



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.

more details at  
[www.albanysurfclub.com](http://www.albanysurfclub.com)



#### New Years Eve Swim

31<sup>st</sup> December  
7am Registration  
@Mids

#### Nippers events resume

Sunday Jan 7<sup>th</sup>  
@Mids

#### Junior Training Resumes

Tuesday 9<sup>th</sup> Jan  
4:00 – 6:00pm

#### School Holiday Movie Night

12<sup>th</sup> Jan @ ASLSC



# NYE SWIM ALBANY

## OPEN WATER SWIM

1.25km

2.5km

5.0km

400m Novice Swim

# end the year with a splash!

## MIDDLETON BEACH

## SUNDAY 31 DECEMBER



7.00am Registration  
7.30am Briefing  
8.00am Swim

### ALL WELCOME

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

South Coast Insurance Brokers  
Professional Advice • Personal Service



## 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	
Narelle Wakefield	Team 6 BRZ	31 December 9 – 12:30pm	0417987775	URGENT
Riley Pearce	Team 3 SRC	21 January 9am – 4pm	0448425276	

	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			



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

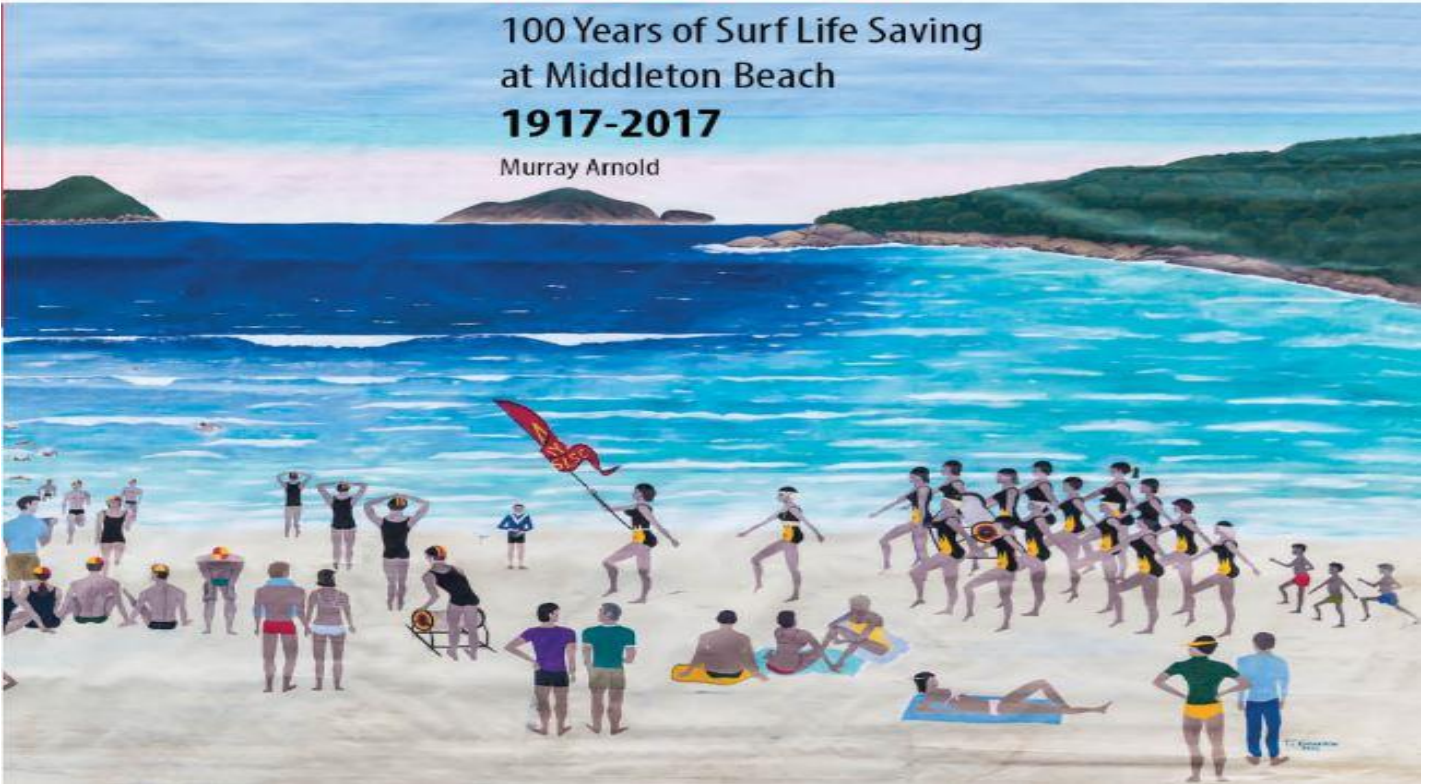
**On sale Sunday club mornings 9-10am at ASLSC – \$35 Also available at the Albany Public Library**

# **'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.



## CADET UPDATE

The 2018 Cadet Camp is set for Friday Feb 2 (after school) to Sunday Feb 4<sup>th</sup> at Camp Quararup.

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](mailto: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](mailto:nadsngav@westnet.com.au)



The WA Agent for Dolphin Surf Craft, Brenton Rose, will be visiting the Great Southern region from Esperance to Denmark from 4 - 20 January

**Available for sale are:**

- New Racing Mals, sizes from 45-85kg, priced at \$2,275
- Demo Racing Mals, 6 months old, priced from \$1,500 to \$1,700
- Second hand Racing Mals, priced from \$1,000 to \$1,400
- New fibreglass Nipper Boards priced at \$1,440 including cover and rashie
- New Nipper Foamies priced at \$580

If any club member is interested in one of the above boards, contact Brenton in advance on 0418 229 033 to discuss your requirements and for photos of the available boards, and he will be able to deliver the board to you whilst he is in the region.



# REALISE Surf TRAINING

Realise Potential  
Realise Ability  
Realise Goals

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



	<b>Wed</b> @ Middleton	<b>Thurs</b> @ Middleton	<b>Fri</b> @ Muttonbird or Nanarup	<b>Sat</b> @ Middleton	<b>Sun</b> @ Middleton
<b>U8-U10 Nippers</b> @ 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)
<b>U11-U13 Nippers</b> @ 9.45am	Board Basics Paddling Technique	Paddling Technique Starts	Surf Skills Popping, Rolling & Wave Catching		
<b>Youth (all)</b> @ 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)
<b>Youth (experienced)</b> 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.



## ASLSC SOCIAL UPDATE

### Friday Night Social Sundowners – update:

Bar **Closed** on Fri 29<sup>th</sup> Dec 2017

Open again Friday 5<sup>th</sup> 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)

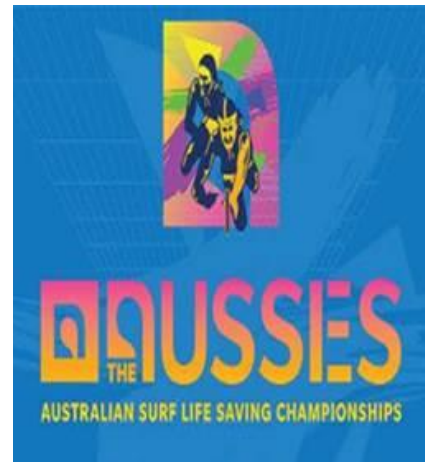
free event for club members (and their guests) only

**Friday 12<sup>th</sup> 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)



## 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](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](mailto:clubcaptain@albanysurfclub.com.au) or [juniors@albanysurfclub.com.au](mailto:juniors@albanysurfclub.com.au).

Get it on, times a wasting people.



## 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](mailto: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

### Surf Ski Training will resume Friday 5<sup>th</sup> Jan @ 5pm.

Punctual Start: arrive 4:45 for ski setup

Join other members in technique, fitness & fun paddles or maybe train 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 competitiveness situations.

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

Rob Slattery

(Ski Captain)



### Senior Flag and Sprint Training will resume 11<sup>th</sup> Jan 2018

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

Due to extenuating circumstances there will no Friday night social rowing until further notice.

Dani.

# 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](http://mybeach.com.au/surfbabies)**



**WESTERN  
AUSTRALIA**





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





A swim for all



# Register now for the 2018 Hotel Rottnest Port to Pub swim!

## When

Saturday, 17 March 2018

## Course

Leighton Beach to Rottnest Island  
(Hotel Rottnest)

## Races

19.7km: solo, duo, teams of  
4 and 6 swimmers

25km ultra-marathon: solo  
swimmers only – the longest open  
water swim in Australia!

## Registration and sign up for the latest news

[porttopub.com.au](http://porttopub.com.au)

## Prize money and prizes

## Wetsuits allowed



## Presentations and Post-event party

Hotel Rottnest from 5:00pm

## Enquiries

[info@porttopub.com.au](mailto:info@porttopub.com.au)

#porttopub

**HOTEL**  
ROTTNEST

**KC**  
SPORTS

**AUSTAL**  
FISHERIES  
SUSTAINABLE SEAFOOD

**ROTTNEST**  
EXPRESS

**K&L GATES**

## 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](mailto: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](mailto: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](mailto:media@albanysurfclub.com.au) or [robainslie@hotmail.com](mailto: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](http://www.albanysurfclub.com.au)

Australian for life. 