



Well done to our Country Carnival Competitors!

A small but fearsome Albany team competed at Geraldton last weekend in the SunSmart Country Carnival (same one we hosted last year) with some outstanding performances from Nippers, Youth and the Wedgies boat crew. You guys represented Albany superbly and we are very proud of your efforts. Very serious photo in todays paper!!

The Easterly has returned with a vengeance with week but looks like we are in luck for Sunday with a change in conditions – should be very nice. Back to a normal day this Sunday and will be great to see everyone back on the sand!

Plenty of serious training going on as we are just a month out from one of our main target – Country States and State Masters Championships. Getting to the serious part of the season now and there are some very fit and honed bodies running, diving in the sand (who ever thought of that?), swimming, paddling and rowing. Keep strong and focused everyone!

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

**Friday Ski  
Training**  
4:45pm @ Mids

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

**Cadet Camp**  
Fri 2<sup>nd</sup> – Sun 4<sup>th</sup>  
Feb  
@ Quararup

**Albany Harbour  
Swim**  
Saturday March  
31<sup>st</sup> 2018



## Nippers Update

Congratulations to those that attended the Country Carnival in Geraldton last weekend. Whilst the conditions weren't the best, the Albany crew showed everyone that they could mix it with anyone whatever the surf conditions. We achieved some great results, and more importantly, gained a whole lot more confidence in different surf conditions.

This week see's us return to Midds for more fun and excitement. **Red Caps** are the duty group - so please come on down a bit earlier with your tasty morsels for the canteen and help set up / pull down the courses. The weather is looking a bit more favourable for Sunday at this stage!

This weekend also sees a large group head off to Camp Quaranup for the annual Cadet Camp. Good luck to all those attending and thanks to Carl Richardson for setting up another great opportunity for our kids.

See you on the beach!

Andrew



# 2018 SLSWA Sunsmart Country Carnival

## Geraldton WA

Huge congrats to all those who travelled the long distance to represent Albany at this years SLSWA Country Carnival. This year, there were nearly 600 competitors and 23 clubs represented.

We certainly saw some extremely challenging conditions both on the beach and on the water but enormous credit to each and every competitor for tackling these challenges head on and performing so well!

Albany finished 9<sup>th</sup> overall, coming in 3<sup>rd</sup> to both Geraldton (3rd) and Secret Harbour (6th) respectively within country clubs in attendance...pretty darn good given our low number of competitors to theirs!

If you are keen on nutting through all of the results, you can check them out here:

For the full Nippers results, visit: [mybeach.com.au/NippersCarnivals](http://mybeach.com.au/NippersCarnivals)

For the full Seniors results, visit: [mybeach.com.au/SeniorsCarnivals](http://mybeach.com.au/SeniorsCarnivals)

Special thanks go to Rob Lucas for giving up his time and traveling all the way to Geraldton to Official for the Carnival. We can't thank you enough Rob.

Also thanks to Tom, Chris and Andrew for covering our First Aid roster requirements on Friday afternoon...pretty full on with blue bottle stings non stop!

A big shout out to Fremantle, Dongarra Dennison, Busselton, Sorrento and North Cottesloe clubs for getting in the spirit of the carnival to join forces with some of the Albany team to secure some good results in the team events in both the water and on the beach.

Rumour has it next year it just might be in Denmark...lets make sure we have a big contingent to show them what we are made of.

Check out the results across the board of these awesome competitors.

## Patrol Proxies Required

Name	Team	Date	Contact	
Rob Slattery	Team 2 Br	4 March 9 – 12:30pm	0428611344	
Virginia Mercer	Team 5 ARTC	4 March 12:30 – 4pm	0419935283	
Ian Spurgeon	Team 5 Patrol Cap	4 March 12:30 – 4pm	<a href="mailto:spurge@iinet.net.au">spurge@iinet.net.au</a>	
Wendy Spurgeon	Team 5 Bronze	4 March 12:30 – 4pm		



## **Nipper Country Champs – Sunday March 4<sup>th</sup>, 2018**

So... the Nippers Country Championships will be held at Sorrento Beach this year on the Sunday, 4<sup>th</sup> 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 16<sup>th</sup> to 18<sup>th</sup>. 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 [juniors@albansurfclub.com.au](mailto:juniors@albansurfclub.com.au) to register your interest and we will get some terrific teams together.

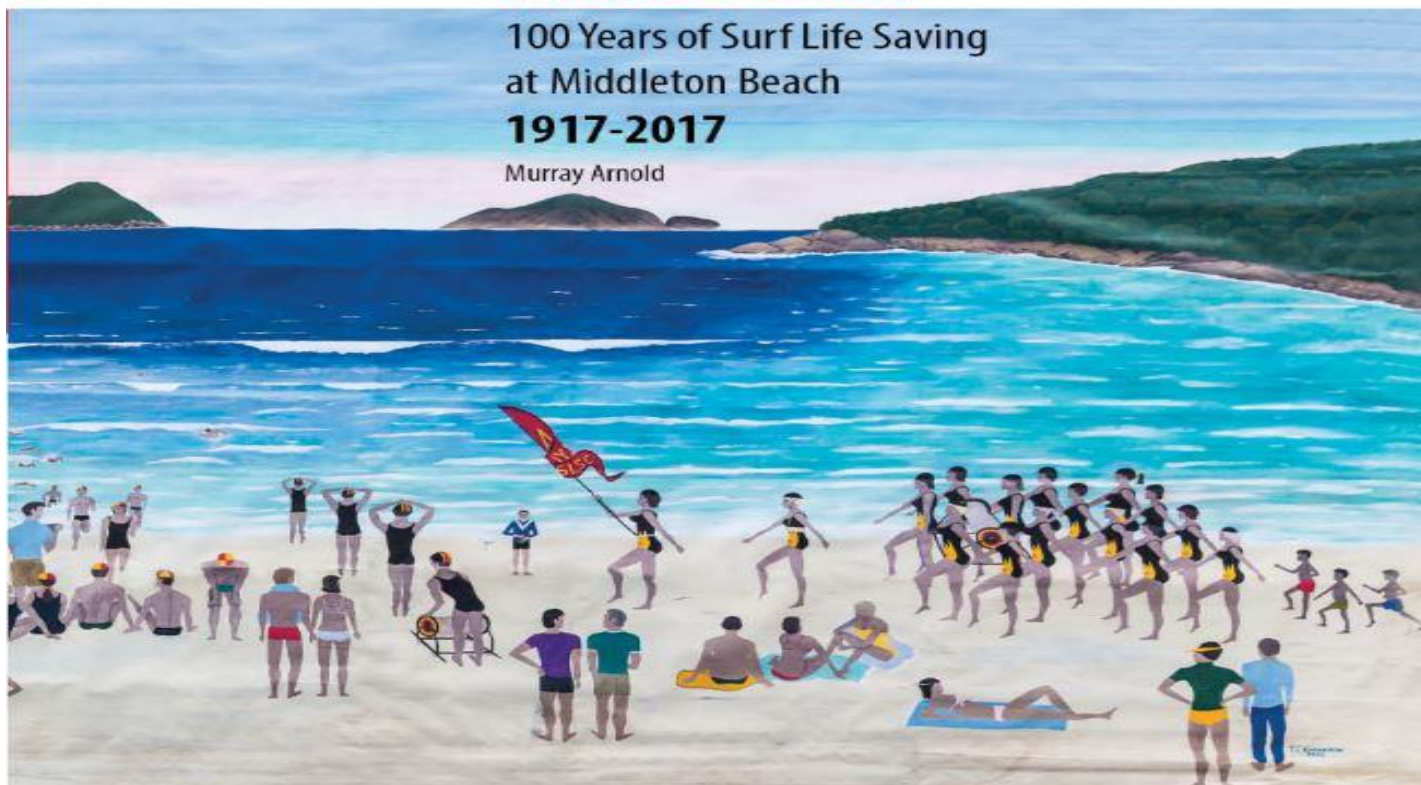
### **'Mids' 100 Years of Surf Life Saving at Middleton Beach**

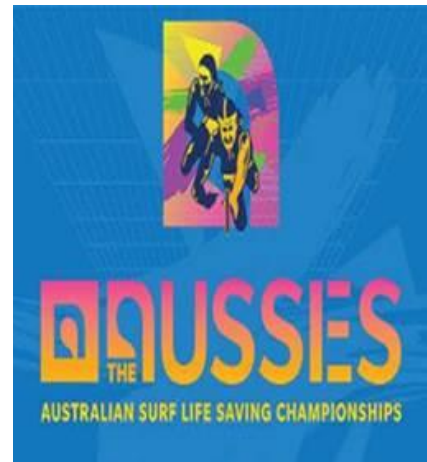
**On sale Sunday club mornings 9-10am at ASLSC – \$35 Also available at the Albany Public Library**

# **'MIDS'**

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

Murray Arnold





## 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](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.

Hi all

A big congrats to the small and hardy contingent that travelled to Geraldton for the Country Carnival last weekend.

Well done on your efforts and achievements, a massive effort in windy, sloppy and very trying conditions. It will certainly hold you in good stead for upcoming surf events. As to those that didn't go – I hope you enjoyed the fine weather and got out amongst it, it was pretty special.



This week – Cadets/Seniors will have a normal programme starting with the handicap swim with muster at 8:15am, and then beach/water events straight after Nippers. Bit hard to be sure but weather is looking promising for a decent wave. We will prob go for a few events if we get good numbers.

Upcoming we have the Ryde Run on the 25/02 for all the beach heads, and then the Country Champs and States early March with Aussies in April. For those that haven't please keep your registrations coming in. For team events SLSWA have informed me that they need to be all registered beforehand, so if you want to grab some mates for any of the relays or team events, pls organise this now and let me know.

Cadets/Parents – I hear that this Fri at the Cadet Camp the Boats are definitely going out in the afternoon for everyone to try in the harbour – so bring your togs to avoid unnecessary blowouts. To all the Cadets going – hope you have a great weekend, and a big thanks to Carl for all his hard work in planning and organising – as Cadet Coordinator it is a huge part of his role in supporting Cadets, and always makes it a great time.

To those parents and adults that are going out to help – thanks heaps. Without you the weekend wouldn't be able to go ahead, and is massively appreciated. The CQ weekend is always a great time and Cadets come back shattered and happy – which is the aim really.

Lastly – for Cadets and Seniors using our club boards, you should have noticed by now that quite a few repairs have had to be done for most of the hard boards recently. Some of these have meant that boards have had to go out of circulation until fixed.

Everyone as a reminder, please take care of our boards as they are there for everyone, and for comps as well as training.

If you are unsure as to what board to use please check with Charlie Moir our Board Captain or myself and if you notice there is any damage to the board- don't just put it back in the rack, let us know.

Even our good comp boards are getting hammered lately. It's great to see that the boards are getting used, but please treat them properly and take some care.

Also - if you want to take a board away (to a Carnival or Event for example) – no matter who you are, you have to let either Charlie or myself know beforehand. No exceptions. Saves a lot of grief in the long run.

All good

See you out there on the weekend. PS – heard on the grapevine it might one of the U15 Age Group Manager's birthday this Sunday. No hints but she will not be happy I let on. Heh heh heh.



**Easter Saturday 31 March 2018  
8:00 am Start**

# ALBANY Harbour 4km SWIM

Starting at the Princess Royal Sailing Club  
and finishing at the ANZAC Peace Park

**Registration closes on:**  
5pm 29 March 2018

**Registration & details:**  
[albanymastersswimming.org.au](http://albanymastersswimming.org.au)

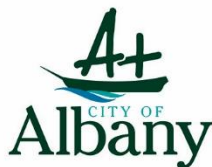


Open to Solo swimmers, Duo and Quad  
teams. Open Water and Wetsuit divisions



Proudly supported by:

ALBANY MASTERS  
SWIMMING



an  
Albany Surf  
Life Saving Club  
event



## **Education Corner**

### **By Celia Waugh ~ Director of Education**

#### **Radio Operator's Certificate**

As of this season the SRC Certificate now includes Radio communication.

All cadet members who got their SRC last season will be doing a Radio Operator's Course at the Cadet Camp.

I will arrange workbooks and associated paperwork and liaise with Carl as to a suitable time.

If there is a helper at the camp who is a guru on radios and happy to deliver the course could you please let me know.

#### **Bronze Training**

**Bronze Training this Sunday from 8:00am** – Radios with Jeff

Assessment will be Saturday 17 February 2018 at 8:00am.

#### **Skipper Ticket**

Cameron has set dates and times for his next squad (which is already full).

**Monday 26th February, and Tuesday 6th March (both between 1800 and 2100)** for the theory, and then a practical assessment on **Saturday 10th March (1200 – 1600)**.

#### **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](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

Fridays – Arrive 4:45 for 5pm sharp start

Join other members in technique, fitness & fun paddles or maybe train for competition in the State and Australian titles in Perth this 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 Griffiths St. & return. Refer to the club season calendar for training dates and for Sundays involving ski events at a friendly club level.

**Upcoming:** It is intended to commence an additional & ongoing weekly ski training session specifically for junior members on Friday 9th. February at 4pm.

These will go for an hour prior to the seniors session at 5pm.

Contact Sophie Adeline if you're interested or rock up at the club.

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

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/](http://www.facebook.com/DisabledsurfersSw/)  
& the national DSA [disabledsurfers.org/](http://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/](http://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!

## 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



## 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. 