

# Between the Groynes

Edition 5: Tuesday 18 July 2017

## FROM THE PRESIDENT

Dear Members,

All existing members can now sign up for the new season!

All you need to do is pay your membership on the online portal on our website and the office will update your membership straight away!

If you are confused about anything, please email Jess on [admin@sorrentossc.org.au](mailto:admin@sorrentossc.org.au). You can also find a price list on our website.

Remember you MUST pay the building levy of \$20 per person for your membership to be updated. If you have a family membership, the building levy is \$50 per family.

Please note all swipe cards will be deactivate on 1 September 2017. Make sure you have paid your membership so your swipe card still works!

Our Sunday morning Stingers group is open for anyone to join in. Last weekend was a great turn out as you can see below. See you on Sunday's from 8:45am.

**Ron Morris**  
**President**



**Stingers Swim Group**

## Upcoming Events

### July 2017

19/7/2017 – Club Night

26/7/2017 – Club Night

30/7/2017 – Boot Camp

### August 2017

4/8/2017 – Pool Rescue Nationals

5/8/2017 - Pool Rescue Nationals

6/8/2017 - Pool Rescue Nationals

### Office Hours:

Monday – 8am – 4pm

Tuesday – 8am – 4pm

Wednesday – 11am – 7pm

Thursday – 8am – 4pm

Friday – 8am – 4pm

### So Café Hours:

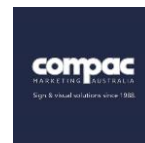
Wednesday – 6pm – 8:30pm

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

I would like to say a big thank you to our Old Salts that have been painting the women's bathrooms. As you can see below it looks fantastic! Thank you again guys, you have done an amazing job!



## Education – Stephen Thomas

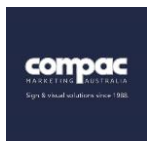
### First Aid

There will be a First Aid Skills Practise session on Tuesday 25<sup>th</sup> July (6:30 – 8:30pm). All welcome but please let Jess know you want to attend. These sessions are great opportunities to discuss and practise First Aid tips and tricks.

### Education

Upcoming courses:

**Advanced Resuscitation:** Saturday 19<sup>th</sup> August 9am – 1pm. Great opportunity to gain this more advanced qualification. Pre-requisites are Bronze or Provide First Aid. Also if you already hold the award but want an opportunity to do a refresher and requal then you are welcome too. Sign up for the course by contacting Jess.



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## Education – Stephen Thomas

**Pain Management:** Wednesday 16<sup>th</sup> August 6 – 9pm. Opportunity to gain this award or to do a refresher/requal. Pre-requisites for anyone looking to gain the award for the first time are; Provide First Aid, Advanced Resuscitation, be 18+ and be approved by the club. Sign up for the course by contacting Jess.

## Competition – Peta Watkins

Training is in full swing in all disciplines now. Well done. Jess has kindly updated our web site with all discipline training times. If you have any questions please make sure you speak with your Coaches. They are all there to help you.

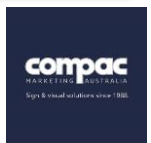
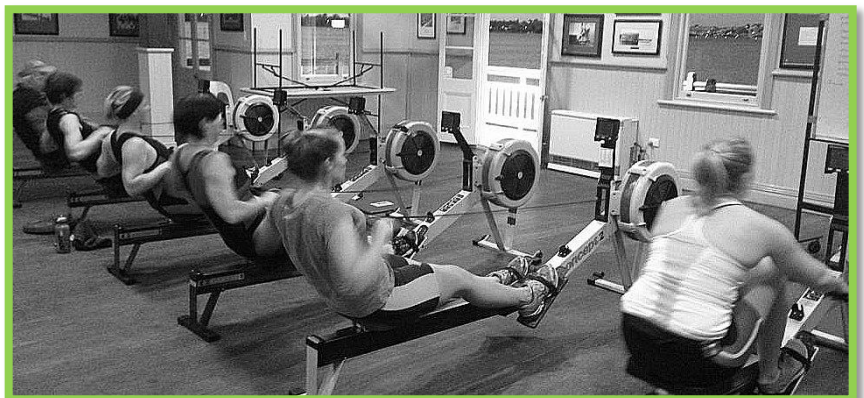
Our Pool Rescue National team - Tara, Dayna, Drew & Ben will continue training for the Nationals which is on 5/6<sup>th</sup> August 2017.

We have recommenced a Boot Camp training session for all members every 2nd Sunday. Our Peak Body Personal Trainers – Rachel & Mitch put the usual bunch through their paces last Sunday. It was a lot of fun. Don't be a stranger; this is for all capable club members. This will be run fortnightly to begin with to ensure we're getting the numbers. The next Sunday session is in 2 weeks - 30<sup>th</sup> July, 7.30am. Grab a mat from the gym and meet on the grass area outside So Café. So mark your calendars - 30<sup>th</sup> July. \$5 per head -This is just to cover costs.

## Boats – Peter Watkins

Training in the gym and on ergos has started on Monday, Wednesday and Friday mornings from 5:00am for those that start work early and for the ones that don't 5:30/6:00am in the boatshed. As a group we can train or if time is an issue a program can be sorted for you.

As always we encourage other members to come along and try out so if you have the urge come along and join in.



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# Surf Ski

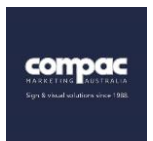
# SALE



## Development Skis

\$300 each

If you are interested please ring  
Jess Bunford on  
9448 1431



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# CLUB NIGHT

EVERY WEDNESDAY NIGHT

BAR OPEN  
6PM - 8:30PM  
COME DOWN FOR DINNER AND A DRINK

\$15 ADULT MEALS  
\$8 KIDS MEALS

