



the Rip
19 January 2018



more details at
www.albanysurfclub.com



Friday Ski Training
4:45pm
@ Mids

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

Australia Day
Fri 25 January

Cadet Camp
Fri 2nd – Sun 4th Feb
@ Quaranup



Congratulations to Christine Murray (1st) and Zac Wells (2nd) in the 2018 Smith Thornton Swim.



**SMITH
THORNTON**
ACCOUNTANTS



Albany
Community Bank® Branch
Bendigo Bank



Smith Thornton Swim 2018



PLEASE NOTE:

There will be water outage at Albany SLSC on 24th January from 8am to 1pm.

Nippers Update

BLUE caps on duty this Sunday. Please arrive at approx. 8:15am to assist in set up if you can. Donations for the canteen are always welcome.

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.

Camp is filling up, applications close Friday January 26th

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



Nipper Country Champs – Sunday March 4th, 2018

So... the Nippers Country Championships will be held at Sorrento Beach this year on the Sunday, 4th of March, the long weekend. This is our main target Carnival as it is our only qualifier for the State Championships due to be held two weeks later, on March 16th to 18th. The comp gives our Nippers a great opportunity to enjoy some friendly competition with our fellow country surf clubs. We encourage all our Albany Nippers who are keen to have a go and join in to contribute to our fantastic Albany Team Spirit.

Kids get the chance to win state country medals either individually or as a team in the many team events on offer. Clubbies looking for accommodation can join other club families, who often stay at the lovely Karrinyup Waters Resort and Caravan Park. As at the time of press, there was only one family chalet and a couple of small chalets available for the long weekend, however there are many camp sites left for those travelling in tents or campers. ASLSC may have one or two chalets available so contact us or if you would like to book a site, call them direct on 9447 6665.

Historically, Albany does extremely well in these carnivals and we hope to do even better this year, with many new smiling faces.

Please email our Nipper Training and Competition co-ordinators, Nadine or Gavin at nadsngav@westnet.com.au to register your interest and we will get some terrific teams together.

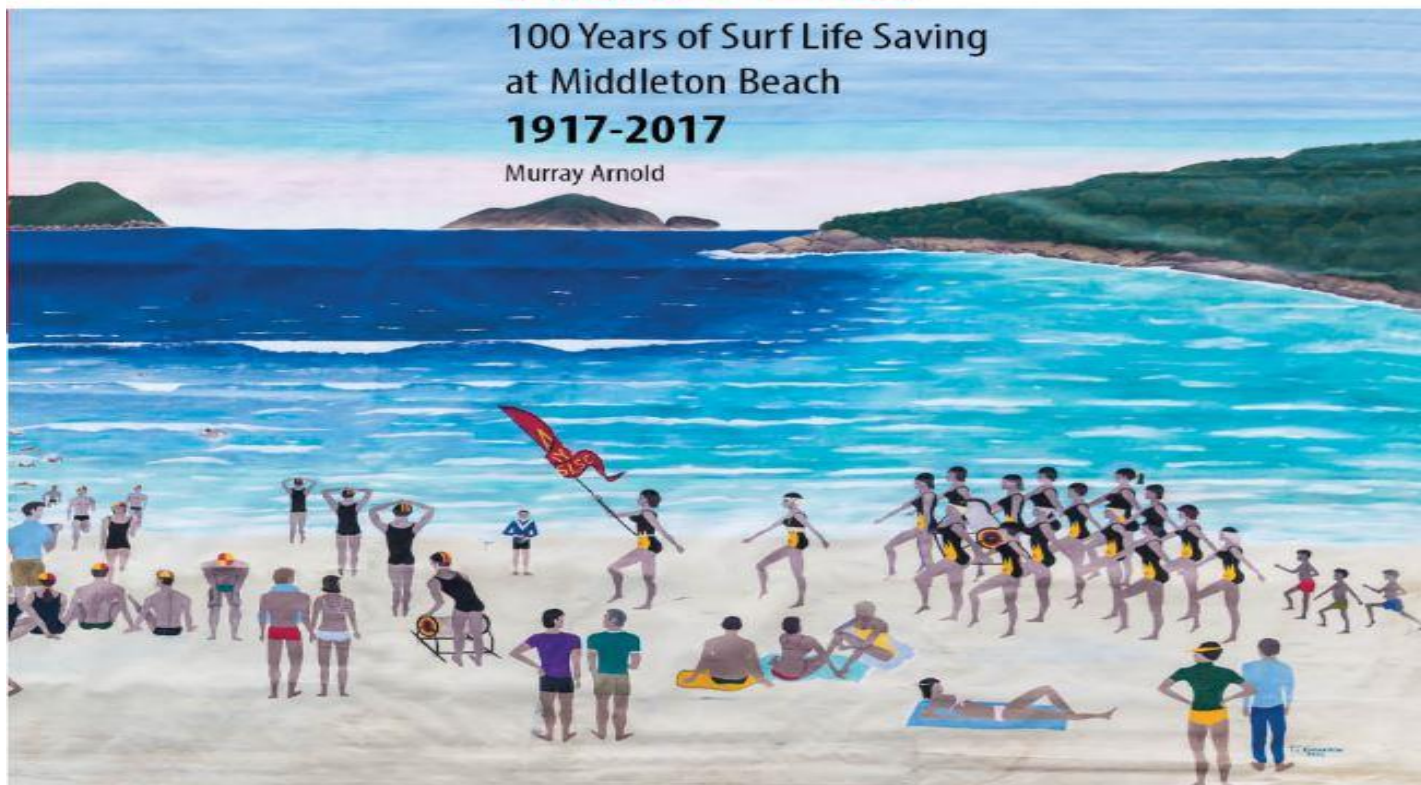
'Mids' 100 Years of Surf Life Saving at Middleton Beach

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



Captains Log

Welcome from the Bridge, people.

Great work everyone last Sunday, the annual Smith Thornton Swim again went off well, with over 30 competitors both members and non-members alike. Hotly contested in some trying conditions, but Christine Murray (was it a birthday swim? – I know I had cake at some point) defended her title from last year coming first, with Zac in 2nd, followed by Willem Freebury, Molly Bowles and Jacob Murray rounding out the first 5. Dana was the first adult over the line with Simon Smith not far behind. Many thanks to Smith Thornton for sponsoring this popular event, and for Simon on the day in handing out the prizes and congrats to Alex for winning the best cap on the day – swim fishie swim. Also thanks heaps to the water safety and helpers on the day – too good.



Commiserations for the U15s as they couldn't get to go out on the surfboats due to conditions – but do not fear, keep practising your high chock as I hear from High Priestess Boatmaster Dani that the Boats are making an appearance at the Quaranup Cadet Camp. Brace yourselves people and make sure you get to the camp or you will miss out.

Otherwise last Sunday for Seniors was either an individual or team Cameron, with double points again on offer for the solos. Again good hard fun from everyone. The final scores have thrown the current points race into a spin with a number of Seniors now in close running.

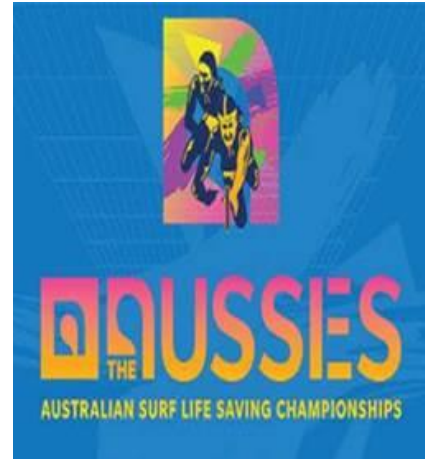
Also – great to see most of the U15s accepting the press ganging into the Seniors competition – you took it well I thought, keep it up, and expect more of it.

This coming Sunday see us go back to the standard handicap swim format and time. We will look to do both a beach and water event for Seniors – so Beachies make sure you stay around and bring your shoes.

Keep those registrations for upcoming comps coming through to me.

Lastly Supreme Yogi Ski-master Slats has let me know that 2 of the plastic Skis sold last weekend – so well done you lucky few that managed to snatch a bargain there – well done and happy paddling. Anyone else interested please let him know.

Talk to you then



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 nadsngav@westnet.com.au

Get it on, times a wasting people.

Education Corner – Celia Waugh, Director of Education

Resuscitation Course

What a great turn out on Sunday for the Resuscitation Course congratulations to the following members: **Joy Abbott, Sarah Bowles, Hamish Bowles, Keira Cordon, Harriet Martin, Michala Sandy, Liesel Freebury, Ned Shepherd, Tahnee Poulter, Keilarni Lloyd, Gemma Sandy, Donna Cameron, Andrew Wallace, Ethan Wood, Cooper Sandy, Bree Pass, Solomon Ellery, Rebecca Beebe, Perdita Beebe and Patrick Ellery.**

Congratulations also the **Katie Beebe** who is doing a little bit of homework for me this week and I will catch up with her on Sunday to finish off her award.

Thank you to: **Kevin Pettley, Joanne Lucas, Rob Lucas and Colin Pass** for helping out during the morning and **Karen Herlihy** who did such a great job of promoting the course to the age groups.

If there is enough interest we could run another one towards the end of the season.

Skipper Ticket

Congratulations to the following members who were successful in getting their Skipper Ticket:

Willem Freebury, Molly Bowles, Charlotte Musk, Fergus Martin, Callum Duffield, Carl Ryan, Jordan Haywood, Nik Roecker, Sophie Lynch, Sophie Adeline, Connor Pettley-Gray, and Cameron Pettley-Gray.

Thank you Cameron Martin for taking time out to deliver the course.

Bronze Assessments

We started our last Bronze group for this season on Sunday a very enthusiastic group spent the afternoon learning their water skills. Thank you Jeff Medcalf for taking the Sunday session.

IRB Driver, IRB Crew

Look forward to arranging for assessments and final training to occur when Cameron gets back from sea. If I could get some feedback from those who have been doing training on patrols how the candidates are going that would be great

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.

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

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**

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/

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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!



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. 