



Howdy Clubbies!

We are now coming to the sharp end of our season with Country and State Champs just around the corner.

AGM's will be taking names for those that are keen to compete at the Country Champs on the Sunday 3 March at Sorrento. The program of events is attached for your information.

Let show 'em what Albany can do and bring that championship flag back to Middleton Beach!

This weekend we will be heading to Muttonbird Beach to try our skills at a different beach. The fun will start as usual at 9am so please allow some extra time to travel out from Albany.

Competition Caps (U14/15) are the duty group this weekend, so please arrive early and help with the beach set up.

If anyone is free on Saturday afternoon at 2pm we will be loading the trailers to take the circus out to Muttonbird on Sunday morning.

Many hands make light work

I would also like to thank Carl Richardson and his band of helpers who made sure that the cadets enjoyed their Cadet Camp last weekend. These opportunities don't just happen.....so make sure you say a big thanks to Carl and his team!

Good luck at the quiz night on Friday (the MC's may be swayed by bribes?) and see you at Mutt's on Sunday.

Andrew

more details at
www.albanysurfclub.com

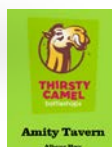
Family Quiz Night
Friday 15 February
@ ASLSC

Muttonbird Club Day
Sunday 17
February
@ Muttonbird
Beach

Club Champs
Nippers & Seniors
Sunday 24
February
@ Midds

WA Masters Senior Champs
Saturday March 2
@ Sorrento Beach

WA Country & Little Nippers Champs
Sunday March 3
@ Sorrento



ALBANY SURF LIFESAVING CLUB

QUIZ NIGHT

**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**

FRIDAY 15 FEB

**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@ALBANYSURFCLUB.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**

On the Beach

TRAINING IS AMPING UP!



With the country champs fast approaching, don't forget to rock up to training on Tuesday nights - Beach training at 4.00pm, Board training at 5.00pm.

THIS TUESDAY'S BEACH SESSION WILL BE AT SURFERS BEACH!

We are heading down here to feel the soft sand between our toes and give us a taste of what it'll be like running at Sorrento. Parents can drop their kids here if you are able, otherwise the bus kids will be jogging down there with one of our coaches.

We are hoping to have the string line out again for some important board rescue training sessions with Gav starting at 5pm - so come along and get your skills sharpened up!

See you all there!

Nadine, Bridget, Molly and Fraser

Cadet Camp 2019 @ Quaranup

The cadet camp was challenging, fun and tiring with 24 cadets attending for an action packed weekend at Camp Q that involved team building activities, yoga, SUPing, surf boats, snorkelling, fox holes, team challenge and lots of jetty jumping.

It was an awesome weekend that could not have been possible without all the cadets and their positive attitudes, the Seniors and parents who volunteered to make it happen. A big thankyou to camp hosts Alex Wells, Dani Lynch, Carl Richardson and Gemma Sandy for filling in at late notice. Karen for the excellent team building challenges, Joy for the calming yoga (the ONLY hour of silence), Dani for organising the surf boats with rowers Alex, Dani, Lawrence, Greg, Alex, Jordie, the cadets loved rowing with wedgies. Anne and Kirrilly for organising the food, shopping. Gemma for cooking the yummo bolognaise sauce. What a weekend, all survived with no phones.

Education Corner

Celia Waugh ~ Team Leader Education/Lifesaving

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 or 0403 555 421



SunSmart Country Championships

Sunday 3 March 2019 – Sorrento Beach



PROGRAM OF EVENTS

TIME	Referee:				
6:30am	Officials and Team Managers' briefing				
6:45am	Marshal 1km and 2km Beach Runs				
7:00am	1km (U10-U13) and 2km (U14 & above) Beach Runs				
7:30am	Marshal Grand Parade				
7:45am	GRAND PARADE				
TIME	WATER 1 (U17-OPEN) Referee:	WATER 2 (YOUTH) Referee:	WATER 3 (NIPPERS) Referee:	BEACH FLAGS Referee:	BEACH SPRINTS Referee:
8:15am	Open M Double Ski Open F Double Ski U17 M & F Ski Race Open M & F Ski Race U19 M & F Ski Race Open M & F Surf Race U17 M & F Surf Race U19 M & F Surf Race Open M & F Board Race U17 M & F Board Race U19 M & F Board Race Open M & F Ironman U17 M & F Ironman U19 M & F Ironman U17 Mixed Board Relay Open M & F Board Relay U17 Mixed Taplin Relay Open Mixed Taplin Relay	U15 M & F Surf Race U14 M & F Surf Race U15 M & F Board Race U14 M & F Board Race Youth Mixed Board Relay U15 M & F Ironman U14 M & F Ironman Youth Mixed Cameron Relay	U10 M & F Surf Race U13 M & F Surf Race U12 M & F Surf Race U11 M & F Surf Race U10 M & F Board Race U13 M & F Board Race U12 M & F Board Race U11 M & F Board Race U10 Mixed Cameron Relay U13 Mixed Cameron Relay U12 Mixed Cameron Relay U11 Mixed Cameron Relay U10 M & F Ironman U13 M & F Ironman U12 M & F Ironman U11 M & F Ironman U13 M & F Board Rescue U12 M & F Board Rescue U11 M & F Board Rescue <i>(Events above may also be run in WATER 2)</i>	U11 M & F Beach Flags U12 M & F Beach Flags U13 M & F Beach Flags U10 M & F Beach Flags Open M & F Beach Flags U15 M & F Beach Flags U14 M & F Beach Flags U17 M & F Beach Flags U19 M & F Beach Flags	U14 M & F Beach Sprints U13 M & F Beach Sprints U10 M & F Beach Sprints U15 M & F Beach Sprints U12 M & F Beach Sprints Open M & F Beach Sprints U11 M & F Beach Sprints U17 M & F Beach Sprints U19 M & F Beach Sprints U17 Mixed Beach Relay Youth Mixed Beach Relay Open M & F Beach Relay

Note: Mixed teams must contain a minimum of one female member and can be all females. ie. Not all-male teams are permitted to compete in Mixed team events.

Please refer to [Bulletin 06 - 2019 SunSmart WA Surf Life Saving Championships, Country](#), for further details around general competitive conditions.



SunSmart Country Championships

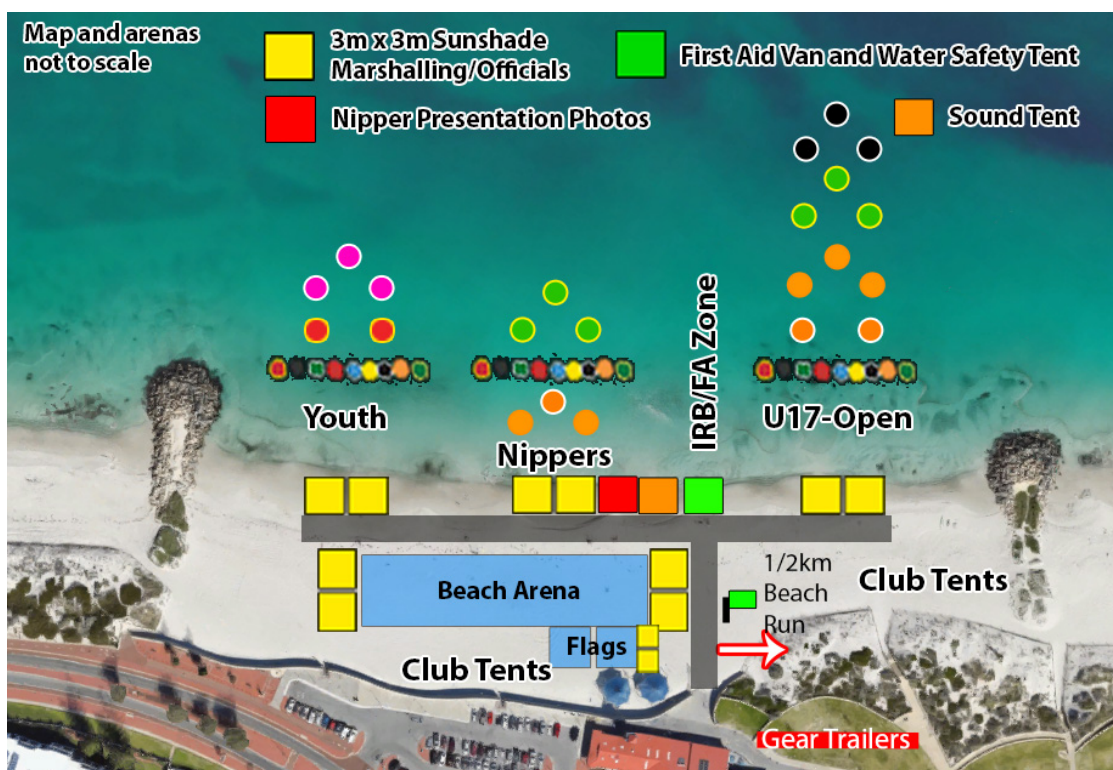
Sunday 3 March 2019 – Sorrento Beach

PROGRAM OF EVENTS



NOTICE FOR SURF BOAT COMPETITORS

The Surf Boat Competition will be conducted on Saturday 9 March at Scarborough Beach. Closing date for surf boat entries is 11pm, Tuesday 05 March 2019.



WATER SAFETY ROSTER		
1 x IRB member and 1 x water safety member per arena	1 x IRB member and 4 x water safety member per arena	
U17-Open Arena	Youth Arena	Nipper Arena
Session 1: 8:15am		
Albany	Champion Bay	Busselton
Session 2: 10:15am		
Secret Harbour	Binningup	Port Bouvard
Session 3: 12:15pm		
City of Bunbury	Mandurah	Denmark
Note: The final roster periods may be extended depending on how the carnival program is running and a further call for volunteers may be required.		

FIRST AID ROSTER
2 first aiders per time slot
Session 1: 7:15am
Geraldton
Session 2: 9:45am
Dongara Denison
Session 3: 12:15pm
Esperance Goldfields

For more information, please contact:

SLSWA's Sport and Development Department on 9207 6666 or surfsports@slswa.com.au.

Surf Life Saving WA, 7 Delawney Street, Balcatta WA 6021

W: www.mybeach.com.au | [facebook.com/surflifesavingwa](https://www.facebook.com/surflifesavingwa) | [@slswa](https://www.instagram.com/slswa)

Revised 12/02/2019



HOW LUCKY ARE YOU?

YOU'RE EXACTLY WHAT WE ARE LOOKING FOR!

We know that as one of our AMAZING Albany clubbies, **YOU** have hidden talents that you're BURSTING to share with us.

The great news is... You DON'T have to be a champion lifesaver, ironman, swimmer, sprinter, paddler or boatie. You don't even have to be able to swim, like the water or have your bronze medallion to help out. There's a job for everyone.



We have a few positions that will be vacant next season.

It's time to look forward to next season and think about what role (BIG or small) that you could take on. Don't be shy, we provide training, help, support and mentoring.

WHAT ARE YOU INTERESTED IN?

Admin	Flags/Sprints	Paddling
Age Group Manager	Fundraising	Photography
Assessing	Insurance	Promotion
Beach events	Leadership	Record keeping
Canteen	Lifesaving	Rowing
Catering	Maintenance	Sausage sizzling
Coaching	Managing people	Social Media
Cooking	Marketing	Sponsorship
Education	Member Registration	Swimming
Entertainment	Merchandise	Teaching
Event management	Nippers	Team work
First Aid	Number crunching	Water safety

**Find out what positions are available and
register your interest with Perdie
admin@albanysurfclub.com.au | 0408 102 585**

OR catch up with our Board members and Team Leaders:
**Rob Mason, Sarah Bowles, Chris Swarts, Matt Wells, Gemma Sandy,
Ainslie Mason, Celia Waugh, Andrew Duffield, Becci Stephens**

Patrol Update

The long weekend is coming up and with people competing in Perth at the Country Champs, our patrols are looking a little empty, particularly Sunday.

If anyone is in town and able to spare a few hours please message Dani on 0437411557.

Community and Employment Opportunities



Any Albany clubbies heading to Perth for Champs @ Sorrento.....

Check out this awesome deal provided by SLSWA in partnership with Adventure World Perth for Monday 4th March.

Tickets must be purchased by TOMORROW 15th Feb and can be found at www.mybeach.com.au

YOUTH OFFICIALS COURSE (U14-U17) | Saturday 2 March, 9am -12 noon at Sorrento SLSC.

A great opportunity for regional members who've travelled to Perth for the SunSmart Country Carnival over this same weekend.

Registration form to be sent to Dave Somers by 5pm, next Wednesday, 20 February.

If interested contact us at media@albanysurfclub.com.au asap and we can forward the registration forms.

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/
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/

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

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 27th 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* jdyserv@bigpond.com

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

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. 