



This Sunday will see a bunch of Nippers head to ALAC to undertake their annual Proficiency Swim.

All Nippers born prior to 30 September 2010 is required to complete the SLSWA preliminary swim evaluation. The evaluation consists of a swim and a survival float or various distances and times according to age (see attached).

This session will run from 10am to 12noon and we ask that you allow sufficient time to gain entry to the pool via the main reception (ie there will be a line!) so that we can get underway on time.

The club will cover the cost of your Nippers entry to the pool.

This will be a great opportunity for you to meet you respective Age Group Manager for 2018/19 and have a chat about how much fun will be had on the beach this summer!

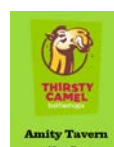
Note that U14's and U15's who have completed their SRC and have requalified do not need to attend the Proficiency Swim at ALAC on Sunday.

Our first day on the beach will be on Sunday 4 November 2018 and will be an orientation for all about the season ahead and a chance to get wet! More info will follow in next weeks "Rip".

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

**Nippers  
Proficiency Swim**  
10 am Sunday  
28 October  
@ ALAC

**First Club Day  
2018-19 Season**  
4<sup>th</sup> November  
@ Midds



Age Group	Birth Date	Preliminary Evaluations
Under 6	1/10/2012 – 30/09/2013	Not applicable
Under 7	1/10/2011 – 30/09/2012	Not applicable
Under 8	1/10/2010 – 30/09/2011	25m swim (any stroke) 1 minute survival float
Under 9	1/10/2009 – 30/09/2010	25m swim (any stroke) 1 minute survival float
Under 10	1/10/2008 – 30/09/2009	25m swim (freestyle) 1 ½ minute survival float
Under 11	1/10/2007 – 30/09/2008	50m swim (freestyle) 2 minute survival float
Under 12	1/10/2006 – 30/09/2007	100m swim (freestyle) 2 minute survival float
Under 13	1/10/2005 – 30/09/2006	150m swim (freestyle) 3 minute survival float

## Uniform Shop News

**YELLOW** vests have arrived and will be available at the uniform shop on the first Sunday morning.

I will be open from 8am. EFT will be available but if you have \$20 cash you can go in the fast track line!

## COACHING AND TRAINING – NIPPERS

With the season fast approaching, we are working hard on getting our team of coaches ready for business.

If you have some skills you can share in the following disciplines, and would like to join our team in coaching the Nippers, up to U14's, then we would love to hear from you:-

- \* Sprints & Flags
- \* Distance running
- \* board paddling
- \* ocean swimming

This season we are working hard on preparing some new programs for our Nippers to keep them fresh and improve their skills, so don't worry if you are light on for ideas - we can work together.

Please contact Nadine Shepherd for the beach coaching, or Gavin Shepherd for the water coaching, or better still, send us an email:-

[nadsngav@westnet.com.au](mailto:nadsngav@westnet.com.au)

Nadine - 0419 900 232

Gavin - 0428 827 227

**Education Corner**  
**Celia Waugh ~ Team Leader Education/Lifesaving**

**2<sup>nd</sup> PROFICIENCY DATE**

**SUNDAY 4 NOVEMBER 2018 AT 10:30am**

We still have about 40+ members who need to update their awards please try to make this session.  
Let me know if you are not able to get there.

**IRB DRIVER & CREW PROFICIENCY DATE**

**SATURDAY 3 NOVEMBER 2018 AT 8:30AM**

**SKIPPER TICKET**

Congratulations to our new Skipper Ticket Holders keep an eye out for the IRB Crew Course.  
Shane Besier, Alex Poulton, Charmaine Welch, Craig Heal, Fraser Wood, Tenaya Kennedy, Hope McLennan  
Helen Godwin, Yana Halvaty & Noah Morcombe.

**A VERY SPECIAL THANK YOU to Anne-Marie Widermanski for coming down from Perth to run the course and Les Paxton who set up the IRB's and helped Sunday morning.**

**ART(AID)**

**LET ME KNOW ASAP IF YOU ARE INTERESTED IN DOING THIS COURSE**

Beth Hearle has offered to deliver an ART(AID) course – which is the Advanced Resuscitation Techniques Course

1. **Wednesday 31<sup>st</sup> October 6:00 pm – 8:30 pm –**

**Delivery of training – practice of assessment tasks –**

**The week in between the next session gives candidates chance to complete online training.**

2. **Wednesday 7<sup>th</sup> November 6:00 pm – 8:30 pm**

**Discussion of online training, perform assessment tasks – CPR on infant – Airway Management and Oxygen use – Full Resuscitation.**

The aim of the Advanced Resuscitation Techniques Course is to develop your skills and knowledge to use oxygen, airway management devices, and automated external defibrillators during resuscitation, and to administer oxygen to casualties  
To commence training for the SLSA Advanced Resuscitation Techniques Certificate you must meet the following entry requirements:

- be at least 15 years of age on the date of final assessment
- be a financial member of a SLS club.

There are no prerequisites for the SLSA Advanced Resuscitation Techniques Certificate.

**Please email/text me ASAP if you want to be part of this course.**

**Bronze/SRC Courses**

Bronze and SRC courses are underway – STAY IN TOUCH WITH YOUR TRAINERS

**Nipper Rescue Certificate**

The Nipper Rescue Certificate is a water safety and rescue award for the provision of water safety for SLS Nipper Activities.

**Lex Paxton has offered to deliver the course, please let me know if you would like to participate in this course.**

Requirements:

- Manual Handling & OSH requirements as per SRC requirements
- Surf Awareness as per SRC requirements recognise safe beach zones
- 200m Ocean Swim time frame of 6 minutes
- Demonstrate Aquatic Rescue with a Rescue Tube with a contact tow
- Signals - Assistance required - Attract attention - Remain stationary - Go to the right and left - Return to shore - Proceed further out to sea - Pick up swimmer

**The details of the courses we deliver can be found on the website**

**What I need now is for you to let me know what course/s you want to do.**

**Email or message me – [celia8083@hotmail.com](mailto:celia8083@hotmail.com) or 0403 555 421**

## **Working With Children Forms**

I thank so many of you for diligently applying for Working With Children (WWC) cards as the Club (following the new policy of SLSWA) has asked you to do. It is extremely frustrating that so many of you have received letters from the WWC unit refusing to issue cards on the basis that you have a child or children at the Club. There seems to be an ongoing debate between the WWC unit and SLSWA about the parent exemption. We have now been instructed to advise you at this point, to **hold off applying for a WWC card IF you have children (under 18) in the Club**. If you do not have children at ASLSC, please still apply.

### **PLEASE REMEMBER**

if you wish to be reimbursed the cost of applying for the WWC please email;

- a copy of your receipt
- your name and bank account details

to [accounts@albanysurfclub.com.au](mailto:accounts@albanysurfclub.com.au) asap.

## **EVENTS TEAM UPDATE**

The Events Team is a new portfolio for the club and this year will be focusing on refining event processes to ensure that the club delivers quality, safe and fun events for our members and the wider community. The events team will support members travelling to SLSWA Competitions, the delivery of Intra Club, community hosted, club and social events.

We require many diverse skills to organise our events and we welcome volunteers who would like to assist in any way.

The Events Team has met twice, and we are excited to announce that we will be focusing on making Friday nights more social and welcoming to all club members.

We are looking at ways to improve the ambiance of the function room as well as providing weekly food options and other activities for families to encourage members to come to the club more frequently on a Friday night.

We have also committed to one major fundraiser for the club, a Quiz Night and a Family Movie night which we will schedule early 2019.

Upcoming Events will be advertised on the RIP and on the Surf Club Facebook Page.

First Event is Friday 2 November - Club Open Night & Boatie Fundraiser (please see flyer and Facebook page for further details)

### **VOLUNTEER POSITIONS VACANT**

#### **Xmas Pageant Coordinator**

Duties Include:

- Attending the City of Albany briefing on Wednesday 21st November 2018
- Coordinating junior member who wish to go on the float
- Decorating the float and arranging drivers to tow the equipment

#### **Quiz Night Working Group**

We are sending a **call out** for members to join a working group to organize a fantastic fundraising Quiz Night to be held in February 2019 (date to be confirmed).

**If you are interested please contact Rebecca Stephens, EVENTS TEAM LEADER**

**Email: [events@albanysurfclub.com.au](mailto:events@albanysurfclub.com.au) or M: 0415 820 076**





# Surf Club Sundowners



Every Friday Evening (from 2 Nov) 5–8pm  
at **ALBANY SURF LIFE SAVING CLUB**

- \* **FAMILY FRIENDLY**
- \* **BAR OPEN**
- \* **FOOD AVAILABLE**
- \* **ALL WELCOME**

*Join us to see in the weekend at  
Albany's best beachside location!*

**FRI 2 NOV – CLUB OPEN NIGHT+BOATIES FUNDRAISER**  
**Curry, pappadums, rice and raita - \$10 adults / \$5 kids**

**CHECK OUT THE RIP NEWSLETTER OR FACEBOOK FOR SPECIAL EVENTS AND WEEKLY UPDATES!**

# Shout out to all Cadet members!

Lots happening in the youth area with SLSWA introducing the following TWO exciting opportunities for our amazing young lifesavers **aged U14-U17**.

## 1. Youth Leaders Program (YLP)

As part of the new Youth Program produced by SLSWA, youth members can **opt in** to the SLSWA administered **Youth Leaders Program (YLP)**.

## 1. Youth Officials Program (YOP)

Another new initiative this season is the **Youth Officials Program (YOP)**. We would love to get our youth members involved in the running of SLSWA's Little Nipper carnivals (including Denmark in January) and championship.

So...Don't waste any more time:

- Please read the attached info (letters and registration forms)
- **OPT IN NOW** by completing the registration forms
- Return your forms to Carl via [youth@albanysurfclub.com.au](mailto:youth@albanysurfclub.com.au) or Perdie via [admin@albanysurfclub.com.au](mailto:admin@albanysurfclub.com.au)

## Youth Leaders Program - Introductory Letter

Dear Youth Member,

Firstly, if you are a renewing member who has completed our Nipper program we are delighted that you have chosen to remain an active Surf Life Saving (SLS) member into the youth age groups. If you are new to SLS, welcome to our unique organisation. We hope that you will have a positive experience and enjoy your time as a member.

As a youth member in the U14-U17's age group, you will take part in a series of workshops and activities in your regular Sunday morning club sessions. These aim to develop your knowledge, understanding and skills in a range of areas around the SLSWA pillars of Lifesaving, Training and Surf Sports, thereby ensuring a varied, interesting and fun experience for you.

As part of our Youth Program you may wish to opt into our Youth Leaders Program (YLP). This program will add further value to your club-based activities by giving you the opportunity to keep a record of the things you do in the SLSWA areas outlined above.

There are three levels to the YLP, each of which we expect would take you roughly a season to complete. This is dependent on the hours you are able to commit to, so it is no problem if you complete a level in a shorter or longer timeframe; your achievement will be recognised accordingly.

In order to "opt-in" to this program, you will need to complete the registration form attached to this letter and return to SLSWA as per the instructions on the form.

Once your registration has been processed, you will receive a Welcome Letter and YLP Booklet for you to record your service hours.

We look forward to receiving your registration for the SLSWA YLP and to your future involvement in this exciting opportunity. Most of all however, we hope you enjoy everything about your SLS experience as a youth member.

Yours sincerely,



David Somers

SENIOR DEVELOPMENT OFFICER

Surf Life Saving WA



# Youth Leaders Program – Registration Form

Thank you for showing an interest in SLSWA YLP. To register for the program please complete this form using black or blue pen and printing in block letters.

Participant's Name: \_\_\_\_\_

Participant's Club: \_\_\_\_\_

Participant's current age group:

U/14 ☐

U/15 ☐

U/16 ☐

U/17 ☐

Participant's Address: Number & Street Name (or PO Box)

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Parent:** I have read the Introductory Letter from SLSWA regarding the Youth Leaders Program and am happy for my daughter/son to register for this program.

Parent's Email: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Club Endorsement:** A member of your club needs to endorse your registration.

Endorser's Name: \_\_\_\_\_

Endorser's Position: \_\_\_\_\_

**Endorser's Declaration:** The registration information above is correct to the best of my knowledge and I verify that the member registering for the SLSWA Youth Leaders Program is a current financial member of my club.

Endorser's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Completed Registration Forms to be sent to SLSWA

via post	fax	email
Senior Development Officer Surf Life Saving WA PO Box 700 Balcatta, WA, 6914	Attention: Senior Development Officer (08) 9207 6699	Senior Development Officer dsomers@slswa.com.au



## Youth Officials Program – Expression of Interest Form

Dear Youth member,

If you were a renewing member who has competed at an interclub level in the past, you would know the vital role **Officials** play in our movement. This season we are looking at allowing youth members the opportunity to officiate at Little Nipper or Nipper events.

Under 14 and Under 15 members will be able to take on roles at our Little Nipper Series and Championship. Under 16 & Under 17 members, in addition to Little Nippers, will be able to take on roles at a Nipper Carnivals and Championship. If you decide to take on a role you can use the hours accrued towards the **Youth Leaders Program (YLP)**.

In order to 'opt-in' to this program, you will need to complete the **Expression of Interest Form** attached to this letter and return it to Surf Life Saving WA (SLSWA) as per the instructions on the form. Once your form has been processed, you will receive a notification of a two-hour training session which you need to attend prior to officiating at your first carnival.

We look forward to receiving your Expression of Interest Form for the SLSWA Youth Officials Program.

Yours sincerely,



David Somers  
Senior Development Officer  
Surf Life Saving WA

# Youth Officials – Registration Form

*Thank you for showing an interest in SLSWA Youth Official Program. To register for the program please complete this form using black or blue pen and printing in block letters.*

**Participant's Name:** \_\_\_\_\_

**Participant's Club:** \_\_\_\_\_

**Participant's current age group:**                      **U/14** ☐                      **U/15** ☐                      **U/16** ☐                      **U/17** ☐

**Participant's Address:** *Number & Street Name (or PO Box)*

\_\_\_\_\_

**Suburb:** \_\_\_\_\_ **Postcode:** \_\_\_\_\_

**Participant's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

<b>U/14 &amp; U/15 Youth Members</b>			
<b>Events I will attend an officiate at</b>			
<i>Date</i>	<i>Event</i>	<i>Venue</i>	<b>Tick</b>
13/01/19	LNR1	Swanbourne	<input type="checkbox"/>
28/01/19	LNR2	Denmark	<input type="checkbox"/>
10/02/19	LNR3	Cottesloe Beach	<input type="checkbox"/>
03/03/19	LNC	Sorrento Beach	<input type="checkbox"/>

<b>Key</b>
LN = Little Nippers – 6:30am – 11:00am
N = Nippers – 7:00am – 2:00pm
R = Round
MQ = Metro Qualifier
CC = Country Championships
C = Championships
<i>Note: 15/03/19 – 4:30pm – 9:00pm</i>

<b>U/16 &amp; U/17 Youth Members</b>			
<b>Events I will attend an officiate at</b>			
<i>Date</i>	<i>Event</i>	<i>Venue</i>	<b>Tick</b>
02/12/18	NR1	Coogee Beach	<input type="checkbox"/>
13/01/19	LNR1	Swanbourne	<input type="checkbox"/>
20/01/19	NR2	Mullaloo Beach	<input type="checkbox"/>
26/01/19	NR3	Denmark	<input type="checkbox"/>
27/01/19	NR3	Denmark	<input type="checkbox"/>
28/01/19	LNR 2	Denmark	<input type="checkbox"/>
10/02/19	LNR3	Cottesloe Beach	<input type="checkbox"/>
23/02/19	NMQ	Trigg Beach	<input type="checkbox"/>
24/02/19	NMQ	Trigg Beach	<input type="checkbox"/>
03/03/19	LNC/NCC	Sorrento Beach	<input type="checkbox"/>
15/03/19	NC	Scarborough	<input type="checkbox"/>
16/03/19	NC	Scarborough	<input type="checkbox"/>
17/03/19	NC	Scarborough	<input type="checkbox"/>

**Parent:** *I have read the Introductory Letter from SLSWA regarding the Youth Officials Program and am happy for my daughter/son to register for this program. I will ensure they are at the events they have nominated.*

**Parent's Email:** \_\_\_\_\_

**Parent's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

<b>Completed Registration Forms to be sent to SLSWA</b>		
via post	fax	email
Senior Development Officer Surf Life Saving WA PO Box 700 Balcatta, WA, 6914	Attention: Senior Development Officer (08) 9207 6699	Senior Development Officer dsomers@slswa.com.au

## Worlds Accommodation – Room available

For those heading to the World Titles in Adelaide this November - we have booked a house near the competition beach for Nov 20 -25 and have a spare private room still available. Bed configuration can be one or two singles or a double.

Please contact Jeff Medcalf for details - 0403789746.

### FRIDAYS:

**SURF SKI TRAINING starts**  
...November 2<sup>nd</sup>.

SENIORS - weekly basis ( 1 hour).....5 PM

JUNORS - fortnightly (3/4 hour).....4PM  
( 1<sup>st</sup>. & 3<sup>rd</sup>. Friday of each month )

**To maximise your time try & arrive 10 minutes prior to start for self/ski preparation.**

Varying winds provide different ocean conditions on a weekly basis, so seniors ski paddles may be the standard ski session with course as directed by your coach.

**OR** when conditions suit we may vary the format and have a multisport event including ski together with other ironman disciplines.



**Informal paddles will be happening throughout October for early season starters currently starting at 4pm & as the days start to lengthen, back to 5 pm.**

#### SKI COACHES:

Jason - senior sessions

Kelvin - junior sessions

Backup from Nick, Adam & Rob when required.

Rob Slattery  
(SKI CAPTAIN)

## **Augusta Adventure Fest set for 3 & 4 November 2018, in Augusta, WA.**

The *new fuel-injected format* offers standalone races on Saturday, and a non-stop adventure race on Sunday; the ideal event for clubbies to push their training and competition experience as the summer season kicks into gear.

### **Events include:**

- **Ocean Swimming race:** 2km
- **Ocean Paddling race:** 15km
- **Trail Running race:** 15km
- **Mountain Bike race:** 35km
- **Adventure Warrior\*:** the fastest cumulative time for all 4 standalone races will be crowned the overall champion (*the races are run consecutively across Saturday, with time for rest/recovery in between*).
- **Augusta Adventure Race:** non-stop traditional adventure race; solo or relay teams.
  - Ocean Swim 1km
  - Coast & Trail Run 6.6km
  - Mountain Bike 15km
  - Inlet Paddle 6km
  - Finishing 200m run.

Whatever you choose, you'll be racing through the magical wilderness 'down south at Augusta, WA – past the iconic Cape Leeuwin lighthouse, under the Karri trees and through a range of untouched landscapes in air so fresh you'll feel truly alive!

Entries are open, and we'd love to see you and your club members at the event.

[www.AugustaAdventureFest.com.au](http://www.AugustaAdventureFest.com.au)



# AUGUSTA ADVENTURE FEST



**NEW fuel-injected format,  
with standalone races +  
non-stop adventure race**

*Separate events include:*

TRAIL RUN

MOUNTAIN BIKE

OCEAN SWIM

OCEAN PADDLE

JUNIOR SURVIVOR

ADVENTURE RACE

**AUGUSTA, WESTERN AUSTRALIA**

**3-4 NOVEMBER 2018**

**[AugustaAdventureFest.com.au](http://AugustaAdventureFest.com.au)**

# AUGUSTA ADVENTURE FEST



**Welcome to the new-look  
Augusta Adventure Fest!**

*2018 events include:*

## **Standalone Races:**

15km Trail run

35km Mountain bike

2km Ocean swim

15km Ocean paddle

## **Adventure Warrior**

Race all 4 standalone races

## **Augusta Adventure Race:**

1km Swim, 6.6km Run,

15km MTB, 6km Paddle

## **Junior Survivor**

4km obstacle &  
adventure course



**AUGUSTA,  
WESTERN AUSTRALIA**

**3-4 NOVEMBER 2018**

**[AugustaAdventureFest.com.au](http://AugustaAdventureFest.com.au)**



WESTERN  
AUSTRALIA  
GOVERNMENT

act  
belong  
commit

healthway



ASCENT

## MEMBER INFO

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

### 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. 