

Between the Groynes



Edition # 4: 2016/17 Season : Tuesday 30th August

FROM THE PRESIDENTS PEN

Dear Members,

With the new season upon us I encourage all members that intend to re-register and are yet to do so please do so at your earliest opportunity.

Access fob keys for members not registered by 30th September will be deactivated on this day.

BUSY BEE - This Saturday morning at 9.00am we intend to give the boat shed, hall, kitchen and court yard a spring clean prior to our patrolling season commencing. I encourage all senior members and nipper parents to please give up a couple of hours of your time this Saturday morning.

A club as one is a club of strength!

Rob Doherty
President

BUSINESS & MARKETING/ADMINISTRATION NEWS

Thank you to all members that came down on Wednesday night to the club to support our very own member Daniel Bowker at Rio 2016! It was a very successful night with Daniel coming 6th in the Final! Thank you to JBM Finance for organizing a great fundraising raffle for the night!



EVENTS

September 2016

3/9/2016 : Busy Bee
4/9/2016 : Father's Day Breakfast

October 2016:

12/10/16 : New Member Induction Night
16/10/16 : Nippers Start Date

CLUB DETAILS:

Email: admin@sorrentoslsc.org.au

Website: www.soslsc.com

Tel: 9448 1431

OFFICE HOURS:

Monday – 8am – 4pm

Tuesday – 8am – 4pm

Wednesday – 11am – 7pm

Thursday – 8am – 4pm

Friday – 8am – 4pm

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Sorrento Boat Christening on Sunday 28 August 2016



First Aid Room

Check out our freshly painted First Aid Room done by our Old Salts Maintenance Crew.



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2 | Page



Between the Groynes

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Avon Descent

This year a number of Sorrento SLSC paddlers were greeted by the first descent water level in years with some good times and bruises resulting.

For those of you who don't know the Avon Descent, it's a 2 day race 122km race from Northam to Bayswater tackling a combination of shallow water, tea trees, rapids and long flat sections. It's a good test for paddler and boat and is always a top event for spectators along the bank.

This year was extra special for 2 of our own paddlers, with Ron Clarke notching up his 30th year with a 100% completion rate, and Shane Tapley knocking over his 10th. Yours truly being a bit slack in my 6th. Next year will hopefully see our own legendary paddler Russell Wright being the first paddler to compete in 40 races. An unbelievable effort and one which should have the club heaving.

Brant Tapley	5 th Single Ski	10:44hr
Ron Clarke	7 th Single Ski	10:50hr
Richard Elderfield + Michael Elderfield	16 th Team of 2	11:28hr
Shane Tapley	15 th Single Ski	11:41hr

If anyone has any interest in competing in future Avon Descents, please come see me for a chat.

Brant Tapley



Photographer: John McColl

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CLUB SERVICE NEWS – Peter Watkins

Whats's on in September?

Saturday 3rd September 2016 - Life Plus Seminar - Member welcome

Sunday 4th September 2016 - Father's Day breakfast from 7.30am - bookings essential

Friday 16th September 2016 - Beachies Friday night dinner. Bookings essential

Saturday 17th September 2016 - Charity Yoga class from 8.45am

Saturday 24th September 2016 - Wanneroo Joondalup Art show

Sunday 25th September 2016 - Wanneroo Joondalup Art show

Friday 30th September 2016 - New members evening with drinks and dinner

Saturday 1st October 2016 - AFL Grand final on the big screen

So Café Menu – Wednesday 31 August 2016

Open from 6pm

Chicken Carbonara
Steak Sandwich

For bookings please text Krystal on 0405 492 850

UNIFORM SHOP

The uniform shop will be open in the school holidays:

Wednesday 28th September - 10am-12pm

Sunday 2nd October 10am-12pm

The shop will be open every Wednesday night 6.30-7.30pm and Sunday morning 8-9am when nippers commence their season.

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BOXILATES & PILATES CLASSES



Sorrento Surf Club: 189 West Coast Drive, Sorrento

PILATES: Tuesday 6:00-7:00pm

BOXILATES: Friday 6:00am-7:00am

Please arrive 10mins early for Boxilates Intro (first class only) Boxing gear supplied.

Classes commencing: Tuesday 13th & Friday 16th September.

Casual classes \$15 Pilates / \$20 Boxilates.

Discounted block packages available!!

Please bring mat, water bottle & towel.

****PLEASE NOTE****

Due to limited spots available, please advise the night before that you will be coming to class and I will confirm availability.

Mikayla Ph: 0499 007 489

Email: mikayla_c2@hotmail.com



♦ TO MOVE WITH FREEDOM ♦

BUSY BEE - This Saturday morning at 9.00am we intend to give the boat shed, hall, kitchen and court yard a spring clean prior to our patrolling season commencing.



We encourage all senior members and nipper parents to please give up a couple of hours of your time this Saturday morning.



Introducing Lifeplus to Sorrento Surf Club

At Lifeplus our sole focus is to do all we can to help people feel healthier and happier.

We recognise the value of supporting your dietary nutrition with natural quality products.

Lifeplus products have successfully help people with health issues such as: Weight Management, ISB, Diabetes, Fatigue and Sports Recovery to name a few.

Come visit our first ever Mini Expo held in Australia, this Saturday 3rd September at Sorrento Surf Club 10am – 12pm, to find out how Lifeplus can help you.

If you can't make the expo and would like to find out more please contact Paula Burke on 0422 334 036 or Keiron Burke on 0422 269 410.

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FATHER'S DAY Breakfast

SO Café

Sunday 4th September 2016

Buffet Style Breakfast

7:30am – 10:30am

\$15.00

Bookings – Text 0405 492 850 or email
barmanager@sorrentoslsc.org.au



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6 | Page



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JUNIOR NEWS – Ian Smallwood

Below is a list of the Age Managers for each Age Group. If you have any questions please email your child's age manager or the club office and they can assist. More Info will be sent to you prior to the start of the season from your age manager.

2016/2017 SoSLSC NIPPER AGE GROUPS

Date of Birth	Group	Cap Colour	Preliminary Evaluation	Competition Evaluation	Age Manager Liaison	Phone Number	Email
1 Oct 2010 to 30 Sep 2011	Under 6	DOUBLE GREEN	N/A at this stage	N/A	Daniel Rose	0408 938 608	DoubleGreenCaps@sorrentoslsc.org.au
1 Oct 2009 to 30 Sep 2010	Under 7	DOUBLE BLUE	N/A at this stage	N/A	Richelle McSweeney	0409 377 938	DoubleBlueCaps@sorrentoslsc.org.au
1 Oct 2008 to 30 Sep 2009	Under 8	RED	25 metre swim (any stroke) 1 min survival float	N/A	Shane Burch	0412 748 666	RedCaps@sorrentoslsc.org.au
1 Oct 2007 to 30 Sep 2008	Under 9	GREEN	25 metre swim (any stroke) 1 min survival float	N/A	Justine Bawden	0409 888 503	GreenCaps@sorrentoslsc.org.au
1 Oct 2006 to 30 Sep 2007	Under 10	WHITE	25 metre swim (freestyle) 1 ½ min survival float	150m swim within 12 mins	Keiron Burke	0422 269 410	WhiteCaps@sorrentoslsc.org.au
1 Oct 2005 to 30 Sep 2006	Under 11	LIGHT BLUE	50 metre swim (freestyle) 2 min survival float	288m swim within 9 mins	Nikki Owen	0425 254 853	LightBlueCaps@sorrentoslsc.org.au
1 Oct 2004 to 30 Sep 2005	Under 12	BLACK	100 metre swim (freestyle) 2 min survival float	288m swim within 9 mins	Darryl Nottingham	0477 324 404	BlackCaps@sorrentoslsc.org.au
1 Oct 2003 to 30 Sep 2004	Under 13	DARK BLUE	150 metre swim (freestyle) 3 min survival float	288m swim within 9 mins	Chris Crowley	0419 906 095	DarkBlueCaps@sorrentoslsc.org.au

NOTES:

- Minimum 288m swim, competition course as set out in SLSA competition manual.
- AGE is the age that the child is on the 30th of September, eg. if he/she is still 9 on 30th Sept, he/she will be under 10.
- If a child turns 10 on 1st October – he/she will be under 10.
- The colour caps move with the age group, eg. if a child is a yellow cap, he/she will stay a yellow cap until they have completed juniors.
- With the exception that Double Blue and Double Green caps always stay with the younger age groups.

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LIFESAVING NEWS – Garry Bunford

From this season we will introduce an additional patrolled area on the Sorrento Northern beach due to the installation of the shark enclosure. Due to these changed patrolling conditions we have found it necessary to adjust the patrol structure to cater for this change in our patrolling environment. Changes detailed below:

- To allow for greater numbers on each patrol we have reduced the number of patrol teams from 18 to 16
- We will no longer conduct the 3 hour patrols in December and January
- Each patrol will conduct 7 - 4 Hour patrols over the season (28 hours)
- Patrol commitment for rebate will remain at 24 hours
- Patrols commence 8th October and finish 2nd April
- Patrol comp and Sundowner will be held on 9th April
- Patrol roster and revised teams lists will be available soon

Regards

Leif Hinrichsen

EDUCATION

Can the following people please pick up their education certificates from the office.

Alistair Philip

Demi Byrne

Ryan Campbell – Howard

Tara Corrigan

Madeline Hunter

Ben McIntosh

Sydney Rafferty

Taylah Rafferty

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COMPETITION - Claire Rafferty

Board and Ski Racks - Applications for 2016/2017 SOSLSC Board and Ski Rack Storage will close on the 5th September, 2016.

If you wish to apply for craft storage please copy or type the link below into your browser and complete the electronic form to have your application considered.

<https://goo.gl/forms/l2V5S2a25it91eKD3>

Applications close: 5th September, 2016

WEDNESDAY NIGHT RUNS

The weekly Club Run has been going now for the past 9 weeks with a number of our members getting amongst it with their times improving. The ~5km run starts at the boat shed at 18:00 taking the runners to the Marine Labs and back. With no major hills and obstacles to worry about it's a good distance and can be taken as hard or social as you want. And the course is not set- if you wish to do shorter (MAAC) or longer (Trigg), that's cool as it's all about having a shot.

A few standouts below:

Steve Coda- 8 runs improving his time by 5min!!!

Maddie Baxter- 7 runs taking a consistent approach

Deb Vickery- 7 runs increasing her distance each week

Ammie Christie- 6 runs improving by 2 min

Whatever discipline you're in, please feel free to come down to have a run.

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