

# Between the Groynes

Edition 4: Tuesday 11 July 2017

## FROM THE PRESIDENT

Dear Members,

I hope the members that went up to Broome last week had a wonderful time in the warm weather while everyone down in Perth was freezing!

Remember you can sign up for the new 2017/18 season now! Please contact Jess on [admin@sorrentossc.org.au](mailto:admin@sorrentossc.org.au) or 9448 1431 for more information on how to do this.

**Ron Morris**

**President**

### Broome 2017



## Upcoming Events

### July 2017

12/7/2017 – Club Night

15/7/2017 – IRB Nationals

16/7/2017 – IRB Nationals

19/7/2017 – Club Night

### Office Hours:

Monday – 8am – 4pm

Tuesday – 8am – 4pm

Wednesday – 11am – 7pm

Thursday – 8am – 4pm

Friday – 8am – 4pm

### So Café Hours:

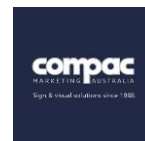
Wednesday – 6pm – 7:30pm

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@sorrentossc.org.au](mailto:uniformshop@sorrentossc.org.au)



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## Business and Administration – Christine Cougan

Sorrento would like to thank Mills Charters for their ongoing sponsorship to our club. Please see below for more information and contact details on their amazing company.

Mills Charters is a family run boat charter business based in Perth Western Australia. First established in 1984, Mills Charters has developed an enviable reputation within the recreational marine tourism and fishing and boat charter industry of Western Australia. Our high fish catch rates and commitment to customer service can be measured by our many strong loyal repeat customers.

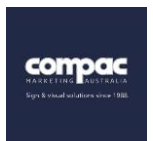
To help us maintain our position at the forefront of the boat charter and recreational fishing industry we have needed to be both progressive and inspirational. We are constantly striving for ways of improving our boating operation and the service we offer to our valued customers.

Mills Charters is a "Marine Tourism Accredited" Charter boat company in Western Australia. We offer deep sea fishing trips and eco tour charters in Perth. Whale Watching, Whole boat fishing charters, Corporate and private party functions on the Swan River, Rottnest and Carnac Island.

Book a fishing trip or private boat charter for a special occasion, in Western Australia with a few mates, or charter the whole boat for your work or private function. Our years of knowledge and boating experience will make sure that your day on the water is safe, fun and memorable one.

At Mills Charters, we are constantly striving to enhance an already, excellent reputation within the recreational fishing and Australian Marine charter boat industry.

MillsCharters.com.au  
**MILLS Charters**  
**JULY**  
*School Holiday*  
**SPECIAL**  
**\$175pp**  
Book 2 or more people for any Deep Sea Fishing booking for July  
\*Normal price \$220pp – save \$90



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## Women's Change rooms

Our Women's change rooms are getting painted this week so the change rooms are out of order until Friday.

You can use the public change rooms in the meantime. Sorry for any inconvenience.



## Competition – Peta Watkins

Well at least we had time to breathe this past week after our long pool rescue weekend.

Well done to all our Sorrento guys that made it into the state pool rescue team –Ben Waterman, Drew Corrigan, Dayna Tindall and Tara Smith.

### What's new in Ski's this week:

With school holidays now, Brendan has added a couple of sessions in mid-week to give everyone more opportunities to improve your skills. Keep it going guys....as we all know with ski training, it really is "time". time on the water...time on the ergo, time just training...as much as you can. J

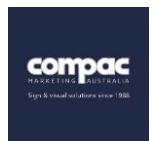
### S & C news with Tony:

This past weekend we had our first of many seminars that Tony from Peak Body will be offering our whole club.

This one being on "Nutrition"

This was so informative and helpful to all our athletes & parents.... we all know who fills the lunch boxes each day!

Stay tuned for many more to come.



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## Competition – Peta Watkins

It's still pretty cold out there; just don't let that hold you back.

Quoting – "High Perspectives":

"Decide what it is you want...

Write it down... Make a plan...and work on it...every. single. day. ...no matter what the weather.

Peta Watkins

## So Café Menu – 28/06/2017

Show your maroons/blues support and watch the game live on the big screen.

The bar will be open from 6pm offering a wide range of beers from \$4 and a selection of wines from \$5 per glass.

Dinner will be a hearty lamb & rosemary pie with mash, peas & gravy for \$12 per adult, \$7 nippers.

Dinner bookings are highly recommended to assist our kitchen staff with their food preparation.

Bookings to [barmanager@sorrentoslsc.org.au](mailto:barmanager@sorrentoslsc.org.au)

Last chance to buy your raffle tickets as the prize winner will be drawn at half time.

