

# Between the Groynes

Edition 3: Tuesday 4 July 2017

## FROM THE PRESIDENT

Dear Members,

Well done to all our competitors in the pool rescue competition on the weekend. Sorrento did an amazing job in the Opens, Juniors and Masters.

Our very own Jackson Symonds went over to Japan for the International Lifesaving Championships last week and represented Australia in the Sanyo Cup. Jackson came home with 3 first places, 2 second places and 2 third places in all his beach events. Sorrento are very proud of you Jackson.

Wednesday nights are club nights down at Sorrento and we always have the bar open and meals that are great value and quality. Bring your friends and family down.

**Ron Morris**

**President**



## Upcoming Events

### July 2017

5/7/2017 – Club Night

8/7/2017 – Broome Sunset  
Carnival

9/7/2017 – Broome Sunset  
Carnival

12/7/2017 – Club Night

15/7/2017 – IRB Nationals

16/7/2017 – IRB Nationals

19/7/2017 – Club Night

### Office Hours:

Monday – 8am – 4pm

Tuesday – 8am – 4pm

Wednesday – 11am – 7pm

Thursday – 8am – 4pm

Friday – 8am – 4pm

### So Café Hours:

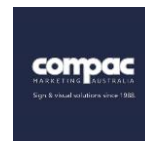
Wednesday – 6pm – 7:30pm

Saturday – 7:30am – 9:30am

### Uniform Shop Hours:

Uniform Shop is now closed until September 2017. If you would like something in the meantime please email

[uniformshop@sorrentosisc.org.au](mailto:uniformshop@sorrentosisc.org.au)



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## Business and Administration – Christine Cougan

Please be aware that next Monday 10th July the Sorrento Old Salts will be painting the ladies change rooms. Sorry for any inconvenience.



## Small Business Club

Join our Small Business Club Directory for only \$100.00 this will give you exposure to all our valid members via our Club Room Board Signage; Web Site and Newsletter. Members and Friends can then support you, awesome opportunity for networking amongst club members. We're hoping that this Business Opportunity will grow and we will be able to offer some great benefits.

### Please see below for some of our Small Business Club Members

Better Health Nutrition - <http://www.betterhnf.org/>

Plasterwise - <http://www.plasterwise.com.au/>

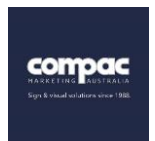
Cambridge Insurance Brokers - <http://www.cambridgeins.com.au/>

Project Artichoke - <http://www.projectartichoke.com.au/>

On Time Chauffeurs - <http://www.ontimechauffeurs.com.au/>

Max Worx - <http://www.macworx.com.au/>

Perth Platinum Pool Maintenance - <http://www.perthplatinumpoolmaintenance.com.au/>



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## Competition – Peta Watkins

Another great weekend by Sorrento at our Pool Rescue State Champs. We once again we showed our true club spirit in supporting each other throughout juniors, seniors and Masters.

I haven't received the full results list from surf house as yet; however I know there were a lot. Our unofficial results were: Juniors – Sorrento 3<sup>rd</sup>. Masters – Sorrento 3<sup>rd</sup> and seniors – Sorrento -SECOND Woohoo!!

Great work everyone; you should all be extremely proud. I know I was.

I have many to thank so here my list:

To all our Beachies, that actually jumped in the pool....well done.

To all you star swimmers....extremely well done.

Our officials for you tireless work throughout both days. You're amazing as always. Graham Snook for your first official "organising" of the carnival....effortless.

Andrew Ridley...such a Fantastic job.

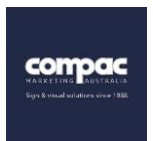
Finally to all my helpers, there are too many to mention and I'm bound to forget someone so just a huge thank you.

Phew... we might be able to have a little rest now to concentrate on building your strength & skills in what you do best. Keep it up.

We will have National Pool Rescue soon so stay tuned.

Finally, Welcome to our new Ski Coach – Brendan Rice. We are looking forward to having you on board.

Peta Watkins



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Education – Stephen Thomas

## First Aid

**A First Aid skills practise session is planned for Tuesday 25<sup>th</sup> July 6:30 – 8:30pm.** Everyone is welcome but please let the office know if you want to come (so we can plan properly). This group meets to discuss various First Aid related items, do some practise scenarios and generally to help each other improve skills and awareness. This session will be focused on some Back To Basics items, a couple of interesting scenarios and a discussion on a possible “advanced “ first aid idea for the club.

The first aid room is in the process of being re-organised. The aim is to make it much easier to find items when you restock the First aid kits etc. New information signs will soon be put up also. Watch this space for more info.

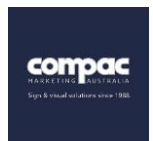
## Training

**Accredited Provide First Aid course.** We are looking at running a once per year accredited Provide First Aid course. Proposed date is Saturday 15<sup>th</sup> July. 9am – 4pm. This can be used to requal your First Aid award or to gain it for the first time. Please contact Jess to register. We will only run the course if we get sufficient interest. Course details including fee (club special) will be emailed to all those who register.

**Advanced Resuscitation course.** As per club course calendar we have scheduled this course for August. Proposed date is Saturday 19<sup>th</sup> August. 9am – 1pm. This course has a pre-requisite of either Bronze or Provide First Aid. Please register with Jess. The course will only go ahead if we have sufficient numbers. Note this is a non-accredited version but completely meets the requirements for surf and surf patrols/events.

**Pain Management course (refresher).** As per club course calendar we have scheduled this course for August. Proposed date is Wednesday 16<sup>th</sup> August 6 – 9pm. If you are interested in gaining your pain management award then please register with Jess.

Note: this award is available only to selected people and we will review applications. Pre-requisites are that you must have Provide First Aid, Advanced Resus, be 18+ and be approved by the club. This course can also be used as a refresher/requal for those who already hold the award.



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So Café Menu – 28/06/2017

Paella with Chicken strips or Fish strips

Adults - \$12

Kids - \$7

Bookings to [barmanager@sorrentoslsc.org.au](mailto:barmanager@sorrentoslsc.org.au)



**SORRENTO**  
SURF LIFE SAVING CLUB

**FUEL  
RECOVERY  
WHOLE FOODS**

ALL SORRENTO SLSC MEMBERS  
WELCOME

## SPORTS NUTRITION 101

WHAT SHOULD I EAT?

WHEN SHOULD I EAT?

SUNDAY 9TH JULY 2017  
AT  
9:15AM

SORRENTO SLSC FUNCTION  
HALL

SEMINAR  
PRESENTED BY PEAK  
BODY NORTH BEACH

