



It's finally here, the first official competition day for this season will get underway at Midd's on Sunday 11 November. The weather at this stage is looking pretty good – with next to no breeze and a cloudy 20 degree day forecast.

The club swim will get underway at 8:15am. This is a 400m handicapped swim and is open to all members. Richard Langston is coordinating the club swim this season and will be keeping a close eye on those swimmers looking to fudge their handicap!

Nippers activities will commence at 9am with **RED Caps** being the duty age group. This means that parents of Red 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.

Karen Herlihy and her band of AGM's have a great program of activities put together for all Nippers this year in line with the SLSWA development program.

The first Senior event for the year will get underway at the conclusion of Nippers activities (approximately 10:45am).

The Seniors events for this week (aside from the Club Swim) are Sprints and Flags. Come on down and watch the big boys (& girls) fly!



more details at
www.albanysurfclub.com

Bronze/SRC Requal

11 November
10:30am
Upstairs @ ASLSC

Nippers Training

Tuesday 13
November
4pm @ Midds

Patrol Meeting

16 November
@ ASLSC
5:30pm

Smith Thornton

Sundowner
16 November
5-8pm @ ASLSC

Nipper Rescue Certificate

18 November
10:45am @ Midds

Rainbow Coast Development Weekend

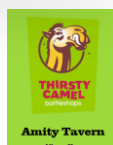
24 & 25 November
@ Bremer Bay



SMITH
THORNTON
ACCOUNTANTS



Albany Advertiser



Sponsorship Announcements

With orientations done and both new and returning members settling in we would like to send on an ENORMOUS thank you and a big warm welcome to all of our sponsors for the 2018-19 Season. Partnerships with our sponsors are essential to assist us to provide the resources we require to grow and develop as a club and ensure we continue to provide the very best service to our community.

Many of these local businesses have been long standing supporters of our club. Please take the time to thank our sponsors and remember to support the business that support your club!

Albany Surf Lifesaving Club Sponsors for 2018|2019

Principal Sponsor

Smith Thornton Accountants

Major Division Sponsors

Senior Competition:	Ryde Building Company
Nippers:	Albany Community Pharmacy
Lifesaving Patrols:	Landcorp
Surf Boats:	Naked Bean Coffee Roasters

Media Sponsor

Albany Advertiser

Contributing Sponsors

Albany Signs
Donna Cameron Design
Mason Realty
Thirsty Camel



Surf Club Sundowners



Every Friday evening from 5–8pm
at ALBANY SURF LIFE SAVING CLUB

- * FAMILY FRIENDLY
- * BAR OPEN
- * ALL WELCOME

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

FRI 16 NOV – SMITH THORNTON SUNDOWNER

Come along to show your support for our Principal Sponsor!

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

Nippers Training – 2018-19 Season

Nadine Shepherd and her coaching crew will be commencing training for Nippers at Mids THIS Tuesday 13 November.

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

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

ATTENTION : WATER SAFETY REQUIRED SUNDAYS AND TUESDAYS : NIPPER PROGRAMME

Our Nippers are about to hit the water and WE NEED YOUR HELP.

If you hold a Bronze or SRC please consider donning an orange rashie on Sunday mornings and Tuesday afternoons to provide water safety while our children are in the water.

Our minimum water safety ratio is 1:5 so without adequate numbers our kids don't get in the water. Simple as that.

It's a very rewarding way to spend an hour.

If you would like to be part of the orange rashie squad please give Chris a call or listen for the Shout out on Sunday mornings. Wetsuits advised.

Chris
0409 292 263



Canteen News

The Canteen are asking members with some basic Barista to help make coffee on Sundays.

We are happy to give some training to help you to get up and running.

If you think you can assist us contact me on clubhouse@albanysurfclub.com.au

As we swing into the 2018-19 season, just a reminder that donations of cakes, muffins or slices to our canteen, on the week that your child's cap colour is on duty, are much appreciated.

This week is **RED** caps.

Rainbow Coast Development Weekend

The Rainbow Coast Development Weekend at Bremer Bay will be held on Saturday 24th and Sunday 25th November. This year the Denmark SLSC are organising the weekend with assistance from SLSWA.

As always, we encourage everyone to stay at the Bremer Bay Caravan Park. Please give them a call on 9837 4018 to book your site and let them know you're with the Albany SLSC. Get in early to avoid disappointment!

The draft program includes coach, official and athlete development and is as follows:

Saturday 24 November		
11am	New coaches and new officials meetings at Caravan Park.	
12noon	Welcome and announcement of location for skills session.	
12:30pm – 2pm	Skills session (includes coach accreditation).	
2:15pm – 3pm	Race / competition skills + Fun group.	
6pm	BBQ dinner at Caravan park. BYO meat & salads.	
7pm	Outdoor cinema for the kids.	
Sunday 25 November		
6am	Beach set up. Note beach location to be determined subject top prevailing weather conditions.	
7:30am	Officials arrive at beach for safety briefing.	
7:45am	Marshalling to commence.	
8am	Carnival (includes officials accreditation).	
	WATER ARENA	BEACH ARENA
8am	U/14 - Open Ironman U/9 & Under Board U/10 - U/11 Board U/12 - U/13 Board U/17 - Open Board U/14 - U/15 Board U/9 & Under Wade U/10 - U/11 Run Swim Run U/12 - U/13 Run Swim Run U/14 - Open Run Swim Run Teams U/14 - Open Board Relay (3 Members per Team) U/10 - U/13 Board Relay (3 Members per Team) U/13 & Under Wade Relay (4 Members per Team) U/14 - U/15 Board Rescue Relay (4 Members per Team) U/17 - Open Board Rescue Relay (4 Members per Team)	U/12 - U/13 Flags U/10 - U/11 Flags U/9 & Under Flags U/17 - Open Flags U/14 - U/15 Flags U/10 - U/11 Sprint U/12 - U/13 Sprint U/14 - U/15 Sprint U/17 - Open Sprint U/9 & Under Sprint

Education Corner
Celia Waugh ~ Team Leader Education/Lifesaving

BRONZE AND SRC REQUAL

We had another great turnout on Sunday with around 30 members doing Bronze/SRC Requal on Sunday, but we still have a number to complete their update.

Please try to be available this **Sunday 11 November 2018 after the Nipper Competition – meet me upstairs around 10:30-10:45**. Please let me know if you are not able to make this day and time.

ART(Aid)

Reminder to all candidates who did the first session of the ART(Aid) Course your second session and assessment will be **Wednesday 14 November 2018 at 7:00pm**. Please ensure you have completed the online learning and bring a copy of your final Certificate with you.

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

SKIPPER TICKET

A very big thank you to Cameron Martin who has worked hard to register as a trainer for the Skipper Ticket with Yachting WA as Surf Lifesaving WA is no longer offering the course.

He is offering to run a course for members on the 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

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

After my meeting with parents on Sunday we have enough interest to run another Bronze course in the New Year thank you to those parents who put their hand up. 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

Nipper Rescue Certificate

Thank you to all those parents who put their name down to do the Nipper Rescue Certificate we had a fantastic response.

Les will be running the course on **Sunday 18th November 2018** after the nipper competition has been completed around 10:45am. Please let me know if you **can't** make that.

If there are any trainers available to help, please email me or let me or Les know on Sunday this week – I will be away that weekend.

- 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 or 0403 555 421

Club Swim

A great turn-out for the first swim of the season saw 11 hardy swimmers brave the coolish 16 degree water temperature.

After a mass start Jacques Swarts came across the line first followed by Rob Mason with Alex Poulsen in third place.

Looking forward to seeing you all next Sunday 11th November at 8.15am where we will return to the handicap format for the swim.

Richard Langston.



WA SLS Endurance Champs – Results keep coming in!

A belated congratulations to our new board Captain, Adam Cousins, for his results in the recent WA Endurance Champs. Adam performed strongly and secured:

- 3rd place in the 3km Board Race, and
- 2nd place in the 2km Swim.

It seems that life as the new Board Captain is agreeing with Adam???

Augusta Adventure Race – Race Wrap

Congratulations also to our members who completed in the Augusta Adventure Race last weekend. The link to the official website and all results is attached <http://rapidascent.com.au/AugustaAdventureFest/>.

If you've been down at Midds over the last few months you would've seen quite a bit of effort being put in to early season training....and it seems that the training has paid off.

Notable mentions include:

- Bronze! Jason Bresanello secured third place in his age group in the long course "Adventure Warrior" and included the 2nd best ski leg.
- Adam Cousins and Nick Walker competed in the "Adventure Warrior", with honourable age group placings in the individual legs (swim, ski & run), and voted equal best off-ground performance at the after party!!
- Silver! Adrian Nicholl (ex-club member and wannabe boatie) came second in his age group in the "Adventure Warrior", and recorded the 2nd best run time.
- Gold! Keiron Benson (wannabe clubbie) came first in his age group for the short course Adventure Race and 6th overall.
- Rounding out the Albany Crew was Michael Swain, Rob Diletti, and Dree Campbell.
- Last but Never least...families of competitors admirably performing support crew duties on the Saturday before backing up on Sunday to race in the short course. Honours going to the Nicholls clan...

Ironman – Group Training

Informal Ironman group training will commence this Saturday at Mids 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!

FRIDAYS:

SURF SKI TRAINING starts

...November 2nd.

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

JUNORS - fortnightly (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.

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)

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 or Perdie via admin@albanysurfclub.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:** _____

U/14 & U/15 Youth Members			
Events I will attend an officiate at			
Date	Event	Venue	Tick
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"/>

Key
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>

U/16 & U/17 Youth Members			
Events I will attend an officiate at			
Date	Event	Venue	Tick
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:** _____

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 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



**WESTERN
AUSTRALIA**

THINKING OF BECOMING A LIFEGUARD?

Surf Life Saving Western Australia is seeking motivated club members throughout the coastline interested in applying for the role of a lifeguard throughout the 2018/19 season.

Essential criteria and qualifications:

- 18+ years old as at 01 October 2018
- Bronze Medallion
- Advanced Resuscitation Techniques Certificate or equivalent
- Current Senior First Aid Certificate or higher
- Current 'C' Class driver licence

Desirable criteria:

- Pain relief
- Silver Medallion
- RWC endorsed

Fitness Assessment will include:

- 400m Pool Swim (under 7:30 minutes)
- 200m Board Rescue
- 100m Tube Rescue
- Lifeguard Mission including (under 25 minutes):
 - 800m Beach run
 - 400m Surf swim
 - 800m Beach run
 - 400m Board paddle

*Note: All elements of the assessment will be conducted on the same day, and one attempt is permitted per applicant.

For more information contact Daniel Andrew, SLSWA Operations Supervisor - Metro on 9207 6666 or metrosuper@slswa.com.au

mybeach.com.au



surflifesavingwa



@slswa



@slswa



surflifesavingwa





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. 