

Between the Groynes

Edition 18: Tuesday 17 October 2017

FROM THE PRESIDENT

Dear Members,

A big welcome to all the nippers and parents for the start of the season with a great day had by all on Sunday. We are looking forward to seeing our younger juniors on the beach on the 29th of October.

The Oktoberfest was a great night with a lot of fun had by all. It was good to see the variety of Bavarian costumes worn by many.

If you have a spare hour on a Sunday to help out in our café and bar please speak to Ryan our bar manager on barmanager@sorrentossc.org.au

Ron Morris

President



Upcoming Events

October 2017

22/10/2017 – Youth First Day

22/10/2017 – Club Swim – 8:30

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

29/10/2017 – Club Swim – 8:30

November 2017

17/11/2017 – Junior Disco

26/11/2017 – Junior Club Champs

Office Hours:

Monday – 8am – 4pm

Tuesday – 8am – 4pm

Wednesday – 11am – 7pm

Thursday – 8am – 4pm

Friday – 8am – 4pm

Uniform Shop Hours

Sunday – 7:30am – 9am

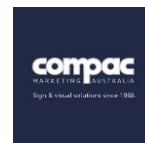
First Wednesday Night of each Month - 6pm – 7pm

So Café Hours:

Wednesday – 6pm – 8:30pm

Saturday – 7:30am – 9:30am

Sunday – 7:30am – 10am



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Juniors – Garry Bunford

What a great day we had on Sunday and the effort our up and coming lifesavers did by achieving their goals know and catching up with your old friends. I must say thanks to all the kids for returning to surf club for the 2017/18.

Again I would like to take this opportunity to thank all age managers for being so well organised on Sunday and our fantastic parents for helping us to ensure everything went well at the same time. Thanks to the IRB

racing team for doing the water safety. It was great to see our Jet Ski out on Sunday doing the water safety too! I was so impressed when I saw so many junior members helping their friends out by swimming with them as did the age managers we are so thankful that we have a such a great group.

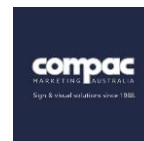
Thanks to our helpers for cooking the bacon and egg rolls and also the sausages and burgers. They were very yummy! Support the club by coming up to the courtyard to have a drink and lunch after the activities. It is also a great way to meet other members.

As you will see above and on our facebook page, the amazing Andrew Mayberry took some shots of the kids on the weekend. If you are interested in purchasing these, head over to his facebook page – Andrew Mayberry – Photography and send him a message. Thank you Andrew for all your efforts.

See you on the beach Sunday!

Garry Bunford

Director of Juniors



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Requals - IRB

IRB crew and driver requals will take place on **Saturday 4th and 11th November at 7am**. This is directly before the Bronze and SRC requals at 8am so you can do everything at once.

Should you not be able to make these, **the other time available is Saturday 18th at 2pm**.

Requals – SRC and Bronze

Yes, it is that time of year when you need to requal your awards!! A number of requal sessions will be offered. If you cannot attend the organised sessions please advise the office as soon as possible and we will see what we can do to assist. If you miss these sessions and don't let us know we may not be able to facilitate your requals. The annual proficiency process takes a lot of effort from a few volunteers.

The SRC and Bronze requal sessions will be **each Saturday and Sunday morning for the 4 weekends in November**. Sessions will start at 8am.

Education Courses – Stephen Thomas

Upcoming Bronze and SRC courses. Please register via the office.

NOVEMBER BRONZE

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 Nov

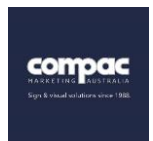
Length 6+ weeks depending on participants

NOVEMBER SRC

Starting Saturday 11th November Duration ~ 4 weeks.

Theory session: Thursday night's 6:30 – 8:30pm

Practical sessions: Saturday mornings 7:30 – 9:30am.



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So Café Menu – Wednesday 18/10/2017

German Bratwurst Sausages (Octoberfest)

Burgers

Potato Salad

Garden Salad

Adults - \$15

Kids - \$8

Bar is open from 6pm.

Bookings are essential to

barmanager@sorrentossc.org.au



Melbourne Cup

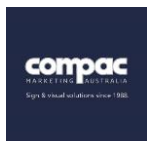
WATCH THE RACE THAT STOPS THE NATION AT THE SURF CLUB

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NOVEMBER 7 | 1100

BAR AND KITCHEN OPEN & FOOD PLATTERS WELCOME.

BOOK YOUR TABLE THROUGH THE OFFICE. SWEEPSTAKE AND PRIZES.



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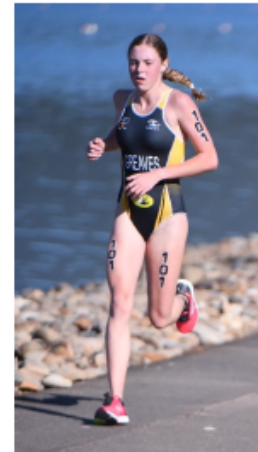


Athlete Sponsorship Program

My Physio is excited to announce their Athlete Sponsorship Program for up and coming sports stars. If the idea of free* physio treatment by expert physios who are among the highest qualified in the world interests you, ensure you read on and submit an application form.

My Physio employs Masters qualified physios because we are passionate about providing high level sports physiotherapy. Adam and Yianni are qualified Sports Physios with extensive experience in elite sports such as AFL, netball, soccer, swimming and tennis. Ruth is a qualified Musculoskeletal Physio with experience in the treatment and coaching of elite triathletes.

Access to expert health professionals is of paramount importance for injury prevention, safe and effective load management, performance, treatment of injuries and return to sport. My Physio understands the financial barriers that can prevent young athletes from accessing such care. We want to break down these barriers and give a handful of lucky young athletes every opportunity to excel in their chosen sport.



My Physio 12 Month Athlete Sponsorship Program

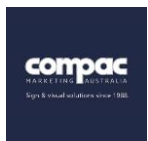
- Free* sport specific screening
- Free* injury assessment, treatment and management
- Free* advice and assistance with training programs/load management
- Free* sports specific strength / injury prevention programs when indicated

Conditions:

- Must submit an application form
- Must be under 26 years of age
- Must be currently competing/playing at a representative level
- Must be aspiring to become a professional or elite athlete in your sport
- Must live or belong to a club/team within 5Km of Sorrento
- Must give consent for My Physio to use your name, images, endorsement, etc on their website and social media pages.
- Must be willing to endorse My Physio occasionally on your personal social media pages.

* Private health insurance rebate will be charged with no out of pocket expense at the discretion of the treating physio and My Physio Perth.

My Physio Perth Pty Ltd | ADN: 69 600 244 004 | www.myphysioperth.com.au
32 Seacrest Drive, Sorrento 6020 | T: 08 9447 6152 | F: 08 9447 0975 | sorrento@myphysioperth.com.au



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NEW TIME

BOOTCAMP

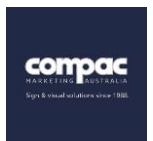
faster. stronger. better.



SORRENTO
SURF LIFE SAVING CLUB

\$2 per class

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



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New Members Welcome!



Memberships NOW OPEN

Join us now for the 2017/18 season! Come down and participate in our fun, family friendly club this summer!



SORRENTO

SURF LIFE SAVING CLUB

For more information visit our website www.soslsc.com

