafferty
Competition Director

JUNIOR NEWS – Ian Smallwood

Junior Board Sale

This weekend the junior division will be selling off all of our old boards. They will be on the grassed area just outside the club from 7.30am.

Cash and carry only first in first served, no boards will be held for anybody. Your name and the number on the board will be recorded for future reference.

ATT: Junior Halloween disco has been cancelled, apologies for any inconvenience.

CLUB SERVICES NEWS – Leanne Lewis

The Bogan Bingo extravaganza is approaching Friday 7th November from 7pm - 12am. Hopefully you are grooming those mullet's guys, and ladies dusting off the uggies.

Just a hint, if you are a talented air guitarist, start polishing up your act because I am sure it's going to come in

handy. We are nearly booked out now so don't be disappointed, you may never get to see your friends inner Bogan get so loose again. Come down and join the Hilarity that is Bogan Bingo, we promise you will not regret this experience. We supply the bingo pads and markers but come with an open mind, as legs eleven takes on a whole new meaning. This is an over 18 event.



Please Note that due to the cancellation of the Halloween Disco this Friday night that the kitchen will be doing a BBQ dinner with Happy Hour from 6 - 7pm.

Come down and enjoy the family atmosphere and take the stress off of mum at dinner time.

Regards,
Leanne Lewis
Club Services Director

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JACK THE WAGTAIL

The Jack the Wagtail physical challenge will take place on Saturday November 15th, 2014 and we are fortunate to have moved the event from Scarborough to Sorrento Beach this year. This is a fun, participation event for juniors targeted at the age groups from five to thirteen+. All ages participate in swimming, wading, paddling and running sections, taking into account the differing physical stages of development. The course is completed with an obstacle section.

The aim of the event is to raise awareness and funds for burns research and treatment and all funds raised from event entry and sponsorship go directly to Dr. Fiona Wood and her burns research teams. Competitors and sponsors have combined so far to present over \$130,000 to Dr. Wood over the 7 years the event has been running. Foundation patrons Dr Fiona Wood, Dr Dale Edgar, Justin Langer and Peter Hughes will all be in attendance as well as the mayor and other dignitaries and various media outlets.

The objectives of the event are:

- to raise funds for 'Jack the Wagtail' in support of burns research
- to promote the importance of exercise
- to encourage family participation
- to enhance the concept of a positive lifestyle and attitude via a sense of community

All Sorrento juniors are invited to participate in this fantastic and fun event. To register simply go to the website wagtailchallenge.homestead.com and register.

If you would like to volunteer to help with water safety/first aid etc. please email Leif leif.hinrichsen@siemens.com. We will find a job for anyone who wants to help.

Coaches and trainers please be reminded that access to the beach will be very restricted in the morning due to this event.

Regards,
Leif Hinrichsen
Past President

SWIM TRAINING – Andrew Ridley

Sorrento SLSC has for many years offered swim training for members at Carine SHS and Craigie Leisure Centre. Training is run on Tuesday, Thursday and Saturday afternoons.

Training options are offered for Juniors, Seniors and Masters with a squad option suitable for all levels. Sessions are focussed for surf club swimmers with technique and fitness training offered - although a primary focus is for freestyle all strokes will be covered for junior swimmers.

Please note this is squad training and not learn to swim. For all juniors a minimum requirement is that all swimmers must have passed or be in level 8.

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Training for new swimmers begins **Thursday 4th November 2014** at Carine SHS Pool. Application forms and information can be found at www.h2ofitnessacademy.com.au under membership.

Regards,
Andrew Ridley
0408 298 725

LIFESAVING NEWS– Garry Bunford

Did you know?...

When you have been rostered to do a patrol but are unable to attend and have organised a substitute. The substitute will be allocated those patrol hours!

ATT: Bike helmets must be worn at all times when riding the new patrol bikes.

PLEASE NOTE

There have been issues involving access to the boards from the boat shed. The 4WD should be parked in front of the rack containing the cans. It should be backed in as close as possible. The Patrol shelter and rhino should be backed in next to the 4WD in front of the IRBS. This will enable boards to be taken out past the front of the 4WD via the recently replaced roller door. It will also leave enough room to walk down between the two vehicles to get to the roller or exit doors. Please follow this outline so members are able to reach their boards safely.

Regards,
Garry Bunford
Lifesaving Director

YOUTH NEWS – Nicola Dhue

Please meet Saturday at 8:45am at the boat shed for the club swim followed by an introduction to boats and beach activities.

UNIFORM SHOP OPEN HOURS

Wednesday nights: 6-7pm

Sunday mornings: 8-10am



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