

Between the Groynes

Edition 6 11th February 2014



FROM THE PRESIDENT'S PEN

Following a strategic review of our food and beverage area we have decided to make some changes to the format of the SO Café (details below). We will still be running lots of events and social functions and the café is still there as an amenity for all club members to use however due to lack of sufficient demand we have found it necessary to scale back the meal service side of the café.

Good Luck to all the Juniors heading down for the State qualifiers this weekend.

Leif Hinrichsen
President

So CAFE

CHANGES TO OUR SO CAFE TIMES AND MENU

For nearly two seasons our goal has been to operate the SoCafé with the intention of not only providing a service for our members but also an income generating source for our club. For a number of reasons inherent to the hospitality industry we've struggled to meet the expectations of some of our members. The Food and Beverage area is controlled and directed by volunteers, with paid staff carrying out some of the hands on roles. A number of things haven't worked the way we anticipated and we have decided to take a step back and return the café to its original form.....temporarily while we assess the right way forward.

There are a number of changes to our Café opening hours and menu as below. At this stage we will only be providing food from the café on Wednesday nights, with the first few weeks prepared by our guest volunteers. This Wednesday we will be providing \$10 meals from our blackboard menu with Fish & Chips and Steak Burgers including a kid's selection. We will also have a special beer and wine of the week.

Fridays, Saturdays and Sundays, please feel free to take advantage of our BBQ area and bring down your own meat and salads. We will provide the necessary cooking utensils, but at this stage we would prefer you to bring your own plates and cutlery. The bar will be open to purchase drinks as per the hours below. We will also still be open for coffee on Saturday and Sunday mornings. If you are willing to give your club a hand, you are an RSA, or a great cook, let us know as volunteers are more than welcome.

EVENTS

FEBRUARY 2014:

15/02: SLSWA SunSmart Champion Patrol Titles
16/02: SLSWA SunSmart Junior States Qualifier
16/02: SLSWA SunSmart First Aid State Championships
23/02: SLSWA SunSmart Premiership Series Round 5

MARCH 2014:

01/03: SLSWA SunSmart Master State Championships
01/03: SLSWA SunSmart Surf Boat Carnival
02/03: SLSWA SunSmart Country Championships
08/03: SLSWA SunSmart R&R and Belt Race State Championships
15/03: SLSWA SunSmart Snr State Championships
22/03: SLSWA SunSmart Jnr State Championships

CLUB DETAILS

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

OFFICE HOURS:

Monday & Tuesday	:	9:30am – 2:30pm
Thursday	:	9:30am – 2:30pm
Friday	:	Closed

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We have a number of group bookings over the coming weeks, some without contact numbers. If one of them is yours, can you please contact the office on adminassistant@sorrentoslc.org.au and we will try and sort something out for you.

OPENING TIMES

Wednesdays: Bar open at 6pm
Blackboard menu available

Friday: Bar open at 6pm
BBQ's available to cook your own

Saturday: Coffee available from 7am
Bar open 11am
BBQ's available to cook your own

Sunday: Coffee available from 7am
Bar open 10.30am
BBQ's available to cook your own

JUNIORS

NIPPERS INFORMATION ; CARNIVALS ; TRAINING SESSIONS

Red Faces is Coming Friday 7th March – **BOOK THE DATE NOW**; this is the funniest event on the Junior Calendar.

Joint Age Group Interaction 23rd February

On Sunday 23rd we will be having our annual joint age group interaction, this is where the older kids get to join in with the younger age groups. Double Greens will be teaming up with Yellow Caps; Light Blue with Red Caps; Black with Green and finally Dark Blues with White Caps. Have Fun Everyone!

Boards and board repairs

This past weekend saw the withdrawal of glass nipper boards for use, the reason for this is we are now down to 25 usable boards out of 66.

If not for 4 dads coming to the rescue all training this week to assist with board repairs we would have been without boards. We will have more sessions this week on Monday and one on Wednesday starting at 4.30pm to get more boards back in action. If you can help please just come along and we will show you what to do.

Players Tea Friday 14th February

We are holding a Players Tea this Friday, we have guest speakers and will have pasta available for \$10.00 a plate. The event will start at 6.30pm sharp and food will be served from 7.00pm.

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Junior Training Schedule

There is an extra session Friday evening just before the players dinner, this will be very light with the main purpose to just bring the kids together. Also no session next Saturday, obviously due to the beach qualifiers that afternoon, and the long day on the beach Sunday.

If you could please circulate to your age groups. Thanks.

Date	Time	Session	Location	Coach
Monday, 10 Feb	4.30pm	Swim/board	Sorrento	Ian/Brenton
Tuesday, 11 Feb	5.30am	Board	Sorrento	Brenton
Wednesday, 12 Feb	4.30pm	Swim/board	Sorrento	Ian/Brenton
Friday, 14 Feb	5.30am	Board	Sorrento	Brenton
	4.30pm	Swim/board	Sorrento	Brenton
Saturday, 15 Feb	2.00pm – arrive on beach 2.15pm - warm up 2.45pm – marshalling first event 3.00pm - start first event	State Qualifiers – Beach events	Leighton	
Sunday, 16 Feb	6.45am – arrive at beach and set up 7.00am – group warm up w. Brenton 7.45am – first event marshalling 8.00am – first event start	State Qualifiers – Water events	Secret Harbour	
Monday, 17 Feb	4.30pm	Swim/board	Sorrento	Ian/Brenton
Tuesday, 18 Feb	5.30am	Board	Sorrento	Brenton

U11 – U14 Nippers This Sunday

All of the Nippers from U11 – U14 that aren't going to State qualifiers this Saturday and Sunday, you can meet on the grassed area adjacent to the wash-down area and see Linda Burke from white caps. She will be coordinating a session for you similar to the last one, where we did board rescues, tube rescues and scenarios.

Double Greens to Dark Blues

This Sunday there will be a little more room on the beach as lots of the competition age groups will be at State Qualifiers. Have a good weekend and enjoy the extra space.

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Junior States Qualifiers

This weekend sees the Juniors vying for qualification in to States, this is going to be held over 2 days so you all need to eat regularly and drink plenty of fluids to stay hydrated, also remember to cover up and apply plenty of sunscreen. Good Luck.

A huge thank you to all parents and Age Manager of these competing age groups for being so organised and diligent with payments and list of entries for your participants. It has been such a smooth easy process in the office. (HUGE thanks from Kerry & Louise)

Ian Smallwood
Junior Director 2013/2014
0430 046 215 ij.smallwood@bigpond.com

LIFESAVING

Patrol Caps:

Please note that we are currently out of stock with all Patrol Caps. New stock has been ordered and due to arrive end of February 2014.

UNIFORM SHOP

Uniform Shop will have a Special Opening from 6 - 7pm on Wednesday, 12th February 2014. We have stock of the Adult Black Hoodies and the Kids Cotton Tshirt Hoodies, get in early for Winter Stock!

COMPETITION

2014 Sorrento Mile Swim Rescheduled Saturday 15 February 2015

Due the prospect of strong winds on Friday evening, the Mile Swim has been rescheduled to Saturday 15 February 2014, at 9:00am.

Registrations are from 8:30am with the event including a mass start at 9:00am with a two lap rectangular course. This is a trophy event with a tradition dating back over 56 years, and offers all members to be a part of this great event.

For those entering to be part of the competition side of the event, winners will be determined by line honours, while handicap winners will be calculated by the best times from a minimum of three club swims.

This will be your chance to be part of a great event. For those with concerns of the distance but still wanting to be part of this, we are offering a half mile swim being just one lap. These swimmer will be part of the same start time therefore faster competitors are to be positioned to the front.

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2014 SunSmart State Masters and Senior Titles Competition Registrations

We are taking registrations for the 2014 SunSmart State Senior Titles now with pre-registration closing 12:00pm, Friday 14 February 2014. Follow the process on the club website. Entry is \$40 and needs to be processed through the payment gateway. Competitors must include the discipline they intend to compete in. Those who have already registered of a 2014 SunSmart State Event will not need to pay. In this case, just respond the Facebook post. If there is anything you are not certain about, response to the Facebook message or email myself gnash2006@gmail.com

MEMBER EVENT



M MAKING MOVEMENT MATTER

Mobility & Alignment Class

Want to Live Better in Your Body?



- * Help eradicate pain
- * Find body blind spots
- * Reduce risk of injury
- * Perform better



Sorrento Surf Life Saving Club
Main Room
Date: Thurs. Feb 20, starts at 5pm sharp
Time: approx. 75 minutes
Bring: Tight fitting clothes and yoga mat

RESERVE YOUR SPOT TODAY
via email: kristinmarvin@hotmail.com
COST: \$25.00 (You get Therapy balls!)

Kristin Marvin (BSc, MA, BEd), a movement specialist, former exercise physiology & sport psychology consultant, certified Integrated Tune Up Fitness® practitioner, and body alignment educator, will be leading you through a different approach to self-care, learning about your body from the inside out.



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