



the Rip
22 February 2018



Great Day at Mutton Bird!

It was great to get so many people head out to Mutton Bird last Sunday. Conditions were really ideal for what we wanted to achieve – getting everyone into some different conditions – with a bit of swell, couple of rips and a sweep running down the beach.

Couple of big thank you's – water safety – you guys were awesome in challenging conditions with very little powered craft to back you up. Thanks Pat for effectively manoeuvring water safety from the ski, it was pretty busy. To all those that helped pack, unpack, pack, unpack, wash down and put away gear for the day – THANK YOU! Of course to all Age Group Managers and assistants/helpers – thanks as always!

Congratulations to our latest batch of Bronzies! It is pretty cool to see so many people getting qualified and joining us on patrol. Thanks to Celia and the other trainers and assessors for making this possible.

The Ryde Building Marathon is on this Sunday and I believe the team from Ryde Building will be on hand to start the race. Ryde are one of our two Principal Sponsors and we are extremely grateful for their involvement with the Surf Club. Of course, we have Masters and Country Champs coming up on the long weekend and we have a huge contingent of Seniors and Juniors heading up. It should be a great couple of days.

See you with your running shoes on Sunday!

Rob

more details at
www.albanysurfclub.com

Ryde Marathon
Sunday 25th Feb
@ASLSC

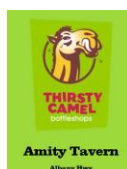
**2018 Sunsmart
Masters State
Championships**
Sat 3rd March @
Sorrento Beach

**2018 Sunsmart
Country Champs**
Sunday 4 March @
Sorrento Beach

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

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

**Albany Harbour
Swim**
Saturday March
31st 2018





RYDE BUILDING MARATHON

The Ryde Building Marathon is on this weekend!

ASLSC are proud of our long standing partnership with the Ryde Building Company.

As Principal Sponsors, the team at Ryde Building Company have been great supporters of our club for many, many years.

Their support and generosity in our fabulous club facilities, has been...quite frankly, really extraordinary. Thanks guys!

The Ryde Building Marathon is an annual event presented at the annual awards at the end of the season and is on again THIS Sunday, February 25. All the action kicks off at 9 am.

This year we are very pleased to welcome the team from Ryde Building Company down to the club. Make sure you take the time to thank the team at Ryde for their ongoing support!

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!



Muttonbird 2018





Between the Flags

Long Weekend Patrols

With many members heading to Perth for the Country Carnival over the long weekend, the patrols on the Sunday and Monday of the long weekend are looking low on numbers. The Sunday afternoon patrol is looking quite light on, especially for females. If you are able to help, please contact Ian Spurgeon (0417 189 747) or Jim Morcom (0430 861 551) Please remember, it is your responsibility to find a suitable replacement for yourself and notify your Patrol Captain.

Water Safety required for Triathlon, Middleton, Sunday of the long weekend.

We have been asked to provide water safety for the swim leg of this event. We will only need 4 bronze medallions or SRCs on boards for about one hour from about 7:15am, please contact Jim (0430861551) if you can help.



operations.sls.com.au

Patrolling members can log onto operations.sls.com.au using their members portal user name and password. From here you can download the app and your future patrol dates will magically appear!! Patrol Captains and Vice-captains can also log patrol details using the app. Give it a go, if Rob Lucas can do it, anyone can. Well done Rob!(that was hard to say!)

Proxy Requests

Name	Team	Date	Contact
Noah Morcombe	Team 5 SRC	4 March 12:30 – 4pm	0413 026 853

Meeting this Friday regarding upcoming carnivals and events.

Wow... looks like we have the biggest EVER team travelling up to Sorrento Beach to represent Albany at the Country Club Championships on March 4. Way to go Albany!

All Competitors and Parents are required to attend a meeting **THIS Friday at 6pm** upstairs at the club rooms.

All the essential information about the carnival will be provided including program details, assistance requirements and an opportunity for first timers to ask questions. There is much to know and plenty to do :)

Meeting is upstairs at the club rooms 6pm SHARP.
Bar facilities will be available.

Please LIKE and SHARE... thanks :)

Thanks!

CAPTAINS LOG

Hey - how you doing?



Ok - its real baby. Next weekend It's A Go Thunderbirds. Country Champs and State Masters. By the way for those that don't know, these are actually 2 separate events. Thanks everyone for all your entries and interest. We are fielding big teams in both across a diverse field of races - so well done Albany - you rock .. all that. Lets got it on!

If you can come down this Friday to hear what Sarah and Nadine have to say about the organisation for the weekend - will focus predominantly on Country Champs, but will cross in re to set up and planning for Masters.

This Sunday, for both carnivals, I will bring down multiple copies of the competitors lists so you can see what you have been entered in. Always good to know what I sized you up for. I will also have a few copies of the programmes for you to check out as well.

We will be discussing on the day Masters set up and prep, this Sunday morning as well, after the Ryde Run. Boats are quite separate to the other arenas - so Zen Jedi Cyborg Ian Spurgeon has graciously agreed to be the on the ground controller of the non-boat end of the beach. Makes sure you rock up to hear how all that is going to roll out. We are all adults so mature learning is required... 2 ears to listen, 1 mouth to talk.

If you want to borrow a board or ski for the comps **do not** touch it until you talk to myself and Ski Grand Poohba Slats. I have no dramas with gear going up - but do it the right way. If you do not, I **will** throw down such a conniption it will rock your world and make you doubt the very reason for your existence - I kid thee not. This gear **will not** be taken up by the club - so **you** need to check it out properly and ensure it comes back cool and clean.

This weekend - we will run the handicap swim as ere normal - can't start from the jetty but that's OK. Ryde Run is going to happen afterwards - Sarah will prob have a bigger blurb about this in the rip somewhere. Lastly - least weekend at Muttonbird was amazing. For Seniors some super fish came out of nowhere - Carol talking about you bro.

Laslty - Uber - well done in making it into the ranks of the Tube Squad elite. You deserve it. Live the dream!

See you then
Matt

**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

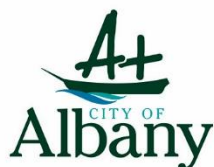


Open to Solo swimmers, Duo and Quad
teams. Open Water and Wetsuit divisions



Proudly supported by:

ALBANY MASTERS
SWIMMING



an
**Albany Surf
Life Saving Club**
event



Social Update

Sorry - Bar CLOSED over February

BUT will OPEN again on **Friday 9th March** – 5:30pm

- Then every Friday in March (see updated poster)

Mark this date:

- On Sat 10th March – join us after the Senior Club Championships for a Sundowner from 2pm. BYO a plate of nibbles to share
 - There will be a simple board games circuit for kids (& big kids) to enjoy while the seniors competitors recover.

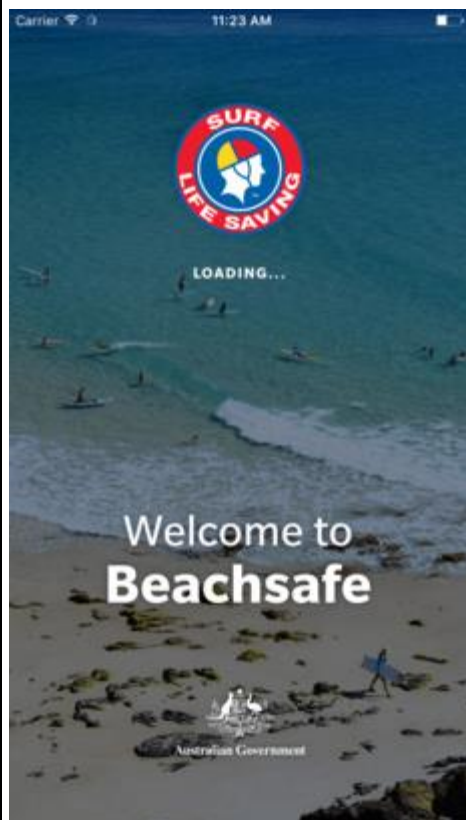


Education Corner

By Celia Waugh ~ Director of Education

BeachSafe Course

On Thursday last week I presented the SLSWA Beachsafe course to 43 Great Southern Grammar School Year 11 & 12 Boarders. Coming from predominantly inland farming communities the course is a good introduction into beach conditions and dangers you need to be aware of when going to the beach. It was well received and will hopefully assist the students to safely enjoy Albany's beautiful coastline. I also introduced them to the SLSC Beachsafe App FREE to download.



The Beachsafe App includes the location, weather, surf conditions and hazards plus the local facilities for all Australian beaches. Importantly, the current lifesaving service for each beach is listed to help you find the nearest patrolled beach. Beachsafe also provides expert advice about rip currents, flags and signs, waves, marine creatures, surf skills and more...



Beach Management & Train Trainer Course

SLSWA are hoping to send Anne-Marie Widermanski down from Perth to deliver these courses to Albany & Denmark. The only weekend they can do is 10-11 March 2018. Not ideal for us as this is the Senior & Junior Club Championship days. I am waiting to hear back to see if Anne-Marie can stay on the Monday and do the Beach Management Course Monday evening.

We really need our Patrol Captains, Vice Captains and others interested in Patrols through the Beach Management Course.

Train Trainer: 4-5 Hours - hopefully will be Sunday afternoon at Denmark SLSC

Beach Management: 8 Hours – hopefully 3 hours Monday evening with Anne-Marie balance on date to be fixed. There is also an online learning course on the Member Portal – takes about an hour.

I URGENTLY need to know if you are interested in either.

celia8083@hotmail.com Mobile: 0403 555 421

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



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.

NEW TIME! Wednesday mornings 6 to 7am
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 overlooking 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 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. 