

Between the Groynes



Edition 15 : Tuesday 22 November 2016

FROM THE PRESIDENT

Dear Members,

A big thank you to all the members that went to Champion Lakes on Sunday for the WA Open Water Swimming Series. We had over 30 members do water safety for the day. It is greatly appreciated for the funds that were raised for the club.

A club as one is a club of strength!

**Rob Doherty
President**

Business and Marketing – Christine Cougan

Our BeachSAFE Appeal is coming up on the 2nd December 2016. We have secured the Hillarys Marina on the 3rd and 4th of December as well. We are looking for volunteers to help on these three days.

We will be handing out tins and locations this Wednesday, Sunday and the following Wednesday. You will find Rita and Christine in the club hall giving out tins and locations from 6pm. If you cannot make these times please see Jess in the office and she will be able to hand these out to you.

Please see attached flyer below for more information on the day.



Upcoming Events

December 2016

2/12/2016 - BeachSAFE Appeal Street

3/12/2016 - Senior Beach R4

3/12/2016 - Junior Beach R3

3/12/2016 - Senior Beach Rd 4

4/12/2016 - Ocean Rd 8 – Ironman
and swim

4/12/2016 - Boats Rd 1 Navy Boat
Series

11/12/2016 - Lifesaving Rd1 – March
Past, R&R, Belt

17/12/2016 - Senior Ocean Teams Rd1

17/12/2016 - Boats Rd 2 Navy Boat
Series

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

Sunday - 7:30am – 9:30am

Uniform Shop Hours:

Wednesday – 6:30pm – 7:30pm

Sunday – 8am – 9am



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Lifesaving – Garry Bunford

Champion Lakes

Thanks to everyone that did fundraising for the club last Sunday at Champion Lake while it was cold you all did a great job and the club will receive much needed funds. There are more events coming up soon so we will need your help and it is a good way to get patrol hours.

Patrols

Patrol Captains are aware of the new competition schedules and do understand that competitors need to make up their hours therefore, When making up patrol hours please ensure that you report to the patrol captain of that patrol before signing on. It is up then to the patrol captain whether he or she allows you to join the patrol and they must allow you to do other activities.

Simply because some patrols need all the members they can to ensure the safety of the public and club members. The patrol Captain is in charge of the patrol and beach for the duration of their patrol. Patrol hours can be made up when the club is doing water safety for trievents and other water safety activities so there are plenty of opportunities to make up hours.

Proxy's

Remember it is your responsibility to get a proxy to cover your patrol and the hours go to the person actually on patrol and does not go to the person who organised the substitute.

IRB

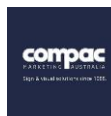
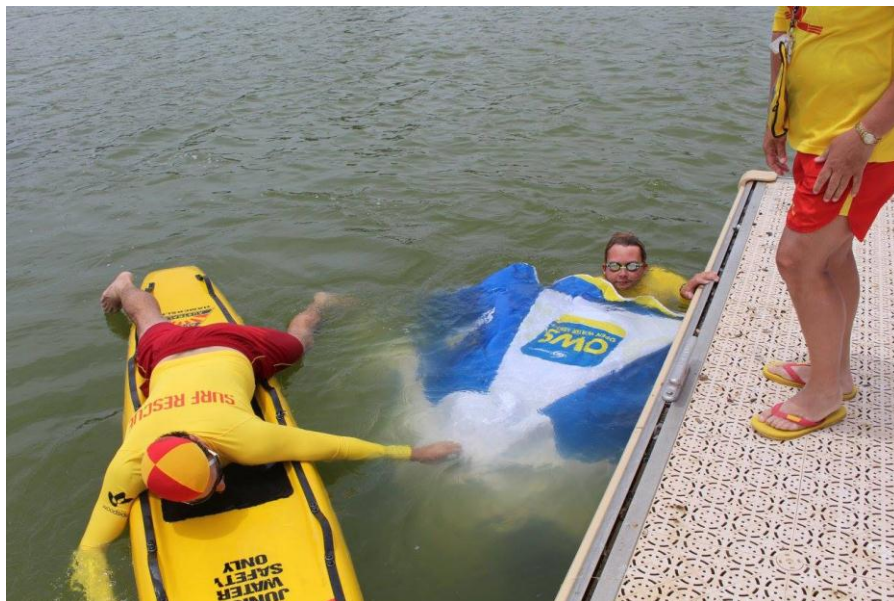
For some reason people are putting the IRB signs in front of the fire extinguishers please ensure that this practise stops immediately because it is a safety hazard.

Jet Ski

Congratulations to all the new Sorrento Jet Ski Drivers who are Richard Elderfield, Harry James and Evan Bunford. Hopefully the club will have its own ski soon.

Education

Do you want to do your Bronze or SRC awards? Next courses will start in February but put your names down now to secure a spot. See website and notice board for course details and sign up instructions.



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Competition – Claire Rafferty

Congratulations to all that competed over the weekend at Secret harbour and Mullaloo Beach. Massive congratulations to Drew Corrigan and Tara Smith and the Belt teams who competed at Leighton on the weekend. Sorrento once again came away with a win and a cheque for \$500.00. Please make sure you have put your name on the rego sheet for the next carnivals. Jess has also put the other Rego sheets up for the rest of the carnivals this year.

Carnivals in December:

Ocean Rd 8 – Ironman and swim (TBA) Sunday 4th December

Boats Rd 1 Navy Boat Series – Boats (TBA) Sunday 4th December

Senior Beach Rd 4 – (Swanbourne) Saturday 3rd December

Lifesaving Rd1 – March Past, R&R, Belt (Nth Cott) Sunday 11th December

Senior Ocean Teams Rd1 – TBA Saturday 17th December

Boats Rd 2 Navy Boat Series – Boats (Leighton Beach) Saturday 17th December

Rego Sheets are up on the board. Please remember if you put your name on the sheet and do not attend or pay online you will be invoiced for the payment fee and unable to compete in the next carnival until it has been paid!!!

Please make sure you are doing your Rostered patrols. Remember you need 16hours by December 30th to compete. There are lots of opportunities to make up any hours you have missed.

Don't forget if you want to keep your fitness up Jeff Carter is still doing his Sunday 7.00am morning sessions in the gym all active members welcome. Also athlete's compulsory gym sessions are on Mondays and Wednesdays now with Jeff at 6.30pm, your attendance is important to your development in your chosen disciplines!! Also please be aware the gym is only for athletes training with Jeff at these times. Under 14 – Masters Athletes these are sessions that have been designed for you!!

SAVE THE DATE: Twilight Senior Club Championships U14 – Masters Friday 10th February starting at 5.00pm water events then flags and sprints under lights. Followed by a Sundowner to enjoy our wonderful club!!!



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Ski Paddlers

Pretty big week in paddling circles down at the club and it's great to see more and more people out there. Remember training sessions every Tues, Thurs mornings/arvos and Saturday morning. I'll be kicking off a few ski races at the club on the 4/12 when I'm back from o/s. Tee off at 07:30 so we are all primed for the 08:30 club swim. We'll start off with a warm up then will get into some spec races for both singles and doubles.

Recent and Upcoming Events

Well done to all who competed in the IOP West Coast Downwinder on the 19/11. Epic downwind conditions from Freo to Sorrento with a gun field. Cheers to those who organised it from IOP and the clubbies who volunteered on the beach and behind the bar. Good example of how non-SLSC events manage to pull a big happy crowd resulting in the club earning some extra biscuits benefiting all.

The Doctor race between Rotto and Sorrento is this Saturday and barring a biblical hot North easterly wind, the paddlers will be finishing at Sorrento at some stage in the arvo. There will be a big field with a number of interstate and international paddlers competing so feel free to head down to get amongst it. Heard rumours of a beer garden and with it forecast to be 37C, the garden will be well watered.

Sand Tracks Xmas Classic 10th Dec, 08:00- This is the inaugural 12km event for surf spec and Molokai craft from North Cott SLSC to Sandtracks (Freo) and back. Please see the noticeboard in the boat shed for registration details. Should be a ripper and here's hoping for a real early sea breeze.

Sunset Surf Series 24/11, 30/11 and 16/12- a 3 race series from Port Beach to City Beach (11km). Prize money on offer and the surf club which earns the most points based on numbers and performance goes home with a new Fenn LS spec ski. Please check out

www.sunsetsurfskiserries.com/ or follow Sunset Surf Ski Series on the Facebook. Get amongst it. No doubt some frothies on the City lawn after.

Ski racks

On the weekend I stuck the following skis in the ceiling- see pictures. With a healthy layer of dust and sand on these whilst grinding away on the concrete, I'm sure the owners won't mind collecting a few more inches whilst safely stored in the attic. Feel free to take these home. If they are up there by the end of the season they will be sold or chook raffled off:

- Yellow and White Hayden (formerly owned by the SuperStu)
- Blue and Grey Dolphin 580
- Paint splattered Spirit



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I'm still keen on finding at least 2 more spots for active paddlers who are carting their skis to the beach at least 3 days a week. If you don't compete, don't train and/or don't paddle through injury or circumstance, please consider others that do and are making a real go at it by either taking your ski home or storing it in the attic. I have my eye on a few.

Club Ski Labelling

Google (aka Steve) has started placing stickers on all Club Skis and they're looking pro. See photo below of the Club Fenn LS's illustrating the club colours on the tail and the red sticker in front of the rudder hatch.

Just a reminder:

Red Stickers- these are allocated skis (Fenn LS's and the new Double)

Yellow Stickers- these are restricted ski's for people who have been given approval from John or myself to use.

Blue Stickers- for general use from people who have asked permission from John or myself for use. Google has done a terrific job- thank you very much.



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Uniform Shop

For the week commencing 28th of November the shop will be open every Sunday 8-9am and the first Wednesday of every month 6.30-7.30pm.

Age caps and comp caps have been replenished. All sizes available.

If you have ordered a black jacket, please pick ASAP otherwise it will be sold to other members.

Stocks are starting to run low so if you wish to buy Christmas presents or uniform for competition please get in soon.

Uniform Shop – Christmas Special

Christmas Special

Buy a \$40 pair of boardies and receive a free hat.

Ladies Action Crop Tops were \$55, now \$45. Great for running and wearing under your patrol gear on long hot days.

Items are below cost so get in quickly so you don't miss out.



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Street Appeal 2016

Sorrento's Biggest
Fundraiser

**2nd December - The City, Karrinyup and
Carine Shopping Centre and Hillarys Marina**

3rd December - Hillarys Marina

4th December - Hillarys Marina

Collect your tins from the club hall on Wednesday night
from 6pm on 23/11/2016 and 30/11/2016 or Sunday 27/11
8am till 12pm

Any questions please email Jess Bunford on
admin@sorrentoslsc.org.au

PosterMyWall.com

