



We're nearing the end of 2018 and Santa is on his way. I hope that he'll be stopping at my place this year as I've tried to be good all year long!

Thank you to everyone that helped out at Nanarup last weekend. It is always good to get out to different beaches and we were lucky that we jagged a good day, weather-wise. Unfortunately, it looks as if our luck will run out this weekend with fresh easterlies forecast for this Sunday.

This, however, shouldn't impact us too much given that we will be holding our Christmas Wind-Up day!

The key activities will include:

- Club Handicap Swim
- Ryde Run (U8 to U15's + Seniors)
- All Ages Club Relay
- Santa's arrival
- Free hot dog and drink for Nippers.



**Run 2018**

See you on the beach.

A very Merry Christmas to all at Albany SLSC – Rob (Pres) and Andrew

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

**Nippers Training**  
Tuesdays  
4pm @ Mids

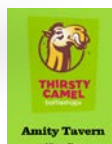
**Christmas Sundowner**  
Friday 14 December

**Ryde Run**  
Sunday 16 December

**Nipper Xmas Party**  
Sunday 16 December

**2018 Albany NYE**  
**Swim**  
Monday 31 December  
From 6:45am

**Club Activities**  
**Resume**  
6 January 2019  
@ Mids – 9am





# 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 14 DECEMBER – XMAS SUNDOWNER**

**Celebrate the silly season at Surf Club! Nibbles provided.**



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

## Introducing our Club Chaplain – Jason Bresanello

You may know him as a supreme athlete, but Jason is far from one dimensional; one of the many roles he has in our community, and now our Surf Club, is as a Chaplain.

This is the first season Albany Surf Club has a Club Chaplain and I think this is a great addition to the resources and benefits to our members.

Jason is someone you can talk to if you are having issues and would like some advice or just someone to listen. This doesn't have to be related to surf club at all.

Jason will not necessarily always have all the answers for you but will often be able to direct you to someone who can help. The mental health of all our members (and the wider community) is really important and I would like to thank Jason for offering his services to our club.



Jason is available on 0422 925 350 or [Jason.Bresanello@dfes.wa.gov.au](mailto:Jason.Bresanello@dfes.wa.gov.au)

## Patrol Update

If you can help out on patrol this weekend, please text Dani.

### **PATROL HOURS –**

All Patrolling members need to be aware of their hours if they are wishing to compete in 2019, please check before it's too late!!

**PLEASE REMEMBER** - Proxy requests for patrols will only be advertised in the Rip for 1 week unless requested

## PATROL Proxies Required

Name	Team	Date	Time	Contact
Abbie Tucknott	Bronze, Team 5	5 January 2019	TBC	0428 216 592

## Water Safety Needed for New Years Eve Swim

When? New Years Eve 🌕 31/12/18 - YES it's a Monday

What time? – be at the club kitted up and ready to go by 7.20am. water safety briefing at 7.30am.

Race starts at 8am

What do we need? Board paddlers (8 – 10), IRB drivers and crew, Jetski drivers.

How do I put my name down? On the whiteboard inside the shed or contact Jim Morcom on 0430 861 551

## Education Corner

### Celia Waugh ~ Team Leader Education/Lifesaving

I would like to take this opportunity to wish everyone a very Happy Christmas and a safe, happy and healthy New Year. Thank you again to my teams in Education and Lifesaving for being amazing and dedicating many hours to your designated area. Enjoy a few weeks break. Thank you to those who have volunteered to patrol, particularly for the public holidays. To Jo and Rob Lucas, have a wonderful family holiday with Amy, Coby, Jack and family in USA.



### BRONZE AND SRC REQUAL

Thank you to those members who still needed to do their requals who came on Wednesday and Sunday. I have just a few who need to do their run/swim/run. I will be at the Club at 8:30 Sunday please try to be there. I will message you individually.

### ART(Aid)

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

### SKIPPER TICKET

Thank you again to Cameron for running the course this weekend and good luck to all candidates this weekend. There were a number of members who were keen to do the course – we will run another in the New Year so stay tuned to the RIP.

### Bronze Course

**SO PLEASED TO SAY WE HAVE MADE IT!!.....all assessments completed and all passed.**

Congratulations to all candidates:

**Tuesday Group** – Molly Bowles, Sophie Cuthbert, Harry Parker-Halstead, Cameron Pettley-Gray, Nikolas Roecker,

**Wednesday Group** – Ella Abbott, Arlo Goldsmith, Yana Hlavaty, Fergus Martin, Noah Mocombe, Carl Ryan, Jacques Swarts and Fraser Wood.

**Sunday Group** – Benn Gray, Craig Heal, Richard Wrightson, Nisha Jeyaseelan, Chris Swarts, David Lindberg, Caitlin Goldsmith, Warrick Ellery, Janey Glauser, Joy Abbott, Jason Abbott, Xander Lindberg and Natalie Hudson.

It has been a huge effort and lots of hours from our trainers and assessors to get these courses through and assessed I thank you all so much.

**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.**

### 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](mailto:celia8083@hotmail.com) or 0403 555 421**

# 2018 ALBANY NYE SWIM



## END THE YEAR WITH A SPLASH!

**Open to everyone!**

Choose your distance:  
400m, 1.25km, 2.5km or 5km

To register, go to  
[registernow.com.au](http://registernow.com.au)  
and search for Albany

**Monday 31 December**

6.45am	Registration
7.15am	Briefing
7.30am	Short course start
7.45am	Long course start (immediately after short course finishes)
10am	Presentations

2018 ALBANY  
NYE SWIM  
PRESENTED BY:



THANKS  
TO OUR  
SPONSORS:



## Events Team Update

We have some exciting club and community events coming up.

Please find flyers for events included in the RIP and on Facebook.

Friday 14 December 2018 – Xmas Sundowner

Monday 30 December 2018 – NYE Swim

Monday 30 December 2018 – NYE BBQ, Beats and Beach Cricket

Friday 18 January 2018 – Family Movie Night

Friday 15 February 2019 – Quiz Night

All events are family friendly and we encourage all members to support the events. We look forward to seeing you all at the club this Friday!



## **Ironman – Group Training**

There will be no ironman training on this Saturday!

We are going to do a celebratory endurance ironman training session starting from 8am.

People are welcome to do one leg or more.

Run Mids to Emu Point

COFFEE at Emu Point

Swim Emu Point to Mids

BREAKKY/SMOOTHIE at Mids

Ski to Quaranup, run loop

Ski around wreck to Mids

LUNCH/BEER at Mids

Kind regards,

Jason Bresanello

0422925350

## **FRIDAYS:**

### **SURF SKI TRAINING**

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

JUNIORS - **Friday** (3/4 hour).....4PM  
( 1<sup>st</sup>. Friday of each month )

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



### **SKI COACHES:**

Jason - seniors sessions

Kelvin - juniors sessions

Backup from Nick, Adam & Rob when required.

Rob Slattery  
(SKI CAPTAIN)

# Community and Employment Opportunities

**Surf Life Saving Western Australia** is seeking to recruit lifeguards for the 2018/19 season.

Applications are open to 18+ year olds with a minimum 'C' class driver's licence, in addition to holding a current SLSC Bronze Medallion, and Advanced Resuscitation Techniques certificate.

If interested email [media@albanysurfclub.com.au](mailto:media@albanysurfclub.com.au) and we will email the forms to you.

## RACING MAL FOR SALE

- Dolphin Racing mal, in excellent condition
- Suited for 45 – 55 Kg
- \$1200, case included
- Purchased direct from Brenton Rose, WA Dolphin Agent, in 2016
- Reason for selling: have out grown weight rating
- Perfect first racing mal for upcoming youth
- If interested contact Sarah Hearle,  
at [sarah.hearle@student.gsg.wa.edu.au](mailto:sarah.hearle@student.gsg.wa.edu.au) or 0484625390.
- Welcome to try the board and take it for a paddle at the club, by arrangement.



## 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

# 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.

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**SUNDAYS** 3 February - 10 March 2019

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**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](http://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](http://MYBEACH.COM.AU/APP)

DOWNLOAD THE APP



## 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. 