

# Between the Groynes

Edition 31 4<sup>th</sup> November 2014



## FROM THE PRESIDENT'S PEN

Walking along the coast Sunday morning on my way to try one of the Nipper parent cooked bacon and egg rolls and one of Teron's Long Macchiato Coffee's I passed the MAAC club to view a cast of Abalone gatherers. It was wonderful and encouraging to see 2 IRB's and a mobile patrol from Sorrento SLSC overseeing the inexperienced folk. Well done and Thanks to our members for your early patrol start.

For our first official Summer Club Swim held on Saturday it was great to see it well patronised. Thanks to Greg, Jeff, Claire, Ken and all who helped out on the day.

Our Youth group of members provided a good percentage of participants on Saturday morning, well done to all involved.

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

**Rob Doherty**  
President

**IT'S THE BOGAN BINGO SHOW**  
**HALF GAMESHOW, HALF PARTY**  
*and more Aussie than a Bali prison*

**SORRENTO SURF LIFE SAVING CLUB ON FRIDAY 7<sup>TH</sup> NOVEMBER 2014 @ 7.30PM**

**\$15 EACH**

BOOK NOW PH: 9448 1431 OR EMAIL ADMIN@SORRENTOSLSC.ORG.AU  
TABLES OF 6 TO 8 OR INDIVIDUAL BOOKINGS. BRING ALONG FRIENDS & FAMILY (MA+)  
BYO NIBBLES. BAR OPEN.

[WWW.BOGANBINGO.COM](http://WWW.BOGANBINGO.COM)

## EVENTS

### November 2014:

- 08/11 : Club Swim – Have a Go Board & Swim
- 08/11 : IOP Race 3
- 09/11 : SunSmart Beach Series Round 3
- 09/11 : SunSmart Board and Swim Series Round 3
- 14/11 : Sunset Ski Series Race 2
- 15/11 : Member Senior First Aid Course @ SLSWA
- 15/11 : Club Swim – Have a Go Swim, Tube & Belt
- 16/11 : SunSmart Ironman Series Round 3
- 16/11 : Member Senior First Aid Course @ SLSWA
- 16/11 : WA Boat Series Round 2
- 16/11 : Navy Surf Boat Series Round 1
- 19/11 : Competition Committee Meeting
- 21/11 : Junior Preliminary Evaluations
- 22/11 : IOP Race 4
- 22/11 : Club Swim – Have a Go Ski
- 22/11 : Indian Ocean Paddlers Down winder
- 23/11 : SunSmart Pre-Season Cup Grand Final
- 23/11 : Junior Club Champs 1
- 27/11 : Sunset Ski Series Race 3
- 28/11 : Junior Competition Evaluations
- 29&30/11 : The Doctor Ski Race
- 29/11 : Club Swim – Have a Go Ski
- 30/11 : Nipper Joint Age Group Interactions
- 30/11 : Navy Surf Boat Series Round 2

### December 2014:

- 04/12 : Level 1 Officials Course
- 05/12 : SLSWA Street Appeal
- 06/12 : Club Swim – Have a Go Boat/IRB
- 07/12 : SunSmart Junior Carnival 1 – Coogee Beach
- 07/12 : Ironman Busselton
- 13/12 : Club Mile Swim – Have a Go Boat/IRB
- 13/12 : Level 1 Officials Course
- 14/12 : SunSmart Premiership Series Round 1
- 14/12 : Navy Surf Boat Series Round 2
- 19/12 : Sunset Sprints Surf Boats Cottesloe
- 20/12 : Club Swim – Have a Go Sprints/Flags
- 20/12 : Ocean Swim Series 1
- 21/12 : Christmas Windup
- 27/12 : Club Have a Go Sprint/Flags

## CLUB DETAILS

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

## OFFICE HOURS:

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

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## AUSSIES 2015 DONATIONS – Peta Watkins

The 2015 Aussies Touring Team are asking for donations for a Christmas raffle. Gifts of any type - Cosmetics, Accessories, Vouchers, Chocolates, Wines, Condiments etc. We will be collecting donations from now, selling tickets during December and drawing the winner on Saturday morning 20<sup>th</sup> December.

Thank you, the touring team appreciates your kindness,

Peta Watkins  
Team Manager

## SWIM TRAINING – Andrew Ridley

Sorrento SLSC has for many years offered swim training for members at Carine SHS and Craigie Leisure Centre. Training is run on Tuesday, Thursday and Saturday afternoons. Training options are offered for Juniors, Seniors and Masters with a squad option suitable for all levels. Sessions are focussed for surf club swimmers with technique and fitness training offered - although a primary focus is for freestyle all strokes will be covered for junior swimmers. Please note this is squad training and not learn to swim. For all juniors a minimum requirement is that all swimmers must have passed or be in level 8. Training for new swimmers begins **Thursday 4th November 2014** at Carine SHS Pool. Application forms and information can be found at [www.h2ofitnessacademy.com.au](http://www.h2ofitnessacademy.com.au) under membership.

Regards,  
Andrew Ridley  
0408 298 725

## SOCIAL NEWS – Leanne Lewis

### YES BOGAN BINGO COMES TO SORRENTO THIS FRIDAY NIGHT!

Be one of the last to grab your tickets as there are not many left. We can feel the Bogan energy emanating around the neighbourhood already, as the Mullets get a good brushing and the big decision of what colour flanno to wear is weighing heavy. Air guitar routines are being polished up and the inner Bogan is chomping at the bit to break free. Grab a table or simply just come and join in the fun that is Sorrento at its funniest, and we will find you a table of likeminded Bogans.

For your ticket simply come in or ring the office, or from your computer you can purchase them through the payment gateway. This is an over 18 event, and by all means you are welcome to bring your own nibble platters.

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Saturday the 8th of November, for those ski paddlers that are able to raise their heads off the pillow after Bogan Bingo the night before, Dean Beanment is conducting a session in the hall at 8am with guest speaker Reece Baker, focussing mainly on the Doctor race but there will be lots of general tips given out that may just help improve your paddling. All welcome, and why not combine it with a club breakfast which is on from 7.30 - 9.30am.

Don't forget that the kitchen is open every Wednesday and Friday nights for dinner from 6.00pm. This Friday night, due to Bogan Bingo there will be a gourmet sausage sizzle if you want to come down early and eat before the Bogan Bingo Kicks off.

If you want to get involved around the club and meet some new fun people there are many volunteer positions and committees that would welcome extra pairs of hands. You can put in as much or as little as your schedule can afford. Contact Leanne Lewis on [ClubServiceDirector@sorrentoslsc.org.au](mailto:ClubServiceDirector@sorrentoslsc.org.au).

## LIFESAVING NEWS – Garry Bunford

**Signing On And Off A Patrol:** When you first arrive at your allocated patrol you must sign in, if you do not sign in you may not get the hours that you have completed. Also you must sign off when leaving the patrol. If you have not written down your patrolled hours you will again not get the hours. In some cases your patrol captain will sign you off so please ask them.

**Patrol Uniforms:** Did you know that the club only get allocated a certain amount of patrol uniforms, after this allocation the clubs has to buy the uniform. If you have any uniform that you do not use please put into the lost property so it can be washed and reallocated or borrowed by some one that has forgotten their uniform.

**Lifesaving Equipment:** Most of the equipment that the club has is paid for by the club this is included but not limited:

- First aid items such as bandages band aids
- Oxi vivor - oxygen cylinders
- Defibrillators
- 4 wheel drive – including fuel and servicing of the vehicle
- Rescue boards
- Flags

The club holds water safety events to help fund this equipment. We ask that you please recognize our sponsors and of course a big thank you to all of our members who help us to buy this equipment.

*Any donations towards lifesaving equipment is always welcome.*

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**Education:** Do you know that no trainer or assessor gets paid for the work that they do around the club they give up their nights and weekends just to see the smile on member's faces when they pass their course.

## Commercial accredited First aid

The club offers nationally accredited first aid courses; if you are interested in doing a course for yourself or your work please contact the club office on [adminassistant@sorrentoslsc.org.au](mailto:adminassistant@sorrentoslsc.org.au).

**Abalone Patrol:** The first abalone patrol was done on Sunday the 2<sup>nd</sup> Nov. The patrol went without a problem thanks for all those that attended the patrol.

Behind the scenes Mick Saunders has been hard at work again. We will see 3 new shelters for patrols; these shelters have been kindly donated by the Koolan Island Social Club. This will ensure that we keep sun smart and our patrolling members will have added shade when assisting the community with first aid. There will be one shelter at Hillarys and one used at Sorrento. The picture shows Mr Daley Peters from Koolan Island Social Club presenting the shelter to the club.

Please remember to swim between the flags!  
Garry Bunford  
Lifesaving Director



## IRB NEWS – Jacqui McGregor

Sincere thanks for those members assisting with water safety and event set up across recent club events such as the Sorrento Challenge, competition, nippers and the Abalone Patrol. It has been impressive to see the number of volunteers the club has with your assistance invaluable - thanks team.

IRB Driver/Crew Rostering for Nippers is being circulated a month in advance. If you have preferred dates or times which suit further forward planning please do not hesitate to drop me a line. There is plenty of opportunity available with



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Nippers weekly and the Abalone season commencing this month.

See you on the beach

Jacqui McGregor

IRB Officer

0432 051 399

## COMPETITION NEWS – Claire Rafferty

Please make sure you have registered for: for Round 3 Board and Swim Series and Beach Series on the 9th November, at our home beach Sorrento with registrations closing on Wednesday the 5th of November.

The club swim started on Saturday and we had a great turn out. I hope to see all your eager faces back this weekend. Please remember to get your number before you head to the start line. This just makes it easier to record all swimmers and work out the handicaps as the season continues. If you go onto Facebook you can view your results after every race. Paul Laver you may need to slow down as the starter had to run to the finish line to record your results. Sorry Jeff you may have to put down the coffee this week!

I would like to take this opportunity to congratulate our Coolangatta athletes for their amazing results. Well done to Callan, Sandra and Mike for all the hard work before hand and doing us proud on the day!

Please make sure if you are going to compete at the Aussie titles this year, you need to secure your accommodation as soon as possible. We have only booked a number of 1 and 2 bedroom apartments. Once these have been taken it will be up to individuals to find their own accommodation. As we are going as a team it would be great to all stay together. So please check the Sorrento website to download touring team details. Please hand in to the office your downloaded information sheets as soon as possible, especially if you require accommodation. If you have any queries or would love to help with fundraising please contact Peta Watkins (Team Manager). Please get on board with the fundraising!

All coaches please make sure your athletes are doing at least 2 Sessions of the Strength and Conditioning program a week to get any benefit out of the program. Jeff will also be available on Thursday nights at the club between 6.30-7.30pm to monitor athletes. Please be aware Introduction of monthly programs will usually be the 1<sup>st</sup> Sunday of every month. Please make sure to sign the Strength and Conditioning attendance book and date it when you do the program.

Jeff is also conducting an open session for any active members who wish to do something extra on a Sunday morning from 7 – 8.00am (Program will vary and may not be in the gym). Great for those members who would like to



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BARBAGALLO



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increase their fitness for the Season.

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

ATT: ALL COMPETITORS THERE IS NOW AN EARLY BIRD PAYMENT AVAILABLE TO PAY FOR THE 4 METRO CARNIVALS AND STATES AT \$110.00 WHICH IS OVER A 10% DISCOUNT. PLEASE MAKE YOUR PAYMENT THROUGH THE GATEWAY AS USUAL.

We have a Pre- Season Carnival at Sorrento on the 9<sup>th</sup> of November. Please contact Muzz or myself if you can help with set up! All athletes competing could you try to get a parent or friend to come and help set up. Meet at the Boat shed at 6.00am.

**IRB Racing Competition:** Expressions of interest are being called for those interested in competing as part of this season's IRB Racing Team and/or are interested in becoming the IRB Racing Coach. IRB racing gives drivers and crew the opportunity to test their skills used in rescues in different situations. There is precision, speed and a high level of skills required for those seeking a little adrenalin. Please forward all expressions of interest to [adminassistant@sorrentoslsc.org.au](mailto:adminassistant@sorrentoslsc.org.au).

Claire Rafferty  
Competition Director

## JUNIOR NEWS – Ian Smallwood

**Boards and Gear:** A big thank you to all of the Boys that sorted out the new and old boards and sorted out the ropes and anchors ready for Sunday.

Thanks to Adrian Kirkpatrick for supplying the new anchors, chain, shackles, Buoys and rope etc.

**Boards for Sale:** We still have a few boards left for sale. Please see me if you would like to purchase one. We will be holding a board repair session in a couple of weeks to show you how to repair your boards.

There is also a Left hand Dolphin Big Mal board for sale at Trigg contact me for more information.

**Junior Group interaction this Sunday:** The juniors will be holding a group interaction session this week so U6 – U10 your flags will have moved to the Northern end of our beach. See if you can find them. Please be at your flag by 8.45am for roll call ready to start at 9.00am.

**Sunday Parking:** The seniors are having a carnival at our beach this weekend so overflow parking has been arranged at Sacred Heart oval for a gold coin donation, this is just North of the club.

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YOUTH NEWS

Edition 2

November 2014

## Youth Newsletter

Season 2014/2015

Youth Member of the Month

Natasha Ireland

Nick Name - **Tash**

Member since – **2010**

What I like about Sorrento SLSC – **The atmosphere, the training and meeting new people**

What I do around the club – **train for the ironman and board; and a Youth Committee Member**

What I want to get out of the season – **gain confidence in competition and get my Bronze**

### CONGRATULATIONS

WELL DONE

Damian Smallwood

Has achieved his “BRONZE” level in the YIP’s (Youth Involvement Program)

Damian is the first member to achieve a Bronze level since this program was recently reintroduced. A HUGE EFFORT!

AWESOME EFFORT ASA

Asa Nowell came 2<sup>nd</sup> in the U18’s single surf ski in the Board and Swim series at Mullaloo

### Saturdays with Watto?

Meet Watto on the grassed area on Saturdays before the Club Swim to get your name marked off then join Watto and Ron on the beach after the swim for a heap of water and beach activities.

JACK THE WAGTAIL is coming to Sorrento Beach on Saturday 15<sup>th</sup> November.

We are looking for Youth members to volunteer as marshals and water safety. This is a great way to gain points for the YIP programme. Please contact Nic at [nicoledhue@hotmail.com](mailto:nicoledhue@hotmail.com).

### YIP's

Don't forget to get your log books updated regularly! Nic and Deb will be at the boat shed before and after sessions on Saturday. It's never too late to join this programme.

Get rewarded for what you put in!



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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

We look forward to hearing from you  
Christine Cougan  
Business & Marketing Director



## UNIFORM SHOP OPEN HOURS

Wednesday nights: 6-7pm

Sunday mornings: 8-10am



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