



Lots Going On!

Thanks to our Principal Sponsors – Smith Thornton Accountants for a great swim on Sunday! Not sure if Simon didn't want to win his own swim but I think it was Adam's superior surf skills that got him over the line 😊

Movie night this Friday – should be heaps of fun. Thanks to the Events Team who are blazing this year with so many awesome events!

Of course we are only a week away from (for most of us) the first proper hit out at a Surf Carnival for the season – the Denmark Country Carnival over the Australia Day Long Weekend – should be a ripper!

Finally, we would like to wish an elder statesman of the club Happy Birthday – Mr John Erwin. Many of you will know John from his morning swims, putting our bins out, and general supporter of the club. 84 years young and still going strong – Happy Birthday John!

Sunday is going to be hot and there is no better place to be than the beach! Slip, Slop, Slap and Seeya Sunday!

Roberto

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

### Family Movie Night

Friday 18 Jan  
From 5:30pm  
@ASLSC

### 2019 Denmark Country Carnival

26 & 27 January  
2019  
@ Ocean Beach,  
Denmark

### 2019 Cadet Camp

Friday 10 February  
@ Camp Quararup

### Family Quiz Night

Friday 15 February  
@ ASLSC

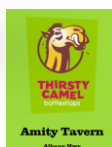


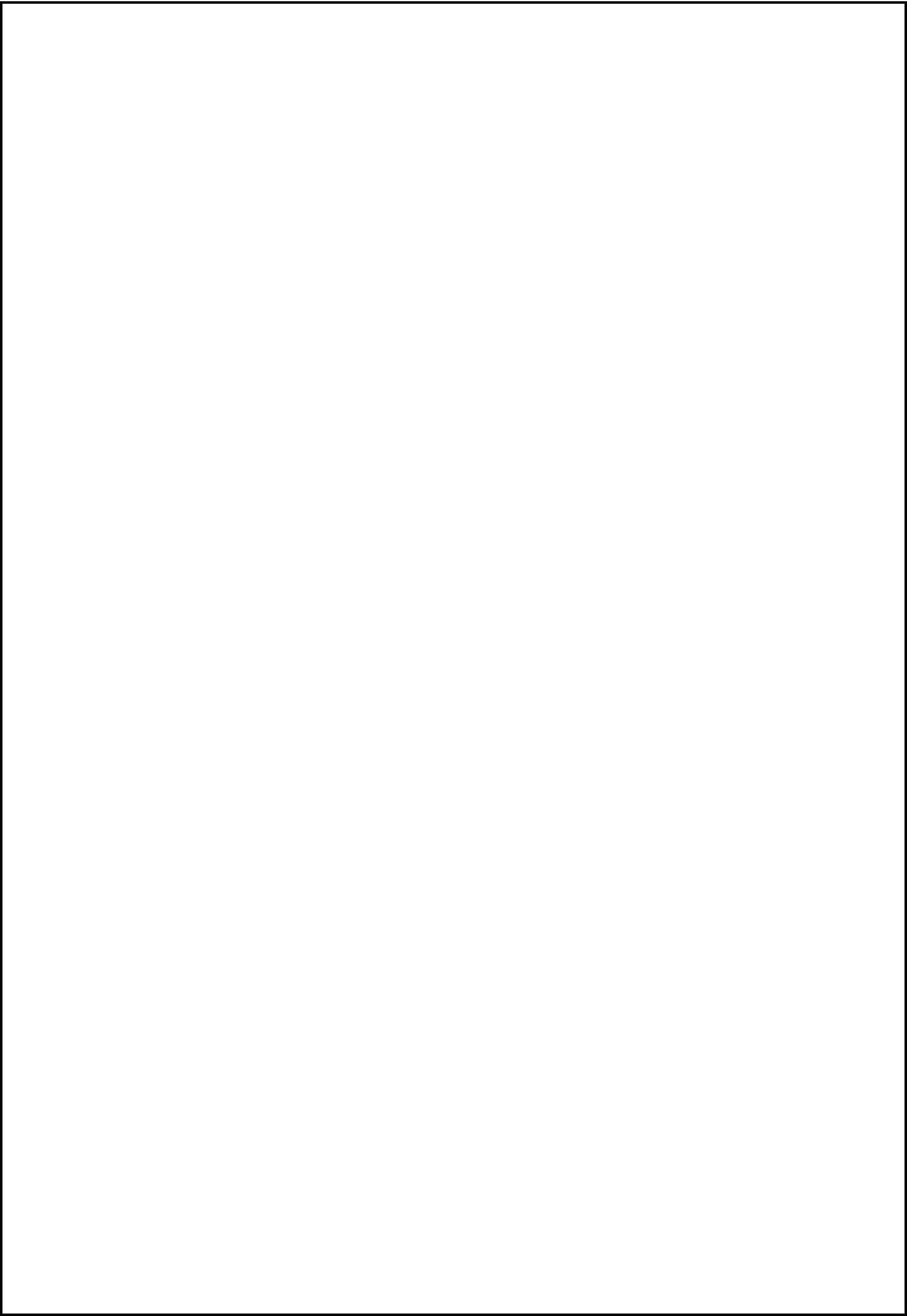
SMITH  
THORNTON  
ACCOUNTANTS

the naked bean  
coffee roasters



Albany Advertiser







# ALBANY SURF LIFESAVING CLUB FAMILY MOVIE NIGHT

**FRIDAY  
18 JAN**

**Doors open 5:30pm**

**Movie screens at 7pm**

Join us upstairs at Albany Surf Lifesaving Club for a free club members' family movie night this school holidays.

Teede & Co's delicious nachos and burrito bowls available for \$10.

Snacks and drinks also available, and the bar will be open for the grownups!

Bring your own beanbag, cushions or low chair.

**FREE** FOR CLUB MEMBERS & INVITED GUESTS ONLY

Space is limited - book your free tickets through Eventbrite

<https://albany-surf-club-family-movie-night-2019.eventbrite.com.au>



**Albany Surf  
Lifesaving Club**

## Nippers and Surf Sport

How lucky are we? We've have some fantastic weather down at Midd's for both training and comp days and it looks as if our luck will continue to hold for this weekend. It's also great to see lots of members out there training for the upcoming carnivals.

Thank you to all those who have made contact regarding entries for the Country Carnival at Denmark over the Australia Day long weekend. If you're keen to come down and have a crack at Denmark please talk to your AGM (if you're a Nipper) or submit your interest direct to me by email ([andrew.duffield@mainroads.wa.gov.au](mailto:andrew.duffield@mainroads.wa.gov.au)) if you're a Senior. Remember also to pay your subsidised entry fee at the Uniform Shop.

Nadine Shepherd has been the backbone of our run / sprint / flags coaching group over recent years. Nad's is keen to hand over the reins to someone next season. If you are interested in getting involved please touch base with either Nad's or myself and we can discuss how this could enrich your life in 2019/20!

Karen Herlihy will be back on the beach this Sunday to make sure that all our Nippers are enjoying themselves. **BLUE Caps** are the duty age group this week, so please get down to Midd's early to help with set up as well as bringing along some delights for the canteen crew.

See you on the beach!

Andrew

### DENMARK COUNTRY CARNIVAL – AUSTRALIA DAY LONG WEEKEND

The Country Carnival at Denmark's Ocean Beach is due to be held on the Australia Day weekend Commencing Saturday January 26<sup>th</sup>. The basic program is as follows:-

ALL COMPETITORS – SATURDAY 26<sup>TH</sup> – MARSHALLING AT 12.15PM

- 1km & 2km Beach run
- 1.00pm – Marshalling for Grand Parade

BEACH EVENTS SATURDAY 26<sup>TH</sup> – COMMENCING 1.30PM (AFTER GRAND PARADE)

- U10, u11, u12, u13, U14, U15, U17, U19, Open – Flags, Sprint,
- U15, U17, U19, Open Male & Female Beach Relays

WATER EVENTS SUNDAY 27<sup>TH</sup> – MARSHALLING AT 7.45AM

- U10, U11, U12, U13, U14, U15, U17, U19, Open – Surf Race, Board Race
- U10, U11, U12, U13, U15 – Male & Female Cameron relay
- U14, U15, U17, U19, Open Male & Female Ironman
- U15, U17, U19, Open – surf teams race (must have a full team to enter)
- U17, U19, Open – male and female ski race; Taplin relay
- Open M&F & Open Mixed double ski

BOATS SUNDAY 27<sup>TH</sup> – MARSHALLING AT 7.45AM

LITTLE NIPPERS – MONDAY 28<sup>TH</sup> – MARSHALLING AT 7.45AM

- U8 & U9, separate male and female events for following:-
- Surf Race, Board Race, Sprints, Flags, male Cameron relay, female Cameron relay

Entries for Competitors from U8's through to U15's must be communicated by a Parent to the Age Group Managers. At the same time, AGM's will need to know what events your child would like to be entered into. Entries for U16's through to Seniors need to be communicated to Andrew Duffield via email [Andrew.duffield@mainroads.wa.gov.au](mailto:Andrew.duffield@mainroads.wa.gov.au).

Entries close **Sunday January 20<sup>th</sup>**, so please make sure you register **by THIS SUNDAY**.

Given the enormous combined cost for competition entries, the club is now introducing a 50% contribution towards competitors entry fees. These fees must be paid either online or at the uniform shop on a Sunday morning **prior to close of Entries January 20<sup>th</sup>**. Please ensure you refer to your surname, and DCC (Denmark Country Carnival) if you are paying online, and email [finance@albanysurfclub.com.au](mailto:finance@albanysurfclub.com.au) to confirm.

50% of Fees per competitor as follows:-

- Little Nippers - \$5 (each competitor, not event)
- Junior - \$7.50
- Senior & Cadets - \$10
- Boats - \$10

As the carnival is being held relatively close-by, the club has not organised to stay in Denmark.

If you have any questions about this carnival, talk to the Age Group Manager, or you can contact Nadine Shepherd via email [nadsngav@westnet.com.au](mailto:nadsngav@westnet.com.au) or Andrew Duffield via email [Andrew.duffield@mainroads.wa.gov.au](mailto:Andrew.duffield@mainroads.wa.gov.au)

Lets get some good numbers of Albany Clubbies to Ocean Beach and enjoy some great competition from both the City and Country Clubs - it'll be a good chance to get us ready for the Country Champs at Sorrento



## 2019 SunSmart Country Carnival – Beach Events Saturday 26 January 2019 PROGRAM OF EVENTS – Ocean Beach, Denmark

TIME	Beach Events Saturday 26 January – Referee: Justin Meldrum	
12:00pm	Officials and Team Managers briefing	
12:15pm	Marshal 1km+2km Beach Run all categories	
12:30pm	1km+2km Beach Run	
1:00pm	Marshall Grand Parade	
1:15pm	Grand Parade	
TIME	BEACH FLAGS Referee: TBA	BEACH SPRINTS Referee: TBA
1:30pm	U10 M Beach Flags U10 F Beach Flags U11 M Beach Flags U11 F Beach Flags U12 M Beach Flags U12 F Beach Flags U13 M Beach Flags U13 F Beach Flags U14 M Beach Flags U14 F Beach Flags U15 M Beach Flags U15 F Beach Flags U17 M Beach Flags U17 F Beach Flags U19 M Beach Flags U19 F Beach Flags Open M Beach Flags Open F Beach Flags	Open Male & Female Beach Relays U15 Male & Female Beach Relays U19 Male & Female Beach Relays U17 Male & Female Beach Relays U13 M Beach Sprint U13 F Beach Sprint U12 M Beach Sprint U12 F Beach Sprint U11 M Beach Sprint U11 F Beach Sprint U10 M Beach Sprint U10 F Beach Sprint Open M Beach Sprint Open F Beach Sprint U15 M Beach Sprint U15 F Beach Sprint U19 M Beach Sprint U19 F Beach Sprint U17 M Beach Sprint U17 F Beach Sprint U14 M Beach Sprint U14 F Beach Sprint

<b>First Aid Roster</b>
<b>2 x First Aid Members</b>
Denmark







## 2018 SunSmart Country Carnival – Water Events Sunday 27 January 2019 PROGRAM OF EVENTS – Ocean Beach, Denmark

TIME	Water Events Sunday 27 January – Referee: Justin Meldrum				IRB and Water Safety Roster						
7:30am	Officials and Team Managers briefing				1 x IRB Driver & Crew (with PDF's) and 1 x water safety member with rescue tube per senior arena						
TIME	MALE WATER Referee: TBA	FEMALE WATER Referee: TBA	U11/U13 WATER Referee: TBA	U10/U12 WATER Referee: TBA	Male Water		Female Water		U11/U13 Water	U10/U12 Water	Boat Arena
7:45am	Marshaling	Marshaling	Marshaling	Marshaling	Session 1: 7.45am						
8:00am	Open M&F Double Ski Open Mixed Double Ski Open Surf Race and Teams U17 Surf Race and Teams U19 Surf Race and Teams U15 Surf Race U14 Surf Race Open Ski Race U17 Ski Race U19 Ski Race U15 Surf Teams Race Open Board Race U17 Board Race U19 Board Race U15 Board Race U14 Board Race Open Ironman U17 Ironman U19 Ironman U15 Ironman U14 Ironman U17 Taplin Relay U19 Taplin Relay Open Taplin Relay	U15 M&F Cameron Relay Open Surf Race and Teams U17 Surf Race and Teams U19 Surf Race and Teams U15 Surf Race U14 Surf Race Open Ski Race U17 Ski Race U19 Ski Race U15 Surf Teams Race Open Board Race U17 Board Race U19 Board Race U15 Board Race U14 Board Race Open Ironman U17 Ironman U19 Ironman U15 Ironman U14 Ironman U17 Taplin Relay U19 Taplin Relay Open Taplin Relay	U13 M Surf Race U13 F Surf Race U11 M Surf Race U11 F Surf Race U13 M Board Race U13 F Board Race U11 M Board Race U11 F Board Race U13 M Cameron Relay U13 F Cameron Relay U11 M Cameron Relay U11 F Cameron Relay	U12 M Surf Race U12 F Surf Race U10 M Surf Race U10 F Surf Race U12 M Board Race U12 F Board Race U10 M Board Race U10 F Board Race U10 M Cameron Relay U10 F Cameron Relay U12 M Cameron Relay U12 F Cameron Relay	Cottesloe	Trigg Island	Sorrento	Fremantle	North Cottesloe		
Session 2: 10:15am											
Secret Harbour		Mandurah	Mullaloo	Coogee Beach	Swanbourne						
<div><div>First Aid Roster</div><div>2 x First Aid Members</div><div>Session 1: 7.45am</div><div>Albany</div><div>Session 2: 10:15am</div><div>Esperance Goldfields</div></div>											
The final water safety/first aid roster period may be extended depending on how the carnival is going for time. IRB Crews on Session 2 to assist with pack up Additional volunteers may be required and will be requested over the PA.											

First Aid Roster 2 x First Aid Members	
Session 1: 7.45am	
Albany	
Session 2: 10:15am	
Esperance Goldfields	

The final water safety/first aid roster period may be extended depending on how the carnival is going for time. IRB Crews on Session 2 to assist with pack up  
Additional volunteers may be required and will be requested over the PA.

\*Boat events are on another Program of Events.

Note: This program of events is to be used as a guide only and may be subject to change by the event organiser.

- The order of events will be determined by the number of heats in an age group. eg. If Open and U17 have greater numbers, they will be run first.
- All Taplin Relays are 3-person teams.



## **2019 SunSmart Country Carnival – Surf Boats** **Ocean Beach, Denmark – Sunday 27 January 2019**

TIME	SURF BOATS
7.30am	Buoys set, surf boat officials reports
7.45am	Marshal for first round
8.00am	Round 1 - Open Women
	Round 1 - Open Men
	Round 2 - Open Women
	Round 2 - Open Men
	Round 3 - Open Women
	Round 3 - Open Men
	B Final – Open Women
	B Final – Open Men
	A Final – Open Women
	A Final – Open Men

Note: The program of events is to be used as a guide only and may be subject to change.

**Start Time:** 8.00am    **Finish Time:** 12.00pm (approx.)

**Entry Fee:** \$10 per competitor per series event; irrespective of categories entered.

**Entries:** Entries will close **Monday 22 January, 11pm before event**. Clubs will be responsible for entering their competitors using the SLSWA online entry system and will be invoiced directly for entries at the end of the month.

It is a requirement that teams entered into events are identified by a crew name which remains consistent throughout the season (e.g. J Crew, City Red, Cottesloe Rush, Scarboro Black). This will ensure errors in recording are minimised.

Crew names can now be entered using the online system via the following steps:

- Log into the online entry system
- Before selecting “Entries” on the event home page click on “Team Names”
- Team names for each event category can now be entered
- Once team names are entered click on the “Return to Carnival Home” option and continuing entering competitors as previously

**Pre-Race Briefing:** A briefing for sweeps will take place at **7:30am**. During the briefing competitors will be notified of any changes to the race course, safety requirements, program of events/starting order, course, craft/equipment requirements, start instructions and finish requirements.

**Competitor award/proficiency requirements:** All competitors entered in the series event must be proficient Bronze holders. It is the clubs responsibility to ensure any competitor entering the event has the necessary requirements for the category they are entered into. No competitor is permitted to compete in Surf Boat competition until reaching the age of 16 years.

**Water Safety:** North Cottesloe SLSC are to supply an IRB Driver and Crew (with DPF’s) from 7:45am and Swanbourne SLSC are to supply IRB Driver and Crew (with PDF’s) from 10:15am until the conclusion of the event including assisting with pack up.



## 2018 SunSmart Country Carnival 26-27 January 2018 PROGRAM OF EVENTS –Ocean Beach, Denmark



**Entry Fee:** \$20 per senior competitor, \$20 surf boat competitors, \$15 for junior competitors; irrespective of categories entered.

Entries to be completed online at [www.mybeach.com.au](http://www.mybeach.com.au) → Members → Surf Sports → Entries. Entries will close **Monday 21 January, 11pm before event**. Clubs will be responsible for entering their competitors using the SLSWA online entry system and will be invoiced directly for entries at the end of the month.

**Competitor award/proficiency requirements:** All nipper competitors entered in water event must have completed a preliminary skills evaluation and competition skills evaluation for their age group and have these submitted in surfguard prior to close of entries. Competitors that **only** participate in beach events do not require the Junior Competition Skills Evaluation and can be entered into **"Beach Events only entry"**. It is the club's responsibility to ensure any competitor entering the event has the necessary requirements for the category they are entered into. **Competitor caps and hi-vis Engine lycra vests are compulsory.**

It is our intention to trial wristbands at this event for the Nipper competitors. Please note if we proceed with this trial competition numbers will not be issued.

For more information, please contact:  
SLSWA's Sport and Development Coordinator, Jason Wright on  
9207 6666 or [jwright@sllswa.com.au](mailto:jwright@sllswa.com.au)

Surf Life Saving WA  
7 Delawney Street, Balcatta WA 6021  
W: [www.mybeach.com.au](http://www.mybeach.com.au) | [facebook.com/surflifesavingwa](https://www.facebook.com/surflifesavingwa) | [@sllswa](https://twitter.com/sllswa)



Revised 14/12/2018

SURF LIFE SAVING  
WESTERN AUSTRALIA



## Cadet Camp

The 2019 Cadet Camp is set for Friday Feb 8 (after school) to Sunday Feb 10<sup>th</sup> at Camp Quaranup.

This year's camp is set to be action packed, challenging and fun.

It is open to all Albany Cadets & U14's who have completed SRC training.

Spaces are limited, we expect the camp to book out so get in early.

Contact Carl [carl.richardson@westnet.com.au](mailto:carl.richardson@westnet.com.au) or 0429 920 268 for further information, registration forms.

Applications close Friday February 1<sup>st</sup>.

## Patrol Update

### MEETING -

To all Patrol Captains and Water Safety Officers there is a meeting this Tues 22nd at @ 6.15pm in the club rooms. Please let me know if you can make it.  
Dani 0437 411547.



Patrolling Members; all patrol teams have done nearly 2 stints on the new system, most of the feedback from patrol captains has been positive. Just a reminder to those on patrol, please turn up for your allocated time from your patrol captain, most patrols have been divided into even rotations and turning up when it suits, without discussing with your captain can leave the other shift short. Illness and injury can't be helped, however, if you know you are not going to make patrol, please try to organize a suitable proxy. And finally, if your patrol starts at 8am, you need to be there 15 minutes earlier to set up and have a briefing from your Captain.

Competition Hours; hours for competing this year have hopefully been done. Just remember to keep an eye on them until the season finishes as most people aren't doing full days now, and come December, people hit the panic button and 30 people turn up for 1 patrol!!! (and yes that has happened.)

Uniforms; I have spoken with Anna at surf house in regards to our missing sun hats and rashies, these are still at the printers (I assume its a sponsor thing) and when they are done we will have an express delivery. In the meantime please bring a brimmed hat to patrol.

Patrol Teams: there has been some confusion with the teams, apologies with this, the current team list is up in the surf club and will also added to this edition of the RIP.

Thanks for your patience, your volunteering effort is appreciated, any feedback is welcome.

Dani

**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

### **PATROL UNIFORM SURVEY**

As part of a continual review of SLS gear and equipment, SLSA is conducting a review on the current design and practicality of the patrol uniform.

Feedback will directly help shape future designs and modifications of the patrol uniform and additional uniform products.

The survey only takes 9 minutes to complete and is open to all members.

Please share the following link with members so they can access the survey:

<https://www.surveymonkey.com/r/patroluniform>

## Education Corner

Celia Waugh ~ Team Leader Education/Lifesaving

### BRONZE AND SRC COURSE/IRB DRIVER/CREW

Thank you to everyone who attended our meeting on Sunday and expressed an interest in the above courses – was a fantastic turn out – **good luck with your training.**

Thank you to Jeff & Helena for taking on the Bronze group, Liz & Jo the SRC group and Les and Kevin the IRB Crew and Driver course

### OFFICIALS COURSE

With the upcoming carnivals we are looking to increase our Officials.

If you are interested, please let me or Nadine Shepherd know.

The course is done online through the Members Portal (there is a cost that the Club will reimburse) and the practical is done at the carnival under supervision.

There is also a **Cadet Nipper Carnival Officials course.**

If you are a cadet and keen to branch out and do the officials course, please let me know.

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**

## Friday 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.

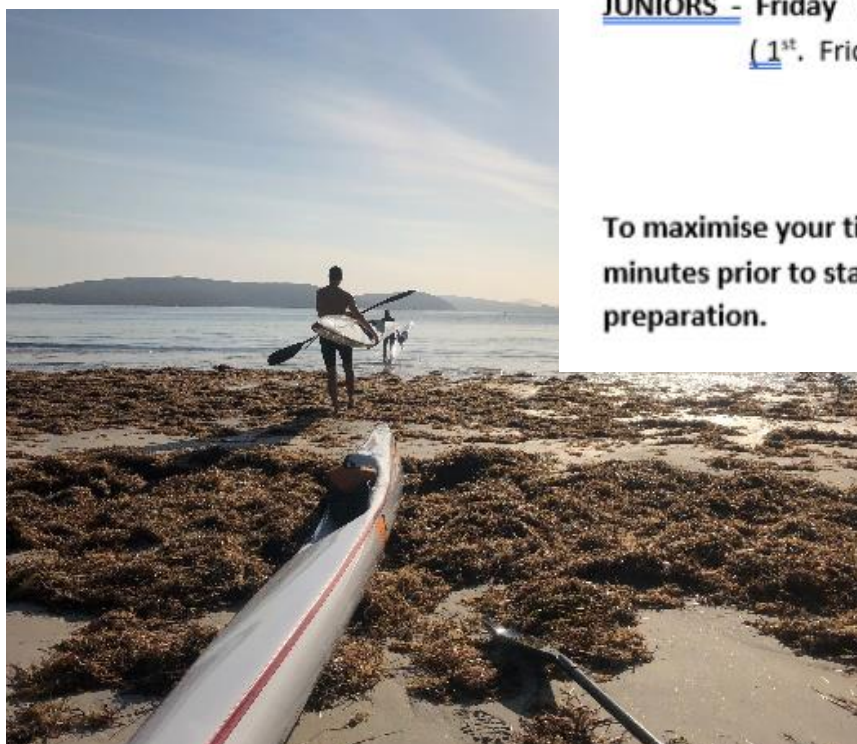
SKI COACHES:

Jason - seniors sessions

Kelvin - juniors sessions

Backup from Nick, Adam & Rob when required.

Rob Slattery  
(SKI CAPTAIN)



## 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 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.

**ALBANY SURF LIFESAVING CLUB**

**QUIZ NIGHT**

**FRIDAY 15 FEB**

**BAR! PRIZES! FUN!  
MORE PRIZES!  
TRICKY QUESTIONS!**

**TABLES \$120**

**MAX OF 8  
PEOPLE PER TABLE**

**BYO NIBBLES**

**DOORS OPEN 6.30PM**

**QUIZ STARTS  
7PM SHARP**

**TEST YOURSELF AGAINST SOME OF THE GREATEST MINDS IN THE SOUTHERN HEMISPHERE!\***  
**GET A TEAM TOGETHER, GET YOUR GENERAL KNOWLEDGE SKATES ON, AND GET READY FOR A FUN NIGHT**  
**SUPPORTING THE SURF CLUB. BOOK NOW AT [HTTPS://ALBANY-SURF-CLUB-QUIZ-NIGHT.EVENTBRITE.COM.AU](https://albany-surf-club-quiz-night.eventbrite.com.au).**  
**CAN'T GET A GROUP TOGETHER? NO PROBLEM... CONTACT US ON THE DETAILS BELOW AND WE'LL PLACE YOU ON A TABLE.**

**FOR MORE INFO EMAIL [EVENTS@ALBANSURFCLUB.COM](mailto:events@albansurfclub.com) OR CALL HEIKE ON 0474 324 722**

\* Whether or not the greatest minds in the southern hemisphere will or will not be present during the quiz night at any given moment, time or otherwise (or in any other kind of eventuality... sort of thing...) is purely a subjective assessment by the event organisers, and only represents their view (at a point in time – unspecified) when they likely had too many drinks... this should in no way be considered to represent the reality of anything... anywhere. In the unlikely instance no 'great minds' are present during the evening a strict no refund policy applies and you only have yourselves to blame - by order of the event organisers.

**Albany Surf  
Lifesaving Club**



## New Years Eve Swim – wrap up

Albany Surf Club, Masters Swimming Albany and Albany Swim Club hosted the New Years Eve Swim Albany for the 2<sup>nd</sup> time in absolutely superb conditions. More than 140 swimmers took part (a 50% increase from the previous year) in this low-key event which has a real holiday atmosphere. The large contingent of local swimmers were joined by many visitors from Perth and other parts of WA, some Eastern States people and even overseas holiday makers such as a family from Hong Kong who just came down for a morning at the beach and decided to join in the race.



There were 4 distances on offer – 400m, 1.25km, 2.5km and 5km

A very big thanks to Kaye & Jim Bolger and to all the super water safety , canteen and supporters for the morning – It was a great event.

Results are posted on the website [www.albanysurfclub.com.au](http://www.albanysurfclub.com.au) more images are on facebook.





## Smith Thornton Swim





## Nautical Festival

Last Friday saw the inaugural Nautical Festival held at the Marina, a beautiful night saw over 1000 people enjoy an afternoon by the water. A big thank you to Pat McSweeney for organising the ASLSC jet ski and Life Saving display. The jet skis were a hit with everyone. Photos Jenna Honey Smith/Rob Mason



# W.A. SURF LIFE SAVERS 25 Year Club

This club came into being in 1972 with the late Bill Kidner being the enthusiastic catalyst behind its formation. The inaugural meeting took place at the North Cottesloe Surf Lifesaving Club on Wednesday 27<sup>th</sup> 1972. It is unique to W.A. so far, with no other club like it in Australia's surf lifesaving circles.

**The club is open to all members that have received the SLSA 25 Year Service Award or above  
OR  
have completed at least 25 years of service with their club.**

The objects of the WA Surf Life Savers 25 Year Club are:

1. For members to participate in a wider association while still retaining interest and support for their own clubs, it promotes the comradery of all surf lifesavers and helps to relive the great years of friendship and fellowship with social events being offered during the year.
2. To foster good will and social activity among present and past surf lifesavers who qualify for membership under its constitution.
3. To always support the Junior movement of Surf Lifesaving and work with Surf Lifesaving W.A. in promoting this area of development.

The cost of membership is \$10 annually and contributes to the running of our club.

With regards to social events the club tries to organise sundowners at different surf clubs throughout the year as well as utilising the barbeque area at Surf Lifesaving W.A. in Balcatta. The costs to members are always kept to a minimum.

In past years we have been able to have a buffet dinner at the Hillarys Yacht Club. This has acted as the club's end of season dinner. Members partners are always welcome.

It is always a privilege and an honour to associate with our surfing mates and ladies.

Eligible members interested in joining the 25 Year Club can contact the following:

**President:** Jeff Young (Scarboro) *Mobile* 0437755377 *Email* [idyserve@bigpond.com](mailto:idyserve@bigpond.com)

**Secretary:** Brian Carthew (Trigg Island) *Mobile* 0409448521 *Email* [cyberian@iinet.net.au](mailto:cyberian@iinet.net.au)

## Community and Employment Opportunities

### For Sale

Dolphin Dominator Surf Ski, suit inside leg approximately 80cm, good condition, pick up only. \$700

Epic, Bennet Carbon Fibre Paddle, 212cm \$200

Please contact Greg: 0447 500 220

# 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



**WANTED** participants, carers and water volunteers for 'Let's Go Surfing Days' – See Flyer below

Registrations encouraged for catering purposes

<https://www.eventbrite.com.au/e/lets-go-surfing-registration-49082056753>

## Disabled Surfers Association Great Southern “Let's Go Surfing Days”



Supported by: national [disabledsurfers.org/](http://disabledsurfers.org/)  
Due the huge success of DSA/GS with the 3 surfing days in 2018 (our first year) with the biggest smiles from participants, carers, parents and volunteers there will be 4 days in 2019.



### Participants & Water Volunteers

Register 9am, water 10 am – 12 noon, presentations and free BBQ

**2019 Saturdays - January 12th,  
February 9th, March 16th, April 20th**

**Albany - Middleton Beach,** (bring your own refillable water bottles)

[www.facebook.com/DisabledSurfersGS/](http://www.facebook.com/DisabledSurfersGS/)

**REGISTER NOW:** <https://www.eventbrite.com.au/e/lets-go-surfing-registration-48467869703>

## MEMBER INFO

### SLSWA News

Want more info on SLSWA events and news ? subscribe here: [Newsletter](#)

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

### **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. 