

# Between the Groynes

Edition 7: Tuesday 2 August 2017

## FROM THE PRESIDENT

Dear Members,

Just a quick reminder to sign up for the new 2017/18 season now! All swipe cards will be turned off if you haven't re-registered by the 30<sup>th</sup> September 2017.

Please see last week's newsletter on how to sign up!

We are looking for a uniform shop officer to run our club uniform shop. If you are interested or would like more information on this please email Jess on [admin@sorrentoslsc.org.au](mailto:admin@sorrentoslsc.org.au)

Have a great week!

**Ron Morris**

**President**

## Education – Stephen Thomas

**Advanced Resuscitation.** Do you want to improve your lifesaving knowledge and skills? Why not do the advanced Resuscitation course? We only run this once or twice a year so don't hesitate or the opportunity will be gone! The next course is scheduled for Saturday 19<sup>th</sup> August 9am – 1pm. Register with Jess. Pre-requisites are Bronze or Provide First Aid.

**Pain Management.** A pain management course is planned for Wednesday 16<sup>th</sup> August 6 – 9pm. Register with Jess. Pre-requisites are to be 18+, have Advanced Resuscitation and Provide First Aid and to be approved by the club to do this award.

## Upcoming Events

### August 2017

4/8/2017 – Pool Rescue Nationals

5/8/2017 - Pool Rescue Nationals

6/8/2017 - Pool Rescue Nationals

6/8/2017 – Avon Descent

10/08/2017 – Trainers and Assessors In-service at SLSWA

27/08/2017 – City to Surf

### September 2017

9/9/2017 - SLSWA AGM

25/9/2017 -

### Office Hours:

Monday – 8am – 4pm

Tuesday – 8am – 4pm

Wednesday – 11am – 7pm

Thursday – 8am – 4pm

Friday – 8am – 4pm

### So Café Hours:

Wednesday – 6pm – 8:30pm

Saturday – 7:30am – 9:30am



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## Education – Stephen Thomas

**Advanced Resuscitation / Pain management refresher and requal opportunities.** If you have these awards but would like to do a refresher and your requal then the above courses are a great opportunity to brush up on these key skills. Of course you can just do a "regular" requal if you want but it is always good to refresh skills you don't often use. Again, register with Jess and let her know you are attending as a refresher/requal.

Information on general requals will be coming soon.

## Competition – Ski and Board Rack Forms

Make sure you have filled out your ski and board rack for the 2017/18 season! These are due by 15/8/2017 and sent to [admin@sorrentoslsc.org.au](mailto:admin@sorrentoslsc.org.au). Remember you must be a financial member to receive a spot.

<http://www.soslsc.com/surf-sport-general-information/>

## So Café Menu – 2/08/2017

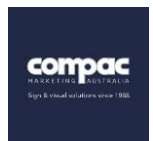
This Wednesday night at the club is BURGER NIGHT! Your choice of Beef, Cajun chicken or Vegetarian served with chips.

Adults \$15, nippers \$8. The bar will be open from 6pm.

Bookings are highly recommended so please email: [barmanager@sorrentoslsc.org.au](mailto:barmanager@sorrentoslsc.org.au)

## Uniform Shop

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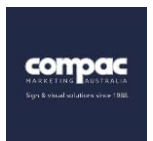
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# CLUB NIGHT

EVERY WEDNESDAY NIGHT

BAR OPEN  
6PM - 8:30PM  
COME DOWN FOR DINNER AND A DRINK

\$15 ADULT MEALS  
\$8 KIDS MEALS





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## SORRENTO SURF CLUB REGISTRATION DAY 27th August 2017

### NEW AND EXISTING MEMBERS

11AM - 2PM AT 189 WEST COAST DRIVE SORRENTO  
08 9448 1431 OR [ADMIN@SORRENTOSLSC.ORG.AU](mailto:ADMIN@SORRENTOSLSC.ORG.AU)

