

Between the Groynes

Edition 38: Tuesday 7 June 2017

FROM THE PRESIDENT

Dear Members,

Our club AGM is going to be held at the Sorrento Club Function Hall on 16 June 2017 from 6pm. All existing members will be able to register for the new season on this night as well.

Your attendance will be appreciated as we induct the Board of Directors and office bearers for the 2017/18 season.

Please ensure that if you want to receive the Annual Report, Financials and Elect Officer Bearers at this AGM you are required to be a financial member for the upcoming season.

A club as one is a club of strength!

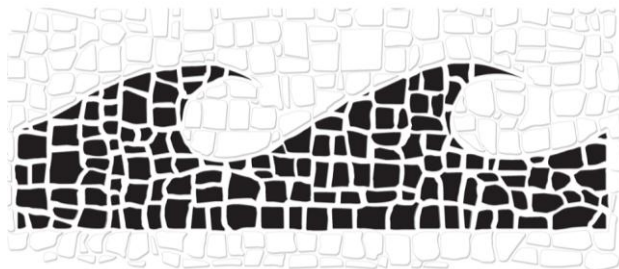
**Rob Doherty
President**

Business and Marketing – Christine Cougan

Remember to collect your Northshore Member Discount card from the office. You receive 20% off food.

<http://www.thenorthshoretavern.com.au/>

Thanks again Northshore for your support!



THE northshore

Upcoming Events

June 2017

10/6/2017 – SLSWA Awards of Excellence

16/6/2017 – Club AGM

18/06/2017 – Pool Rescue Round 3

18/06/2017 – IRB Series Round 4

24/06/2017 – Pool Rescue Round 4

25/06/2017 – IRB State Championships

Office Hours:

Monday – 8am – 4pm

Tuesday – 8am – 4pm

Wednesday – 11am – 7pm

Thursday – 8am – 4pm

Friday – 8am – 4pm

So Café Hours:

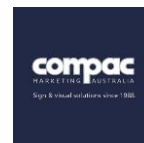
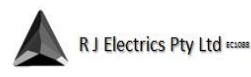
Wednesday – 6pm – 7:30pm

Saturday – 7:30am – 9:30am

Uniform Shop Hours:

Uniform Shop is now closed until September 2017. If you would like something in the meantime please email

uniformshop@sorrentoslsc.org.au



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Club Services – Peter Watkins

Uniform Shop Survey

Please see below link for our Club Uniform Shop Survey

<https://goo.gl/forms/z3LHMULosDHCKxhF2>

Competition – Claire Rafferty

STRENGTH & CONDITIONING TESTING DAY

SATURDAY 17TH JUNE 7.30AM (for aprox 1.5hrs)

LOCATION – CLUB HALL

COMPULSORY for ALL athletes in the Strength & Conditioning program (speak with your Coach if unavailable)

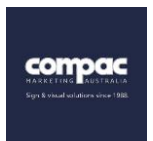
Optional & open to all club members

Meet your new Strength & Conditioning Coach where your Physical, Flexibility & Mobility Assessment begins.

This testing is essential for those commencing the strength & conditioning program and will assist everyone with their training moving forward.

COMPETITION DIRECTOR

CLAIRE RAFFERTY



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BOATS



All ages from U19,U23,Reserves,Opens and Masters,
You need to be 16years old to compete and hold your
Bronze.

Younger can start with basic rowing learning technique,
and advance from there.

Anyone interested should contact Watto on
0419 471 470 or meet at the club on Saturdays at
7:00am in the boat shed.



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SORRENTO SURF CLUB

REGISTRATION DAY

27th August 2017

NEW AND EXISTING MEMBERS

11AM - 2PM AT 189 WEST COAST DRIVE SORRENTO
08 9448 1431 OR ADMIN@SORRENTOSLSC.ORG.AU

