

FROM THE PRESIDENT'S PEN

Dear Members,

Thank you to all the great volunteers who helped out yesterday at the Open Water Swim. Thanks to all who did water safety and helped setting up and packing up the course. A great effort by all involved.

CONGRATULATIONS to Jackson, Ryan, Tom, Demi, Macarah and Celeste for their success at the SLSA Interstate Championships in the Western Suns State Team. Sorrento Surf Life Saving Club is extremely proud of your efforts.

A club as one is a club of strength

Rob Doherty
President

ADMIN NEWS

Lost Sunglasses: A member has lost a pair of black Oakley Sunglasses. Please contact office if found.

Gas Fitter: We are looking for a gas fitter to move a gas point in the courtyard. Please contact the Office if you can assist. Tel: 94481431

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

EVENTS

January 2015:

31/01 : Senior Club Championships Day

February 2015:

01/02 : Club Swim – Have a Go Ski
01/02 : SunSmart Junior Teams Carnival
07/02 : Club Swim – Have a Go Boat/IRB
07/02 : Sorrento Masters Friendly
07/02 : Ocean Swim Series 5
07/02 : SunSmart WA First Aid Championships
08/02 : SunSmart Surf Premiership Series Round 4
08/02 : Be Active Busselton Jetty Swim
08/02 : Junior Club Champs 2
08/02 : Navy Surf Boat Series Round 4
14/02 : Club Swim – Have a Go Boat/IRB
14/02 : SunSmart Junior Metro Qualifier
14/02 : SunSmart WA Champion Patrol Titles
14/02 : Ocean Swim Series 6
14/02 : IOP Race 6
15/02 : SunSmart Junior Metro Qualifier
15/02 : Ocean Swim Series 7
21/02 : Club Swim – Have a Go Sprints/Flags
21/02 : Rottnest Channel Swim
22/02 : Junior Joint Age Interaction
22/02 : SunSmart Surf Premiership Series Round 5
28/02 : Club Swim – Have a Go Sprints/Flags
28/02 : SunSmart WA Masters State Champs
28/02 : Sunset Sprints Surf Boats

March 2015:

01/03 : SunSmart WA Country Championships
01/03 : Junior Club Champs 3
06/03 : Junior Red Faces
07/03 : Club Swim
07/03 : SunSmart WA R&R and Belt Race Champs
08/03 : SunSmart WA Champion Lifesaver Titles
08/03 : WA Boat Series Round 3
11/03 : Junior Players Tea
14/03 : SunSmart WA Junior Lifesaving Champs
14/03 : IOP Race 7
15/03 : SunSmart WA Junior Lifesaving Champs
18/03 : Senior States Titles Players Tea
20/03 : Junior Awards Night
21/03 : SunSmart WA Senior Lifesaving Champs
22/03 : SunSmart WA Senior Lifesaving Champs
22/03 : Junior Presidents Marathon
22/03 : Last Nippers
28/03 : Club President's Marathon

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Between the Groynes

Edition 4 27th January 2015

COMPETITION NEWS – Claire Rafferty



Wow!! What a week. Congratulations to all Sorrento Athletes that represented the State over east. Our Sorrento contingent was amazing. Some great results and lessons learnt, preparing our athletes for the Aussies in April. Our athletes that competed in the Country Carnival although small showed our Sorrento spirit.

I was lucky enough to see the true Sorrento Spirit on Australia Day. The club came together to host the Open Water swim, with many of us doing water safety, setting up the course and providing much needed refreshments and food for the swimmers and their support teams. Thanks to all those who came to help in all areas. A special thanks to the Watkins and Vickery families, for organising the Aussies BBQ Fundraiser, with very short notice by their Competition Director!!! Also thanks to all those athletes that came down to flip a bugger to help raise money for our Aussies 2015 uniforms.

Rego sheets for Rd 4 Leighton Beach and Navy Boat series Rd 4 Pt Bouvard are up for you to enter, please also pay online. Registrations close on Wednesday 4th Feb, please get them in as soon as possible.

All athletes please make sure you are doing your rostered patrol hours. If you need to make up hours please turn up to patrols on time or notify the Patrol Captain you will be coming!!!

Those athletes going to Aussies that need to do their Cert II get your paper work into Paul Berry asap.

The Aussies Early Bird payment is now finished. Entry fee is now \$100.00. All HP athletes you must pay your Aussies entry unless you are Tier 1.

Please contact Peta Watkins if you still need accommodation for Aussie 2015 as we still have some 1 Bedroom apartments available.

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

Senior Club Championships are on Saturday 31st January. Please register at 8.30am to be ready for a start at 9.00am. A flyer and Programme will go out on Tuesday. Please contact the office or Rob Doherty for further information.

Claire Rafferty
Competition Director 2014/15

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2 | Page

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Edition 4 27th January 2015

LIFESAVING NEWS – Garry Bunford

Swimming WA was a great success; feedback from Swim WA said that Sorrento's assistance and support was excellent. Big Thanks go to Rob Doherty, Leif Hinrichsen, Ron Clarke, Ian Smallwood and Claire Rafferty who rolled up their sleeves to help out.

Thanks to Colleen Blevins, Jacqui McGregor and Shelley Gardiner for their effort on the day. I can't mention everybody but thanks to all for their help without you we couldn't do much needed funding for our club.

To the ski paddlers, IRB crew and competitors great thanks as well.

The Blue Rhino has been scrapped due to age and rust. If you know anybody who would sponsor the club with a rhino please let us know

Please do not use any craft between the flags! This includes ski paddlers, board paddlers or any kind of craft. The black flags are the buffer zones.

Education:

IRB Crew Course:

We will be commencing an IRB crew course on 7th February. If you are interested in doing the course and have not emailed the office already can you please do so ASAP so that we can make sure that we have enough drivers and equipment to run this course.

The first practical session will be held on Saturday 7th February start time is 5.00am. Theory session will be held on Thursday 12th February at 6.30pm. The last practical session will be held at 5.00am Saturday 14th February.

IRB News:

Australia Day at Sorrento was nothing short of impressive. The crowded beach and busy water line stretching from Hillarys through to the MAAC Club was a sea of red and yellow between the course large orange marker buoys. Sincere thanks to all the board and ski paddlers together with the IRB team who provided the WA Swim water safety. The first aid crew added to the team work with seamless appearances as IRBs returned to shore with those requiring attention. I must add the rostered patrol who too added to the team work vibe sharing resources to cover all. Feedback from the coordinators was



3 | Page

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Edition 4 27th January 2015

outstanding highlighting the clubs team work and organisation – awesome effort all round.

I would like to both acknowledge and thank the IRB team who arrived 5am to set up the course and then stayed behind to pack up the arenas and IRBs. Again the coordinators praised the clubs efforts in assisting them pull the event together following a mishap on their travels to Sorrento causing arrival delays for WA Swim. Again an outstanding performance – well done team.

We have another busy weekend coming up with Club Championships, Abalone Patrol, Nippers, Events and a Junior Carnival (Leightons) this weekend with IRBs rostered for action from 7am.

Unfortunately we are a motor down requiring major repairs with the gear box damaged and shaft bent. IRB coverage will be maintained but may mean a little sharing of resources over the next couple of weeks. Please SMS or email IRB repairs of significance directly so we can get onto immediately. Contact numbers and details are posted in the IRB room.

Thanks
Jacqui McGregor
IRB Officer

YOUTH NEWS

River Cruise Mullaloo SLSC:

The Mullaloo SLSC Youth Committee will be coordinating a Youth River Cruise on Friday 27 February, 2015.

The event is designed to bring together young surf lifesaving club members, specifically targeting those aged between 15 – 17 years, to network and build on existing friendships and to develop their own identity within our great organisation.

About the River Cruise:

The intent of Mullaloo Surf Life Saving Club's Youth River Cruise is to allow the youth (predominantly those aged 15 – 17 years) to integrate on a non-competitive level, to socialise and, in more ways than one, be recognised as valued members of our club. This is a non-alcohol event and "clubbies" friends are welcome. Mullaloo Surf Life Saving Club Youth River Cruise will be coordinated by Mullaloo Surf Life Saving Club's Youth Committee.

Event Information:

Date: Friday 27 February 2015

Time: Departing 7pm from Barrack Street Jetty, Perth

Returning: 10pm at Barrack Street Jetty, Perth

Cost: \$52.00, which includes a three hour cruise, pizza, soft drink AND return transport from, and back to, your (metropolitan) surf club via a dedicated bus.

Theme: Dress to impress!

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Edition 4 27th January 2015

CLUB SERVICES NEWS – Leanne Lewis

Australia Day, a great place to celebrate and a wonderful way to begin a week. Whatever you did to celebrate I hope it was amazing.

Don't forget this Wednesday night the opening ceremony for the Frisbee World Championship is being held in our club hall. This is a great opportunity to show case our club on a local and international arena.

Krystal will still be cooking for our members and we ask you to please be respectful of the event in the hall and remain in the courtyard for this one night. You are more than welcome to have a look at what is going on but please do not be intrusive. If you have never seen an indigenous Welcome to Country smoke ceremony then be early and you will catch this around 5.30 – 6pm on the grassed area adjacent to the hall.

Also coming up, a return performance by popular request, the very talented Jason Ayers will be playing at our next Sundowner on the 8th of February. Don't miss out as the tables filled up very quickly last time. Courtyard opens at 4pm and we stay open until around 8pm.

Bar News: Friday night is family night and you are all more than welcome to bring a BBQ picnic down and make use of our BBQ's, and yes the bar is open. Sunday afternoon Darrell Slater is volunteering to have the bar open from 3pm until around 6.30ish depending on demand. Once again the BBQ's are at your disposal so make the most of what your club has on offer and enjoy a bit of family time away from the chores at home. Thank you Stephen Thomas and Jane for volunteering in the bar last Sunday – it seems a lot of people are catching on that it is a good place to be.

The Annual Awards Gala dinner is well under way with preparations and planning full steam ahead. Mark this in your diary, 16th of May as this is our night of nights.

Kitchen news: Krystal Kotkis our cook, who has done a great job under trying circumstances with no stove/oven, will be away all of February. This means we are without a cook for a month. Is there any budding master BBQ chefs who would like to step up and have a go in this area. We have plenty of back up staff in the kitchen to help you, and you could even share the role with a friend or family member. Don't be shy, it's a good way to become a part of a great team. Please contact Krystal Kotkis - krystal_kotkis@hotmail.com, or Leanne Lewis ClubServiceDirector@sorrentosisc.org.au



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5 | Page



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Edition 4 27th January 2015

Cottesloe to Swanbourne Ocean Classic

Swim celebrates 30th year

The Cottesloe to Swanbourne Ocean Classic is on Saturday 31st January 2015. This year marks the 30th anniversary of the Swim Thru.

The event includes a 2.2km open water swim, the Mainpeak 2.2km Stand Up Paddle and the Swanbourne Markets 2km Dash for Cash beach run.



The annual event, coordinated by Swanbourne Nedlands Surf Life Saving Club, is considered one of the best open water swimming events on the Perth coast.

Race Director Beth Williams said the Club will celebrate the event's history and recognise the dedicated Club members who have made significant contributions to the event over the years. The event is part of Surf Life Saving WA's Ocean Swim series and is a fundraiser for Swanbourne Nedlands Surf Life Saving Club. To find out more and to register visit www.swannysurfclub.org.au

UNIFORM SHOP OPEN HOURS

Sunday - 8:30am-9:30am

1st Wednesday of the month – 6:00pm-7:00pm

SO CAFÉ OPEN HOURS

Please call 0432 630 609 for all bookings

Wednesday Nights

Dinner: 6-7.30pm
Bar: 6pm onwards



Friday Nights

Bar: 6pm onwards

Saturday Morning

Breakfast: 7-9am
Coffee: 7am onwards



Sunday Morning

Coffee: 7am onwards
Bar: 10.30am onwards

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6 | Page

