



## Albany Nippers off to States

Good luck to all our juniors competing at Scarborough this weekend! After a massive effort at Country Champs we have a pretty solid contingent in Perth as we speak getting ready to represent our club and our town at a state level. Guys, this is a great achievement no matter what happens and we are super proud! Go Albany!!

Club Champs

A pretty tough slog both Saturday and Sunday for seniors and juniors respectively last weekend as conditions were very trying. This is always good practice though as for state carnivals, you just never know what the weather will do and you need to be able to cope no matter what it throws up. Well done to everyone who entered and those who achieved their goals!

Its our relay day on Sunday at the club so look forward to seeing kids and adults mix it up a bit. Some of our seniors (including cadets) are off to the State Championships next weekend so its all happening!  
Out for now

Rob

**PLEASE NOTE: There will be no more Nippers Training Sessions this season.**

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

**Club Relay Day**  
Sunday March 17<sup>th</sup>

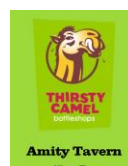
**NO MORE  
NIPPERS  
TRAINING THIS  
SEASON**

**Last Club Day**  
25<sup>th</sup> March  
@ Mids

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

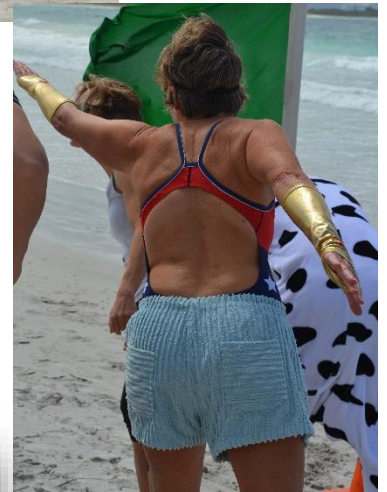
**Senior Windup**  
Saturday 5<sup>th</sup> May  
5pm @ ASLSC

**Junior Windup**  
Sunday 6<sup>th</sup> May  
12pm @ Mids





## Senior Club Champs





## Nippers Report

G'Day All! What a great show last Sunday despite the conditions. Well done to all Nippers who displayed some great racing and fantastic sportsmanship. A particularly BIG thank you to the Water Safety crew last Sunday - particularly the tube squad. You all did a fantastic job and definitely deserved your Coffees and Burgers!

It was also great to have Margaret from Bendigo Bank with us as we conducted the Club Champion awards. We are very thankful for all our great sponsors - so if you have any banking needs, make sure you head on down to Bendigo Bank.

This weekend see's the Junior State SLS Championships being held in Perth. Good luck to the Albany competitors attending - go get 'em!

This Sunday will see us return to Midds for a Club Relay day. Karen is busily working her magic on developing a fun day for all ages - yes, even the crusty old seniors!

Come on down and join in the fun....the conditions are looking quite reasonable for Sunday at present.

**Yellow Caps** are our duty crew this week. Can you beat the efforts of the other age groups in the canteen stakes?

See you on the beach!  
Andrew



## 2018 Junior Club Champions

	Winner	Runner Up
U8 Boys	Creed Shepherd	Lawson Fennell
U8 Girls	Ziva-Marie Stan-Bishop	Tessa Steer
U9 Boys	Jez Wakefield	Grady Bell
U9 Girls	Eleanor Parker Holstead	Macy Stephen
U10 Boys	Oliver Les	Oliver Pass
U10 Girls	Ruby Steel / Liesel Freebury	
U11 Boys	Ned Shepherd	Hamish Bowles
U11 Girls	Harriet Martin	Keira Cordon
U12 Boys	Mitchell Manera	Toby Ryan
U12 Girls	Tahnee Poulter	Romy Duffield
U13 Boys	Angus Bowles	Labron Taylor-McCoy
U13 Girls	Skye Cordon	Tanaya Poulter
U14 Boys	Jacques Swarts	Fergus Martin
U14 Girls	Hannah Wells	Anne Turner
U15 Boys	Willem Freebury	Noah Morcombe
U15 Girls	Molly Bowles	Charlotte Musk



# ALBANY SLSC ANNUAL AWARDS

## NOMINATIONS OPEN NOW

**ALL MEMBERS are invited to nominate** fellow club members for the **Annual Club Awards**. The Committee will consider all nominations, select finalists and vote. Winners will be announced and presented with their award at the Annual Dinner.

**NOMINATE BY FRIDAY 16 MARCH 2018**

Send your nominations to Perdie via  
Email [admin@albanysurfclub.com.au](mailto:admin@albanysurfclub.com.au) or Mobile: 0408 102 585

### **SLSWA 25 Year Club Towel**

Awarded to an Under 14 member in recognition of that member's all round contribution through patrols and participation in club activities and competitions.

### **Hadn & Jann Hood**

#### **Youth Lifesaver of the Year**

Awarded to a member aged 13 to 17 years in recognition of their outstanding commitment to lifesaving - patrols, water safety, special events, education

### **Ray & Doreen Kelly Lifesaver of the Year**

Awarded to a senior member in recognition of their outstanding commitment to lifesaving - patrols, water safety, special events, education

### **Tony Bush Boat Perpetual Trophy**

Awarded to a boatie in recognition of their all-round commitment and achievements in surf boat rowing.

### **Albany SLSC Education & Training Award**

Awarded to a member for their commitment and dedication to education, training and/or officiating activities

### **Albany SLSC Most Improved Award**

#### **Surf Sports**

Awarded to a member who has trained, shown improvement and achieved results due to their commitment to training.

### **Terry Engledow Endeavour Award**

Awarded to a member that has shown great endeavour throughout the season, a club allrounder who puts great effort into what they do and always tries hard.

### **David Smith Memorial Trophy**

#### **Club Person of the Year**

Senior member who has shown commitment, upheld the values of the club and worked tirelessly for the benefit of members interests

## Captain's Log

How was last weekend? I certainly feel like I had a few layers of skin sandblasted off, that and I am still finding sand in my various crevasses – but that's enough about my crevasses – its personal right?

A big thanks to the true die-hards that came down Saturday afternoon for Seniors Club Champs. All up we had just over 20 hard core slightly insane competitors all band together to have a crack in some very trying conditions. The Ski leg of the Iron-person in particular sorted out a few questions – like why use them for a start. Commiserations to Nick for the groin injury. Nasty things groins.

A HUGE THANKS TO ALL THE OFFICIALS (Ian, Wendy, Jo and Celia), WATER SAFETY/SET UP (Cam, Rob L, Gav)

AND HELPERS (Richard M, Helen, Sarah, Beth Dani, Chris – that everyone?) ON THE DAY.

NO WAY WOULD WE HAVE GOT THIS DONE WITHOUT YOU – THANKS AGAIN.

Also a big happy thanks for the sun-downer afterwards as well upstairs at the bar – the food and drinks were really appreciated. Many happy campers I reckon.

As to results you will just have to wait til the wind up – looked pretty close though across the board.

All in all through we still had a better run of it than the Juniors on Sunday – that was a pretty rough day. I know I was scared, so was Gav – I know I saw him.

This Sunday – we will run the handicap swim at normal time. After this as Seniors we are going to join in with Nippers for the most awesome relay day ever.

“Take the baton – just take the #&\*^%ing baton!”

**A big reminder to everyone in the club – nominations for the various club awards is now open. Don't forget to nominate now otherwise they all go to Rob Lucas by default, even the Junior awards.** See the Rip for details.

**U17 & Seniors - after Sunday program I will have laptop upstairs at club ready to enter you in Aussies.**

**I also need you to let me know what comp vest size you are (for special Aussies comp vests)**

Good luck to the Nippers heading up to States again this weekend. Enjoy the sunshine.

Go easy.

## Patrol Swap Required

Virginia Mercer	Sunday 25 <sup>th</sup> March 12:30-4pm	Team 5 Bronze
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**PLEASE NOTE: Change to start time. Now 7:30am**  
all following start times will also start 30mins earlier

**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

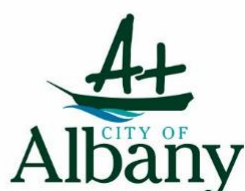
**Registration & details:**  
[albanymastersswimming.org.au](http://albanymastersswimming.org.au)

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



## Happening @ ASLSC

### Surf Ski Training

Normal ski training this Friday

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.



Rob Slattery (Ski Captain. )

A vertical poster for the SunSmart Southern Ocean Classic Mile swim event. The background is a gradient of blue and green. At the top is the SunSmart logo. Below it, the event title 'SOUTHERN OCEAN CLASSIC MILE' is written in large, bold, yellow and white letters, with the tagline 'Swim the Southern Ocean' in a script font. The text 'PROUDLY HOSTED BY DENMARK SURF LIFE SAVING CLUB IN THE BEAUTIFUL WATERS OF OCEAN BEACH, DENMARK. THE 2018 SWIM WILL BE HELD ON' is in white. A dark blue banner contains the date and time: 'SUNDAY 1ST APRIL 2018 STARTING AT 10:00AM'. Below this, the registration fee is listed as 'REGISTRATION \$55' and 'LATE REGISTRATION \$65'. A list of prizes is shown in two columns: 1st Male \$250, 2nd Male \$150, 3rd Male \$50, and an Age Group Prize of \$25 Male &amp; Female. The 1st Female prize is \$250, 2nd Female is \$150, and 3rd Female is \$50. A note states 'ALL ENTRIES RECEIVE A RACE SHIRT.' and 'DEPENDENT ON NUMBER OF ENTRIES - LATE ENTRIES MIGHT MISS OUT.' At the bottom, a dark blue banner says 'FOR MORE DETAILS AND TO REGISTER ONLINE VISIT: WWW.SOCM.COM.AU'. The footer contains logos for Denmark Surf Life Saving Club, Western Australia, SunSmart, healthway, Westpac, and BIG4.



# 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/](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!

## 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) 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. 