

Between the Groynes



Edition 4 28th January 2014

FROM THE PRESIDENT'S PEN

This past Australia Day long weekend saw a number of our Athletes compete in the Manly and Freshwater Carnivals which were held interstate in NSW.

Liam Ryan, Jackson Symonds; Ryan Watkins and Macarah Mallis were all chosen to represent the WA State team. They performed extremely well and achieved some fantastic results.

Jarrold Nash, Ash Booker, Callan Predto; Asa Nowell, Kylie Broad, Matt Rowe and Sophie Daws joined their above team mates in these two carnivals. It sounds like the comradely and team spirit created great support for all these athletes. Congratulations to each and every one of you for competing at an interstate carnival and for holding the Sorrento Surf Life Saving Club flag high with pride, we're proud to have you represent our club.

Congratulations to all the Nippers and Boaties that competed at the Country Carnival held in Denmark, it was greatly supported with lots of Nipper Parents making a weekend get-away of the event. At the same time offering lots of support to those that competed.

Leif Hinrichsen
President

JUNIORS

GENERAL "NIPPERS" COMMUNICATION; TRAINING & CARNIVALS

Junior Training

Junior training times for this week

Date	Time	Beach	Trainer
Monday	4.30pm	Sorrento	Ian/Brenton
Tuesday	5.30am	Sorrento	Brenton
Wednesday	4.30pm	Sorrento	Ian/Brenton
Sunday – board rescue	Before Nippers	Sorrento	Tania

Board Repairs

Thanks to all of the people that turned up to help with the repairs on Saturday, especially Marcel Haughey and Damien. There will be another Board Repair session this Saturday from 12-3pm. It would be greatly appreciated if more parents could come along and assist with Board Repairs as we have a number of boards ready for finishing and lots more to repair. You will get on the job training, no experience required

EVENTS

FEBRUARY 2014:

- 1st Ocean Swim Series Round 4 – Cott to Swanbourne
- 2nd SunSmart 2014 Champion Lifesaver Titles
- 8th Ocean Swim Series Round 5 – Leighton
- 9th SunSmart Surf Premiership Series Round 4
- 9th Busselton Jetty Swim
- 15th SunSmart Champion Patrol Titles
- 15th Ocean Swim Series Round 6 – Cockburn Crawl
- 16th SunSmart Junior State Qualifier Carnival 4
- Beach events Saturday 15th
- Water events Sunday 16th
- 16th Ocean Swim Series Round 7 – Esperance Freight
- 22nd Rottneest Channel Swim
- 23rd SunSmart Surf Premiership Series Round 5

CLUB DETAILS

Email: adminassistant@sorrentoslsc.org.au
Website: www.soslsc.com
Tel: 9448 1431

OFFICE HOURS:

Monday & Tuesday : 9:30am – 2:30pm
Wednesday 5th February : 4:00pm – 6:00pm
Thursday : 9:30am – 2:30pm
Friday : Closed

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SunSmart Junior Carnival 3 @ Denmark on 26th January – Australia Day Long Weekend.



A huge congrats to all those that competed in the Denmark Carnival over the long weekend.

There were some amazing results and personal goals achieved within the group.

The support and encouragement from all the Parents that made a “weekend trip” from this carnival was greatly appreciated and wonderful to see.

The next SunSmart Junior Carnival is going to be held on Sunday, 16th Feb. Nipper is back in full training now after the Festive Season, so we’ll see you on the beach on Sunday morning at 8:45am

CLUB SERVICES and SO CAFÉ

AUSTRALIA DAY CELEBRATIONS



Thank you to all our members; Friends and Family that came down to the club and enjoyed the Australia Day celebrations. It was fantastic to see some old faces return to the club.



The day was enjoyed with a traditional tasty “Lamb on the Spit” finishing off with a delicious PAVLOVA.

Jimmy Payne kept everyone entertained; while the children enjoyed the fun-filled activities.

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LIFESAVING.

PATROL LOGS AND WATER SAFETY

Thanks to all those volunteers that helped out with water safety for Swim WA at the weekend. We have been short with some members not arriving for patrols, can you please try and find a substitute if you are unable to attend your rostered patrols. Also please remember it is your responsibility to sign onto the Patrol Log in order to have your patrol hours logged.

BLUE RINGED OCTOPUS SIGHTINGS

There have been sightings of Blue ringed octopus down at Hillary's over the weekend. We are currently going through the process of getting this confirmed by fisheries and Surf Lifesaving WA. As a Surf Life Saving club we ensure that our Life Guards are fully qualified with their Bronze Medallion and can administer all types of First Aid treatment that may be required. We will not close the beach if these sightings are confirmed as they are found in the rocks or shells not roaming around the water. No reported stings have been recorded in WA.

Symptoms to look out for and First aid treatment:-

Apply pressure on the wound. Paralysis may disable the victim's respiratory muscles, which often occurs within minutes of being bitten. Tetrodotoxin causes severe and often total body paralysis; the victim remains conscious and alert in a manner similar to curare or pancuronium bromide. This effect, however, is temporary and will fade over a period of hours as the tetrodotoxin is metabolized and excreted by the body. It is thus essential that rescue breathing be continued without pause until the paralysis subsides and the victim regains the ability to breathe on their own. This is a daunting physical prospect for a single individual, but use of a bag valve mask respirator reduces fatigue to sustainable levels until help can arrive.

See you between the flags

Garry Bunford
Lifesaving director

EDUCATION: SPINAL and ARTC COURSE

Anyone wanting to attend these below course are welcome to do so this weekend and on the 8th February 2014.

- The Spinal course will be run on Sunday, 2nd February from 9:00am to 1:30pm venue: SSLSC Training Room
- The ARTC will be run on Saturday, 8th February from 9:00am to 1:30pm venue: SSLSC Training Room

R&R STATE CHAMPIONSHIPS

We are urgently in need of members that would like to participate in the R&R U/17 4 Person Mix Team for State Championships. This is an awesome opportunity to get involved in doing something for your Club and Community.

You only require your BM and ARTC; if you don't have your ARTC SSLSC will be hosting an ARTC course on the 8th February 2014.

You do not require any experience as this will be given to you by our R&R coaches. If you're interested please can you contact Darryl O Donnell on 0400 124 200 or email him on:- lyn.odonnell@optus.net.com.au. You'll be assisting your Club in earning "club points."

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BATTLE of the BEACH – Sorrento SLSC vs North Coast Tri Club

- BATTLE of the BEACH
- Sorrento SLSC vs North Coast TC
- FRIDAY 7th February
- 6.15pm Start. All competitors go at the same time.

Course:

Swim 1 South of the middle groyne to north of the northern groyne (300m)

Run 1 swim along the water's edge to the Marina wall and back to a point halfway between the middle and northern groyne (1000m)

Swim 2 Halfway between the middle and northern groyne to north of the northern groyne (200m)

Transition South along the back of the beach, up the driveway and then left onto the grass.

When running on the grass competitors must have a top on and you must have runners (footwear) on. Ladies are already classified as having a top on. No outside assistance with water bottles, gels or helping competitors to change.

Run 2: Along the grass to the northern end of the grassed area and return, 3 laps (2400m)

Points scoring.

- The first five competitors in each of six age groups will score points.
- 1st – 5 points through to 5th – 1 point.
- Total of 90 points on offer.
- The team who scores most points wins.

Age groups are

Female	13 – 19
Male	13 – 19
Female	20 – 39
Male	20 – 39
Female	40 plus
Male	40 plus

If one club has only one / two competitors in an age group then only one / two competitors from the other team can score points in that age group.

All competitors must register their name on the entry lists before 6.10pm.

All competitors need a swim cap and their race number on their wrist.

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BOATIES

Over the Australia Day weekend the Boaties along with other Sorrento S L S C members attended the Country Carnival Held in Denmark.

Boat results were Men's Reserve crew made up from Watto, Sam Gannon, Harry Lord and Luke Ferrier, with a borrowed a Sweep from Mullaloo.

- Round 1: FIRST place.
- Round 2: 3rd place
- Semi Final 5th

These are definitely Sorrento's best result in men's division rowing for a long while; we're moving up the ranks and improving in every carnival entered.

Ladies open crew: Kristie Kunstman, Sally Bakker, Rebecca Ferrier and Kristen Morris.

- Round 1: 4th Place
- Round 2: 3rd place

No finals appearance this time although very unlucky due to numbers of Ladies crews attending.

Peter (Watto)

COMPETITION

Open Day - Skis

Those wanting to have a go on skis are invited to an open day this Saturday at around 9:45am directly following the club swim

UNIFORM SHOP

Stock has arrived and ready to be sold in the uniform shop.

- Kiddies Long Sleeve T-Shirts \$45
- Black Hoodies \$60
- Men's Black Polos \$35

We'll be open from 8-9am on Sunday.

OFFICE HOURS

The office will be open from 9:30am to 2:30pm on Monday, Tuesday and Thursday this week. Should you require anything outside these hours please do not hesitate to contact Kerry on admin@sorrentoslsc.org.au.

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