



the Rip
9 February 2018



G'day Nippers!

I hope that you've all returned to school without a drama and are keen to get stuck into the year ahead. To get your mind off of your studies we still have heaps of fun planned for the Juniors over the next few months.

Reports coming out of the cadet camp were really positive and it seems that Carl Richardson and crew kept our next batch of lifesavers fully engaged and entertained for the weekend. Thanks Carl and Team! It also seems as if we'll need more surf boats and sweeps to keep up with demand!

This week is a normal points day at Midd's with our **Green Caps** and parents on duty. The god's look like they're on our side at present with pretty good conditions forecast.

This week also see's the U15's get an intro to IRB's and IRB racing! IRB's are a key tool in our lifesaving operations and are great fun to boot! Make sure you keep an eye out for the flying U15's!

Thank you to everyone who has expressed an interest in competing at the Country Champs in Perth on 4 March. You will hear more from us in coming weeks about the arrangements - but make sure that you let us know that you're keen to compete by writing your name on the whiteboard on Sunday or emailing juniors@albanyurfclub.com.au

more details at
www.albanyurfclub.com

Sunday 18th Feb
Muttonbird Beach
Day

Friday Ski
Training
4:45pm @ Midds

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

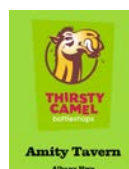
Albany Harbour
Swim
Saturday March
31st 2018



SMITH
THORNTON
ACCOUNTANTS



Albany
Community Bank® Branch



2018 Cadet Camp Wrap Up

With a record number of cadets on camp "33" it was set to be BIG. A fantastic effort by all involved, with the cadets bringing a positive attitude. Everyone was fully engaged and the camp was a pleasure for all. Well maybe not all of the time, anyone for a re run of Rob's torture games??

The camp is not possible without a great bunch of cadets and volunteers.



Thank you to all the volunteers who helped out.

Alex Wells for helping run the camp, supervision, meals, first aid and the Macarena.

Jo Lucas for running the team building, ice breaker first night, with a lot of laughs.

Rob Lucas for supervision, fox holes and the torture games.

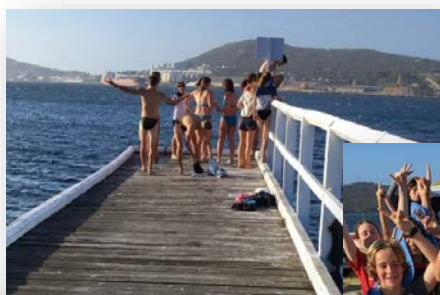
Dani Lynch for organising the boats and rowers, Matt, Andrew, Rob M, Gav, Byron, Peter, Greg for the rowing opportunity.

Joy Abbott for the calming yoga, and an hour of peace and quiet.

Jet ski water safety Byron & Gav. Adele for the photos and instagram posts.

Liz Woods for cooking a tasty bolognaise, two big pots gone in minutes.

Anne Sparrow and Em Medling for doing all the shopping, a big effort and Karen for assisting with lunch, and to Carl for organising the camp and rocking the best Dad jokes all weekend. #Dadjokesrule.



2018 SLSWA Sunsmart Country Carnival

Geraldton WA

2018



Patrol Proxies Required

Name	Team	Date	Contact	
Dinah Roecker	Term 5 ARTC BR	4 March 12:30 – 4pm	0417 189 215	
Nikolas Roecker	Team 5 SRC	4 March 12:30 – 4pm	0417 189 215	

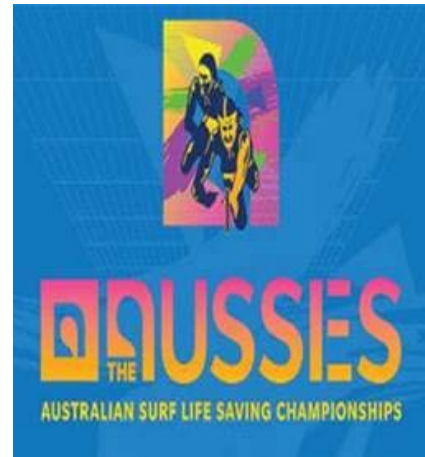
Nipper Country Champs – Sunday March 4th, 2018

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 juniors@albanysurfclub.com.au to register your interest and we will get some terrific teams together.



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 juniors@albanysurfclub.com.au

Get it on, times a wasting people.

Captains Log

Howdy everyone, well here we are getting closer to the business end of the season.

Great swim everyone last Sunday - lots of good feedback about the change to a jetty water start and finish. So much so that we have decided to do it again this Sunday, esp before the Jetty closes for repairs from Monday. Certainly the change of format seemed to favour a few dark horses - Pete Grey, Erin (I am not sure though that there isn't some floatation advantage with that baby though), and Ned. Good luck this weekend - you are going to need it. We will start at the Jetty - so factor that in because we are still starting in the water at 8:30am. No dragging of your arses.

Good fun also with the Senior events - great Ironperson events with some mighty efforts from Jason and Beth again in the individuals, and Molly, Christine and Sarah H in the expanded Cameron. As for the teams - we what can you say - if you were there you would understand. Adam and Nick came across first, but hotly pursued by Kelvin, Slats and Adelle, and Megan, Larissa and Jase Cordon in 3rd. Big congrats to the 2 Richards (2 Ronnies?) and Alex as well.

Also - thanks to Uncle Carl, Auntie Alex, Grandma Jo and Granpappy Rob, and every parent and club member that helped set up and run the Cadet Camp on the weekend - great photos and looks like was heaps of fun. I hope the Cadets give everyone involved some big thanks for that one. Also - to the Boaties that dropped in on Fri for the Cadets Boaties session - too good. I have never seen so many reluctant chocks in my life. Noah, Carl - your horrified expressions and screams still haunt me brother.....chilling.

This week we are at Midds with normal weekend, next week at Mutts and then then back for the last weekend of Feb for the Ryde Run.

Most Supreme Ski Overlord Slats has mentioned that he is keen for U15 Cadets to come down Fri at 4pm for a training Session, so Caderts - make it happen. Low numbers/interest will mean it might get shelved - so get it done.

Keep the registrations coming for Country Champs/States - esp if you are thinking of team events - hook up people and let me know what you are thinking of doing now.

Loving it! Go easy.



**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 Training

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 or 0403 555 421

I need to have it in writing or text (memory not as good as it used to be)

Happening @ ASLSC

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.

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 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. 