

Between the Groynes



Edition # 5: 2016/17 Season : Tuesday 13 September 2016

FROM THE PRESIDENTS PEN

Dear Members,

Update on safe beach enclosure.

It is anticipated that the installation of the safe beach enclosure will commence mid to late October.

There has been a design upgrade in the mooring system of the structure at sea bed, which has been the cause of the minor delay. I will keep you updated on receipt of further information.

Members may have noticed the recent installation of signage at the Northern carpark directly outside our club court yard, advising "permit parking only". The impact will relate to the eight car bays directly outside the court yard.

Saturday the 8th October, being our first patrol day, will be the implementation date of the permit parking system.

Our patrol captains and vice captains play an integral role in ensuring both the start of patrol and the changeover of patrol is as seamless as possible.

Providing them with specific car bays will assist in achieving this outcome.

Important: All Ski paddlers please refer rack allocation article below.

A club as one is a club of strength!

Rob Doherty
President

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

So Café Hours:

Wednesday – 6pm – 7:30pm

Saturday – 7:30am – 9:30am

Sunday – 7:30am – 9:30am

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BUSINESS & MARKETING/ADMINISTRATION NEWS

It is with great pleasure to again receive support from the Marmion Angling and Aquatic Club this coming year as a Silver Sponsor. We enjoy a close partnership with the MAAC and look forward to a successful and enjoyable season ahead. Your contributions are greatly appreciated by all members.



New Member Orientation Night

Our new member orientation night is on 30th September from 6:30pm. All new members welcome to come along and find out about the new season and meet your fellow members.

You can also purchase dinner on the night and the bar will be open from 6pm.

Fob Keys

We would like to let all members know that all club swipe cards will be deactivated for all members that have not registered for the 2016/17 season on 30th September 2016. Please make sure you have registered by the 30th September 2016. You can do this by going to our website www.soslsc.com. If you have any questions please email Jess on admin@sorrentoslsc.org.au

CLUB SERVICE NEWS – Peter Watkins

Thank you for all your comment on our recent survey on our meals at So Cafe on Wednesday nights. We appreciate all your feedback and menu suggestions.

We look forward seeing you down at SO Cafe for dinner.

Winner from submitting a survey is Peter Hodgson - Free meal

Mike Wren

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So CAFE Menu – Wednesday 14/09/2016

Pork Bratwurst with Curry Gravy & Brattnatoffel - \$12

Spicy Chicken with Paella - \$12

Chicken Caesar salad - \$12

SoCafe Current Trading Hours

Wednesday - Dinner 6 -7:30pm, Bar from 6pm

Saturday - Coffee Hot Breakfast from 7:30-9:30am

Sunday - Coffee from 7:30am, Stingers BBQ 9am

Functions

Whats's on?

| | |
|-------------------------|---------------------------------|
| Friday 16th September | Mexican Dinner at SO Café |
| Saturday 17th September | Charity Yoga |
| Saturday 1st October | AFL Grand Final |
| Wednesday 12th October | Youth Members Night |
| Sunday 30th October | Sundowner |
| Tuesday 1st November | Melbourne Cup |
| Friday 25th November | The Doctor Rego |
| Saturday 26th November | The Doctor race and After Party |

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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.

LIFESAVING NEWS – Garry Bunford

Patrol Rosters

Thanks to the hard work from Leif and Shelley the patrol rosters are available for your perusal. Should you have any challenge please get in touch with Leif or Shelley.

From this season we will introduce an additional patrolled area on the Sorrento Northern beach due to the installation of the Safety 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 on the notice board this week

Volunteers for Patrols

We are looking for below Volunteers.

- Radio operators
- Senior first aid officers
- Qualified Patrol Welfare support officer
- Social activities officer

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The above people part of a team used to support our patrolling members.

Requals

IRB requals will take place at the same time as bronze and other requals if there are any questions please see Irb officer Evan Bunford

Requals keep an eye on the newsletter for dates for requals or talk to Paul Berry when around the club.

First Aid Officers

Stephen Thomas is the new first aid officer should you want to become a first aid officer please talk to Stephen

Equipment

Craig Gamble is the patrol equipment officer should you have queries regarding patrol equipment

New Ute

To use the club Ute you must have the following:

- Driving license-no p plate drivers are allowed to drive the Ute.
- All drivers must go through a introduction with Muzz before they can drive the ute.

I would like to take this opportunity to thank Muzz, Mick, Rob and all members that helped with the purchasing of the Ute.

First Aid Room and Tower

The tower and first aid room have been painted.

On behalf of lifesaving I would like to thank the old salts for doing such a great job.

Jet Ski's

Our newly formed jetski drivers are well into their course and doing well. So hopefully the club will be allocated a jet ski at the beginning of the season.

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Another course will be starting in October more details to follow once dates have been given to the club.

IRB

The IRB training team helped with IRB racing team will be contracting emergency evacuation drills in the morning or have a go day. Everyone is welcome to attend.

Crew course is going to be done at the beginning of the season. Please email the club office if you are interested in becoming an IRB crew

IRB Driver Course

Ian Smallwood is currently training some new drivers. Well done Ian.

Shark warnings

SLSWA policy regarding sharks will remain the same however.

When fisheries puts out a shark warning in the future any SLSC club in the area of the warning will have to cease sanction club activities all members will be notified via Social Media. Patrol will go on surveillance and advise the public of the situation.

COMPETITION - Claire Rafferty

Congratulations to the athletes that braved the cold conditions on the weekend at Mullaloo!!!

Next Carnivals are this Sunday the 18th September:

Ocean Rd 2 – Cottesloe Beach \$10.00

Beach Rd 1 – City Beach \$10.00

Please put your name on the rego sheet and pay online ASAP. Be aware if you put your name on the rego sheet you must pay the \$10.00 online. If you don't turn up for the carnival and you don't pay, but your name is on the sheet you will be invoiced the \$10.00. In other words don't put your name on the sheet unless you are 100% sure you will be competing!!!

LANCELIN SENIOR CAMP 24TH SEPTEMBER TO 26TH SEPTEMBER MEETING AT THE CLUB ON WEDNESDAY THE 14TH SEPTEMBER.

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Training schedules are still being finalised for the 2016/17 Season. All winter/spring training sessions can be seen on the Competition board at the back of the boat shed. If unsure please ring your coach, numbers on the website or contact via FB. If you are not already a member of the Sorrento Athletes Facebook page and you are an U14 – Masters Athlete please download. All information is put on this site.

Don't forget if you want to keep your fitness up Jeff Carter is still doing his Sunday 7.00am morning sessions in the gym all active members welcome. Also athlete's compulsory gym sessions are on Mondays and Wednesdays now with Jeff at 6.30pm, your attendance is important to your development in your chosen disciplines!! Also please be aware the gym is only for athletes training with Jeff at these times. Under 14 – Masters Athletes these are sessions that have been designed for you!!

BRONZE COURSE: If you need to get your Bronze to compete this year please get in contact with me or the office ASAP so we can put your name on the list for the next course.

March Past

MARCH PAST MEETING

10am SUNDAY 18/09/16



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All those wanting to compete in March past this year should attend the meeting at 10am Sunday 18/09/16 in the Court Yard. With the season soon upon us planning for this year will soon be under way.

There is a new format for competitions this year and things look exciting. March past, R&R and Belt races will all be held at the same time so we are in strong position to put more teams on the park.

Male and female 14 to 140 welcome.

Contact Roger 0410 605 417

IRB Racing

Calling all IRB Drivers and Crew,

The IRB Racing team will be kicking off Pre-season training on Sundays starting the 18th of September at 6am.

These sessions will be used as your requal, as well as an opportunity to update and refresh your skills

We are looking for Patients, Crew and Drivers to join the racing team and to meet the challenge of providing the highest standard of rescue readiness, any conditions at any time.

If you're 15 or older and want to race with our IRB team, update and/or improve your skills for the coming Patrolling season, we would love to see you at Sorrento, on the water.

Contact Dan
0408 938 608

Or catch us on the Water.

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Ski Racks

Thank you for submitting the Ski rack applications in a timely fashion. We will be reviewing these over the coming fortnight so we can organise the racks accordingly.

Below is a list of people who have applied for racks this coming season. Please note:

- If your name is not on the list and you currently have a ski in the racks, can you please remove it by Monday 19th September. After this, any alien ski will be relocated to the ceiling;
- I'll be placing a strip of duct tape over every ski that is in the racks. Can you please write your name on the duct tape by the 19th September so we can identify each. I will then take this off on Friday 23/9;
- We will try to keep all ski's in the current position however some allowances might need to be made;
- We will send out the new ski rack layout by the end of the month- this will be emailed and also placed on the noticeboard in the boat shed;
- Once published, can you please relocate your ski if necessary (we will try to keep moves to a minimum);
- Each spot will have a name tag which I will place.

With ski racks hot property and some gun paddlers regularly getting out there, I hope to see the majority of these racks empty during training and especially club days. For those of you who don't know when training is on, please check out the white board in the boat shed.

If you have any questions, please give me a call or email.

Cheers

Brant Tapley

0427 127 544

branttapley@bigpond.com

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Ski Racks

| | | | | | | | |
|-----------|-----------|---------|------------|----------|----------|---------|-----------|
| Danny | Barclay | Richard | Elderfield | Kathleen | Lowry | David | Russell |
| Holly | Barclay | Ron | Epding | Mark | Lydiate | Tara | Smith |
| Jessica | Barclay | Peter | Farmer | Greg | McIntosh | Brant | Tapley |
| Madeline | Baxter | Anthony | Foley | Saunders | Michael | Shane | Tapley |
| Rita | Berry | Erle | Franklin | Norm | Miller | Stephen | Thomas |
| Ryan | Bickle | Leslie | Goodliffe | Jarrad | Nash | Libby | Vickery |
| Amanda | Bowman | Wendy | Goodliffe | Dave | Norton | Peta | Watkins |
| Diane | Broad | Paul | Green | Jacqui | Nowell | Ryan | Watkins |
| Kylie | Broad | Ruth | Hazell | Roger | Nowell | Bill | Whalley |
| Paddy | Burke | Sandra | Herbert | Karen | O'Connor | James | White |
| Guy | Burnett | Leif | Hinrichsen | Meg | O'Leary | John | Wilkie |
| Aimee | Christie | Bob | Johnston | Neil | O'Leary | John | Willcocks |
| Ron | Clarke | Malcolm | judge | Callan | Preiato | Mike | Wren |
| Christine | Cougan | Kevin | Kelly | C/G | Rafferty | Russell | Wright |
| Wayne | Davis | Sue | Lemmon | Andrew | Ridley | | |
| Robert | Doherty | Leanne | Lewis | Matthew | Rowe | | |
| Rachel | Duczynski | Mark | Lewis | Janie | Rowse | | |

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Coaches

WE NEED YOU!!

Do you know that from a club of over 1500 members.

We are all so lucky to be a part of this wonderful club and we all sign up to be involved in some capacity whether it be our children doing nippers, our teenagers participating in the youth program or even as adults, we sign up to be involved ourselves – patrols, competition, social, training. We all enjoy it!

We all expect that our nippers, our youth and ourselves, as adults, can participate in training and coaching to improve our skills and our fitness.

However the number of coaches we have are less than 10 AND these people have been fulfilling these roles for a number of years.

We need YOU!! As nippers' parents, as parents of youth, as an older youth, senior or master, you can complete a Level 1 Coaching Course and become involved. The cost of your Coaching Course will be reimbursed by the club when you take on a coaching role.

Coaching roles are very rewarding and do not have to be time consuming.

At present we require:

A sprint and flags coach for our nippers. This would involve 1 session per week on a Wednesday afternoon.

Board coaches for nippers and youth. At present we have two coaches, however we are hoping to run board training over three different arenas at the same time. This would also be done on a Wednesday afternoon

Are you keen? Even a little bit? Then please contact Andrew Ridley at 0408 298 725

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Club Development – Wendy Goodliffe

SORRENTO YOUTH

IRB'S

Do you watch the IRB's and wish you were out there too? Well here is your opportunity as the IRB's are looking for patients, crews and drivers for this upcoming season

If you are 15.....you can be a patient on an IRB Team

If you are 16....you can be a crew member on an IRB Team

If you are 17..... You can be a driver on an IRB Team

Interested??.....Well you can 'try before you buy' contact Dan, and have a go before making a decision.

They are starting now so simply contact Dan Rose at:

danrose@westnet.com.au

Important Youth Dates

September 14th - Going to camp?? Meeting with Claire Rafferty 6.30 pm

September 18th - Senior Ocean 2 and Senior Beach 1 Carnivals. HAVE YOU GOT YOUR ENTRY IN? If not sure of the process, refer to your handbook under "Competition Information". Still unsure then please contact contact Claire Rafferty at - CompetitionDirector@sorrentoslsc.org.au

September 30th - New Members Information Evening (for all members old and young alike)6.30PM

October 12th - Induction Evening for those new to Youth 5.30 pm

October 16th - First Day for Youth (Come prepared!) 8.15 am

Sandra Denehy

Youth Liaison Officer

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Mexican Friday Night Dinner

16 September 2016

6pm @ So Café

Beef or Vegetarian Nachos - \$12

Beef Chili Con Carne - \$12

Vegetarian Chili Con Carne - \$12

Mexican Desert - \$6

Coronas - \$5

Margaritas - \$8

Bookings

barmanager@sorrentoslsc.org.au or 0437 453 884

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