

Between the Groynes



Edition 7 18th February 2014

FROM THE PRESIDENT'S PEN

Congratulations to our Juniors who competed last weekend in the Junior States Qualifiers.

Great fun was had by all, & you all did the Club proud!

Congratulations to Paul Laver for taking Line honours in the Rotto swim.

Good luck to our athletes competing this weekend in SunSmart Premiership Round 5.



Leif Hinrichsen
President

JUNIORS

NIPPERS INFORMATION ; CARNIVALS ; TRAINING SESSIONS

SUNDAY NIPPERS

It was pleasing to hear that some of the nippers from U11 – U14 turned up at Sorrento on Sunday for some fun with Linda Burke.

Thanks Linda for looking after the group.

RED FACES

Red Faces is Coming Friday 7th March – **BOOK THE DATE NOW**; this is the funniest event on the Junior Calendar.

We will be starting at 6.30pm, can you all please be there 30 minutes prior to see your choreographers to rehearse and get organised.

EVENTS

FEBRUARY 2014:

23/02: SLSWA SunSmart Premiership Series Round 5

MARCH 2014:

01/03: SLSWA SunSmart Master State Championships

01/03: SLSWA SunSmart Surf Boat Carnival

02/03: SLSWA SunSmart Country Championships

08/03: SLSWA SunSmart R&R and Belt Race State Championships

15/03: SLSWA SunSmart Snr State Championships

22/03: SLSWA SunSmart Jnr State Championships

CLUB DETAILS

Email: adminassistant@sorrentoslsc.org.au

Website: www.soslsc.com

Tel: 9448 1431

OFFICE HOURS:

Monday, Tuesday	:	9:30am – 2:30pm
Thursday, Friday	:	9:30am – 2:30pm
Wednesday	:	Closed

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JUNIOR STATES QUALIFIER

Sorrento had a fantastic weekend, starting off at Leighton on Saturday for the beach events followed by Secret harbour on Sunday for the water events. We have got a lot of Nippers who qualified or are reserves for the States proper. Fantastic job kids!

The Red caps travelled to the carnival both days by bus and from all reports had a great time. They also had a get together at the club after the qualifiers to celebrate their successes and to recognise all who entered.

We as a club need to thank all of the Age managers, coaches and parents without whom we would not have this sort of success.

Hopefully we can have a successful States carnival and improve on our results from last year.



JOINT AGE GROUP INTERACTION 23rd FEBRUARY

On Sunday 23rd we will be having our annual joint age group interaction, this is where the older kids get to join in with the younger age groups. Double Greens will be teaming up with Yellow Caps; Light Blue with Red Caps; Black with Green and finally Dark Blues with White Caps. Have Fun Everyone!

Schedule for next week – please note that there will be no Saturday morning session, due to the number of families involved in the Rotto swim (including myself). In lieu the Friday morning session will be held at Trigg, with boards to be collected either Wednesday after training, or Thursday evening between 5.30-6.00pm.

Also please note that the start time for Tuesday and Friday morning sessions is now 5.45am – to all for the slightly darker mornings! If you could please circulate to your age groups.

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Date	Time	Session	Location	Coach
Monday, 17 Feb	4.30pm	Swim & Board	Sorrento	Ian/Brenton
Tuesday, 18 Feb	5.45am	Board	Sorrento	Brenton
Wednesday, 19 Feb	4.30pm	Swim & Board	Sorrento	Ian/Brenton
Friday, 21 Feb	5.45am (Collect boards after training Wed evening, or 5.30-6.00pm Thursday)	Swim & Board	Trigg (meet grassed area southernmost car park)	Brenton
Saturday, 22 Feb	No training session - Rotto swim			
Sunday, 23 Feb	7.30am	Board Rescue	Sorrento	Tanya
Monday, 24 Feb	4.30pm	Swim & Board	Sorrento	Ian/Brenton
Tuesday, 25 Feb	5.45am	Board	Sorrento	Brenton

Ian Smallwood
Junior Director 2013/14
0430 046 215 ij.smallwood@bigpond.com

LIFESAVING

CERTIFICATES

To all members that completed their Bronze Medallion course, your certificates & medallions are in the Admin office ready for you to collect.

UNIFORM SHOP

Uniform Shop will be open from 08h00 to 09h00 on Sunday morning.

COMPETITION

Last Saturday was the running of the Sorrento SLSC, Mile Swim 2014 with 85 competitors taking to the mile or half mile course. Well done to Paul Laver who took out the line honours and all the best for next week in the Rottnest Channel Swim. Close behind was Nathan Saunders then Ryan Watkins. Amongst the females we had Rachel Duczynski followed by Sarah Desmond then Asa Nowell.

We also appreciate Jeff Xavier and his crew working on the timing and Roy Grant and Chris Andrews for their looking after the water safety. Well done guys.

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Results are on the club web site under Surf Sport Result. Handicap awards are being collated and announced at the award night.

Graham Nash
Competitions Director 2013/14
0417 011 059 competitiondirector@sorrentoslsc.org.au

MEMBER EVENT

YOGA CLASSES COMMENCE THURSDAY 13th MARCH 2014



Time: Thursday 6:00pm – 7:00pm **Cost: \$15**

Where: Sorrento Surf Life Saving Club

Join Odette from Yoga Corner Perth on Thursday evenings for a Vinyasa Flow Yoga Class for all levels and ages.

Odette began her yoga journey in 2008 to help with stress and fatigue and has never looked back. Yoga is now an integral part of her life that helps her have more energy, handle stressful situations and live life more fully. Mainly, yoga just makes her happy! Odette is a graduate of The Yoga Space Hatha Yoga Teacher

Training Course and is also a member of Yoga Australia. Vinyasa Flow is a dynamic practice that works to link asana (posture) and the flow of the breath to become a moving meditation.

If you have any questions about the class please email Odette at yogacornerperth@gmail.com

Please register for this class by emailing Odette.

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SO-Café



Members Draw Every Friday Night Commencing 21 Feb 2014



For your CHANCE TO WIN simply
Make a purchase from the Bar at any time during the week
Write your Full Name on the Receipt and
Drop it in the bowl marked 'Members Draw'

The Winner will be drawn at 7:30pm each Friday Night
Winners must be Present to Win!
If unclaimed the Prize will carry over to the next week.

\$20 Cheese Platter for 2 will be available
Or BYO BBQ

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