



the Rip
12 January 2018



Brenton Rose Training Underway

I hope all the Nippers and AGM's / Coaches are enjoying and making the most of this opportunity this week. Great to see Brenton down again at his "home away from home"!

Smith Thornton Swim This Sunday

Our great friends and Principal Sponsors have their annual swim on Sunday. See further into the Rip for details. This swim has an accompanying trophy which is presented at the annual awards. We encourage you all to have a go!

Rise Up

We have Sophie, Bridget and Christine away at Rise Up camp in Pemberton this week and look forward to their stories. I am sure they are enjoying themselves and making heaps of new friends as well as learning leadership skills to employ back at Albany Surf Club over the coming years.

Life Guards Doing Great

So nice to have two of our own at the beach during the week. Charlie and James can both be seen on any social media channel doing their best David Hasselhoff impersonation.

Movie Night on Friday

A huge response to this and thanks to the Social Committee for this great initiative. Always nice to see the venue being utilised by the people that matter most – us! Plenty happening and we look forward to a sunny but onshore day on Sunday (at this stage).

Romeo Oscar Bravo – out!

more details at
www.albanysurfclub.com



Friday Ski Training
4:45pm
@ Mids

**School Holiday
Movie Night**
12th Jan @ ASLSC

**Smith Thornton
Swim**
14th Jan 2018
8am @ Mids

Junior Training
Tuesday @ ASLSC
4:00 – 6:00pm



Welcome to the New Year, great to see everyone back on the beach.
Better late than never to introduce some of the key people around the club for 2017/18.

This week we introduce the Albany SLSC Committee



PRESIDENT – ROB MASON

Hailing from Scarborough SLSC Rob is currently serving his third season as Albany SLSC President. Rob oversees all club operations providing high level leadership and strategic direction for all members and the broader community. Behind the scenes Rob works collaboratively with community groups and local agencies to deliver effective surf lifesaving services in the region. Rob is a valued member of the highly regarded Albany Support Operations Jet Ski Team and you will also see him on patrol, providing water safety for Mippers, competitively rowing in the surf boats and competing with the seniors.



VICE PRESIDENT – SARAH BOWLES

Sarah has been Vice President of Albany SLSC for the past 2 years and has completely overhauled the structure of Club Sponsorships. Sarah's efforts in this area have resulted in major sponsors investing considerable (and unprecedented) funds and energy into our Club. We are excited to have our sponsors directly involved in our events and activities. Sarah supports Rob in providing leadership on key projects within the Club and community (e.g. new website development), assists with event management (Country Carnival, Swim events, social events, carnivals & competition) and development of Club policies. On Sunday mornings you will find Sarah on the beach where she is an Age Group Manager.



DIRECTOR OF ADMINISTRATION – PERDIE BEEBE

Perdrie is our Director of Admin overseeing all club correspondence, providing administrative support to key meetings, preparing club documentation, event planning and developing/writing award nominations. In 2016 Perdrie was awarded SLSWA Administrator of the Year. Having joined the Club as nipper in 1992 Perdrie has also held other positions including Director of Lifesaving, Patrol Captain, Club OHS Officer and Age Group Manager. For all admin or general enquiries contact Perdrie. You'll find her on the beach on Sundays with her daughters and helping out with the Purple caps.



DIRECTOR OF EDUCATION – CELIA WAUGH

SLSWA Life Member, Albany SLSC Life Member. Since joining the Club in 1990 Celia has held nearly every position in the Club, twice winning SLSWA Club of the Year under her leadership. Celia's true passion is for education and training having won both SLSWA Trainer and Assessor of the Year. Celia is a SLSWA Training Consultant providing invaluable and consistent support to the trainers and assessors in our Club. Celia also runs the Surf Babies program which will start in February. Talk to Celia TODAY to find out how you can get qualifications in first aid, resuscitation, Bronze Medallion, Surf Rescue, Skippers Ticket and HEAPS MORE!



DIRECTOR OF FINANCE – BETH HEARLE

Beth joined Albany SLSC in 2006 and has held positions of Age Group Manager, Club Registrar, Recorder, Patrol member, Competitor and Trainer. Since 2012 Beth has been the Club's amazing Director of Finance and she has completed overhauled and transformed the Club's Financial processes and systems. Beth administers all monies and financial records for the Club including funding, grants, sponsorships, memberships, reports, club accounts and transactions, venue hire, key register, community education and training programs, uniforms, audits and MORE! Do you have skills in accounting or financial management? Find Beth down the Club and let her know if you're in a position to help out.



DIRECTOR OF HOUSE – PAT MCSWEENEY

Joining Albany SLSC in 2001, Pat has previously held positions of Director of Lifesaving and Patrol Captain. At present he is kept super busy as the Director of House overseeing the running and maintenance of the Club House and providing support to the Venue Hire, Canteen and Social Coordinators. Pat is also the Support Operations Coordinator managing the highly regarded Albany Jet Ski Team and working collaboratively with SLSWA, Albany Sea Rescue and WA Police to deliver a 24/7 response team. Awarded SLSWA Support Operations Volunteer of the Year, Pat is also a Club Sponsor as owner of the Naked Bean. **See Pat to get involved in the Canteen, Venue hire coordination, Bar staff, social club and the Jet Ski crew...they need you!**



DIRECTOR OF LIFESAVING – JIM MORCOM

Jim is our new Director of Lifesaving and welcomes you to join him and our lifesavers in the Club Swim on Sunday mornings. Jim is responsible for upholding our Lifesaving Agreement and ensuring our surf lifesavers and essential equipment are rescue ready. Jim coordinates and oversees our Patrol Teams, Captains, Radio Officer, Water Safety Coordinators, IRB Captains, First Aid Officer and more than 115 surf lifesavers. Last year our lifesavers completed 2328 hours of patrol. Jim also considers all external requests for water safety at community events such as the Albany Harbour Swim. **Find Jim on the beach Sunday mornings (8:30am Club Swim) and have a chat if you are keen to become a lifesaver.**



DIRECTOR OF SURF SPORTS – MATT WELLS

Aside from his commitment to water safety, patrol duties and competitive surf boat rowing, our Director of Surf Sports is coordinates a weekly program of events (training, competitive and social) of beach sprints, surf boats, boards, skis, swimming, ironmans, relays etc for Masters, Seniors and Cadets. In his second year as Club Captain, Matt supports Section Captains, coaches, officials and our Club's competitive members. Matt motivates our members to improve fitness and enhance core lifesaving skills whilst having fun. **So, if you have a desire to get fitter, exercise socially or competitively, become a coach or official - track Capt'n Matt down and let him know. Maybe start with a Club Swim 8:30am on Sundays.**



DIRECTOR OF YOUTH – ANDREW DUFFIELD

As the Director of Youth Andrew has the fun job of implementing the vibrant Nipper program and calendar of events. Andrew provides support and guidance to the Nippers and their families, the Sunday Morning Coordinator, Age Group Managers, Water Safety teams, Coaches, Member Screening Officer and AGM assistants. Whether your nipper is competitive or just wanting to learn and develop their surf and beach skills, Andrew will be able to talk all things Nipper with you. Andrew is also an active Patrol member and competitive surf boat rower. **If you have any queries on the Nipper Program or other aspects of surf lifesaving (social or competitive) have a chat to Andrew on Sunday mornings.**



ASLSC are very proud of our long-standing partnership with Smith Thornton Accountants. As Principal Sponsors, the team at Smith Thornton Accountants have been long standing supporters and great advocates for our club.

The Smith Thornton Swim is on again THIS Sunday, January 14.

Event Details:

The Smith Thornton Swim is an annual, trophy event presented at the annual awards at the end of the season.

Registration: Meet at the table at the shark net at 8 am

Swim start at 8.15 SHARP

Distance: 800m (approx 2 laps of the normal Sunday course)

No handicaps, everyone is off scratch.

Everyone welcome to participate. Spot prizes on the day 😊😊

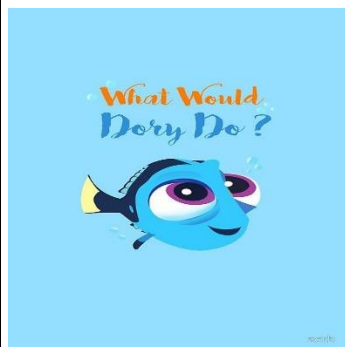
Make sure you get down to be a part of the action, this is a calendar event you don't want to miss!

Partnerships with our sponsors are essential to assist us to provide the resources we require to grow and develop as a club and ensure we continue to provide the very best service to our community.

So, we encourage you to support the businesses that support our club!

See you on the beach!

What you have to ask yourself is...



"Just keep swimming, just keep swimming, swimming, swimming"

Captains Log

Greetings from the Bridge.

Thanks everyone for a great turn out last Sunday – the swim went off again without a hitch with another good turnout and a number of new starters, one of which managed to come in first (well done Hannah for successfully foxing your dad – no soup for you). Also a lot of keen Seniors and Cadets turned out for the Ironperson – whether as a team or individual class – the only casualties being James who had to be plucked to safety by the Prez on his trusty stead after learning he really should breakfast before going out hard, and Christine for picking what must be the most tippiest Ski in the shed – bold move!



This week sees the annual **Smith Thornton swim**. Twice around the course in the shark net.

We have to start earlier – so we will muster at 0800, and start the race the 0815. It is an “all in” race, so no handicap – just first over the line.

Bring your best swim cap and do not be late or you will miss out on the best fun ever! I kid thee not.

U15+ cadets you get to be a Boatie this Sunday. You are possibly the most luckiest people in the world – it will change your life, swear to God.

Remember – girls need to wear normal club bathers and boys you will need to wear budgies, no jammers. It's for your own growth bro.

Chocking up is required and no, you cannot share or borrow someone else's bathers on the day. No one needs to see that.

As always what happens in the boat stays in the boat.

I have been getting emails coming in for competition registrations – so keep then coming. Country Carnival in Geraldton, States or Aussies. It doesn't matter – just get them in.

Lastly Grand Ski Master Slats has 1 or 2 of the club “Spirit” Skis ready for sale. \$200 per Ski.

Will be out for display Sunday – so if you are keen for a bargain grab either myself or Slats to clinch the deal – first in first lucky.



Nippers Update

We were spoilt last week with a magic day with perfect conditions minus a bit of swell. Great to see everyone happy to be back on the beach and giving it their best.

This Sunday 14 Jan, we are at Mids with lots happening:

- **Purple caps** are on set up, pack up and canteen duty. Keep up the good work supplying tasty treats to sell at the canteen!
- Introduction to surf boats - U15's, yes this week you get to have a go at surf boats. This will be an intro surf boats, rowing and boaties language. Come along ready to give this a crack.
- Resuscitation Certificate Training – for Nippers 10 and over plus parents is being run from 11am to 1pm by Celia and Kevin upstairs in the club rooms. If you haven't already put your name down on the whiteboard please contact Celia to register your interest on celia8083@hotmail.com or 0403 555 421
- We are on the lookout for more people who hold Bronze Medallion or Surf Rescue Certificate to help out with water safety, as we are a bit short over the school holiday period. Les, needs the extra help.

Brenton Rose Board Clinic

Brenton Rose training is in full swing this week with Nippers aged from U8 to youth at the beach developing their surf skills from Wed 10 to Sat 13 Jan. We are hoping that AGMs and PARENT HELPERS and BOARD COACHES can attend the Saturday session. This is also available to active senior members who are thinking about coaching or becoming an Age Group Manager in the future. These Saturday sessions have been included in the program specifically to support you in your roles within the club, so we encourage you to attend.

For more information or to register your interest please email our friendly Competition and Training co-ordinator, Gavin Shepherd at nadsngav@westnet.com.au or text 0428 827 221.

Family Movie Night- screening Jumanji

Join us for the movie night and support the cadets who are selling snacks and drinks. Doors open at 5.30pm and movie starts at 7.30pm. Wood fired pizzas available.

Make a night of it but please book your free tickets through Eventbrite. See more info in the RIP.

See you on the beach

Karen Herlihy

Sunday Coordinator

Between the Flags

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	
Riley Pearce	Team 3 SRC	21 January 9am – 4pm	0448 425 276	
Nick Roecker	Team 5 SRC	28 January 1pm – 4pm	0417 189 215	

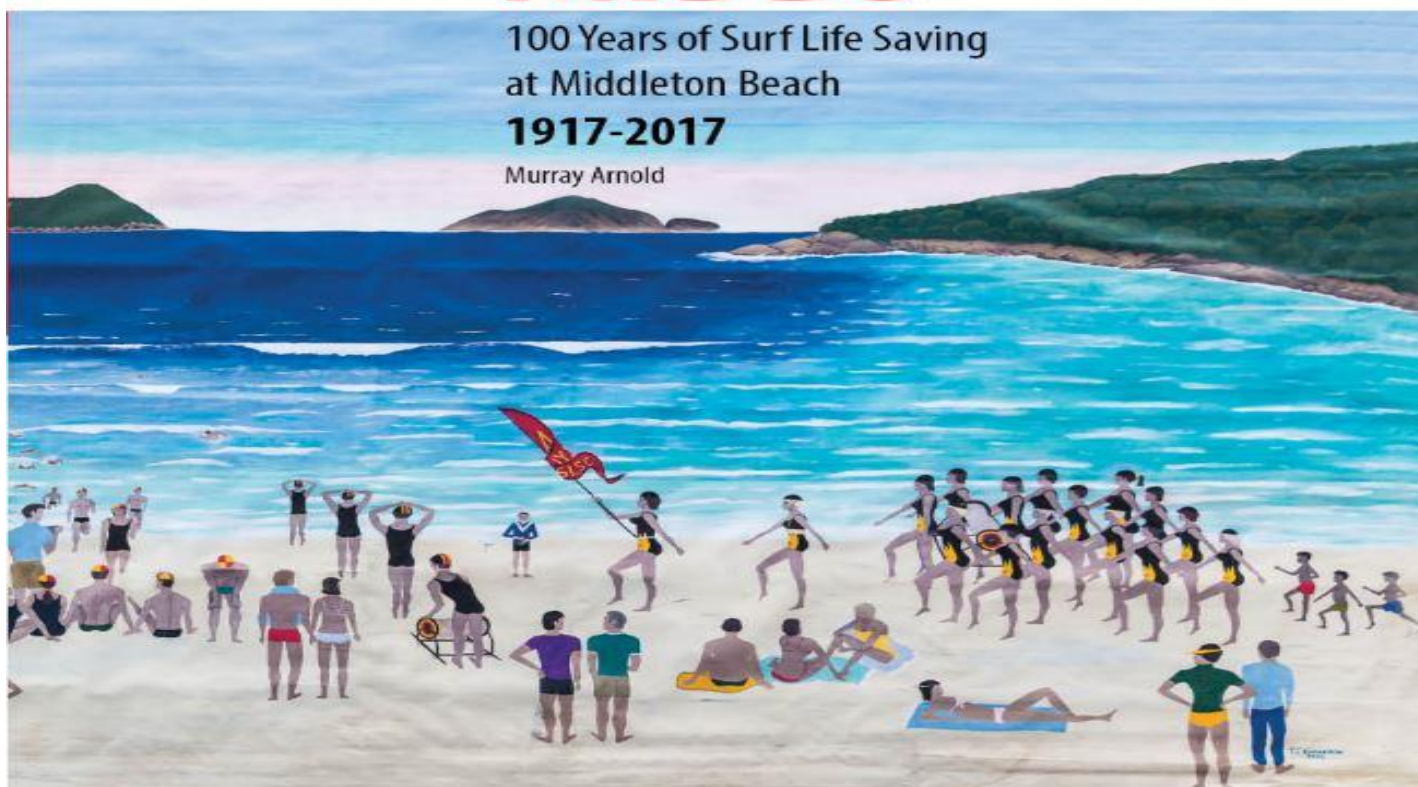
‘Midds’ 100 Years of Surf Life Saving at Middleton Beach

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

‘MIDDS’

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

Murray Arnold



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.

CALLING ALL CADETS!!

Your help is needed to raise funds for this year's Cadet Camp!

There is an opportunity for Cadets to sell soft drinks, lolly bags, popcorn, cakes etc at the club members' family movie night on Friday 12 January to help raise funds for the Cadet Camp coming up in early February.

You can contribute by bringing along some home-baked goodies to sell (like chocolate crackles, muffins, cupcakes, cookies, whatever!), or just by helping on the night.

Please get in touch with Noah Morcombe (0477 488 038) to volunteer your services!

ASLSC SOCIAL UPDATE

Friday Night Social Sundowners – update:

Open this Friday 5th January from 5:30pm



COMING JANUARY 12 2018 @ ASLSC
THE ASLSC SOCIAL COMMITTEE PRESENTS....
ASLSC MEMBERS' FAMILY MOVIE NIGHT

Tickets are free, but space is limited so please book your place through Eventbrite ticketing

- <https://albany-surf-club-family-movie-night.eventbrite.com.au>

See the poster for all the details – Will be a great event for all the family

ALBANY SURF LIFE SAVING CLUB FAMILY MOVIE NIGHT

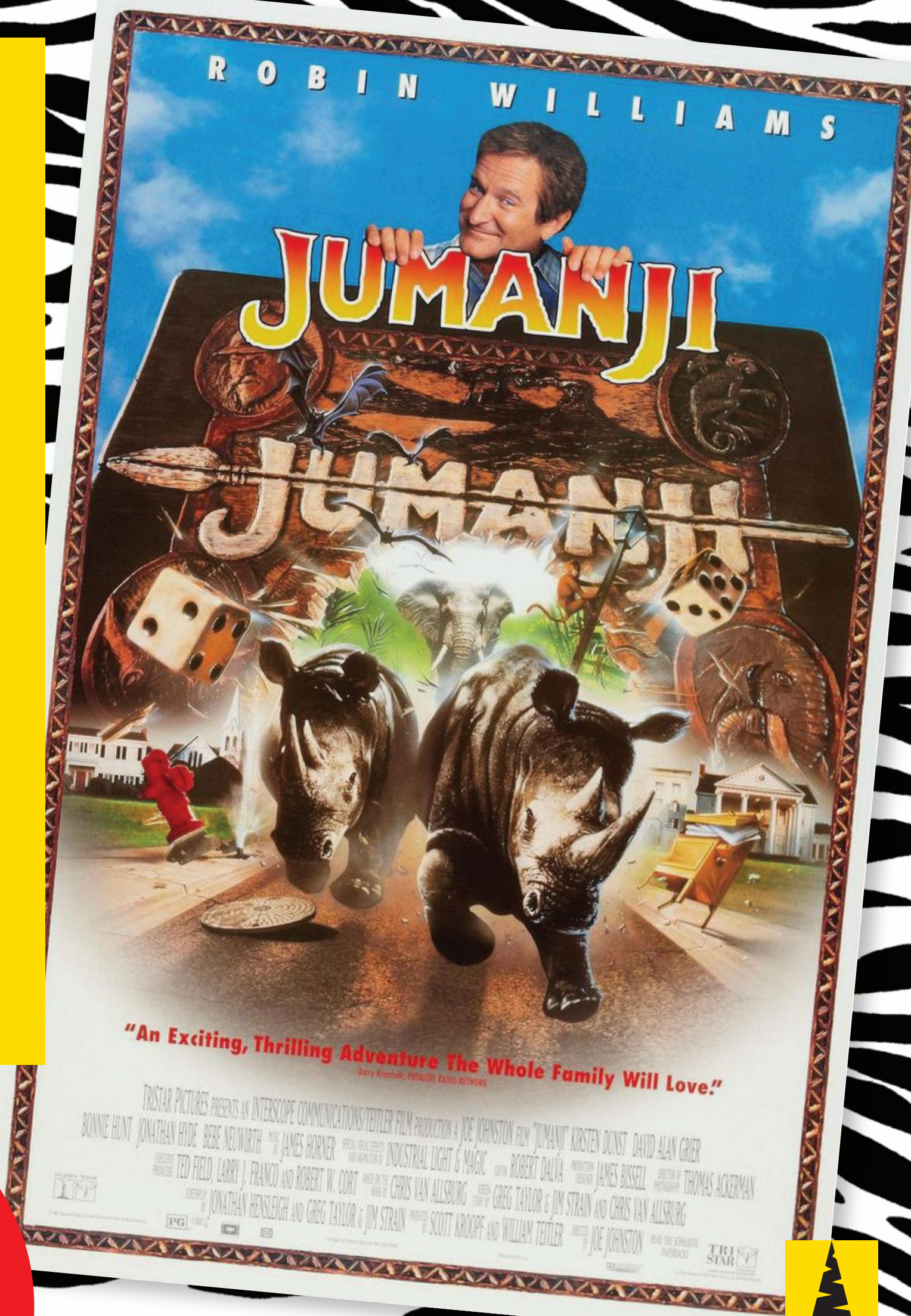
FRIDAY 12 JAN

**Doors open 5:30pm
Movie screens at 7pm**

**Join us upstairs at Albany
Surf Life Saving Club for a
free members' family
movie night this school
holidays.**

**Pizza from the Wood Fired
Catering Co, snacks and
drinks will be available,
and the bar will be open
for the grownups!**

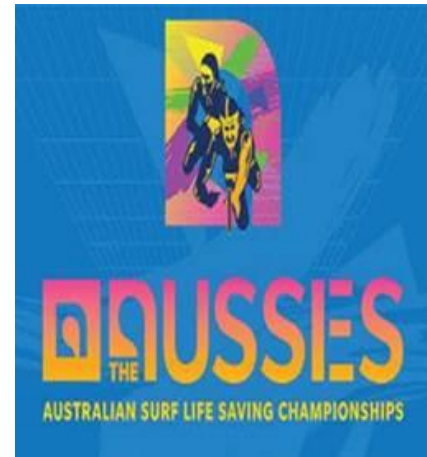
FREE
(FOR CLUB MEMBERS
+ INVITED GUESTS ONLY)



Bring your own beanbag, cushions or low chair.

**Space is limited - book your free tickets through Eventbrite
<https://albany-surf-club-family-movie-night.eventbrite.com.au>**





INTERESTED IN COMPETING THIS 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.

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.

Education Corner – Celia Waugh, Director of Education

Bronze Assessments

Congratulations to our new SRC Certificate holders:

Ella Abbott, Hudson Bell, Skye Cordon, Oliver Dall, Joshua Duffield, Yana Hlavaty, Matilda Leonard, Riley Pearce, Jake Shepherd and Anne Turner

Congratulations to our new Bronze Medallion holders:

Sophie Adeline, Callum Duffield, Willem Freebury, Sam Freeman, Helen Godwin, Peter Godwin, Tenaya Kennedy, Lachlan McLean, Hope McLennan, Zeke Medling, Kurt Morcom, Dane Paunich, Abbie Tucknott, Jason Brassanello, Brett Dal Pozzo, Kristin Ellery, Greg Freebury, Che Hicks, Jenna Honey-Smith, Dana Neumann, Narelle Wakefield & Nick Walker

Thanks again to our Trainers & Assessors.

IRB Driver, IRB Crew & Skipper Ticket

Cameron has all these awards booked and ready to go.

Thank you to each of the Patrol Captains for supporting candidates who are doing their Crew or Driver's award get some training done whilst on patrol.

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.

Y

ou 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 as soon as set.

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

Surf Ski Training

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

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

Under 15s – Cadets REMINDER – Sunday 14th January

Boys MUST wear speedos and girls, normal bathers NO boy legs.

Trust us.....It is for your own good!!

Dani.

Disabled Surfers Association – Great Southern

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.

DSA Great Southern are calling out for anyone who is willing and able to volunteer their time to help out during the **LETS GO SURFING DAYS**. See the poster below and message if you would like to be involved in this amazing opportunity.

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**

Surf Life Saving WA News and Events

Abalone Patrol Opportunities - SLSWA are looking for volunteers to assist with patrols during Abalone season at Yanchep, Quinns Mindarie, Mullaloo, Sorrento and Penguin Island beaches, at the following times:

- 7am - 8am, Saturday, 3 February
- 7am - 8am, Saturday, 17 February

Those interested can get in touch with Lifesaving Officer, [Josh McCleery](#).

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





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

Prize money and prizes

Wetsuits allowed



Presentations and Post-event party

Hotel Rottnest from 5:00pm

Enquiries

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 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. 