

# Between the Groynes



Edition 7 17th February 2015

## FROM THE PRESIDENT'S PEN

Dear Members,

On Sunday morning I ventured down to Trigg to watch our Nippers go through their paces at the Junior State qualifiers.

I had an inkling that the conditions were going to be challenging for all involved and they certainly were.

I would like to congratulate all our competitors, officials, water safety, coach's and last but not least our age managers and assistant age managers. You all should be really proud of yourselves as you have represented Sorrento with great courage and determination.

In all my years of attending carnivals I hardly recall conditions having been so big. On occasions sets would have been coming through at around 1.8mts, our brave young athletes stood tall and took on the conditions.

A special mention of Callan, Kelly and Mick for your ongoing efforts in preparing our young athletes.

Saturday was also a very successful day for our beach competitors; I am advised that Sorrento will be very well represented at this year's Junior State Titles.

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

**Rob Doherty**  
President

## EVENTS

### February 2015:

- 21/02 : Club Swim – Have a Go Sprints/Flags
- 21/02 : Rottnest Channel Swim
- 22/02 : Junior Joint Age Interaction
- 22/02 : SunSmart Surf Premiership Series Round 5
- 28/02 : Club Swim – Have a Go Sprints/Flags
- 28/02 : SunSmart WA Masters State Champs
- 28/02 : Sunset Sprints Surf Boats

### March 2015:

- 01/03 : SunSmart WA Country Championships
- 01/03 : Junior Club Champs 3
- 06/03 : Junior Red Faces
- 07/03 : Club Swim
- 07/03 : SunSmart WA R&R and Belt Race Champs
- 08/03 : SunSmart WA Champion Lifesaver Titles
- 08/03 : WA Boat Series Round 3
- 11/03 : Junior Players Tea
- 14/03 : SunSmart WA Junior Lifesaving Champs
- 14/03 : IOP Race 7
- 15/03 : SunSmart WA Junior Lifesaving Champs
- 18/03 : Senior States Titles Players Tea
- 20/03 : Junior Awards Night
- 21/03 : SunSmart WA Senior Lifesaving Champs
- 22/03 : SunSmart WA Senior Lifesaving Champs
- 22/03 : Junior Presidents Marathon
- 22/03 : Last Nippers
- 28/03 : Club President's Marathon

### April 2015:

- 05/04 : Ocean Swim Series 8
- 08/04 : Senior Aussies Players Tea
- 11/04 : Youth Australian Championships
- 12/04 : Youth Australian Championships
- 13/04 : Masters Australian Championships
- 14/04 : Masters Australian Championships
- 15/04 : Australian Championships
- 16/04 : Australian Championships
- 17/04 : Australian Championships
- 18/04 : Australian Championships
- 18/04 : IOP Race 8
- 19/04 : Australian Championships

### CLUB DETAILS:

Email: [admin@sorrentoslc.org.au](mailto:admin@sorrentoslc.org.au)  
Website: [www.sosslc.com](http://www.sosslc.com)  
Tel: 9448 1431  
Mobile: 0413568155 (AH)

### OFFICE HOURS:

Mon & Tues - Thurs & Fri : 9:30am – 2:30pm  
Wednesday : CLOSED

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## Belt and Rescue Tube Training – Andrew Ridley

### Belt and Rescue Tube Training:

Belt (u/17, 19 & open) training and tube (u/15) will be held for the next two Saturday mornings from 7.45 - 8.45am at Sorrento (inc long weekend) with States on 7th march.

Wanted: belt teams

We need two belt teams for our swimmers for the 7 march.

If you can help and also come and train please come to club on next two Saturdays and/or call Andrew on 0408 298 725 our swimmers can't race without teams.

## BUSINESS & MARKETING NEWS – Christine Cougan

Chevron Australia one of the world's leading liquefied natural gas suppliers, play an important role in contributing to improving the quality of life in the communities in which they operate.

Sorrento Surf Life Saving Club, wish to thank Chevron's Employee Volunteer Donations Program. Chevron's employees, Hamish Hodgson, Ashley Geneve and Greg McIntosh enabled the donation of \$3000 to be secured which is being used to purchase much needed lifesaving equipment this season.



Hamish Hodgson, Greg McIntosh, Ashley Geneve, Luke Blackbourn (Social Performance Manager), Rob Doherty and Christine Cougan

### Small Business Club:



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

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Compac Marketing Australia supplies, produces and installs signage, graphic imaging and screen printing services to all sections of commerce and industry



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JUNIOR NEWS – Ian Smallwood

On Sunday some of our nippers and parents got to see an outstanding response to a potential spinal injury and really brought home the reasons why we the Sorrento family take Surf Lifesaving saving so seriously. Young light blue nipper Sebastian Sayers found himself heading face first to the sand on the largest wave seen at Sorrento for years he got up felt a tingling in his arm and leg also shock from a wave that size being at Sorrento.

Enter trained Bronze, SRC parents and age managers along with the highly skilled Genneff Patrol Seb was on a spinal board and brought to the first aid room patiently waiting for the ambulance. Long story short a trip to PMH, some X-rays and monitoring he went home with a sore head some stiff muscles and a great story for the kids at school.

On behalf of the junior committee we would like to wish Sebastian a speedy recovery and to congratulate all the age managers and patrolling members involved in looking after Seb. Incidents like these remind me why a united club is a strong club. Working together we can achieve great things.

Also congratulations to all the nippers who had a go over the weekend in some testing conditions at the state qualifiers from discussions had with the age managers you did yourselves and the club proud! AWESOME EFFORT!

Keiron Burke  
Assistant Junior Activities Officer

## Letter from the Family

Hi Ian,  
Yes indeed our Seb did catch a ride in an ambulance on Sunday!!  
As you know he is doing much better. Off school today with a sore tender neck (thankfully muscular only).

I would just like to take this opportunity to praise and thank the OUTSTANDING very quick response from all of the Age Managers and Lifeguards on duty.  
Their professionalism and skills were 2<sup>nd</sup> to none – something that they and Sorrento Surf Life Saving should be VERY proud of.

In particular a huge thank you to Justin and Nicky (who did not leave Seb's side chatting to him constantly) until the Ambulance arrived.  
And again Nicky and Kieran for their enquiry/concerned telephone calls in the pm.

Please could you pass on a HUGE, heartfelt THANK YOU to everyone that assisted and helped our Seb on Sunday.

Thank you Ian  
Hope you enjoy the rest of your week.

Kind regards,  
Lucy, Shaun, Seb and Cristian Sayers

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CLUB SERVICES NEWS – Leanne Lewis

It is with much sadness that we say goodbye this weekend to our lovely bar manager Debbie Levey. Debby has worked hard behind the bar for the last 6 months and we wish her well with all her future endeavours. Deb's last shift will be this Sunday Nippers, and then our newly appointed manager Mike Wren will take charge in the afternoon for the Sun downer. A big welcome to Mike in this challenging role.

Thank you Megan Kelly for doing a great job cooking the breakfasts last Saturday, whilst Bernadett is away. With the help of young Anna-Maria Di Domenico they fed the hungry tummies in Socafe.

### Help Needed:

Is there anyone who can help out for the next 2 Saturday mornings from 7.30 - 9.30am, cooking up a few breakfasts for the hungry folks who enjoy this service. We will supply you with helpers; you just need to be able to cook a basic breakfast. Any help would be greatly appreciated. If you think you may like to give this a go please contact the office or Leanne Lewis  
ClubServiceDirector@sorrentoslsc.org.au

This Sunday we will all enjoy another *Sun downer* from 4 - 8pm, featuring the acoustic guitar talents of Jacob Monteath. Bring your nibbles and/or BBQ and come on down and enjoy a sunny Sunday afternoon at the club. We hope to see as many of you all as possible supporting the social committee who are working hard to make the club a family friendly place to relax and meet up with friends, whilst listening to a bit of live music. You are all welcome.

Please note the bar is open every Sunday afternoon from 3 - 6.30pm, on the Non Sun downer Sundays and you are more than welcome to enjoy our facilities.

A very big thank you to Bunnings Whitfords, who kindly donated a new umbrella to our club. This is a much appreciated donation and will serve the club well on those hot sunny days in the courtyard and balcony and was organised by Kevin Haynes, long time club member.



## SUNDOWNERS @ SSLSC

Back by popular demand .... Live music with Jason Ayres playing from 4.30-7.30pm.

**Sunday**  
Sunowner on the 8<sup>th</sup> February. Great bar prices 4-8pm.

After the Masters @ Mullaloo Come back to the club for sun-downers with great bar prices, fab food and entertainment by Russell Wright

**Saturday**  
28th February

Save the date for **Sunday Sunowner on the 8th March—live entertainment**



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## COMPETITION NEWS – Claire Rafferty

Rego sheets for Rd 5 Trigg Beach (Last hit out before States) and Sunset Sprints Mullaloo Boats are up for you to enter, please also pay online. Registrations close on Wednesday 18<sup>th</sup> Feb and Wednesday 25<sup>th</sup> for boats.

All athletes please make sure you are doing your rostered patrol hours. If you need to make up hours please turn up to patrols on time or notify the Patrol Captain you will be coming!!!

A special mention to our U14 athletes who also compete in Seniors you guys were amazing at State Junior qualifiers in massive conditions!! These athletes showed us how it is done. I also saw some younger talented kids that will be in Seniors soon, they handled the conditions beautifully!!



Masters you have until the 19<sup>th</sup> to get your registrations paid online. Please pay \$38.00 online as soon as possible or I cannot make up teams!!

Aussie Entry fee is now \$100.00. All HP athletes you must pay your Aussies entry unless you are Tier 1.

Please contact Peta Watkins if you still need accommodation for Aussie 2015 as we still have some 1 Bedroom apartments available.

**A massive thank you to all the companies that donated funds to give our Aussie athletes a uniform:**

DVG Automotive  
3 Sheets Hillarys  
Chase Greenwell  
RD Foundation

### Important Dates Coming Up:

First Aid Championships	28 <sup>th</sup> Feb U15/U17/U19 and 2 <sup>nd</sup> March Open	\$40.00
Masters States:	28 <sup>th</sup> Feb	\$38.00
Champion Patrol:	14 <sup>th</sup> Feb	\$40.00
R&R and Belt States:	7 <sup>th</sup> March	\$35.00 (Juniors) \$40.00 (Seniors)
Champion Lifesaver:	8 <sup>th</sup> March	\$40.00
Senior States	21 <sup>st</sup> /22 <sup>nd</sup> March	\$40.00

All competitors you can find information on the Athletes Facebook Site/ Club Newsletter/ Sorrento Website or the Competition Board in the Boat Shed.

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## Adventure World Day

2nd March 2015

10:00am—5:00pm

**\$35.00 per ticket**

*(Ticket price does not include supervision or food. All members under 18 must be accompanied by a parent/guardian)*

*Please keep an eye out for Area 26!!!*



Get your tickets at:

<http://www.workplacelifesavers.com.au/community-programs>

**SO CAFÉ OPEN HOURS**  
**Please call 0432 630 609 for all bookings**

**Wednesday Nights**  
Dinner: 6-7.30pm  
Bar: 6pm onwards

**Friday Nights**  
Bar: 6pm onwards

**Saturday Morning**  
Breakfast: 7-9am  
Coffee: 7am onwards

**UNIFORM SHOP OPEN HOURS**

**Sunday - 8:30am-9:30am**

**1<sup>st</sup> Wednesday of the month – 6:00pm-7:00pm**