

# Between the Groynes

Edition 9 3<sup>rd</sup> March 2015

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## FROM THE PRESIDENT'S PEN

Thank You to our members that gave up there time over the long weekend to assist with both the Abalone patrol and the voluntary patrol on Monday. Your assistance was greatly appreciated.

I was fortunate to be involved in the Masters State Titles last Saturday and it was a pleasure to participate with fellow Sorrento members. The atmosphere, comradely and the overall result was fantastic.

Sorrento fielded the most participants for the Masters State Titles and a bonus was to finish second overall.

Best of luck to our members competing in the various Life Saving disciplines for this weekend's state titles.

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

**Rob Doherty**  
President

## ADMIN NEWS

Patrolling members will likely receive lots more requests for photos on the beach during the next month thanks to the new DHL SAFER BEACHES campaign.

Run across Australia and in New Zealand, the Facebook campaign was launched in WA at Sorrento SLSC on Saturday with help from members Macarah Mallis and Callan Preiato.



## EVENTS

### March 2015:

- 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@sorrentoslsc.org.au](mailto:admin@sorrentoslsc.org.au)  
Website: [www.soslsc.com](http://www.soslsc.com)  
Tel: 9448 1431

### OFFICE HOURS:

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

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## Save the Date! 16<sup>th</sup> May for the Sorrento Annual Dinner!

Please note: that the hall will be closed this Sunday from 8:30am-1:00pm. You are able to order from the Bar and SoCafe via the Courtyard.

**Mike Wren our new Bar Manager is wanting Lemons for the Bar! Please Bring Them In!**

### COMPETITION NEWS – Claire Rafferty

WOW!!!! What a weekend we had with the Masters State Titles at Mullaloo Beach. The weather was amazing and the results were outstanding! There were so many great results it is impossible for me to name everyone. But I would like to say congratulations to all the new Masters that competed in their first State Titles and the athletes that gave things a go even if it was out of their comfort zone. Overall Sorrento came second behind Trigg which was an awesome effort with about 70 competitors registered to compete, which is our biggest team ever. I would like to thank Jen, Janie, Sue and Greg for helping me organise the teams and Leanne for organising the after party!



We have the R&R and Belt States on Saturday 7<sup>th</sup> March and A Boat Carnival and Champion lifesaver on the 8<sup>th</sup> at Sorrento. Please come down and support your club. Hopefully we will leave the beach with a bit of Bling!!

Senior athletes please register for Senior States. We are putting teams together and if your name is not there you may miss out on being placed in a team. Also go and pay your \$40.00 online asap. There is an Athletes dinner for States on Wednesday the 18<sup>th</sup> of March. Please let Claire Rafferty know if you are coming, so the café can make sure there is enough pasta for everyone. Pasta and salad will be \$10.00 payable at the bar.

Aussie Entry fee is now \$100.00. All HP athletes you must pay your Aussies entry unless you are Tier 1. Please check FB to see if your name was on registration list. If it wasn't you need to register asap. Registrations close on the 10<sup>th</sup> March. There will then be an Entry late fee of \$150.00. (If you have not registered by this date you may miss out on being placed in team events).

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

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## Important Dates Coming Up:

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.

## MASTERS PHOTOS:



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## BOATS NEWS – Grant Gannon

Saturday was a busy day in the boat arena at Mullaloo, with the Masters being run in the morning and the Beko Sunset Sprints in the afternoon.

The conditions were flat in the morning with the 200+ Men's crew coming in 5<sup>th</sup> place; the Women's crew came 4<sup>th</sup> in their race and the 160+ Men's crew rowed well to win the Silver medal. The regular crew of Jarod, Scott, Luke and Grant were joined by Mick Saunders to make a formidable combination on the day, with Mick having to spread his talents between several arenas.



In the afternoon the ocean became a washing machine and the conditions were challenging. Sam rejoined the guys in place of Mick to become the Open Men's Reserve crew, where they rowed in 3 races of the Beko Sunset Sprints. Having made great progress this season, they were recognised with the Encouragement Award of \$200 for their efforts.



In each of the three Beko Sunset Sprints, run at North Cottesloe, Cottesloe and Mullaloo, the boys have been exposed to a variety of conditions and rule changes, which has given them the experience and confidence to represent the club at a higher level.

## BUSINESS & MARKETING NEWS – Christine Cougan

### Sorrento SLSC Small Business Club

#### Members supporting members businesses!

Join Sorrento Small Business Club membership for \$100 contribution providing;

- ✓ Business member sponsor board, located in the courtyard
- ✓ Club Website information & link
  - ✓ An article in our newsletter
- ✓ Acknowledgement in annual report

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JUNIOR NEWS – Ian Smallwood

## Final Club Championships:

The final junior club championships were held on the weekend and there were some very close results. These results will now be tallied by your age managers and the final outcome will be medals and trophies for the winners. Nippers is all about having a go and having fun, so to all nippers that competed well done.

## Red Faces:

This Friday 6<sup>th</sup> March we have our annual Red Faces competition. This is where ALL of the age groups perform a skit and are judged by a panel of experts, not sure where their expertise is but it usually isn't judging talent on stage.

Doors will be open from 5.00pm for those that need a final rehearsal. The court yard will be off limits from 6.00pm until the Tri club have finished, once they have finished we can use it. Pizza will be on the menu arriving at 7ish.

## Sorrento Beach and Lots of Events:

This weekend coming Sorrento will be hosting a number of events that will take up a big part of our beach so all of the older groups U11 – U14s will be going to Scarborough beach for the morning. Boards will need to be picked up from 7.00am and returned after you finish. All boards must travel in a cover.

## Players Tea:

We have our player's tea on Wednesday 11<sup>th</sup> March 6.00pm. If you intend on going can you please let your age manager know for catering purposes. Parents and siblings are welcome.

## Junior States:

Well what a fantastic club we have, Claire our competition director has put it out to the competitors and asked if they could assist with water safety, so that the parents can watch their kids compete. Thanks competitors and Claire who will be doing a stint also. We do still require an IRB driver or crew for our 10.45am slot on Sunday, if you can help can you please let me know.



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