

Between the Groynes



Edition 5 4th February 2014

FROM THE PRESIDENT'S PEN

We have lots of opportunities for people to get involved at the club this weekend with some great sporting activities. Friday night we have the BATTLE of the BEACH with Sorrento SLSC vs North Coast Tri Club and Saturday our Friendly Masters Carnival. Both events are a great way to get a taste of completion and meet new people in a friendly and relaxed (well sort of) environment.

And we have the final tally for the street appeal – just shy of \$13,000. Thanks again to Rita for all of your hard work and also to everyone who helped with the collection.

Leif Hinrichsen
President

JUNIORS

GENERAL "NIPPERS" COMMUNICATION; TRAINING & CARNIVALS

Juniors training Sessions

- Junior board training sessions are for U10 - U 13.
- Junior beach training is for U10 – U14.

These sessions are run by volunteer coaches that have a passion to see our nippers succeed and have fun and along the way learn the skills to help them improve and feel good about themselves by achieving their personal goals no matter how big or small.

Attending these sessions is free and should be utilised by as many of you as possible. These sessions are not a child minding service, a parent or guardian must be present at all times. If you are able to help out in any way please ask one of the coaches.

Water safety is a requirement for swim and board training, so if you are qualified please don't wait to be asked to help just step forward and help. If you have any queries or suggestions could you please forward them to me or speak to your age manager.

SRC Parent Course

There is going to be a parent SRC course starting on 22nd February, if you are interested please E/mail or drop in a completed form with \$50 payment to the office by Monday 10th February. Once you have paid you will get given your on-line login to complete that part of the course.

Training Sessions

Board training

| Date | Time | Session | Location | Coach |
|------------------|--------|------------|----------|-------------|
| Monday, 3 Feb | 4.30pm | Swim/board | Sorrento | Ian/Brenton |
| Tuesday, 4 Feb | 5.30am | Board | Sorrento | Brenton |
| Wednesday, 5 Feb | 4.30pm | Swim/board | Sorrento | Ian/Brenton |

EVENTS

FEBRUARY 2014:

| | |
|------------------|--|
| 9 th | SunSmart Surf Premiership Series Round 4 |
| 9 th | Busselton Jetty Swim |
| 15 th | SunSmart Champion Patrol Titles |
| 15 th | Ocean Swim Series Round 6 – Cockburn Crawl |
| 16 th | SunSmart Junior State Qualifier Carnival 4 |
| | Beach events Saturday 15 th |
| | Water events Sunday 16 th |
| 16 th | Ocean Swim Series Round 7 – Esperance |
| Freight | |
| 22 nd | Rottneet Channel Swim |
| 23 rd | SunSmart Surf Premiership Series Round 5 |

CLUB DETAILS

Email: adminassistant@sorrentoslsc.org.au
Website: www.soslsc.com
Tel: 9448 1431

OFFICE HOURS:

| | | |
|------------------|---|-----------------|
| Monday & Tuesday | : | 9:30am – 2:30pm |
| Thursday | : | 9:30am – 2:30pm |

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|-----------------|---|------------|--|---------|
| Friday, 7 Feb | 5.30am | Board | Sorrento | Brenton |
| Saturday, 8 Feb | 7.15am (6.30am-6.45am at Sorrento to collect boards) | Swim/board | Trigg (meet grassed area southernmost car park) | Brenton |

Sunday 7.30am Board rescue training with Tania. Please be there by 7.20am to get a board and be ready to start.

| Date: | Time: | Session | Location | Coach |
|-------------------------------|--------|------------|----------|-------------|
| Monday, 10 th Feb | 4.30pm | Swim/board | Sorrento | Ian/Brenton |
| Tuesday, 11 th Feb | 5.30am | Board | Sorrento | Brenton |

Brenton Rose 0418 229 033 brentonrose@hotmail.com

Junior Beach Training - Wendy Goodliffe

Holidays are over!!!!!! Let's see you back down at sprint training!!!!!! Make sure you bring shoes, water bottle and wear bathers just in case we get wet!!

This is sprints and flags training for juniors. Meet on the grass at the club at 5.30 each Monday and Wednesday. Finishes at 6.30. Try to encourage your relay members to come to practice in preparation for upcoming carnivals and states.

Please note: This is not a drop and leave session. Parents are expected to stay.

Board repairs

A big thank you to Bruce Manuel for taking over the running of the board repairs last Saturday in my absence, good job Bruce. To all that were helping him Thanks you did a fantastic job.

I am planning on doing another session this Saturday from 12.00 noon. If you can spare an hour or more just come along and we will show you what to do.

Club Champs

Well done to all of you who competed on the weekend, that brings an end to club champs for all except White caps whom will be having their last club champs on 2nd March.

Teams for states can now be sorted and club champs awards sorted ready for the presentation days.

Junior States Qualifier – 16th February at Secret Harbour

- Entry Fee \$10
- Closing Date: Tuesday, 11th February 2014 @11am

Can you all please finalise your entry for States qualifiers by the above cut off as we need to make sure you are entered and your age manager can make sure you are put in to the events that you have chosen and qualify for (Picked through club champ results and carnival participation).

Ian Smallwood

Junior Activities Director

0430 046 215 Juniordirector@sorrentoslsc.org.au

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BARBAGALLO



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COMPETITION

2014 SLSWA SunSmart Senior State Championships

Progressive Pointscore as of 3 February 2014. Sorrento Surf Life Saving Club is currently on top of the progressive pointscore board, this is what it is all about. Congratulations to our Competitors; Coaches; Officials and supporters.

| Rank | Club Name | Board Riding | IRB | Pool Rescues | Champion Lifesaver | Champion Patrol | First Aid | Surf | Total Points |
|------|---------------------|--------------|------|--------------|--------------------|-----------------|-----------|------|--------------|
| 1 | Sorrento | 21 | 27.5 | 399.5 | 8 | | | | 456 |
| 2 | Mullaloo | 0 | 10 | 399.5 | 16 | | | | 425.5 |
| 3 | Trigg Island | 46 | 27 | 241 | 26 | | | | 340 |
| 4 | City of Perth | 22 | 0 | 263 | 29 | | | | 314 |
| 5 | Fremantle | 0 | 78 | 98 | 0 | | | | 176 |
| 7 | Scarboro | 2 | 60 | 0 | 7 | | | | 69 |
| 6 | North Cottesloe | 18 | 0 | 36 | 0 | | | | 54 |
| 8 | Secret Harbour | 13 | 0 | 37.5 | 0 | | | | 50.5 |
| 9 | Swanbourne Nedlands | 0 | 0 | 41 | 4 | | | | 45 |
| 10 | Cottesloe | 13 | 0 | 0 | 0 | | | | 13 |
| 11 | Coogee Beach | 0 | 6.5 | 0 | 0 | | | | 6.5 |
| 12 | Geraldton | 0 | 0 | 0 | 4 | | | | 4 |

BATTLE of the BEACH – Sorrento SLSC vs North Coast Tri Club

- BATTLE of the BEACH
- Sorrento SLSC vs North Coast TC
- FRIDAY 7th February
- 6.15pm Start. All competitors go at the same time.

Course:

Swim 1 South of the middle groyne to north of the northern groyne (300m)

Run 1 swim along the water's edge to the Marina wall and back to a point halfway between the middle and northern groyne (1000m)

Swim 2 Halfway between the middle and northern groyne to north of the northern groyne (200m)

Transition South along the back of the beach, up the driveway and then left onto the grass.

When running on the grass competitors must have a top on and you must have runners (footwear) on. Ladies are already classified as having a top on. No outside assistance with water bottles, gels or helping competitors to change.

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Run 2: Along the grass to the northern end of the grassed area and return, 3 laps (2400m)

Points scoring.

- The first five competitors in each of six age groups will score points.
- 1st – 5 points through to 5th – 1 point.
- Total of 90 points on offer.
- The team who scores most points wins.

Age groups are

| | |
|--------|---------|
| Female | 13 – 19 |
| Male | 13 – 19 |
| Female | 20 – 39 |
| Male | 20 – 39 |
| Female | 40 plus |
| Male | 40 plus |

If one club has only one / two competitors in an age group then only one / two competitors from the other team can score points in that age group.

All competitors must register their name on the entry lists before 6.10pm.

All competitors need a swim cap and their race number on their wrist.

2014 FRIENDLY MASTERS CARNIVAL SSLSC

**2014 Friendly Masters Carnival
Sorrento Surf Lifesaving Club
Saturday 8 Feb 2014**

Sorrento SLSC Masters would like to invite masters from all clubs to join us for a friendly carnival in the lead up to the SunSmart WA State Titles and the Aussies 2014.

Events will include swim, board, ski, sprints, flags, ironman and team relays.

| | |
|------------------------|------------|
| Registrations | 1pm |
| Events commence | 2pm |
| Presentations | 5pm |

SORRENTO
SURF LIFE SAVING CLUB

Sorrento SLSC Masters would like to invite masters from all clubs to join us for a friendly carnival in the lead up to the SunSmart WA State Titles and the Aussies 2014.

Events will include swim, board, ski, sprints, flags, ironman and team relays.

Registration is a 1pm on Saturday, 8th February 2014.

Next event to LOOK OUT for is the Mile Swim on the 14th February 2014.

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2014 STREET APPEAL

The 2013 Street Appeal which took place at the end of the year has proven once again to be our biggest fundraiser and was well supported by club members from all sections. Money raised on this day flows directly in to our Surf club and will be boosting much needed funds for many projects.

Our appreciation goes to Karrinyup, Carine Glades and Padbury Shopping centres, and Transperth Train stations where most money was raised.

All members who collected over \$200 went in the draw for two adult return tickets to Rottnest, kindly donated by **Rottnest Fast Ferries**. The Lucky winner is Richard Cronin. Richard spent the entire day and part of the evening collecting all over Perth. Thanks Richard.

A big thank you to all who were shaking their tins from morning till night all over Perth.

Our final tally was just under \$13000 !

Lifesaving & EDUCATION: SPINAL and ARTC COURSE

Anyone wanting to attend the ARTC course are welcome to do so this weekend 8th February 2014.

- The ARTC will be run on Saturday, 8th February from 9:00am to 1:30pm venue: SSLSC Training Room

CLUB SERVICES and MEMBER INFORMATION



Mobility & Alignment Class

Want to Live Better in Your Body?



- * Help eradicate pain
- * Find body blind spots
- * Reduce risk of injury
- * Perform better



Sorrento Surf Life Saving Club
Main Room
Date: Thurs. Feb 20, starts at 5pm sharp
Time: approx. 75 minutes
Bring: Tight fitting clothes and yoga mat

RESERVE YOUR SPOT TODAY
via email: kristinmarvin@hotmail.com
COST: \$25.00 (You get Therapy balls!)

Kristin Marvin (BSc, MA, BEd), a movement specialist, former exercise physiology & sport psychology consultant, certified Integrated Tune Up Fitness® practitioner, and body alignment educator, will be leading you through a different approach to self-care, learning about your body from the inside out.



Inviting all members to come and join Kristin in a "Mobility & Alignment Class" Reserve your spot today!

This is going to be held in the So Café hall on Thursday, 20th February 2014 starting at 5pm.

Please see attached flyer for more details or email Kristin directly on-: kristinmarvin@hotmail.com

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