



Seniors Survive Cyclone Swell!

Well done to all our seniors (some of whom are not very senior at all – U/15 +) who competed at Scarborough last weekend in what many local surfers are calling the best conditions for many years. From a surf sports perspective, it meant those who are used to surf did well while others got smashed. Heaps of boat rollovers and broken equipment but luckily for us no serious injuries (that I am aware of anyway). Congratulations to Ned Shepherd who picked up a bronze medal in the surf race, to Jacques for silver in the board race and to Molly and Charlotte for silver in Beach Relay with a Binningup and Coogee mixed team. Congratulations to all the competitors as I know there were heaps of top 10 finishes across the board. A very nice finish to the season at Midds with a double lap for the Club Swim and a pretty full program for juniors. I know I said it on Sunday but a huge THANKS to everyone involved in keeping this amazing club running – committee, all area captains/coordinators, age group managers, coaches, canteen, patrol captains and their teams, the list goes on!

Harbour Swim this Saturday – be in it! Paddlers please note you will need to wear a life vest – see Pat if you don't have one. Last patrols over the long weekend.

Aussies coming up!

Rip is fortnightly from now on so stay tuned for wind-up news etc.

There we go! Sundays are done!

Pres out!

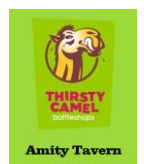
more details at
www.albanysurfclub.com

Bar closed @ASLSC
Friday 30th March
Reopen
Friday 6th April

Albany Harbour
Swim
Saturday March
31st 2018

Senior Windup
Saturday 5th May
5pm @ ASLSC

Junior Windup
Sunday 6th May
12pm @ Midds



2018 Senior State Champs

What a weekend at the 2018 Senior State championship.

So pleased to say that each year we grow in numbers of Albany team members heading up to the Senior State Carnival.

This year we had 13 competitors in total (U/14, U15 and an open boat crew).

You can check out all the results here

http://sportwa.carnival.sls.com.au/eventmgr/results/report/public/509/1?utm_source=Club+News&utm_campaign=80385930dd-EMAIL_CAMPAIGN_2018_03_26&utm_medium=email&utm_term=0_8b81033186-80385930dd-214137877

Team Albany had a cracking day with fab some great conditions on Saturday for the 2km beach run and team events.

We done to the all of the U/14 and U15 competitors. Huge congrats to those who gained a top 10 result. This is massive effort.

Special mention to those with a top 5 placing on Day 1...awesome work team!

Willem Freebury U/15 2km 5th

Molly Bowles U/15 2km 4th

Connor Pettley Grey U/14 2km 5th

Boys U/15 Cameron A Team (Willem, Fergus, Oliver and Fraser) - 4th

Girls U/15 Sprint relay (Molly, Charlotte, Coogee and Binningup) - SILVER

Boys U/15 Sprint relay (Fraser, Noah, Olivera and Jacques) - 4th

The weather gods were a whole lot less favourable on Sunday.

Thanks to ex Tropical Cyclone Marcus we had solid swell, rips and challenging conditions that lead to the youth being moved out of one arena due to safety concerns (aka carnage from the surf boats next door...eek!)

By all reports, it was the best swell Scarborough has seen for many years.

It was definitely a spectacle to see...plenty of spills and thrills across all arenas.

Huge congrats to each competitor who tackled the conditions and gave it their best.

Day 2 saw, once again, many finalist and top ten results despite the conditions.

Well done everyone...you guys rock!

Special mention those with top 5 placings on Day 2.

Oliver Dall U/14 Flags - 4th

Willem Freebury U/15 Flag - 4th

Jacques Swarts U/14 Board Race - SILVER

Molly Bowles U/15 Ironwoman - 5th

Fergus Martin U/14 Ironman - 5th

If you want the low down across the board, you can check out all the results here:

http://sportwa.carnival.sls.com.au/eventmgr/results/report/public/509/1?utm_source=Club+News&utm_campaign=80385930dd-EMAIL_CAMPAIGN_2018_03_26&utm_medium=email&utm_term=0_8b81033186-80385930dd-214137877

What an effort team Albany. Bring on the Aussies!

Go Albany!







CAPTAINS LOG

Hey everybody. Well that's about a wrap for us. Big season.

Too everyone that rocked up to the club for the last Sunday, great job little buddies. Heard it went off.

To the Seniors that went in the handicap swim - well done - thanks heaps to Grand High Poobah Jim and Smooth P Diddy Rob for running the handicap swim.

Heard there were a few awesome swim caps that earned the respect and awe of the crowd - maybe a photo somewhere else in the Rip to validate this - your efforts will not go unrewarded in the grand scheme of point and accolades.



To the U15s that smashed the "Mission" - I heard we have so many that could easily rock the jetski pre test it made Genaralissimo Patski quake in his booties with eager anticipation, either that or it was the coffee.

To the Seniors that went to Perth - I think we all thought it was well worth the effort. I didn't see the cadets, heard the screams and the flailing limbs - but the boats were heaps of fun. The crew has a big thanks to be given to Tyrone Threadgold from Denmark for jumping in to fill the Open Reserve crew. Awesome effort and I believe the foundation of a new U17 boat crew for those boys out there ready to get amongst it. If you are keen please see me asap. It was easy to see why the Coogee boys were sad to see him go last year. Their loss and our gain definitely.

As to the rest of us - what can I say - no child left behind, no child left behind. We were all spanners that needed to be put back in the toolbox after that one. Saying that the event was well run and officiated, and I only felt the cold touch of fate once when Byron called a late trail. Big Sunday.

Thank heaps to Mark Irwin and Trigg for the loan of the boat - and the tale of the snapped no. 2 oar handle will go down in history - that and Andrew's superman clenching.

Aussies is next - late entries shut soon. I need comp vest sizes from everyone asap.

For anyone in an Ironman/woman we have had to enter equipment handlers for you, you should all know who you are - but you will need comp vests as well. Look sharp dress smart.

Also if you want to go in the 2km OWS on the Sun 15th April at Scarbs - pls go online and enter yourself.

For Aussies - Sarah will be Team Manager for the Youth on the weekend, for Masters Mon and Tues ask me any questions, and for the Opens ask either myself or Lady Dame Sparkles Beth.

As always - I have had a lot of fun this season - hope you have too. Sometimes way too much fun.

Go easy and live the dream

See you for the final wrap up and presentations.

cheers

ps - big love and congrats to Erin and Richard with baby Phoebe born last week - new Tube Squad recruits are always welcome. Its not a job, its a calling.





The Albany Surf Life Saving Club Jet Ski Team were honoured to accept a donation of Shark Shields recently from the Nathan Drew Foundation. Used by the team when searching Albany Surf Club and particularly the Jet Ski Team are very grateful for the support and generosity from Graham and the Nathan Drew Foundation.

Surf Skis going to National Titles

Albany SLSC now has three "Fenn" racing skis which will be used at the "Aussies", one privately owned and two belonging to the club.

As these three are virtually identical in appearance and there will be many others at the competition also identical, those wanting to use the club skis must ensure they have unique identification in the form of club stickers attached prior to departure to Perth.

I'd also suggest an ID sticker would be a good idea for Jason's private ski.
Contact Beth Hearle to arrange stickers.

Slats

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

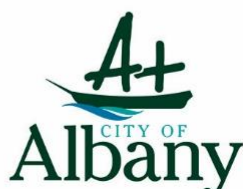
Registration & details:
albanymastersswimming.org.au

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 Happenings

Bar closed Good Friday 30th March.

but **open** again on **Friday 6th April** at 5:30pm,
then every Friday through April.



The Social Events Coordination Team have kicked off the planning for the:

Senior Windup - 5pm on 5th May 2018.

The theme will be *"Op Shop Formal - Cocktail Party"*

So lock in the date and your outfit!

More details soon.

SUNSMART

SOUTHERN OCEAN CLASSIC MILE

Swim the Southern Ocean

PROUDLY HOSTED BY DENMARK SURF LIFE SAVING CLUB
IN THE BEAUTIFUL WATERS OF OCEAN BEACH, DENMARK.
THE 2018 SWIM WILL BE HELD ON

SUNDAY 1ST APRIL 2018 STARTING AT 10:00AM

REGISTRATION \$55
LATE REGISTRATION \$65

- ALL ENTRIES RECEIVE A RACE SHIRT.
- DEPENDENT ON NUMBER OF ENTRIES - LATE ENTRIES MIGHT MISS OUT.

PRIZES

1ST MALE \$250	1ST FEMALE \$250
2ND MALE \$150	2ND FEMALE \$150
3RD MALE \$50	3RD FEMALE \$50
AGE GROUP PRIZE \$25 MALE & FEMALE	

FOR MORE DETAILS AND TO REGISTER ONLINE VISIT: WWW.SOCM.COM.AU

denmark SURF LIFE SAVING CLUB
WESTERN AUSTRALIA
SunSMART
healthway
Westpac
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/
& 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!

X-Adventure Dunsborough Offroad Triathlon - 21 - 22 April 2018

Looking for your next goal? X-Adventure Dunsborough is the ultimate mix of triathlon and adventure racing; featuring ocean swimming, trail running and mountain bike riding through paradise.

The weekend includes long and short course races, two kids' events plus the all-new Aquathlon-X which is added for the first time in 2018.

Dunsborough is one of the most spectacular settings of any race in the world with the course passing through the pristine coastal wilderness of Geopraphe Bay and Meelup Regional Park.

Entries are now open for X-Adventure Dunsborough at www.xadventure.com.au

A promotional poster for the X-Adventure Dunsborough triathlon and adventure racing event. The top half features a large, stylized 'X' logo with the word 'ADVENTURE' and 'DUNSBOROUGH' in a bold, distressed font. Below the logo, a group of runners is shown on a rocky coastline overlooking the ocean. The text 'The ultimate mix of triathlon and adventure racing. Open to individuals and relay teams.' is prominently displayed. A circular badge on the right side of the poster indicates that the event is a 'WORLD QUALIFIER EVENT' and 'WA STATE CHAMPIONSHIPS'. The bottom section of the poster lists the details for four race categories: Long Course Race, Short Course Race, Kids' Race, and Groms' Race, each with its respective distances for ocean swim, trail run, and mountain bike ride. A 'NEW AQUATHON RACE' is also listed. The event dates '21-22 APRIL, 2018' and location 'DUNSBOROUGH, WA' are clearly stated. The bottom of the poster includes logos for sponsors and partners, and the website 'XADVENTURE.COM.AU' is displayed in large, bold letters.

X-ADVENTURE DUNSBOROUGH

The ultimate mix of triathlon and adventure racing.
Open to individuals and relay teams.

^ WORLD QUALIFIER EVENT
* WA STATE CHAMPIONSHIPS

LONG COURSE RACE
OCEAN SWIM 1.5km
TRAIL RUN 12km
MTB RIDE 20km

SHORT COURSE RACE
OCEAN SWIM 700m
TRAIL RUN 6km
MTB RIDE 11km

KIDS' RACE
OCEAN SWIM 200m
TRAIL RUN 2.5km
MTB RIDE 4km

GROMS' RACE
TRAIL RUN 800m
MTB RIDE 1200m

NEW AQUATHON RACE
OCEAN SWIM 1000m
TRAIL RUN 5km

21-22 APRIL, 2018 DUNSBOROUGH, WA

XADVENTURE.COM.AU

Logos: City of Dunsborough, Urban Quarter, Dunsborough and Districts Country Club, Royalties for Regions.

STAYING IN TOUCH - READ THE RIP, PLEASE TURN ON NOTIFICATIONS FOR OUR **FACEBOOK PAGE**, VISIT WEBSITE REGULARY. 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 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. 