



the Rip
14 December 2017



NANARUP WAS SO NICE!

Wow! What a day we scored on Sunday at Nanarup!

Always so good to get away even if it's only 20 minutes out of town. Great for skill improvement and an introduction to the little ones of different conditions at different beaches. Thanks to all the helpers as usual who made it happen.

Senior Shindig will be fun tomorrow night and I know the kids will be looking forward to their own fun on Sunday.

Almost Merry Christmas! Pres



more details at
www.albanysurfclub.com



Junior Training
Tuesdays
4:00 – 6:00pm

Senior Sprint and Flag Training
Thursdays
6:15 – 7:15 am

Senior Christmas Party
15 December
@ 6:00pm

Nippers Christmas Party
17 Dec
9:00am @ Mids

Club activities resume
Sunday 7th Jan



**SMITH
THORNTON
ACCOUNTANTS**



Albany
Community Bank® Branch
Bendigo Bank



Nanarup Club Day 2017



Between the Flags

Thank you to everyone who has donned the patrol uniform so far this season. We have had good numbers and relatively good weather, hopefully this will continue into the Christmas season. Unfortunately, we had a patrol member suffer a serious laceration two weeks ago. It is a good reminder that we too need to be very careful on patrol with our first concern being our own safety. However, as we know accidents do happen, and being on patrol we are covered for injury sustained on patrol. Importantly, please ensure that your Patrol Captain is aware and an incident report form is filled out. Please also contact Sally or myself as well.

Patrol Hours

If you are intending to compete in SLSWA competitions in the 2018 as an Under/15 or over, you must have 16 hours accumulated over 2017. These hours may be a combination of patrol hours, water safety and coaching.

Importantly, if you are doing water safety, log on and off and sign off, please. If it is not correctly logged it will not be recorded with surfcom. An up to date copy of hours recorded will be posted on the new board this weekend.

Proxy's advertising in the RIP

If you wish to advertise you need for a proxy in the RIP, please note that if you contact Gemma your request will only feature in that weeks RIP. Please contact Gemma each week with your request. This alleviates unnecessary space being taken up after the proxy has been found.

Patrol Proxies Required

Name	Team	Date	Contact	
Virginia Mercer	Team 5 ARTC	4 March 12:30-4pm	0419935283	

NIPPERS UPDATE

Well didn't we jag it last weekend? What a great day out at Nanarup with great weather and a few waves. Thanks to everyone who helped out – it is a big task for the volunteers moving the "Sunday circus" to a different location. Well done all – it is very much appreciated!

This Sunday we will push aside the competition side of things and focus on the festive spirit. It's time for the all age's Christmas relay! All age groups will have a chance to participate in the one multi-leg relay, followed by hot dogs and drinks for the Nippers. There is also a rumour that Santa may be lurking around as well.....

Remember that our Lifesaving Patrols are also in full swing, so make sure you say hi to your club mates volunteering their time to keep our beaches safe when you get a chance. Nipper's event also can't operate without adequate Water Safety personnel. If you've got your Bronze or SRC please lend a hand and help out Les and the Water Safety crew.

Merry Christmas and see you on the beach!

Andrew



Stuck for Christmas ideas?

Looking for the perfect pressie for your Surf Club someone?

There will be ASLSC merchandise to purchase this Sunday morning from the uniform shop, in time to get that special something for under the tree!

EFTPOS facilities available.

‘Midds’ 100 Years of Surf Life Saving at Middleton Beach Available Now!

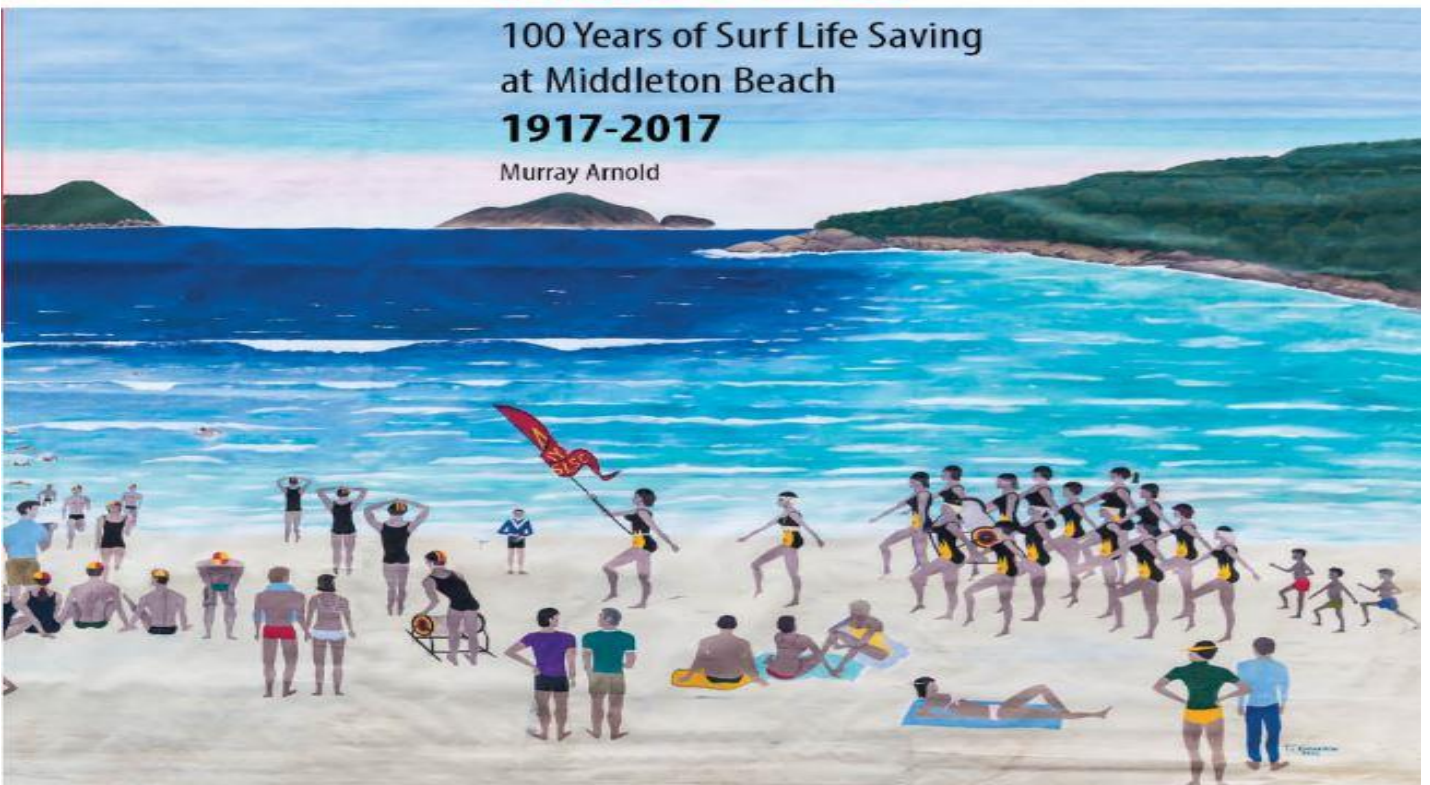
On sale Sunday mornings 9-10am at ASLSC – \$35

Also available at the Albany Public Library

‘MIDDs’

100 Years of Surf Life Saving
at Middleton Beach
1917-2017

Murray Arnold



New Year's Eve Swim – Water Safety Required

Hi Everyone.

We are hosting an open water swim along with Swim Club and Masters Swimming on New Year's Eve morning.

If you are available, can you please write your name on the new board inside the boat shed near where ute is normally parked (new board being put up)? Or email lifesaving@albanysurfclub.com.au

We require 2 IRB's including drivers and crew, 2 jetskis and drivers, 10 rescue boards and 2 First Aid attendants.

Many thanks!

2018 Country Carnival

The Country Carnival is a key annual event within the SLSWA calendar that is open to ALL WA SLSWA clubs.

There is a wonderful carnival for you to attend. There is something in it for everyone with plenty of surf boats action, beach events and of course, the water events.

Clubs come from far and wide to support this event. It's great fun and very relaxed and we are always entertained by the crew from Swanbourne who dress up every year!

No doubt we all still have very fond memories of the awesome Country Carnival we delivered here in Albany earlier this year as part of our Centenary celebrations.

ASLSC you sure know how to put on a great event!

This coming season, Geraldton is due to host the event.

The 2018 Country carnival is locked in for the 26, 27th and 28th of January.

We will have more information in the coming weeks about the program but it's safe to say there will be something in it for everyone!

We are keen to organise a meeting for those families and individuals either planning on attending or are even just thinking about it.

If I could ask that you meet Sarah Bowles at 8.45am THIS Sunday at the front of the canteen to look at expected numbers and any planning requirements of the club.

Alternatively, if you can not make it, can you please email Sarah at vicepresident@albanysurfclub.com.au



Interested in competing next year?

Well, here is what you need to do,

1. Hold a current Surf Qual: U14 – SRC, U15 or above – Bronze.
2. Have achieved your pre-requisite Patrol/Water Safety hours: U14 – not needed, U15 and Seniors - 16 hours if you have requalified, or pro rata (usually 8) if you are newly qualified this year.

Existing competitors - check this link to see if you have enough patrol hours already. If you haven't yet – then you have until 31/12/17 to get your hours up.

https://www.surfguard.slsa.asn.au/SLSA_ReportsOutput/tmpgFeWsB.html

3. Register your interest – email your name, age, championship event and races you want to compete in

(for both individual and team – also include other team members you are competing with for teams) to either, clubcaptain@albanysurfclub.com.au or juniors@albanysurfclub.com.au.

Get it on, times a wasting people.

CAPTAINS LOG

Another great weekend at Nanarup. Good swell, and the best weather – no one could argue there. A few red shoulders and faces though amongst the ranks – got to remember to slip slop slap people, unless you want to wear your bum on your face (something like that anyway). A big thanks to everyone that helped bring gear out – and helped pack and unpack etc. Nothing was going to happen without you, so many thanks.



From a U15/Seniors perspective everything looked like good fun, with a Tube Rescue then Board Rescue event to finish off the day. Zac and Willem teamed up to win both, just edging out a number of competitive pairs. Thanks to Dani for jumping in so graciously, and to Water Safety for making sure we all got back alive.

This week – last of the handicap swims for the year – so let's have everyone come down for a crack.

We will also have a relay event of some sort depending on what the weather brings.

Lastly as reminder, as always the new year brings with it the fun and festivity of all the various SLS Carnivals and Championship events (States, Masters, Aussies).

For any Cadets and Seniors wanting to compete – remember you need your respective awards completed/re-qual (SRC or Bronze) and your required number of Patrol Hours by 31/12/17.

(Seniors – Bronze and 16 hours or pro rata if newly qualified, U15 – SRC and 16 hours or pro rata, U14, SRC and no hours).

Please check on the link provided to make sure you have what you need – if not then you only have a few weeks to get your needed hours up by the end of this calendar year.

Any real dramas then let me know at clubcaptain@albanysurfclub.com.au or Andrew Duffield at Juniors@albanysurfclub.com.au.

For those of you wanting to compete – you need to start letting us know asap. We need your name, age and events you want to compete in.

Pls email on the above address.

Cheers

Education Corner – Celia Waugh, Director of Education

I would like to take this opportunity to thank all our Trainer's, Assessors and Candidates in all courses run this season for their commitment, fun and friendship.

Wishing everyone a very Happy Christmas and a safe, healthy and happy New Year.



Bronze Assessments

Congratulations to our new SRC Certificate holders as their assessor I was very impressed with their knowledge and teamwork. Well Done. I will announce all our new award members in the next RIP when we have finished all assessments.

Assessment Dates:

Adult Bronze Group: Wet Assessment Sunday 17 December 2017 at 11:00am

Cadet Bronze Group: Dry/Wet Assessment Saturday 16 December 2017 at 8:00am

IRB Driver, IRB Crew & Skipper Ticket

Cameron has all these awards booked and ready to go.

Please make sure if you have put your name down that you do any pre-training work and turn up to the training sessions ready to go.

Resuscitation Course

Resuscitation Course – 14 January 2017 from 11:00am

We will have a whiteboard at the club on Sunday for you to register your interest.

You never know when you might be required to perform CPR. We will be running a Resuscitation Course – DRSABCD in December. This course is available to financial club members from the age of 10 years – adult.

ART(Aid)

We will be running an ART (Aid) course soon – will advise dates next RIP.

We have run out of weekends and steam for this year – stay tuned for dates in the New Year.

Bronze Course

I have had a number of people enquire about doing their Bronze Medallion.

If there is enough interest we will run a course starting in the New Year.

Please let me know if you are interested in doing your Bronze.

Email or message me – celia8083@hotmail.com or 0403 555 421

I need to have it in writing or text (memory not as good as it used to be.

Happening @ ASLSC

5 pm FRIDAYS:

SURF SKI TRAINING starts
...November 3rd.

Punctual start: arrive 4:45 for ski setup.

Join other members in technique, fitness & fun paddles or maybe train up for competition in the State & Australian titles in Perth next year.

Regardless of wind direction we will find a paddle to suit.

Junior members are welcome to participate in non-ultra competitive situations.



Every offshore wind, we plan to have a handicap race towards Griffith St. & return. Refer to the club season calendar for training dates, & also for some Sunday mornings involving ski events, at a friendly club level.

Rob Slattery
(SKI CAPTAIN)

Senior Flag and Sprint Training

Flag and Sprint training for Cadets and Seniors Thursdays 6:15 to 7:15am.
Training for State and Aussie Nationals in Perth 2018.

Further info....contact Jo Lucas
0418 150155
campq@inet.net.au

SURF BOATS

Calling anyone who wishes to try their hand at surf boat rowing.

Lawerance is happy to sweep on Fridays at 5pm.

Contact Lawerance or Dani to register your interest

Social Update

Senior Christmas Party: Tomorrow night.

Friday 15th December 6pm @ ASLSC

Only 11 tickets remaining.....

The club looks amazing and should be great fun! Get in quick and see you there!

Purchase ASAP – See poster for details



NYE SWIM 2017

This year the Albany Open Water Swim is getting back to its grass roots.

The three local clubs – Surf Club, Swim Club and Masters Swimming are running the event together and will all share the proceeds.

It's on New Year's Eve morning – what a great finish to 2017! We would love to see as many clubbies as possible participate.

There are the standard distances – 1.25, 2.5 & 5.0km but there is also a Novice Swim inside the shark net which is about 400m – Nippers, parents and non-competitive swimmers really should have a crack at this. Parents can swim with their kids if they like.

It's all about participation!
Online registration details will be up soon.

NYE SWIM ALBANY

OPEN WATER SWIM

1.25km
2.5km
5.0km
400m Novice Swim

7.00am Registration
7.30am Briefing
8.00am Swim

end the year with a splash!

MIDDLETON BEACH

SUNDAY 31 DECEMBER



ALL WELCOME

Details & Online Registration
albanyswimming.org.au
[facebook albany swim club](https://www.facebook.com/albany.swim.club)

South Coast Insurance Brokers
Professional Advice | Personal Service



albany swim



Club Skills Register

**Albany SLSC is 100%
volunteer run...WE NEED YOU!**

**You DON'T need to be an elite athlete or lifesaver to
be a valued part of our Club.**

**We know that YOU have amazing skills,
qualifications, interests and ideas that our Club needs.**

**Marketing * Nursing/medical * Plumbing * RSA * Rowing
Grant writing * Steel fabrication * Sales * Water Safety
Electrician * Coaching * Catering * Teaching
Building * Administration * Graphic design * Childcare
Approved Bar Manager * Baking * Event management
General maintenance * First Aid * Fundraising * Fitness
IT * Mechanics * Accounting * Cooking
Project management * Swimming * Leadership * Surfing
Record keeping * Running * Insurance * Education
DJ * Barista * Fishing * Multi media * Photography
Ski paddling * Carpentry * Assisting with Nipper activities
Club canteen * BBQ King/Queen * Asset management
The list could go on forever.....**

**Tell Perdie about your skills, quals, interests, ideas.
E: admin@albanysurfclub.com.au or 0408 102 585**



COMMUNITY EVENTS



Join our [Facebook page](#) to keep up to date on all the info as it gets announced.

YOGA with JOY

EARLY MORNING YOGA CLASS

Open to all levels of yoga experience. Beginners welcome.

**Wednesday mornings 6:30 to 7:30am
at Albany Surf Life Saving Club,
Middleton Beach (upstairs in the clubroom).**

Welcome the middle of the week with an early morning yoga class. Energise and stretch the body before finishing with a short relaxation to calm the mind, whilst over looking beautiful Middleton Beach.

Cost: \$15 per class *or*
\$10 per class for ASLSC club members.
Bring a yoga mat and towel.

Further enquiries contact Joy Abbott 0412 229 931

**Do YOU have any WETSUITS that don't fit you
or aren't being used??**

**Time to pull them out and donate them to the
DISABLED SURFERS ASSOCIATION
GREAT SOUTHERN**

Wetsuits can be dropped off to Tracy Neilson at:
Great Southern Personnel
4/14 Peels Place Albany
Phone: (08) 9842 1510 or mobile 0448 421 511

Check out the
Disabled Surfers Association Great Southern on Facebook
Thanks and Ciao, Kerry Ann Oakley Ph: (08) 98414141



MEMBER INFO

STAYING IN TOUCH - READ THE RIP, PLEASE TURN ON NOTIFICATIONS FOR OUR **FACEBOOK PAGE, VISIT WEBSITE REGULARLY. USE THE HANDBOOK FOR MEMBER INFORMATION [2016 2017 HANDBOOK](#) [2016 2017 CALENDAR](#)**

SPONSORS – photo rights

Our sponsors may want to use a photo in their publications from Surf Club ie. Club Champs Day, Ryde Marathon. [Sponsor Form](#) or see the website for the form asking for permission for the sponsor to use an image. Please complete and return email to sponsor@albanysurfclub.com.au or bring to a club day.

The Small Print

Photographs & Communication In the course of normal Surf Club activities your child's or your photo could be taken. Sometimes these images may be used for public viewing such as newspaper articles, website, FACEBOOK, newsletters and Surf Club publications. If you do not want your or your child's image used for any purpose outside Surf Club please inform the Surf Club in writing to media@albanysurfclub.com.au Please be advised that given the amount of pictures taken during a Surf Club season it is not always possible to identify all the children. Alternatively if you have taken photos through the season that are suitable please send to the above email for inclusion and or archiving. (name & date images.) Any articles for the newsletter must be emailed to media@albanysurfclub.com.au or robainslie@hotmail.com by Wednesday 2pm all articles and advertising must comply with SLSWA policy and are subject to approval. Please refer to your Handbook for information about events, procedures and contact lists.

FACEBOOK 

 Instagram

www.albanysurfclub.com.au

Australian for life. 