

Between the Groynes

Edition 14: Tuesday 20 September 2017

FROM THE PRESIDENT

Dear Members,

I would like to thank all the amazing members that came down on Sunday and helped with our annual busy bee. It was a fantastic turn out and we got a lot done for the new season.

I would also like to thank Darren Chew from Jim's Skip Bins in Malga for giving us a great deal on the skip bins we had for the day. If you need a skip bin, we highly recommend Darren. Give him a call on 0400 246 093

Have a great week!

Ron Morris



Upcoming Events

September 2017

25/9/2017 - Queen's Birthday

30/9/2017 – Grand Final Party

October 2017

6/10/2017 – Member Night

7/10/2017 - Coolangatta Gold

13/10/2017 – Octoberfest

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:

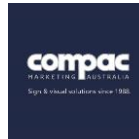
Wednesday – 6pm – 8:30pm

Saturday – 7:30am – 9:30am

Uniform Shop Hours

Wednesday 27th September – 10am – 12pm

Sunday 1st October – 9am – 12pm



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Business and Marketing – Christine Cougan

We would like to welcome Better Health Dietitian to our Small Business Club. Better Health Dietitian are offering our members 20% off their services which is just fantastic! See below for more information.

Better Health Nutrition & Fitness aim to provide solutions that are practical and realistic to allow healthy, long term lifestyle changes. We apply the art and science of human nutrition to help our patients better understand the relationship between food and their health.

This enables them to make the best dietary choices that will assist them in attaining and maintaining good health for the long haul. With 10 years of industry experience we have helped hundreds of clients to achieve both health and weight loss goals.

The Better Health Nutrition & Fitness Team are industry experts in Nutrition, Diet Management, Exercise Physiology, and Chronic Disease Management.

Better Health Nutrition and Fitness

P: 08 6196 2402

M: 0437 336 231

www.betterhnf.org



BETTER HEALTH
NUTRITION & FITNESS

JOONDALUP LOCATION ONLY

WE ARE OFFERING
20% OFF

FOR ALL SORRENTO SLSC MEMBERS



- ✓ 12 WEEK TAILORED DIET & EXERCISE PLANS
- ✓ WEIGHT LOSS
- ✓ PERSONAL TRAINING PROGRAMS
- ✓ EASY TO FOLLOW DIET & EXERCISE ADVICE

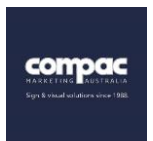
✉ nutrition@betterhnf.org ☎ 08 6196 2402 🌐 www.facebook.com/betterhnf

Bronze Sponsors – Brad and Kate Hardingham

Do you need a real estate agent? Brad and Kate Hardingham from Coastal Realmark are Bronze sponsors of our club, they are also Sorrento SLSC members. They tailor selling or property management solutions that meet your individual needs. Give them a call or email for more information on what they can do for you.

Email - bkhardingham@realmark.com.au

Moblie - 0419 345 400



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Junior Age Managers In-Service

AGE MANAGERS/ASSISTANT AGE MANAGERS

DATE: Saturday October 28th

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.

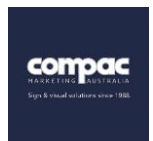
The other major benefit is that all Age Group Managers and Assistants will be on the 'same page'. We will be developing a 'whole club' approach to our Nippers' Program in which the same skills are being taught correctly, whilst still allowing for flexibility in how you develop these skills in our nippers.

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.

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



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Junior Age Managers In-Service

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

Board Rack allocations are going out this week. Please see the Competition Board or the Athlete Facebook page for details. Those unsuccessful will be notified by email.

Bootcamp – This weekend is a long weekend but Bootcamp IS STILL ON.

We plan to have breakfast after so bring a plate to share. Anything goes. The BBQ is available.

R&R Team Meeting

There will be a meeting (requested by our illustrious leader) to discuss the upcoming season, confirm teams and training times and align coaches to teams.

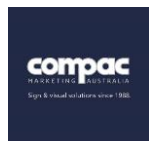
Training has begun for some teams and Darryl is keen to get "all" teams on the paddock.

Please be at the club rooms by **6pm on Wednesday 11 October**. If you can't make this date please ring Darryl (0400124 200) to confirm your availability over the next season so he can lock in teams.

IRB Racing – Dan Rose

With the 2018 Australian surf lifesaving championships returning to Scarborough next year as well as numerous carnivals and water safety events planned this season will provide plenty of opportunity for IRB drivers and crew to gain valuable experience at beaches other than our own.

With this in mind we are looking at running a short 3 week Advance IRB driver/crew course (Sundays from October 1st to 15th times to be advised) for anyone who may be interested in putting their hand up for rosters for water safety, carnival, and other events, want to up-skill, or re-familiarise themselves with a



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IRB Racing – Dan Rose

wider range of surf conditions.

This course will look to refresh and build on driving skills already obtained and help with confidence in different conditions.

For more information or to register please contact the office.

Please note registrations are essential and will close off on September 28th.

Education – Stephen Thomas

The club education calendar through to end 2018 has been updated. See below. To register for any course please contact the office and register for a specific course. All courses are contingent on getting enough interest. More details on how to sign up for courses is provided on the club webpage and on the noticeboard in the club.

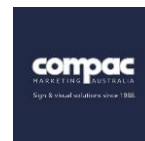
Note: details of 2 pre-Xmas SRC courses have been finalised.

Youth SRC: starting 29th October. Sundays 8:30am – 11:30am. For Youth who are 13. Duration - 4 weeks

General SRC: Starting 11th November Duration ~ 4 weeks. Two sessions per week. Thursday night's 6:30 – 8:30pm and Saturday mornings 7:30 – 9:30am

Sorrento Surf club non-commercial training courses 2017 / 2018

		Start date	Days	Duration	Trainers	Notes
2017						
October	Bronze - Youth	2/10/2017	Mon - Sat	1 week	Stephen +++	School holiday 23/9 - 8/10
	SRC - Youth	29/10/17	Sundays	4 weeks	Julie +++	Starts 1 week after Nippers
November	Bronze	31/10/17	Sat / Tues	6 weeks	Eamon + Simon	
	SRC	11/11/17	Sat / Thurs	4 weeks		
	IRB Crew			3 weeks		
December						
		Start date	Days	Duration	Trainers	Notes
2018						
January						
February	Bronze			6 weeks		
	SRC			4 weeks		
	IRB Crew			3 weeks		
March						
April						
May						
June	IRB - Drivers (RST)			3 weeks		Timing dictated by SLSWA
July	IRB - Drivers			8 - 10 weeks		
August	ARTC			1/2 day		
	Pain Management			3 hrs		
September	ARTC			1/2 day		
	Pain Management			3 hrs		
October	Bronze - Youth	School holiday course		1 week		School holiday 22/9 - 7/10
	SRC - Youth			4 weeks		Start after Nippers starts
November	Bronze			6 weeks		
	SRC			4 weeks		
	IRB Crew			3 weeks		
December						



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So Café Menu – Wednesday 13/09/2017

Wednesday 20/09/2017

Beef Stroganoff

Fettuccine with Chicken and Bacon

Garden Salad

Adults - \$15

Kids - \$8

Bar is open from 6pm.

Bookings are essential to barmanager@sorrentoslsc.org.au

Upcoming Social Events at Sorrento SLSC

Member Orientation Night: Friday 6 October 2017 at 7pm. New and Existing Members are encouraged to attend to find out about the club and what we have to offer this season. Meals will be for sale and the bar will be open from 6pm.

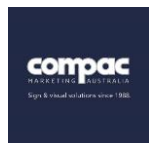
ALL MEMBERS INCLUDING JUNIORS

AFL Grand Final: 30 September, Surf Club Hall, doors open 1130am. Bring the whole family and join in the fun. The game will be playing on the big screens, a sweep stake and half time games will be organised and drinks and food will be available. Guests can bring their own food platters but not BYO. Call the office now to book a table or just come along on the day.

Oktoberfest at the Surf Club: Friday 13th October, 6pm until Late

- FREE Entry
- Club priced drinks available, as well as a limited number of take home 1L Stein Glasses for only \$20
- Bar serving bratwurst, sauerkraut and other German delights
- Music throughout the night
- Prizes for the best dressed and competitions to test you!

Melbourne Cup at the Surf Club: Save the Date- Tuesday 7 November. More details to follow.



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Member Orientation Night

NEW DATE

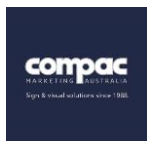
Friday 6th October 2017
at 7pm



New and Existing Members are encouraged to attend to find out about the club and what we have to offer this season. Meals will be for sale and the bar will be open from 6pm.

BAR OPEN

ALL MEMBERS INCLUDING JUNIORS



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2017 AFL GRAND FINAL

30 SEPTEMBER
11:30AM

Celebrate Grand Final day at the Surf Club

Get your family and friends together to watch the 2017 AFL Grand Final.

The game will be on the big screens and the bar and kitchen will be open.

Join in the fun of a sweep stake or have a go at the half time games.

Guests are welcome to bring their own food platters but no BYO.

To book tables of eight or more please contact Jess Bunford in the office.



Family friendly event!

Great games and prizes!

Bar and kitchen will be open!

Bring your own food platters!

Book your table now!

