

# Between the Groynes



Edition 22 30<sup>th</sup> June 2015

## FROM THE PRESIDENT'S PEN



Dear Members,

Congratulations to all involved that attended the IRB State Championships last Sunday. To our athletes, officials and supporters the BOM take this opportunity to thank you for your commitment.

As mentioned by the BOM on a number of occasions our club is in the early phase of preparing for what hopefully will be a major renovation / extension of our club facilities. The building committee estimates and budgets on our club having to raise a portion of the funds over the next five to six years. The forecast figure is five hundred thousand dollars.

At the AGM held on June 14<sup>th</sup> the building committee proposed an amendment to the levy which was implemented last year. The proposal which was voted on and accepted by members is as follows:-

- A building levy of \$20.00 to be applied to all members (all categories: Active 18+; Nippers; Youth etc.)
- With a cap of \$50.00 for those families with more than two members.

There are no specific categories that define a family membership relating to the building levy; it is simply a cap of more than two members. Included in the proposal was that all new member nomination fee's again be allocated

## EVENTS

### July 2015:

- 05/07 : SunSmart Pool Rescue Series Round 5
- 12/07 : Broome Sunset Carnival
- 13/07 : Broome Sunset Carnival
- 18/07 : Interstate IRB Champs
- 19/07 : Interstate IRB Champs
- 20/07 : Interstate IRB Champs
- 26/07 : SunSmart Pool Rescue State Champs
- 27/07 : SunSmart Pool Rescue State Champs

### August 2015:

- 16/08 : Re-Registration Day
- 19/08 : Re-Registration Night

### September 2015:

- 6/09 : New Member Registration Day

## 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 : 9:30am – 2:30pm  
Wednesday : CLOSED  
Friday : 9:30am – 2:30pm



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to the building fund. The BOM thanks all members for their support in what is to be a major project for our club. Invoices for the Building Levy will be sent to all members at the beginning of the season. For those members that have already paid – thank you.

There is a power point presentation on the home page of our club web site. Please click on the below link for further details-: <http://www.sossc.com/html/Page.aspx?id=45&Lvl=11,45>

There are detailed laminated A3 and A4 plans displayed in the club main hall.

Members please feel free to contact myself with possible fund raising opportunities.

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

**Rob Doherty**  
President



## COMPETITION NEWS – Claire Rafferty

### JACKSON SYMONDS MAKES AUSSIE LIFE SAVING TEAM

WA's own Jackson Symonds from Sorrento SLSC has been selected to represent his state and country in a star-studded Australian Life Saving Team. Joining the likes of Nutri-Grain Series winners Ali Day and Liz Pluimers, Jackson will be competing at the 2015 International Surf Rescue Challenge in Maroochydore later this year. Good luck Jackson, Surf Life Saving WA and SoSLSC is behind you! Once again you have made your club extremely proud!!!

Congratulations to our IRB teams who represented Sorrento at the IRB Championships over the weekend. If you were down at Scarborough to watch it, it was definitely not for the faint hearted. Well done boys!!

Also congratulations to Ian Hancock Chief Course Judge and Cheryl Harvey Course Judge for being chosen to officiate at the IRB Nationals.

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## Training Schedules for SoSLSC Athletes-:

Training schedules are up on the website, remembering junior training will not commence until the end of August / beginning of September and at the moment Beach sprint training is on Sunday's only at 9.00am until further notice.

## Ski Development Sessions-:

There has been great interest in the Ski Development sessions for U15 and up on Saturday morning at 7.30am with a lot of young athletes really developing their skills on the Ski. I would like to thank Dean, Les, Wendy, Peter, Rob and Gibbo for all their support in this area. If you haven't come down yet and want to, you are always welcome. Also a huge thank you to the Skiguls for their continued support in training our more mature athletes on Skis.

Don't forget if you want to keep your fitness over the winter months Jeff Carter is still doing his Sunday 7.00am morning sessions in the boat shed, all active members welcome. Also athlete's compulsory gym sessions are on Tuesdays and Thursdays 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.*

## Sun Smart Surf Board Riding Championships:

Remember don't forget to register for the Short board States on the 8<sup>th</sup> August.

(This year U13/U14 age groups have been added to the Short Board Competition)

- \$38.00 Masters
- \$40 Seniors
- \$35.00 Juniors

## Pool Rescue Competition:

### CARNIVALS

The following Series Events are scheduled below:

- Sunday 5 July 2015 HBF Stadium 1.00pm – 5.00pm Registration Closing Date: 11pm Monday 29 June 2015

**ENTRY COST:** Series Events Entry: \$11 (includes entry into the centre). Enter online on the club website; list your name, age group and "Pool Rescue"

## 2015/16 SUNSMART POOL RESCUE STATE CHAMPIONSHIPS

- Date and Time: Saturday 25 July 2015 from 8am-5pm, Sunday 26 July 2015 from 8am-5pm
- Registration Closing Date: Monday 13 July 2015
- Location: HBF Stadium, Mt Claremont
- Entry Costs State Championships: \$15 per competitor (includes entry into the centre).

Questions: If you have any questions, please contact your age manager, the club office or give Andrew Ridley a call on 0408 298 725. All competitors you can find information on the Athletes Facebook Site/ Club Newsletter/ Sorrento Website or the Competition Board in the Boat Shed.

**STAY TUNED KEEP THE LONG WEEKEND IN SEPTEMBER FREE FOR AN ATHLETES CAMP IN LANCELIN U14 TO MASTERS!!! IT WILL DEFINITELY BE A FUN AND CHALLENGING WEEKEND!! DETAILS TO COME!**

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## IRB STATE CHAMPIONSHIPS – Garry Bunford

The West Australian IRB Championships provides an opportunity for the best IRB crews from around WA to compete against each other over an action-packed weekend of competition. The crews put it all on the line at Scarborough and what a weekend!.

The sea was clean and the sets came in big and fast without any forgiveness any mistake in judgement and you were either in the air like a plan or under the weaves like a fish.

Sorrento's IRB were always there in the mix without any mistakes, yes they did us proud starting with the Mass rescue followed by the patient pickups our drivers were Jacques Heyns and Evan Bunford supported by our crew Hayden Krammer, Harry James, Darryl Taylor, Dan Rose who also stepped in as our patients. Our Coach Dan Rose who also stood in as the Team Manager and the man who is always there to support our team Assistant Coach Chris Andrzejczek.

The team would like to thank Claire Rafferty and Stephen Thomas for helping out on the day and officials Jacqui McGregor, Kingsley Smith, Cheryl Harvey, Ian Hancock (Referee) and all the club members for their attendance and text wishing the team luck on the day.

A special thanks to Louise James for the club colour club cupcakes designed by Jama. To Tina and Chris Andrzejczek for their hospitality and for the wind up. Greatly appreciated.

Many thanks for your amazing team spirit and support.

Regards, Garry Bunford  
Life Saving Director.



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## BOATIE NEWS – Watto

After a bit of a break it is now time to dust off the cobwebs and get back to training. The boat crews are now getting ready for the Bridge to Bridge competition in early October. This is a long distance race held in conjunction with other water craft (Ski's, Dragon Boats ect.)

Any member who would like to try Surf Boat Rowing is certainly encouraged to give it a go. Contacts through the club are Murray Geneff and Peter Watkins (WATTO) on: 0419 471 470. Full training will be provided, so no need to be put off taking up this exciting and adventures new challenge.

Members need to be aware that in all areas of club competition (e.g. Ski's, Boards, Boats and Beach sprinting flags ect. A Bronze Medallion is required.

Established crews are now required to contact you sweep for training times.

Yours in Boat

Watto

## BOATIE NEWS – Watto

Expression of Interest for the IRB Driver course has now closed. The driver course will be commencing on Saturday, 25<sup>th</sup> July 6am, as per the email sent out by Ian Smallwood. This will be after the school holidays.

Should you have any further queries or questions please do not hesitate to send Ian an email on: [juniordirector@sorrentoslc.org.au](mailto:juniordirector@sorrentoslc.org.au)

## MEMBERS NEWS – Julie Covich "Swims across the English Channel"

One of our Active 18+ members Julie Covich has successfully swum across the English Channel on Tuesday, 23<sup>rd</sup> June. This is a major achievement and definitely a once-in-a-life-time experience. The Club and Board of Directors would like to Congratulate Julie and this amazing goal.

Julie and her team were the first Team across & made it into the CSA year book. Julie was the first WA woman across this year, swimming into a big swell, approximately 14 degrees all the way, freeeezing cold - started off 13.6 but thankfully creeping up to 14.5 degrees. The swim took 13 hours & 9 minutes.



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Julie reckons it was a pretty tough event, but she "loved every bit of it!" Julie would like to extend her thanks and appreciation to the SoSLSC for being so welcoming to her and for all those dedicated members that encouraged her and swam with her especially during through winter so she could keep up her fitness.

You're done yourself and the club extremely proud Julie. Well Done!

Channel Swimming Association

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## ONE DIRECTION - OUR FIRST SUCCESS OF 2015.

Posted on: 24th June 2015

Congratulations to the 5 person Australian relay team 'One Direction' who were our first swim to land in France for 2015. They completed their swim in 13hrs and 09mins (unratified). Their pilot was Eric Hartley on Pathfinder Charter with observer Keith Oiler. Well done from all at the CSA. To see their swim details and track click on the link below:  
<http://www.channelswimmingassociation.com/.../one-direction/>

Swim  
A STEP BY STEP GUIDE