



Hooray!

Summer is officially here and we are all looking forward to the weather warming up and enjoying our time at the beach.

Thank you to all who came down and helped out with decorating the surf boat, jet ski and IRB for last weeks Christmas Pageant. The weather was kind to us and we certainly put on a good show for the public as we travelled down York Street.

This week will see us travel to **Nanarup Beach** for Nippers, Youth and Senior events. At this stage the weather is looking OK with moderate 15 knot SSW winds and a cloudy day. We will be using two arenas to the east of the point as well as running an arena for the smaller Nippers in the cove.

Gear will be packed on to trailers on Saturday afternoon during the Patrol.

We request that everyone gets to Nanarup Beach by 8:30am which will allow time to walk to the arena's in time for a 9am start. **BLUE** caps on duty. Remember to bring plenty of food, water and all your gear. **INCLUDING** caps and vests!! Please remember to either park in the car park and walk to the western end of the beach OR drive onto the beach and park at the sand bar. The only vehicles to access the Nippers arena should be those that are towing the club trailers.

See you on the beach!

Andrew

more details at
www.albanysurfclub.com

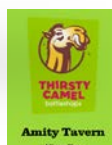
Nippers Training
Tuesdays
4pm @ Mids

Nanarup Club Day
Sunday 9 December
8:30am

**Christmas
Sundowner**
Friday 14 December

Ryde Run
Sunday 16 December

Nipper Xmas Party
Sunday 16 December





2018-19 PATROL

A quick reminder.....

Patrols for the 2018/19 season HAVE started. You must communicate with your Captain if you are not coming in. See below for a list of Patrol Captains.

Rob Lucas: 0429150155

Jim Morcom:0430861551

Jeff Medcalf: 0403789746

Ian Spurgeon:0417189747

Jo Lucas: 0418150155

Dani Lynch: 0437411557

Alex Wells: 0488523410

Chris Ficko: 0409292263

See attached for 2018-19 Patrol Roster.

PATROL Proxies Required

Name	Team	Date	Time	Contact
Riley Peace	Team 8 SRC	13 January	7:30-12:30	0448 425 276
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

NOTE FROM JO

Congratulations to all the participants in the SRC group. After 8 weeks of training in water, learning first aid, CPR and general patrol info AND finishing the online component, they have all passed the tests and are fully qualified SRC Lifesavers.

Well Done all!

Look forward to seeing you on patrols and putting your hand up for water safety.

Thankyou for Rob L and Jackie for your help during the sessions.

Jo Lucas



Education Corner

Celia Waugh ~ Team Leader Education/Lifesaving

BRONZE AND SRC REQUAL

Final requalification day – this **Sunday 9 December 2018 at 2:00pm**

SURF RESCUE CERTIFICATE

Congratulations to our new SRC holder who completed their assessment on Monday:

Angus Bowles, Bastian Morcomb, Brian Besier, Patrick Ellery, Riley Abbott, Cooper Sandy, Sudarshan Guruparan, Clay Michael, Tully Franklin, Bree Pass, Devon Proudfoot, Jane Kriek, Jolene Hlavaty, Megan Jensen, Ebony Anderson, Teneya Poulter, Bronte Fethers, and Lily Parker-Halstead

SURF RESCUE CERTIFICATE - COMMERCIAL

On Tuesday 5 December the Club ran the SRC Community Requals and Awards for 55 members from school and community groups. This year was again superbly organised by **Jeff Medcalf** and **Helena Stoakley**, **THANK YOU VERY MUCH**. Also, a **HUGE** thank you to **Ian Spurgeon, Wendy Spurgeon, Christine Ficko, Joanne Lucas, Alex Wells, Zac Wells and Celia Waugh**, who volunteered their help for the morning. This is an essential service we provide to schools and other community organisations so that they can take children to the beach for activities it is also a great fundraiser for the club this year raising \$3,614.00 for the club.

ART(Aid)

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 Courses

Our Bronze courses will be completed by the middle of next week – **GOOD LUCK** to all candidates and thank you to the tireless work of our trainers and assessors.

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 555 421

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!

FRIDAYS:

SURF SKI TRAINING

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

JUNIORS - Friday (3/4 hour).....4PM
(1st. 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)

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

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 SLSA Bronze Medallion, and Advanced Resuscitation Techniques certificate.

If interested email media@albanysurfclub.com.au and we will email the forms to you.

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. 