

# Between the Groynes

Edition 13: Tuesday 12 September 2017

## FROM THE PRESIDENT

Dear Members,

Our busy bee is this Sunday morning from 10:00am until 11:30am. If you can please give us a hand for an hour, please meet in the boat shed. If you have any cleaning equipment or products that we can use please bring along. We will have a BBQ, muffins and refreshments in the courtyard after the clean-up.

Well done to all the new IRB drivers that passed their course on the weekend. Thank you to Garry Bunford, Stephen Thomas and Evan Bunford for training them throughout the very cold winter. We are looking forward to seeing you in the water this summer!

Have a great week!

Ron Morris



**SORRENTO**  
SURF LIFE SAVING CLUB

# BUSY BEE

Sunday

**17th September at 10am**

ALL MEMBERS ENCOURAGED TO COME DOWN AND HELP OUT AROUND THE CLUB. THERE'S A JOB FOR EVERYONE INCLUDING CLEANING THE COURTYARD AND GEAR, REMOVING RUBBISH AND SORTING OUT DIFFERENT AREAS BEFORE THE SEASON STARTS!

MEET IN THE BOAT SHED AT 10AM

ANY QUESTIONS PLEASE RING JESS BUNFORD ON 9448 1431

## Upcoming Events

### September 2017

17/9/2017 – Club Busy Bee

5/9/2017 - Queen's Birthday

### October 2017

7/10/2017 - Coolangatta Gold

8/10/2017 - Coolangatta Gold

15/10/2017 – Under 9 – Under 13's First Day

22/10/2017 – Youth First Day

29/10/2017 – Under 6 – Under 8's First Day

### Office Hours:

Monday – 8am – 4pm

Tuesday – 8am – 4pm

Wednesday – 11am – 7pm

Thursday – 8am – 4pm

Friday – 8am – 4pm

### So Café Hours:

Wednesday – 6pm – 8:30pm

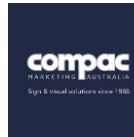
Saturday – 7:30am – 9:30am

### Uniform Shop Hours

Wednesday 27<sup>th</sup> September – 10am – 12pm

Sunday 1<sup>st</sup> October – 9am – 12pm

Wednesday 4<sup>th</sup> October – 10am – 12pm



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## Business and Marketing – Christine Cougan

We would like to welcome Footy Fundamentals to our Small Business Club. They are kindly offering our members 50% off their 7 week fundamental movement skills program!

Footy Fundamentals is a carefully planned and structured AFL program, which encourages your active two – five year old to develop their fundamental movement skills in a fun and safe environment, incorporating AFL Football, using multisport equipment.

Each week, children will focus on one or a set of movement skills, and play fun team-work based games.

**50% off our 7 week fundamental movement skills program for Sorrento SLSC Members – use the pin code Sorrento on application**

Contact Kathy Monck:

Email - [kmonck@wafc.com.au](mailto:kmonck@wafc.com.au)

Website:

[www.footyfundamentals.com.au](http://www.footyfundamentals.com.au)

Phone – 08 9300 3611



## Education – Stephen Thomas

### UPCOMING COURSES:

If you wish to attend any of the courses detailed here, please contact the office and register. The courses only go ahead if we have sufficient interest.

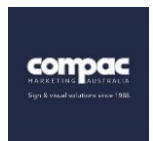
### BRONZE COURSES:

#### November Bronze course:

Pre-qual swim Saturday 28th Oct at 7:30am

Theory session: Tuesdays 6:30pm - 9pm starting 31st Oct

Practical sessions: Saturdays 7:30am - 9:30am starting 4th Oct



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## Education – Stephen Thomas

Length 6+ weeks depending on participants

### SRC Courses:

Youth SRC starting 29<sup>th</sup> Oct and running for approximately 4 weeks (must be 13 by end of course)

Other Dates to be confirmed soon.

### Requals:

The SRC and Bronze requal sessions will be each Saturday and Sunday morning for the 4 weekends in November. Sessions will start at 8am. We will advise the details of the requals for ARTC soon.

## Junior Calendar

### October 2017

15/10/2017 – Under 9 – Under 13's First Day

29/10/2017 – Under 6 – Under 8's First Day

### November 2017

17/11/2017 – Junior Disco

26/11/2017 – Junior Club Champs

### December 2017

17/12/2017 – Junior Club Champs and Junior Christmas Party

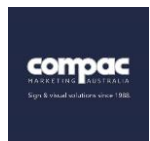
### January 2018

7/1/2018 – Juniors Return

### February 2018

4/2/2018 – Junior Club Champs – Under 8's – Under 9

11/12/2018 – Junior Club Champs – Under 10's – Under 13



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## Junior Calendar

### March 2018

23/3/2018 – Junior Windup

25/3/2018 – Last day of Juniors

## Junior Age Managers In-Service

### AGE MANAGERS/ASSISTANT AGE MANAGERS

DATE: Saturday October 28<sup>th</sup>

TIME: 8.00 am – 1.30 pm approx.

Thank you for committing your time and effort to be an Age Manager and Assistant Age Manager for the upcoming season. Sorrento SLSC will again be holding an in-service course for ALL Age Managers AND Assistants.

Our top coaches (along with demonstrators) will be in attendance and will be conducting a tuition session for their specific sport to equip you with knowledge of the various skills of their sport and the practical methods with which you can teach and develop these skills.

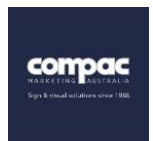
As a result of this in-service, you should feel more confident in what you are teaching and how you are teaching it. Your Sunday mornings should be much easier to prepare and run.

The other major benefit is that all Age Group Managers and Assistants will be on the 'same page'. We will be developing a 'whole club' approach to our Nippers' Program in which the same skills are being taught correctly, whilst still allowing for flexibility in how you develop these skills in our nippers.

Morning tea (with coffee) and lunch will be provided on the day. You may wish to bring your own snacks and water.

**All Age Managers and Assistant Managers are required to attend.**

Please RSVP to your specific age manager ASAP to benefit for organisational and catering purposes.



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## Junior Age Managers In-Service

- |               |   |
|---------------|---|
| 8.00          | Meet at Hillarys Marina near Great Escape     |
| 8.15-9.00     | Surf Skills - Andrew Ridley                   |
| 9.15-10.00    | Boards - Bill Hughes                          |
| 10.00 – 11.00 | Return to Sorrento SLSC: Morning Tea provided |
| 11.00 – 11.30 | Organising nippers – Shane Burch              |
| 11.30 – 12.30 | Sprints/Flags/Relays – Jenny Plint            |
| 12.30 – 1.30  | Barbeque Lunch with refreshments!!            |

Any queries please forward to Wendy Goodliffe

## Competition – Peta Watkins

### Strength & Conditioning Athletes at Peak Body

Please note – this is NOT a free gym membership. This training is to compliment your disciplined training. If you are not attending your discipline training then the S & C training will cease.

We have a waiting list of athletes wanting to do this so please do the right thing.

### Meeting for ALL Sorrento Ski Paddlers

Saturday 16<sup>th</sup> September 8.15am

From Youth through to Masters

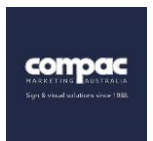
All Welcome

If you are keen to have your best season yet here at our club, then please ensure you attend.

Your Ski Committee

### Athlete and Coach Development Sessions

Please see below flyer and register on the link below.



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## IRB Racing

Sorrento IRB racing team will be holding a team meeting for past, present and potential future members for the coming season.

If you would like to join us or just know more come meet with us in the boat shed at 9am on the 17th of September or contact Dan on 0408938608.

## So Café Menu – Wednesday 13/09/2017

### Wednesday 13/09/2017

Beer Chicken

Goulash Beef with rice and Potatoes

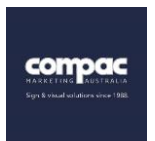
Garden Salad

**Adults - \$15**

**Kids - \$8**

Bar is open from 6pm.

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



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## SORRENTO SLSC & MULLALOO SLSC PRESENT



## ATHLETE & COACH DEVELOPMENT SESSIONS WITH TANYN LYNDON & ALLIE BRITTON

Sorrento and Mullaloo Surf Life Saving Clubs invite member Athletes, Coaches & Age Group Managers to attend training sessions with NutriGrain Ironman and Ironwoman Competitors Tanyan Lyndon and Allie Britton. Join us for a weekend of skills, development and mentoring.

### Program of Events

#### Friday 15th September 2017

##### Session 1: Youth and Senior Board Training

4.45pm - 5.45pm - Mullaloo Beach - Open to Youth (U/14 & U/15) and Senior Athletes and Coaches  
Bring Board, Bathers & Warm Clothes

##### Session 2: Coach Networking Session / Sundowner

6.30pm - 8.30pm - Mullaloo SLSC Club Rooms - Open to Coaches & Age Managers

#### Saturday 16th September 2017

##### Session 3: Junior Water Skills Session

9.00am - 11.00am - Sorrento Beach - Open to Junior Athletes (U/11, U/12 & U/13), Coaches and Age Managers  
Bring Board, Goggles, Bathers & Warm Clothes

##### Session 4: Question Time & BBQ Lunch

11.00am - 12.30pm - Sorrento SLSC Hall - Open to anyone

##### Session 5: Youth and Senior Water Skills Training

1.30pm - 4.00pm - Mullaloo Beach - Open to Youth (U/14 & U/15) and Senior Athletes and Coaches  
Bring Board, Ski, Paddle, Goggles, Bathers & Warm Clothes

#### Sunday 17th September 2017

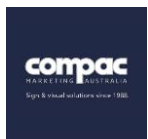
##### Session 6: Youth & Senior Iron Session

7.30am - 9.00am - Mullaloo Beach - Open to Youth (U/14 & U/15) and Senior Athletes and Coaches  
Bring Board, Ski, Paddle, Goggles, Bathers & Warm Clothes

##### Session 7: Junior Iron Session

9.15am - 10.15am - Mullaloo - Open to Junior Athletes (U/11, U/12 & U/13), Coaches and Age Managers  
Bring Board, Goggles, Bathers & Warm Clothes

*NOTE: To attend any of the above sessions you must register. Contact your club or view your club facebook pages for registration links. For junior sessions it is a condition of participation to supply a parent/guardian to act as water safety.*



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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





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## BOOTCAMP

faster. stronger. better.



**SORRENTO**  
SURF LIFE SAVING CLUB

\$2 per class

All Sorrento SLSC Members Welcome  
Sunday Morning at 7:30am  
Meet on grass area in front of So Cafe

