



Merry Christmas!

To all our members and extended families, the Albany Surf Club hopes you have a lovely Christmas and we look forward to seeing everyone back at the Club in 2018!

Lots of fun was had at both senior and junior Christmas parties – thanks to Santa and well done hanging onto the jetski as it hit the beach!



Our two lifeguards Charlie and James are at the beach during the week so check in with them and say G'day and voluntary patrols continue on the weekends through the holidays. Our aim is to keep beachgoers safe so that everyone can enjoy their holidays and time at Middleton Beach.

Merry Christmas and Happy New Year (don't forget the New Years Eve Swim!)
Rob

more details at
www.albanysurfclub.co.m



CHRISTMAS DAY
25th December

New Years Eve
Swim

31st December
7am Registration
@Mids

Nippers events
resume

Sunday Jan 7th
@Mids

Junior Training
Resumes

Tuesday 9th Jan
4:00 – 6:00pm

School Holiday
Movie Night
12th Jan @ ASLSC



Nippers Christmas Party 2017



NIPPERS UPDATE

Ho! Ho! Ho! The big fella is nearly here! It was great to see everyone enjoying themselves at Midd's last weekend for the annual Christmas Relay event. I hope we achieved our objective of having some fun and getting more interaction across all age groups. Well done Karen on successfully supervising the mayhem!

Remember that there are no Nipper's events now for the next couple of weeks, with the program getting underway again on Sunday 7 January 2018.

In the meantime, come down to the beach and enjoy the company of James and Charlie as they go about their Lifeguard duties throughout the holidays. Make sure you say "Hi!" to them (and be on your best behaviour)!

I hope you all enjoy a great Christmas break with your families and that Santa is kind to us all!

See you on the beach & Merry Christmas!



Between the Flags

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.

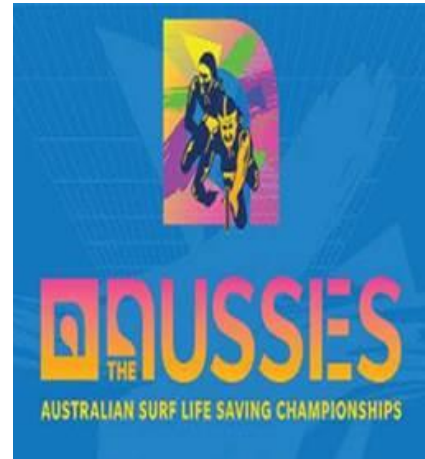
Importantly, if you are doing water safety, log on and off and sign off, please. If it is not correctly logged it will not be recorded with surfcom.

Patrol Proxies Required

Name	Team	Date	Contact	
Abbie Tucknott	Team 2 Bronze	24 December 12:30 – 4	0428216592	URGENT

Patrol Roster 2017 - 2018

	Team 1	Team 2	Team 3	Team 4	Team 5	Team 6	Team 7
PC	Rob Lucas	Jim Morcom	Jeff Medcalf	Jo Lucas	Ian Spurgeon	Dani Lynch	Alex Wells
IRB driver	Cam Martin Lucy Martin Phill Gough	Greg Webb Pat McSweeney ARTC Andrew Jose	Kevin Pettley Hayden Chandler	Gavin Shepherd Les Paxton	Dora Adeline Stuart Jose	Ken Clark Tom Bowles	Rob Mason ARTC Byron Bird ARTC
IRBc	Chris Ficko ARTC Peter Musk	Carl Richardson	Helena Stoakley	Corinne Stoner	Jamie Scally Greg Pepall		Olivia Mason Larissa McLean
ARTC			Andrew Duffield Lynda Jose Katelyn Jose	Christine Murray Sally Moir Nadine Shepherd	Virginia Mercer Dinah Roecker	Beth Hearle	
BR	Ross Godwin Nat Radivojevic Laurence Cuthbert Eleanor Cuthbert Karen Herlihy Helen Godwin Peter Godwin Tenaya Kennedy Hope McLennan Jason Bresanello	Simon Smith Rob Slattery Jordy Morcom Grace Jones Emily Turner Sam Freeman Kurt Morcom Abbie Tucknott Che Hicks	Rachael Duffield Heike Anfang Callum Duffield Kristen Ellery	Lisa Symmans Richard Miller Erin Miller Dane Paunich	Wendy Spurgeon Jill Cartmell Sophie Adeline Willem Freebury Zeke Medling Brett Dal Pozzo Jenna Honey-Smith Greg Freebury	Sophie Lynch Trish Hines Sarah Hearle Kristy Bridle Elise Parker Ben Edwards Narelle Wakefield Nick Walker	Adele Leahy Collin Pass Anthony Besier Matt Wells Bridget Mason Zac Wells Lachlan McLean Dana Neumann
SRC	Sophie Cuthbert Charlotte Musk Jordan Hayward Yana Hlavaty	Oliver Richardson Freya Richardson	Connor Pettley-Gray Joshua Duffield Oliver Dall Riley Pearce Cameron Pettley-Gray	Jessinta Ferreira Jacob Murray Jeremy Staude Hudson Bell Jake Shepherd Madeleine Wright	Nicholas Roecker Noah Morcombe Ella Abbott Fergus Martin	Tegan Simmonds Harry Parker Halstead Molly Bowles Jacques Swarts Carl Ryan	Zali Sparrow Hannah Wells Skye Cordon Anne Turner Matilda Leonard Maeve Sparrow
	Team 1	Team 2	Team 3	Team 4	Team 5	Team 6	Team 7
Dec	sat 2nd 1-4 sun 24th 9-12.30	sun 10th 9-4 sun 24th 12.30-4	sat 9th 1-4 PH tue 26th 10-1	sun 3rd 9-4 PH tue 26th 1-4	sun 17th 9-4 sat 30th 1-4	sat 16th 1-4 sun 31st 9-12.30	sat 23rd 1-4 sun 31st 12.30-4
Jan	PH mon 1st 10-1 PH fri 26th 1-4	PH mon 1st 1-4 PH fri 26th 10-1	sat 6th 1-4 sun 21st 9-4	sun 7th 9-4 sat 27th 1-4	sat 13th 1-4 sun 28th 9-4	sun 14th 9-4	sat 20th 1-4
Feb	sun 18th 9-4		sun 25th 9-4			sun 4th 9-4	sun 11 9-4
Mar	sun 11th 12.30-4	sun 4th 9-12.30 sun 18th 9-12.30	sun 18th 12.30-4	PH mon 5th 10-1 sun 25th 9-12.30	sun 4th 12.30-4 sun 25th 12.30-4	PH mon 5th 1-4 PH fri 30th 10-1	sun 11th 9-12.30 PH fri 30th 1-4
April	sun 1st 9-12.30	sun 1st 12.30-4	PH mon 2nd 10-1	PH mon 2nd 1-4			
	26.5	27	29.5	29.5	27	26.5	27
	Public holiday	Saturday 1-4	Sunday 9-4	half day Sunday am/pm			



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 somewhere between 4-8hrs) if you are newly qualified this year.

Existing competitors - check this link to see if you have enough patrol hours already. If you havent 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.

Employment opportunities VacSwim as Water Safety Officer

Appointments are currently underway for the upcoming VacSwim programs, and Water safety officer positions are still vacant for the following country venues

January 1 Program 03 Jan 2018 to 12 Jan 2018 (8 days)	January 2 Program 15 Jan 2018 to 25 Jan 2018 (9 days)
Cape Riche	Leeman Beach
Cheyne Beach	Denmark – William Bay
Peaceful Bay	Duke of Orleans Bay
Windy Harbour	Hopetoun Beach
	Margaret River – Gnarabup Beach

If you know of anyone interested in any of these positions, we would love to hear from them.

See FLYER at end of Rip for further information and contact details.

CADET UPDATE

The 2018 Cadet Camp is set for Friday Feb 2 (after school) to Sunday Feb 4th at Camp Quaranup.

This year's camp is set to be action packed, challenging and fun.

It is open to all **Albany Cadets & U14's** who have completed SRC training.

Spaces are limited, we expect the camp to book out so get in early.

Contact Carl carl.richardson@westnet.com.au or 0429 920 268 for further information, registration forms.

School Holiday Board Clinics with Brenton Rose

This is a great opportunity for nippers to develop (U/8 - Youth) their surf skills.

Clinics run from Wednesday 10th -Saturday 13th January. Please see attached flyer. Program may be subject to change.

Session prices will be subject to numbers of participants. Costs only associated with Wed- Friday sessions.

This is a great opportunity you don't want to miss!

Registrations are essential!

All age group registrations close Friday 5th January.

For more information or to register your interest please email or friendly Competition and Training co-ordinator, Gavin Shepherd at nadsngav@westnet.com.au

REALISE Surf TRAINING

Realise Potential
Realise Ability
Realise Goals

ALBANY SLSC BOARD TRAINING CLINICS WED 10 – SUN 14 JANURAY PROGRAMME



	Wed @ Middleton	Thurs @ Middleton	Fri @ Muttonbird or Nanarup	Sat @ Middleton	Sun @ Middleton
U8-U10 Nippers @ 8.30am	Board Basics Paddling Technique	Paddling Technique Starts	Surf Skills Popping, Rolling & Wave Catching	Combined Session Races & Relays AGMs in attendance	AGM Session (In conjunction with Sunday morning activities)
U11-U13 Nippers @ 9.45am	Board Basics Paddling Technique	Paddling Technique Starts	Surf Skills Popping, Rolling & Wave Catching		
Youth (all) @ 11.00am	Paddling Technique Skills	Starts Buoy Turns Runners & Skating	Surf Skills Starts, Popping, Rolling & Wave Catching	Combined Session Racing Strategy AGMs in attendance	AGM / Coaches Session (following Sunday morning activities)
Youth (experienced) Extra half hour	Training Set	Training Set	Training Set		

LOCATIONS FOR SESSIONS MAY BE CHANGED DEPENDING ON WEATHER FORECAST.

ALL SESSIONS ARE 1 HOUR DURATION. FLURO PINK/YELLOW RASHIES ARE COMPULSORY.

ABOUT REALISE SURF TRAINING...

Realise Surf Training was established in 2014 by Brenton Rose with the objective to provide surf club nipper and youth participants, generally aged from 9 to 17 years, a supportive fun training environment in which to develop:

- Surf awareness and knowledge;
- Correct board paddling technique; and
- Proper surf swimming and board handling skills

Brenton has been a life time member of surf clubs in both WA and NSW, having trained and competed from nippers through to the highest level at Australian championships, with over 30 years of senior experience. In recent years, Brenton has turned his attention and focus to reinvesting his knowledge and experience back into the nipper and youth level at surf clubs.



'Mids' 100 Years of Surf Life Saving at Middleton Beach

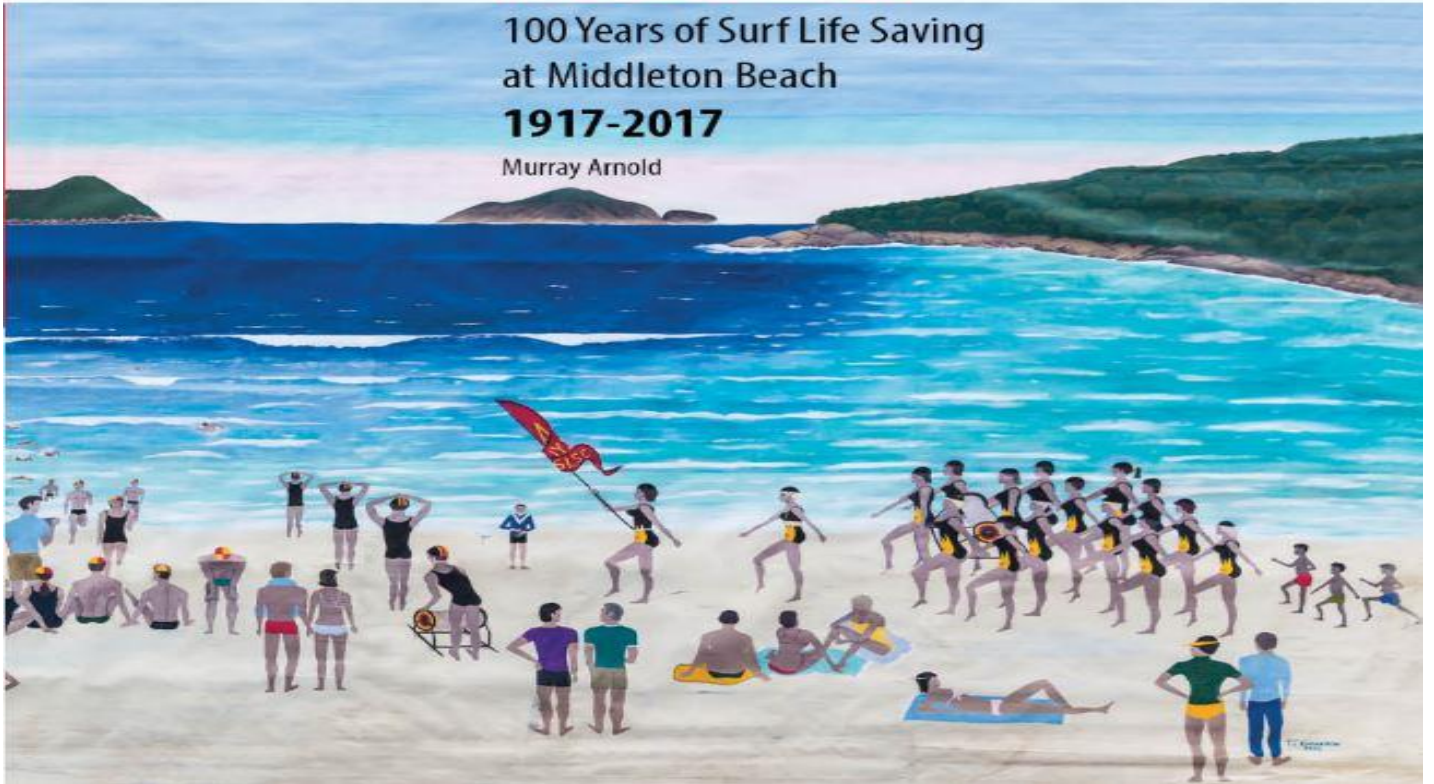
On sale Sunday club mornings 9-10am at ASLSC – \$35 Also available at the Albany Public Library

'MIDS'

100 Years of Surf Life Saving
at Middleton Beach

1917-2017

Murray Arnold



Congratulations!!

Jeff & Helena's Bronze group all attained their Bronze Medallion Award after their assessment today.

Congratulations and thank you for your commitment. They were a great squad, had a lot of fun formed great friendship and thanked Jeff & Helena for their great training sessions.

In addition, we have a brand new SRC group, seen here looking splendid in their new uniforms! Look out for them this Summer @ Mids.



ASLSC SOCIAL UPDATE

Wow - last fridays *Seniors Christmas Shindig* was a hoot!

Thanks so much to Heike, Corinne and Dana for coordinating, and to everyone else who helped put on such a fine event. It was great to share songs, laughter, good food and company with our club members.

Friday Night Social Sundowners – update:

Bar will be open from 5:30pm this Friday 22rd Dec 2017

Bar Closed on Fri 29th Dec 2017

Open every Friday during January from 5:30pm

The Social Coordination Group is now cracking on with its next event:

School Holiday Movie Night

(upstairs at the Club House)

free event for club members (and their guests) only

Friday 12th Jan 2018

- Bar will be open & the Woodfired Pizza Van will be there
- Cadets will be selling soft drinks, Popcorn and sweets
- Vote for your preferred film on *Instagram* (albanysurfclub)

Jumanji **or** Hunt for the Wilderpeople

(Look out for Posters around clubhouse for more details)

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.

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. 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@iinet.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

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.

If you are having trouble registering online for the swim, please don't panic (there has been an issue with the site). Just check in again later or simply come down and register on the day – there is no additional cost.

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





SWIMMING and WATER SAFETY

Have you considered joining our VacSwim team as a Water Safety Officer at open water venues?

VacSwim 2017 – 2018

Apply now!

VacSwim is acknowledged as the oldest and Australia's most popular swimming program!

Working with us, you can enjoy a fun and rewarding job with:

- * Great benefits and **very competitive pay rates**
- * The opportunity to work during the school holidays
- * Great hours
- * Friendly, supportive teams.

The current rate of pay starts at \$30.08 per hour, and typically 3 to 4 hours a day during the VacSwim program.

Water Safety Officers applications are called for VacSwim January 1 and 2 Programs across all open water venues.

Visit the [Swimming and Water Safety website](#) for information on how to apply, programs, locations and operating dates.

We look forward to receiving your registration and application soon!

Kind regards

Swimming and Water Safety Staffing Team
E: vacswimstaffing@education.wa.edu.au
T: 9402 6195

You received this email as you are currently listed on the SLSWA database



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



Great Southern's own “Let's Go Surfing Days”



Supported by: DSA Southwest www.facebook.com/DisabledsurfersSw/
& the national DSA disabledsurfers.org/

As you may be aware DSA Southwest have been coming to Albany once/year for the last 3 years, each time a huge success with the biggest smiles from participants, carers, parents and volunteers. Albany has now formed its own group DSA Great Southern.



Volunteer Training - Feb 10th, 7.00am

Let's Go Surfing Days - Saturdays

Register 9.00am, start 10.00am – 12noon free BBQ

February 10th, March 17th, April 21st

www.facebook.com/DisabledSurfersGS/

Please 'like' (events too) and 'share' this page so we can get 'up and swimming' for next summer and message if you would like to be more involved NOW!

SurfBabies & SurfKids

These fun 6 week programs offer children and their parents the opportunity to learn about beach safety and develop confidence in the water.



Series 1: 4 November - 9 December 2017

Series 2: 3 February - 10 March 2018

Locations: Alkimos Beach, Coogee Beach, Cottesloe, Fremantle, Mullaloo, North Beach, Quinns Rocks and Sorrento.

Cost: \$100 per child

Program and Times

(6 x 30min lessons)

SurfBabies Level 1	2yrs	8:30 - 9:00am
SurfBabies Level 2	3yrs	9:10 - 9:40am
SurfBabies Level 3	4yrs	9:50 - 10:20am
SurfKids Level 1	5yrs	10:30 - 11:00am
SurfKids Level 2	6-7yrs	11:10 - 11:40am

For more info contact Surf Life Saving WA

T: 9207 6666 or visit

mybeach.com.au/surfbabies



**WESTERN
AUSTRALIA**

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. 