



the Rip
5 January 2018



HAPPY NEW YEAR!

Albany Surf Club wishes all its members and their families a safe and joyous 2018.

We saw 2017 off with the inaugural New Year's Eve Swim Albany jointly hosted with Albany Swim Club and Masters Swimming Albany. Could not have scored a better morning! With over 100 swimmers and heaps of positive comments from everyone, it was a great success. Congratulations to all competitors and especially, sincere thanks to water safety – Albany Surf Club just performs time and again – thanks guys! And a special mention to Kaye and Jim Bolger from Masters Swimming for all the work they did with registration, timing, recording and everything else!

Back to the beach this Sunday and training gets serious leading into championships in March. Everything is back to normal now and starts with Friday ski training.

Juniors – you should really look at joining in the training with Brenton Rose next week – there are still places available. He is a top class coach and national medallist – make the most of the opportunity! Same goes for Age Group Managers and Coaches. See info further in this Rip.

See you on the beach!

Rob

more details at
www.albanysurfclub.com



Friday Ski Training
5th Jan 2018

4:45pm
@ Mids

Nippers events
resume

Sunday Jan 7th
@Mids

Brenton Rose Board
Clinic

10th – 13th Jan
@ Mids

Junior Training
Resumes

Tuesday 9th Jan
4:00 – 6:00pm

School Holiday
Movie Night

12th Jan @ ASLSC



**SMITH
THORNTON**
ACCOUNTANTS



Albany
Community Bank® Branch
Bendigo Bank



Nippers Update

G'day All – welcome to 2018. I hope your Christmas and New Year break was fantastic!

Good news! – we're going to break the school holiday doldrums because Nippers recommences this Sunday 7 January 2018. Come on down and have some fun at Midd's for the first session of 2018. Yellow caps are on duty so please help out with set up / pack up and bring along some tasty treats for the canteen.

Brenton Rose Board Clinic

Remember that we have the Brenton Rose Board Clinic next week. Sessions run from Wednesday 10th through to Saturday 13th January (see the attached flyer). This is a great opportunity for nippers (U/8 - Youth) to develop their surf skills. Registrations close THIS Friday 5 January – so don't delay and sign up!!!

ALL AGM and BOARD COACHES are encouraged to attend the Saturday session. These sessions have been included in the program specifically to support you in your roles within the club, so we encourage you to attend.

This session is also available to active senior members who are looking (or even thinking about 😊) coaching or becoming an Age Group Manager in the future.

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

Water Safety

We are on the lookout for Bronze Medallion or Surf Rescue Certificate holders that can help out with water safety for Brenton Rose clinic. What better way to spend a few hours next week than doing you club mates a favour! Pls call or txt Gav (0428 827 221) or Andrew (0408 904 985) if you can help out.

Introduction to Surf Boats

U15's - mark Sunday 14 January in your calendar! This'll be the day when you get to have a crack at the surf boats. The session will be an intro to surf boats and surf boat rowing and will be conducted on flat water. Remember to speak slowly when you're asking questions of the sweep!

See you on the beach!

Cheers. Andrew



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	
Riley Pearce	Team 3 SRC	21 January 9am – 4pm	0448 425 276	
Noah Morcombe	Team 5 SRC	28 January 9am – 4pm	0413 026 853	
Virginia Mercer	Team 5 Bronze	4 March 12:30 – 4pm	0419 935 283	

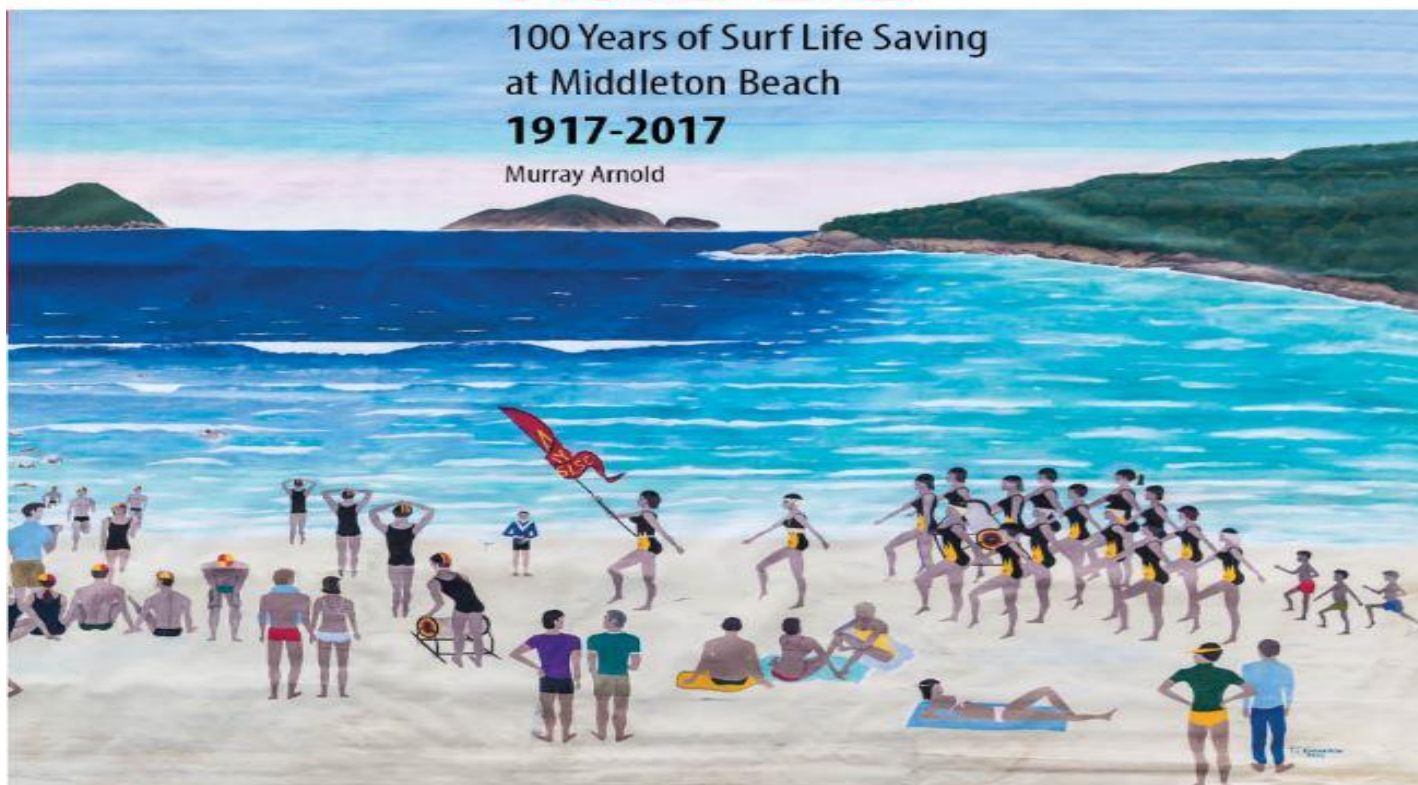
'Midds' 100 Years of Surf Life Saving at Middleton Beach

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

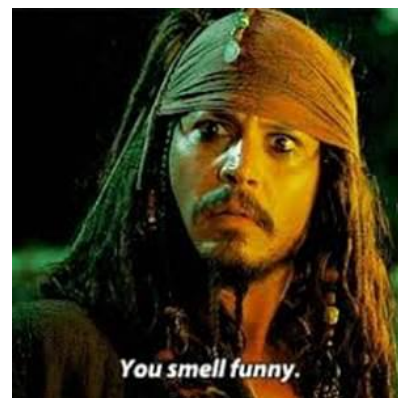
Murray Arnold



Captains Log

Welcome everyone to 2018. Hope you all had a great little break and are ready to crack on – and shift some Christmas (b)cheer.

Firstly congrats to everyone that jumped into the Open Water Swim on News Year's eve – great turn out with fantastic conditions. Could not have had it better. Big cheery well done to those first timers especially no matter what the distance. You'll be hooked now, that and we have your contact details.



Thanks to everyone that worked hard to organise to put it together and for running it on the day, Sausage bro?

For **this Sunday**, Handicap swim kicks off again this weekend, the points are gathering. Still way too early to tell with a number of regular swimmers all in it together, neck and neck.

For Seniors we will see how the weather holds – either an Iron Man inc Skis (individual or teams – double the points on offer for solo though), or something different if the weather is no good.

Who can tell? Not me – I can't read.

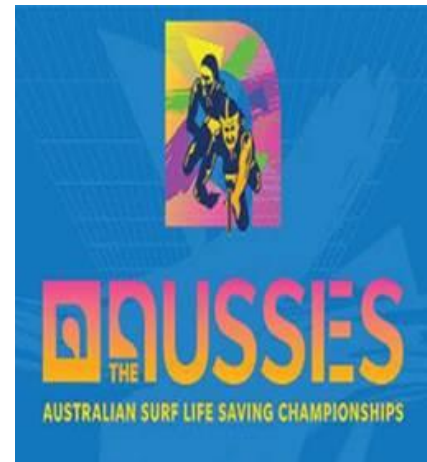
Special events coming up in the next few weeks- the U15s have a crack at Surf Boats - we will need all Sweeps etc on hand for that one, and maybe someone that can actually row as well. On the 14th we also have the Smith Thornton annual swim – twice around the shark net with special prizes to follow. Most eye catching swim cap?

Lastly, the new year brings with it all the joy, pageantry and terror of Carnivals and Championship events – from Geraldton in late Jan, to Country Champs, States and Aussies in March/April. Now that you are all Bronzed/SRCed and up to date with your patrol/water safety hours, if you are keen to have a crack please let me know, like now so I can register you. No register, no go.

If you haven't got all your hours and want to compete, come and chat to me, I will take bribes of money and consumables of choice. But you need to get onto it.

See you this weekend. Good luck to all kids going up to Perth for Country swimming, fuel the jet baby –also wear your clubbie togs – I dare you!

Cheers



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.

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!

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.



DOLPHIN SURF CRAFT

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.

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

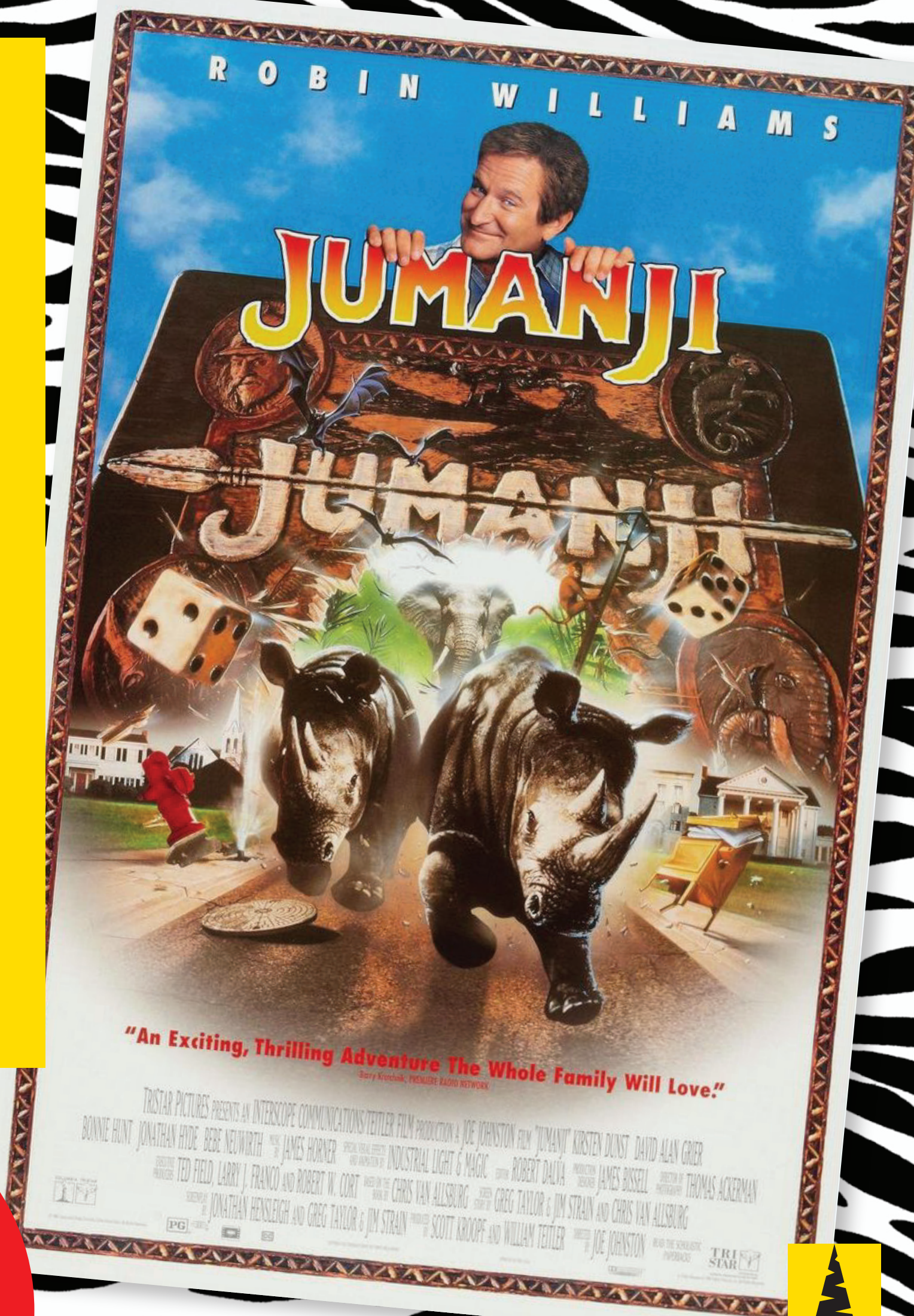
Doors open 5:30pm

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>



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.

Bronze Course

Those members who have indicated they would like to do their Bronze could you please meet me at the **Club 11:30am this Sunday 7 January 2018.**

If you can't be there at that time, please let me know by email.

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 will resume Friday 5th 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 11th 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.

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, 13 January
- 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



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**



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



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. 