

Between the Groynes

Edition 6: Tuesday 25 July 2017

FROM THE PRESIDENT

Dear Members,

It's great to see the IRB team back in action on the weekend helping out the new IRB driver's course.

We also had a photo shoot on Sunday for our two Dolphin's members that have achieved their SRC last season. Look out for them in the local paper and read about their journey with their trainer Garry Bunford.

Remember you can sign up for the new season now! Contact Jess for more information on how to do this.

Ron Morris

President



Upcoming Events

July 2017

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:

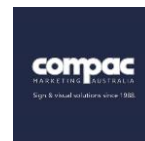
Wednesday – 6pm – 8:30pm

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



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Business and Administration – Christine Cougan

Well done to Max and Glenn for achieving their Surf Rescue certificate last season. We are so proud of what you have achieved and we are looking forward to seeing you on patrol.

If you know any one that would like to join our Dolphin Program please see below for more details.

Sorrento Surf Life Saving Club WA is dedicated to being an inclusive organisation, and is committed to providing a safe environment for all who choose to participate in surf lifesaving activities.

The Dolphin Program was created by members of Sorrento Surf Life Saving Club who had family members with a disability; it provides an opportunity to join a group within the surf club with an emphasis on fun while maintaining strong club feelings and loyalty.

Coordinated and supervised by qualified Sorrento Surf Life Saving volunteers.

Opportunities include; swimming, fitness, board skills, life saving knowledge, beach activities, surf awareness, teamwork and community education and importantly social interaction.

Sessions: Saturdays from 9:30 -11:00 am.

For more information contact:

Christine Cougan

Mobile: 0403289483



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Education – Stephen Thomas

First Aid

There is a First Aid Skills Practise session on Tuesday the 25th July 6:30 – 8:30 pm. All welcome. Come along and brush up your skills and knowledge. Always useful at home, at work and on the beach!

Training

SLSWA have organised the annual Trainer and Assessor “inservice” sessions. Ours is on the 9th August at Mullaloo surf club 6 – 9pm. All Sorrento Trainers and Assessors have been emailed details and are strongly encouraged to attend. Contact Jess if you have somehow been missed out. Your forms must be in by Friday 12pm.

Competition – Ski and Board Rack Forms

Make sure you have filled out your ski and board rack for the 2017/18 season! These are due by 15/8/2017 and sent to admin@sorrentoslsc.org.au. Remember you must be a financial member to receive a spot.

<http://www.soslsc.com/surf-sport-general-information/>

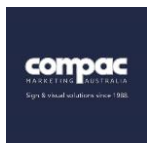
Competition – Peta Watkins

Boot Camp will continue this Sunday at 7.30am. GOOD NEWS....the club will be covering the cost of this group. WOOHOO!!

However, if our numbers are greater than 15 people please be prepare to pay \$2 per person.

Bring a towel & water bottle & grab a mat from the gym.

Meet outside SoCafe on grassed area... See you there.



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Rottnest Channel Swim 2018

Want to be a paddler for the 2018 Rottnest Channel Swim?

Reece Southall from Brisbane is looking for a paddler. Reece is 17 years old Brisbane based Open water swimmer, Surf Lifesaver and Lifeguard.

Some of Reece's results include:

2016 - Youngest ever overall winner of 17.5km Epic Epic Open Water Swim in New Zealand

2014/2015/2016 - overall winner of Samoa Ocean Swim Series

2014 - Overall winner of 15km Pacific Open Water Challenge

If you would like to paddle for Reece please contact him below. Reece is willing to pay for an experienced capable paddler.

Contact Details:

Mobile: 0423 176445

Email: MartynSouthall@warleyconsultancy.com



So Café Menu – 26/07/2017

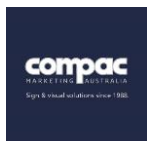
Pasta Night

Seafood Marinara

Spaghetti Bolognese

Adults - \$15

Kids - \$12



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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

SORRENTO SURF LIFE SAVING CLUB

