

Vol 1 November 2009

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UPCOMING EVENTS AT SORRENTO

(note: this is a summary – please check the Nippers calendar, Junior and Senior completion calendars and club website for all activities)

November Opening Patrol Weekend	Saturday 28th Opening Patrol Patrol 1	Sunday 29th Patrol 2 and 3			
December	Saturday 5th Requal at Sorrento	Sunday 6th Nippers Begins 9:00am SRC Cadet Info session at 10.00am Senior Training Begins at 11.00am	Monday 14th- Sunday 20th Cadet Training	Saturday 19th Requal at Sorrento	Sunday 20th Competition Evaluation 1pm at front Beach
January	Sunday 10th Bay Swim Registration at 8:30am	Sunday 17th Senior Carnival at Ocean Grove	Saturday 30th Junior Carnival at Mentone		
February	Sunday 7th Junior Regional carnival at Mt Martha	Sunday 14th Senior Carnival at Lorne	Saturday 20th Pt Leo carnival		
March	Saturday 6th Victorian Junior & Senior Championships at Lakes Entrance	Sunday 7th Victorian Junior & Senior Championships at Lakes Entrance	Sunday 14th Final Nipper Day		

PRESIDENTS REPORT

MICHAEL MANN

Well, if the weather in mid November is anything to go by, we are in for a hot summer. But as usual the members of Sorrento SLSC are ready for action.

As this is my first report being the new president of the Club I would like to take this opportunity to welcome you back to the 2009-2010 season. In particular I would like to welcome the new members to the Club. While I am confident that you will find this family oriented club meets all your expectations, please ensure you ask questions if you are unsure about any aspects of the club.

I would also like to take this opportunity to also thank Duncan Stirling for taking the club to the next level in his role as president. He has led the club forward and ensured it remains one of the best rescue services on the peninsula. Thanks also to the other outgoing committee members. Your work has been much appreciated.

Our Club Captain, Megg Croad, ably assisted by David Stogdale and Nick Burgess, has been working hard to ensure our patrol rosters are ready for the opening season. Please check the rosters on the website and a huge thanks in advance for ensuring our beach remains safe for the families who visit. Don't forget the requal date is Saturday 5th December.

A key push of mine this year will be to ensure we have effective communication with all members. We have worked hard to keep our website up to date with key information. As a reminder the website is www.sorrentoslsc.com (there is no '.au' on the end). Also via lifesaving's database called Surfguard, we are able to communicate with members using email and text messages. Please ensure your details are up to date by visiting www.lifesavingonline.com.au You will be required to register but it allows you to update all your personal details and view your awards. Don't miss out on important club information because we can't get in contact with you.

Congratulations to Shelley Paterson, Hayden Owens and Felicity Draper on being selected to compete in Lifesaving Victoria's inaugural "Battle of the Beach Series" The event consists of 3 beach specific carnivals held at South Melbourne beach on Friday nights in December and February. Shelley and Hayden have been selected to compete in the Open 2km run and felicity in the Under 17 Flags and Sprints. Well done guys!!!

The club has been able to secure some very important sponsorship which always assists in the purchase of new gear. Please get behind our key sponsors: TOLL, Falls Creek Ski Lifts, Marc Clavin Pharmacies and Peninsula Surf. This sponsorship has been supported by a number of valuable grants obtained this year which leaves the club in a good position to ensure our rescue work continues at Sorrento.

I am looking forward to a busy and enjoyable season. I invite you all to take full advantage of what this wonderful club has to offer. Hope to see you all on the beach soon.

Michael Mann

sorrento bay swim



Sorrento SLSC 2010

Open 2010 Water Swim

Sunday 10th January, 2010

Location: Sorrento Front Beach

(next to Baths Restaurant)

Registrations from 8:30am

Junior Race (600m) Starts: 10am (approx)

Novice Race (600m) Starts: 10:15am (approx)

Open and Age Races Start 10:30am (approx)

(All Age categories, Including a JUNIOR section, 1.8km, 10min Waves)

Parking along Point Nepean Road, Sorrento

Visit our website www.sorrentoslsc.com and follow the links to enter online or print out an entry form.

- The organization of the club's biggest fund raising event is well under way thanks to the hard work of Jim Sheedy and his team.
- We are looking for all members support to help make this a very successful event. While we encourage members to compete in the event, large teams of helpers will be required prior to the day to help organize participant show bags, set up the beach areas and on the day to act as race officials, help with registration and clean up.
- Please put this date as a MUST in your diary and check your emails as the date gets closer and the calls go out for your assistance!!

Thanks to the major sponsor of this event





Senior Carnival Competition Liz Draper - Senior Comp Manager (0438 047 662) senior.comp@sorrentoslsc.com

This season, members who are Under 15 and above (including masters – hint, hint) can compete in senior carnivals. Under 13 and 14 can also compete in the Summer Series events. See the link in the Junior Section for the complete list of carnivals. We would like to get a team up and running for the carnivals and, in particular, States and Aussies. Please speak to our senior carnival coordinator Liz Draper if you have any interest in competing.

Date & Day	Venue	Event Type
Sunday 13 th Dec	Sandridge LSC	Summer Series #1
Sunday 10 th Jan	Anglesea SLSC	Summer Series #2
Sunday 17 th Jan	Ocean Grove	Summer Series #3
Sunday 31 st Jan	Jan Juc SLSC	Summer Series #4
Sunday 14 th Feb	Lorne SLSC	Summer Series #5
Sunday 21 st Feb	Fairhaven	Summer Series #6
Sat & Sun 6 th & 7 th March	Lakes Entrance	Victorian Life Saving Championships
Tues –Sun 16 th -21 st March	Kurrawa (QLD)	“Where Is” Australian Lifesaving Championships

The following table shows the events for Cadets/Seniors/Masters members of various ages and includes both individual and team events.

Senior Full Carnivals	U/15	U/17	U/19	Open	U/24
Beach Sprint	√	√	√	√	
Beach Flags	√	√	√	√	
Beach Relay (team 4)	√	√	√	√	
Belt and Reel (team 2)	√	√	√	√	
Surf Race	√	√	√	√	√
Board Race	√	√	√	√	
Board Rescue (team 2)	√	√	√	√	
Board Relay (team3)	√	√	√	√	
Tube race	√	√			
Tube Rescue (team 4)			√	√	
5 person R&R (mixed)	√	√	√	√	
Men’s Belt race			√	√	
Women’s Belt race				√	
Ski		√	√	√	
Double Ski			√	√	
Taplin Relay		√	√	√	
Cameron Relay	√		√	√	
Ironman & Ironwoman	√ (no ski)	√ (no ski)	√	√	
Surf Boats (team)			√	√	U23
2 km Run	√	√	√	√	

Members must complete an annual proficiency test to be qualified lifesavers and must complete a minimum of 16 hours patrol hours each season in order to compete at Senior and/or Masters Carnivals.

Official Requirements – LSV requires clubs to supply officials at each carnival based on a ratio of **1 Beach Official for every 10 competitors entered.**

Carnival Uniforms – Requirements are club competition cap (compulsory) and club bathers.

Costs – Our club is charged for each competitor who enters to compete at carnivals. The club will then bill each competitor.

Training- At the senior comp meeting held in Oct we discussed possible training dates and times and training camps. The end result was that senior training would commence Sunday 6th at 11am (after nippers). At this stage we do not have a coach for weekly training but we are working on this. We are also planning on running sessions during the week over January. These may include a bike ride, pool swimming or run. I will forward on the training schedule when it has been finalised.

We are trying to negotiate a weekend training camp with Will Penny. Will has trained a number of the seniors in QLD this year and previous years. The training camp may involve ski training. Kim (Will's girlfriend) is keen to assist in ski training. I believe she came 6th at Aussies in the Open age group.

We have put in a request to the committee to purchase skis and mals for senior competitions. The only issue is storage of the skis and mals.

There are 6 summer Surf series comps for Seniors, States and Aussies. Please let me know if you are interested in competing in any of the events so that I can register you. Entries close 48 hours prior to the event. The first is Sunday Dec 13th at Sandridge. We are thinking of going to the Lorne Carnival Feb 14th. If you are interested in this carnival, let me know as I will be organising accommodation for Saturday and possibly Friday night. We may be able to get Will to do some training on the Saturday.

SORRENTO SURF LIFESAVING CLUB

COMPETITION CODE OF CONDUCT

All club members must recognise that carnivals are for the purposes of promoting the enjoyment of competitors (Junior and Senior) from all over the State and to promote cooperation, positive interaction and mutual development between all competitors and club members. Competitors, officials and parents must promote these goals at all times.

- In furtherance of these goals, all nippers, parents, club officials and helpers must adhere to and promote the following behaviours and values during all competitions and carnivals:
- All club supporters must behave in a manner that supports all competitors from all clubs.
- Respect must be shown to all competitors, officials, other club members (whether from Sorrento or any other club), parents and any other participants.
- All cheering of team members is to be done in a positive and supportive way.
- All members must practise zero tolerance of offensive, derogatory behaviours, including insulting comments or jeering of other teams' members.
- All club members must try to ensure that the competitive experience is a positive one for all competitors whether from Sorrento or other clubs.

SOCIAL NEWS

The new social committee of Cathy Stirling, Kris McGhee and Meredith Owens have meet and are organizing a variety of activities for members to get together and have fun.

The Proposed activities to date are:

- Karaoke Night-Baha Rye (Mexican)
- Smokehouse –Sorrento
- Friday Night Fish and Chips at the Surf Club
- Movie Night at Sorrento Cinemas
- Captains Barrel
- Presentation Night

More news on dates, costs etc will be coming out shortly. So keep an eye on your emails, check the club website link to social events and the notice board in the clubrooms.

If you have any ideas for a great night out please contact one of the social team members.

Cathy - clanmolent@bigpond.com

Kris – chelsmcghee@yahoo.com.au

Meredith – ray.owens@sorrentoslsc.com

PATROL NEWS

Below is a copy of the current Draft Rosters and Patrol Lists for season 2009/2010

Please check the club website on a regular basis for any updates: www.sorrentoslsc.com

or contact Megg Croad: club.captain@sorrentoslsc.com

Please remember to contact your patrol captain if you cannot attend.

SORRENTO SLSC PATROL ROSTER – SUMMER SEASON 2009/2010				
Shaded Areas		Saturdays : 1300 - 1900 Sundays Shift 1: 1000 - 1430 Shift 2: 1400 - 1800		
Non-Shaded Areas		Saturdays : 1300 - 1630 Sundays Shift 1: 1030 - 1400 Shift 2 : 1330 - 1630		
November	Sat 28 Patrol 1	Sun 29 Shift 1: Patrol 2 Shift 2: Patrol 3		
December	Sat 5 Re-qual Day Patrol 4	Sun 6 Shift 1: Patrol 5 Shift 2: Patrol 6	Sat 12 Patrol 2	Sun 13 Shift 1: Patrol 1 Shift 2: Patrol 3
	Sat 19 Patrol 4	Sun 20 Shift 1: Patrol 5 Shift 2: Patrol 6	Fri 25 Christmas Day No Patrol	Sat 26 Boxing Day Patrol 1
	Sun 27 Shift 1: Patrol 2 Shift 2: Patrol 3	Mon 28 Shift 1: Patrol 4 Shift 2: Patrol 5		
January	Fri 1 New years Day Patrol 6	Sat 2 Patrol 1	Sun 3 Shift 1: Patrol 3 Shift 2: Patrol 4	Sat 9 Patrol 2
	Sun 10 Bay Swim Shift 1: Patrol 5 Shift 2: Patrol 6	Sat 16 Patrol 1	Sun 17 Shift 1: Patrol 3 Shift 2: patrol 4	Sat 23 Patrol 2
	Sun 24 Shift 1: Patrol 5 Shift 2: Patrol 6	Tues 26 Australia Day Patrol 4	Sat 30 Patrol 1	Sun 31 Shift 1: Patrol 2 Shift 2: Patrol 3
February	Sat 6 Patrol 5	Sun 7 Shift 1: Patrol 6 Shift 2: Patrol 1	Sat 13 Patrol 2	Sun 14 Shift 1: Patrol 3 Shift 2: Patrol 4
	Sat 20 Patrol 5	Sun 21 Shift 1: Patrol 6 Shift 2: Patrol 1	Sat 27 Patrol 2	Sun 28 Shift 1: Patrol 3 Shift 2: Patrol 4

Patrol Lists Season 2009/2010		
Patrol 1	Patrol 2	Patrol 3
David Stogdale - Captain Daniel Bradshaw - Vice Captain Danie I Hyde Stephen Polesel Stephen Good Katharine Sheedy Chris Tepaske Will Clavin Alice Clavin Marc Clavin	Megg Croad - Captain Nick Burgess - Vice Captain Georgia Croad Jacent Gill Zoe Grayson Jonathan Croad Nova Riordan Anna Croad Stefan Bagg Nicolette Holt Alexandra Davies	Duncan Stirling - Captain Andy Nettlefold - Vice Captain Jake Burns Paul Hussey Harry Bainbridge Angus Clavin Drew Burns Sam Mann Ben Russell Abby Stirling Jasper Nettlefold Lachlan Croad Mitchell Abbott Alexander Moient
Patrol 4	Patrol 5	Patrol 6
Sheiley Patterson - Captain Bryce Patterson - Vice Captain Anne-Marie Patterson Bonnie Patterson Erin Hammond Chelsea McGhee Don McGhee Laura Hevey Thomas Menery Sophie Stringer Emma Ashley Jordan Weddle Timothy Curwood	Kristyn Burns - Captain Hayden Owens - Vice Captain Stephanie Hyde Gerry Lute India Lute Bonnie Lute Rochelle Lute Josh Mann Tom Peterson Michael Mann Lachlan Owens Tyrone Lang	Howard Draper - Captain Bruce Grayling - Vice Captain Bridget Draper Norman O'Bryan Isabelle O'Bryan Bridget Pardy John Baker Felicity Draper Samantha Grayling Patrick O'Bryan Sam Pardy

March	Sat 6 Patrol 5	Sun 7 Shift 1: Patrol 6 Shift 2: Patrol 1	Mon 8 Labour Day Patrol 2	Sat 13 Patrol 3
	Sun 14 Shift 1: Patrol 4 Shift 2: Patrol 5	Sat 20 Patrol 6	Sun 21 Shift 1: Patrol 1 Shift 2: Patrol 2	Sat 27 Patrol 3
	Sun 28 Shift 1: Patrol 4 Shift 2: Patrol 5			
April	Fri 2 Good Friday Patrol 3	Sat 3 Easter Saturday Patrol 6	Sun 4 Easter Sunday Shift 1: Patrol 1 Shift 1: Patrol 2	Mon 5 Easter Monday Patrol 5