



Bremer was Bonza!

What a great weekend it was at Bremer Bay for the Rainbow Coast Development Weekend and Carnival. Always good to catch up with Denmark and Esperance at this fun carnival and training weekend.

We had some really good coaches from Perth and even the Gold Coast down to give pointers on the finer aspects of swimming, running, flags and board paddling. The coaching and officials session went down well – good on you to those that participated – it is a much easier way to get qualified rather than going to Perth to do it! Thanks to SLSWA for supporting the weekend and to Denmark for running it (our turn next year).

Thanks also to Sarah Bowles, our Vice President for coordinating our end – top work!

And..... congratulations to Esperance who were the 2018-19 winners with their small contingent of competitors!

Patrols Start This Weekend

Our Life Saving Officer – Dani Lynch has us all organised into 8 teams for this season where we will be patrolling Saturdays and Sundays until the end of March. Please have a look at the patrol roster to see which team you are in if you don't know – as you could be up this weekend.

Thanks to Dani and the Patrol Captains for taking on the responsibility and organising this very important part of our activities – we look forward to a happy and safe summer on the beach.

Normal Sunday this week – see you on the beach!

Pres Out

more details at
www.albanysurfclub.com

Nippers Training

Tuesdays
4pm @ Mids

Patrols Commence

@Mids
1 December

City of Albany Christmas Pageant

Saturday 1
December

Nanarup Club Day

Sunday 9 December

Ryde Run

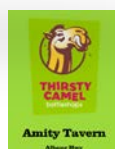
Sunday 16 December

Nipper Xmas Party

Sunday 16 December



SMITH
THORNTON
ACCOUNTANTS



Can you feel the tingle in the air? We're staring at December and Christmas is just a few weeks away! The Albany Christmas Pageant will be held this Saturday afternoon and the Albany SLSC will participate. The "float" will be decorated at the club at 3:30pm on Saturday and marshalling will occur at Peel's Place at 4:45pm. Come on down and join in the fun!

What a busy last couple of weeks it has been with the Rainbow Coast Carnival and the boaties travelling to the World Championships in Adelaide.

A huge **Thank You** to Sarah Bowles and those that helped out at Bremer Bay.

By all accounts it was another great weekend away, with an opportunity to practice skills on a different beach. Congratulations also to the Esperance SLSC for winning the Rainbow Coast Trophy – well done, but we're keen to win it back next year!

A huge congratulations also to the Albany surf boat contingent who travelled to Adelaide to compete in the World Championships.

Albany SLSC was the 2nd largest boat contingent from WA and, despite being a comparatively small country club, came away with two bronze medals and a 5th place.

Well done to the "Fat Gannett's" and the "Wedgetails" – it's not every day you win a World Championship medal! The men's crew secured a 5th place in the final after racing in some tough conditions.

Keep an eye out for our new surf boat that the boys towed back from Adelaide.

This Sunday we are back at Midd's with **Purple Caps** being the duty group. This means that parents of Purple Caps are asked to bring along a plate of food for sale in the canteen and to help with set up and pack up of the Nippers arenas.

Senior activities for this week include the Club Swim at 8:15am and a surf ski race / relay and a run / swim / run following Nippers activities.

See you on the beach!

Andrew







South Coast Development
Weekend 2018

Bremer Bay



City of Albany Christmas Pageant Saturday 1st December, 2018

We are participating in City of Albany Xmas Festival tomorrow, thank you to those who have registered their children.

If your child would like to participate, please register their name by email to: events@albanysurfclub.com.au.

Children are asked to wear club clothes with a Xmas flare.
Timeline for Saturday 1 December



3:30pm Decorating the Float at the Club

4:00pm Floats Depart the Club muster in Peels Place by 4:15pm

4:45pm All children participating on the float need to be signed in and on the float

6:45pm (at the conclusion) Children to be collected from Grey Street East.

Contact on the day - Celia Waugh - M:0403555421 and Bec Stephens M:0415820076

Note Parents will need to sign children in and out

Nippers Training – 2018-19 Season BEEP TEST BONANZA!!!

Beach training (run, sprint, relay, flags) will be held from 4pm to 4:45pm and water-based training (swim, boards) from 5pm to 6pm.

TUESDAY NIGHT NIPPER TRAINING – Thanks to all those Nippers and Cadets who have been attending our Tuesday afternoon training sessions. These have been met with loads of sweaty red faces on the beach and smiles and sore arms in the surf. IF you haven't made it yet, feel free to come and join in the fun - the more the merrier!

Last week we did our first beep test - The Real One! As this was our first one, there were a few hiccups and some of the scores were muddled – there were also some kids who couldn't make it.....so if you want to have another crack at it, come down this Tuesday night and we will run it for whoever wants to have a go -SENIORS ARE ALSO ENCOURAGED TO COME AND GET A SCORE!. We will then run it again at the end of the season and we can see how much fitter you have all become after a summer on the beach.

Hope to see you all on Tuesday!

The Albany Coaching Crew

If you have your SRC or Bronze Medallion please come on down to the beach and help out with water safety.

Don't forget your CAP and YELLOW VEST for water-based training – ESSENTIAL

BRONZE AND SRC REQUAL

Please come and see me if you still need to requal – I can run another session in December – you need to have them all done by 31 December 2018.

IRB requal please see Les.

ART(Aid)

Congratulations to our new ART(Aid) holders who successfully completed the course last week:

Dani Lynch, Sophie Lynch, Sarah Hearle, Lynda Jose, Kellie Parker, Shane Besier, Alex Poulton, Rachel Duffield and Callum Duffield.

Thank you to Beth Hearle for organising and running the course.

Beth and I are keen to run another ART(Aid) Course – please let me know if you are interested.

SKIPPER TICKET

Skipper Ticket Course 15th and 16th December 2018 9:00am – 4:00pm.

Saturday will be theory and Sunday practical. I will need to confirm with SLSWA if the cost is being covered by SLSWA if not there may be a cost of around \$50:00 the commercial course cost is around \$200:00.

The Skipper Ticket is a prerequisite for the IRB Driver Course so a great option for our cadet members who are looking to extend their skills. The course is open to financial members from 13 year.

This is a great course for our Cadet Members.

We have a number of Workbooks at the club for candidates to use.

If you are interested please email Cameron at greatsouthernwookie@gmail.com and cc me celia8083@hotmail.com

Bronze/SRC Courses

Our Bronze and SRC courses are all nearing assessment – **GOOD LUCK** to all candidates and thank you to the tireless work of our trainers.

Jeff Medcalf and Helena Stoakley have offered to take that course.

If you haven't already expressed an interest and want to do your Bronze Medallion please let me know

celia8083@hotmail.com

Patrol Hours for Competition

As most of you will know you have to have done **16 patrol hours by 31 December 2018** to compete in any State/National Surf Lifesaving Competition.

You can check your own on the SLSA Member Portal. If you have any queries, please let me know and I can check for you.

It is your responsibility to ensure you qualify for these events.

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 or 0403 555 42

PATROL Proxies Required

Name	Team	Date	Time	Contact
Elise Parker	Team 8 Bronze	13 January	12:00-17:00	0426 245 565
Harry Parker - Holsted	SRC/Bronze	13 January	12:00-17:00	0426 245 565
Elise Parker	Team 8 Bronze	3 March	TBC	0426 245 565
Harry Parker - Holsted	SRC/Bronze	3 March	TBC	0426 245 565

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



SOUTHERN PORTS
ALBANY BUNBURY ESPERANCE

an
Albany Surf
Life Saving Club
event



Ironman – Group Training

Informal Ironman group training will commence this Saturday at Midds for youth and adults.

These sessions will be run by Jason Bresanello, Nick Walker and Adam Cousins meeting at 6am for a 6:30am start.

No dedicated water safety will be provided for these informal sessions. Come on down and join the fun!

SURF SKI TRAINING

has started this month..

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

JUNIORS - THIS Friday (3/4 hour).....4PM
(1st & 3rd Friday of each month)



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

SKI COACHES:

Jason - Senior sessions

Kelvin - Junior sessions

Backup from Nick, Adam & Rob when required.

Rob Slattery
(SKI CAPTAIN)



SENIOR & YOUTH COMPETITION – WA SURF LEAGUE 2

The WA Surf League is now into its second season – It's an exciting team-based competition of sand and water based events in a spectator friendly format, which is run on the beaches of Perth.

The competition is run in 3 rounds on December 9, 2018; January 12, 2019; and February 3, 2019. And guess what – there is prize money available for the club, and the opportunity to be selected in the State Western Suns Open Elite Team.

There must be at least one team entered in each round, and individuals within these teams can also earn individual points for series prizes. We can also combine with other clubs to complete our teams if we need. More information can be found on the link below:

<https://s3-ap-southeast-2.amazonaws.com/assets.surflifesavingwa.com.au/app/uploads/2017/10/25115632/1819-WA-Surf-League.pdf>

Have a chat with your clubbie mates and get in touch with Nadine at nadsngav@westnet.com.au to register your interest.

Employment and Community Opportunities

West farmers ERT are now recruiting.

The Emergency Response Team (Jet Ski) are looking at club members to join the team, they work closely with Albany Sea Rescue and The West Australian Water Police.

Duties include water safety, event water support, searches and recovery.

You will need:

Be 18 years of age and over

- SLSA Bronze Medallion
- Recreational Skippers Ticket (RST)
- Current Drivers Licence

And will need to complete an IRB certificate while doing your jet ski Licence.

- Complete 400 metre swim in under 8 minutes
- Complete 200m run / 200m swim / 200m run in under 8 minutes
- Complete 25 metres underwater / 25 metre surface swim (No time limit)



So if you are interested we would love to hear from you. Please contact me on clubhouse@albanysurfclub.com.au

Pat Mc Sweeney

Support Operations

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

INTERESTED IN PROTECTING OUR COASTLINE???

The City of Albany would like to invite you to help plan for the management of the coast from Emu Point to Middleton Beach.

We have been studying the coastal environment and identifying trends in erosion and storms and we have also asked the community about what experiences and facilities are most valued along the coastline.

YOU ARE INVITED TO HELP DEVELOP THE ADAPTATION PLAN*

We are inviting you to take on an extremely important role - to help guide the final plan through participation in a Community Advisory Panel.

We invite you to join with a panel of participants from the community and consider all the input that has been received. Using these inputs, you will help guide the implementation actions that will make up the Adaptation Plan; your recommendations will directly influence the outcomes of this significant project.

The Panel will meet on two occasions:

Tuesday 4th December 2018 8am – 12pm, Upstairs, Library Meeting Rooms, York St.

Saturday 8th December 2018 1pm – 5pm, Albany Surf Life Saving Club, Middleton Beach.

It is important that Panel members can attend both of these meetings. Meals and refreshments will be provided.

The Panel will involve a cross section of the community, young adults aged 17 years plus are encouraged to participate. This invitation has been sent via e-newsletters, newspaper advertising and other social media to a number of groups and households and from the people who respond around 40 people will be selected to match the broad demographics of the community.

If you are interested in being part of the Community Advisory Panel please ASAP to Emma Evans emmae@albany.wa.gov.au, using the nomination form attached or directly through Survey Monkey via <https://www.surveymonkey.com/r/AlbanyCHRMAP>

Other opportunities for Engagement

There are lots of other ways to share your ideas if you are unable to commit to the Community Advisory Panel. If you would like to be kept up to date, please register your email or mail address to emmae@albany.wa.gov.au

Thanks for your time

**The full title is 'Coastal Hazard Risk Management and Adaptation Plan' (CHRMAP)*



Emu Point to Middleton Beach Coastal Hazard Risk Management Adaptation Plan (CHRMAP)

Community Advisory Panel Nomination Form

Name:				
How do you identify:	Male <input type="checkbox"/>	Female <input type="checkbox"/>	Not stated <input type="checkbox"/>	
Who do you represent in the City of Albany: (Choose one most relevant)	Stakeholder group (please state name) <input type="checkbox"/>			
	Business <input type="checkbox"/>			
	Resident <input type="checkbox"/>	Property Owner <input type="checkbox"/>	Tenant <input type="checkbox"/>	
Age group:	12-17 <input type="checkbox"/>	18-27 <input type="checkbox"/>	27-37 <input type="checkbox"/>	38-47 <input type="checkbox"/>
	48-57 <input type="checkbox"/>	58-67 <input type="checkbox"/>	68-77 <input type="checkbox"/>	78+ <input type="checkbox"/>
Residential or Business location:	Emu Point - Middleton Beach area <input type="checkbox"/>	Collingwood Park, Spencer Park, Mira Mar <input type="checkbox"/>	City of Albany area – other <input type="checkbox"/>	Visitor <input type="checkbox"/>
Please confirm that you are available on Tuesday 4 th December 2018 from 8am – 12pm, and on Saturday 8 th December 2018 from 1pm – 5pm.				<input type="checkbox"/> Yes <input type="checkbox"/> No
Email:		Phone:		

Please return your completed form to:

Emma Evans
 Major Projects Officer
 City of Albany
 102 North Rd
 ALBANY WA 6330
emmae@albany.wa.gov.au

DEVELOP BEACH CONFIDENCE...



MAKE THE MOST
OF YOUR SUMMER!

SurfBabies & SurfKids are fun, participation based programs designed to help kids and their parents develop the necessary skills and confidence to safely enjoy the beach environment.

SUNDAYS 3 February - 10 March 2019

WHO? Children aged 3 - 5 years old

LOCATION: Middleton Beach, Albany SLSC

TIME: 9:00 - 9:30am or
9:45 - 10:15am

COST: \$100 per child

For more info contact Surf Life Saving WA

T: 9207 6666 or visit

mybeach.com.au/childrensprogramms



**WESTERN
AUSTRALIA**

SAFETY BEACH

Find the **FUN**
between the flags!



WESTERN
AUSTRALIA

Free game
download!



This summer's hottest new game is
Safety Beach, helping teach kids essential
beach safety tips.

Play anywhere on a touchscreen device
and level up your lessons about surf safety.

INTERACTIVE

Learn the rules of the beach and become a hero by saving the swimmers on screen. Each rescue puts you higher on the leaderboard.

FUN

Enjoy beach fun even when you're no where near the surf. Great gameplay gives you the experience of what it's like to be a real lifesaver.

FREE

Plus, no towel or bathers needed! Download the app from the App Store or Google Play and play for free, with no in-game purchases.

Each level helps
you learn about
the beach.



When you're between
the flags, that's
where the **fun** is!

MYBEACH.COM.AU/APP

DOWNLOAD THE APP





Department of
Education

VACSWIM 2018-19

**Enrol your children in
swimming lessons during the
summer school holidays.**

Choose from four VacSwim programs:

Country early start program

Every day from Saturday 15 December
to Friday 21 December 2018

Enrolments close

Sunday 4 November 2018

Program 1

Every weekday from Wednesday
2 January to Friday 11 January 2019

Enrolments close

Sunday 11 November 2018

Short program

Every day from Monday 7 January
to Friday 11 January 2019

Enrolments close

Sunday 11 November 2018

Program 2

Every weekday from Monday
14 January to Friday 25 January 2019

Enrolments close

Sunday 18 November 2018

Enrol now

Visit education.wa.edu.au/swimming or call 9402 6412.



Department of
Education



SWIMMING and WATER SAFETY

Have you considered joining our VacSwim team as a Water Safety Officer at open water venues during the January school holidays?

VacSwim 2018 – 2019

Water Safety Officer applications are open for VacSwim January Program 1 and 2.

VacSwim is acknowledged as Australia's most popular and oldest and swimming program!

Working with us, you can enjoy a fun and rewarding job:

- * Great benefits and very competitive pay rates
- * The opportunity to work during the school holidays
- * Great hours
- * Friendly, supportive teams.

The current rate of pay starts at \$30.69 per hour, and typically there are 3 to 4 hours work available every day during the VacSwim program.

Visit the [Swimming and Water Safety website](#) for information on how to apply, programs, locations and operating dates.

We look forward to receiving your registration and application soon!

Kind regards

Swimming and Water Safety Staffing Team
E: vacswimstaffing@education.wa.edu.au
T: 9402 6195

You received this email as you are currently listed on the SLSWA database

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 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. 