



the Rip
28 February 2018



Big Weekend Coming Up...

... but before we get onto that, what a great event the annual **Ryde Building Marathon** was this year! So many competitors of every age putting on a real spectacle belting along the sand at Middleton Beach. Well done to all the competitors – there were some outstanding efforts! Special thanks to our Principal Sponsors – Ryde Building Company who support us all year, every year. It was great to have Nigel Ryde and Ian Woods to start the races and soak up a bit of the Surf Club vibe on Sunday!

State Country Champs and State Masters Champs – Sorrento Beach, this weekend

We have a huge and excited contingent heading up to the Metro area this weekend to compete in the Masters (Saturday) and Country's (Sunday). Saturday will see the older members and boaties compete in their age groups against all clubs in the state in the full range of surf sports while Sunday is a carnival for country clubs only and gives all our members, but especially our Nippers a chance to compete and potentially qualify for the State Championships.

Good luck to everyone heading up and thanks to all who are lending a hand to make this happen – it always takes a fair bit of organising and effort. Thanks also to those who are staying back and covering patrolling duties over the long weekend.

GO ALBANY!!!

Mr President ☺

more details at
www.albanysurfclub.com

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

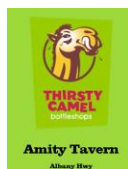
**2018 Sunsmart
Country Champs**
Sunday 4 March @
Sorrento Beach

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

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



**SMITH
THORNTON
ACCOUNTANTS**



RYDE BUILDING MARATHON



CAPTAINS LOG

Ok everyone – here we go.



After all the talks, the preparation and the training the weekend has finally arrived.

Good luck to everyone going up. I hope to see you over the weekend for Masters and or the Country Champs.

We can all be lost and confused together.

It always is a great time – and good chance to catch up and meet people from different clubs.

We have haps of new members either competing, officiating or AGM/helping – so will be great spectacle to see all the red yellow and black on the beach

Go Albany !!

Before you go up,

Remember – club comp boards for cadets and Seniors can be picked up **THIS THURS at 5** from the club. Please see me to confirm you have taken the right board

Chief Jetski Whisperer Pat has also very graciously organised some Naked Bean drink bottles as club sponsor – so if you are early enough tomorrow you might clock one of those bad boys before they all go.

I know the Nippers have already grabbed some.

Remember – the season doesn't finish there though, we will see you back down at Midds the following week. Club champs day isn't far away!

Sarah and Nads have done an excellent job in getting the Nippers and kids organised. When you get the chance please thank them for all the organising and work behind the scenes for this.

Red or White – I think they drink either.

Go easy and safe travelling

Country Club Champs

The count down is on till the 2018 Country Club Champs. We are so excited to be taking the biggest EVER team to Sorrento. Well done Albany. That is an awesome effort!

All Junior and Youth competitors should have received information from Sarah Bowles (Vice President) via email with all the up to date information for the Country Club Championships this weekend.

If you have **NOT** received this communication please email Sarah at vicepresident@albanysurfclub.com.au or

SMS Sarah 0401 240 911 **before Thursday 5pm.**

LAST chance for competitors to collect boards is **5pm on THURSDAY**. If you are unable to take a board for your use, you will need to contact Sarah ASAP.

Safe driving everyone and best of luck to all our competitors!

GO ALBANY!!!!

Just a reminder: No events at Midds this weekend!

Between the Flags



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!)

**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

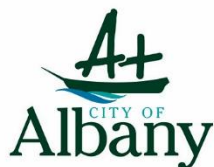


Open to Solo swimmers, Duo and Quad
teams. Open Water and Wetsuit divisions



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

Bronze Course

Congratulations to our latest Bronze Medallion holders:

Adam Cousins, Liz Kilkenny Wood, Richard Langston, Alex Poulton, Kelvin Ridgway, Maeve Sparrow and Taleah Ugle

Thank you to Jeff Medcalf for helping with the training and Wim, Les, Jeff, Rob and Jo who did the assessment.

Cert II RPL

Thank you to those who needed to do their Cert II RPL to compete in the Nationals for making the time after Mutton Bird last Sunday to come to the Club. It made it so much easier having you all in the one place at one time. Thanks to Matt for rounding everyone up.

Beach Management & Train Trainer Course

Anne-Marie Widermanski will be coming down from Perth to deliver these courses to Albany & Denmark on 11 & 12 March 2018. These courses are hard to get in the regional clubs so we really need to make the most of her visit.

The **Train Trainer Course** will be on Sunday afternoon (venue to be yet to be determined – probably Denmark SLSC). So far we have **Dani Lynch, Christine Murray, Alex Wells and Liz Kilkenny Wood**. Anyone else who is keen to get involved in training please let me know ASAP.

Beach Management Course will be Monday evening (probably in Albany). We really need our Patrol Captains, Vice Captains and others interested in Patrols to do this course. There is a prerequisite Beach Management online learning course on the Member Portal – takes about an hour. We had great numbers keen to do this course last season – this is an easier process than what we were going to do last season - so I urge you all to attend – if you haven't already **PLEASE** let me know you can be there. **I URGENTLY need to know if you are interested in either.**

celia8083@hotmail.com Mobile: 0403 555 421



Happening @ ASLSC

Surf Ski Training

Normal ski training will NOT be held this Friday 2nd March due to many members travelling to Perth. Sessions will resume as normal from next Friday 9th March.

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.)



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

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 a 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!

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. 