

# Between the Groynes



Edition 6 : 2016/17 Season : Tuesday 20 September 2016

## FROM THE PRESIDENT

Dear Members,

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 8<sup>th</sup> 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.

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 30<sup>th</sup> September 2016.

Please make sure you have registered by the 30<sup>th</sup> September 2016. You can do this by going to our website [www.soslsc.com](http://www.soslsc.com).

If you have any questions please email Jess on [admin@sorrentoslsc.org.au](mailto:admin@sorrentoslsc.org.au)

**A club as one is a club of strength!**

**Rob Doherty**  
President

## Upcoming Events

### October 2016

01/10/2016: AFL Grand Final Party at Sorrento Surf Club

21/10/2016: Nippers Dinner

02/10/16: Senior Ocean R3 at City Beach Swim & Ski

09/10/16: Senior Ocean R3 at Mullaloo Ironman & Swim

09/10/16: Senior Beach R2 at Mullaloo 2km Run, Sprints, Relay & Flags

15/10/2016: Under 9 – Under 13 Commence

22/10/16: Endurance Championships Ski Board Swim Run Boats at Trigg

30/10/2016: Under 6 – Under 8 Commence

### Club Details:

[admin@sorrentoslsc.org.au](mailto:admin@sorrentoslsc.org.au)  
[www.soslsc.com](http://www.soslsc.com)  
08 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 – Christine Cougan

Thank you to all members that helped out at our busy bee on Saturday 3<sup>rd</sup> September 2016. It was a great turn out and we got a lot done around the club.



## JOIN

## Our Small Business Club

Advertise your business to all members.

**Members supporting members!**

• **BENEFITS:**

- An article placed in the weekly newsletter 'Between the Groynes'
- Your business details placed on the Small Business Courtyard Board
- Business details linked on the club website.

Join now for a small fee!



Contact  
189 West Coast Drive, Sorrento WA 6020  
T: +61 8 9448 1431  
M: 041 356 8155  
E: [admin@sorrentoslsc.org.au](mailto:admin@sorrentoslsc.org.au)  
Web: [www.soslsc.com](http://www.soslsc.com)

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CLUB SERVICE NEWS – Peter Watkins



Saturday 1<sup>st</sup> October 2016

11am @ So Café

Food and Drinks available

Prizes and Raffles

For bookings please email Mike on  
[barmanager@sorrentosisc.com.au](mailto:barmanager@sorrentosisc.com.au)



Tuesday 1<sup>st</sup> November  
**MELBOURNE CUP**

So Café

10:30am

Races on the big screen

Bring your own Platters

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



## 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.

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## Hall Hire Classes

If you would like to do the classes that we have in our hall, please see the below timetable. Please note that these classes are private and they do charge for each class.

### HALL HIRE CLASSES

#### MONDAY

Weight Watchers 9AM  
Zumba with Kerry 6.30PM

#### TUESDAY

Zumba with Kerry 9.30AM  
Pilates with Mikayla 6.00PM

#### THURSDAY

Zumba with Kerry 9.30AM  
Tai Chi @ The Beach 11.30AM  
Yoga Bliss 6.30PM

#### Friday

BoxPilates with Mikayla 6AM  
Boogie with Steph 9.30AM

## Competition – Claire Rafferty

Congratulations to the athletes that competed in the Ocean Series Rd2 and the Beach Series Rd1. Sorrento had some great results both in the water and on the beach! Great start to an exciting and busy season.

Carnivals in October:

Ocean Rd 3 – Swim and Ski (City Beach) Sunday 2<sup>nd</sup> October

Ocean Rd 4 – Ironman and Board (Mullaloo) Sunday 9<sup>th</sup> October

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Beach Rd 2 – 2km Run/Sprints/Flags (Mullaloo) Sunday 9<sup>th</sup> October

Endurance Championships – Ski/Board/Swim/Run/Boats (Trigg) Saturday 22<sup>nd</sup> October

Ocean Rd5 – Board/Swim (Leighton Beach) Sunday 30<sup>th</sup> October

Rego Sheets for the 2<sup>nd</sup> and 9<sup>th</sup> of October will be put up this week. Please remember if you put your name on the sheet and do not attend or pay online you will be invoiced for the payment fee and unable to compete in the next carnival until it has been paid!!!

**Lancelin Senior Camp 24<sup>TH</sup> September to 26<sup>TH</sup>:** To all members attending the camp remember to be at the club ready to pack the trailer on Saturday at 12pm and have a great time!!

**Fitness:** 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.



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## IRB Racing

Calling all IRB Drivers and Crew,

The IRB Racing team will be kicking off Pre-season training on Sundays starting the 18<sup>th</sup> 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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