



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

**Club Champs**  
Nippers & Seniors  
Sunday 24  
February  
@ Mids

**WA Masters**  
**Senior Champs**  
Saturday March 2  
@ Sorrento Beach

**WA Country & Little**  
**Nippers Champs**  
Sunday March 3  
@ Sorrento

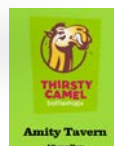


SMITH  
THORNTON  
ACCOUNTANTS

the naked bean  
coffee roasters



Albany Advertiser



## Hi Clubbies,

We are at the business end of the season now and I hope that you are all looking forward to showcasing your talents at the Albany Community Pharmacy Nippers Championships and the Ryde Building Company Senior Championships this Sunday at Midds.

The Championships day allows us run through all the key surf lifesaving events in a carnival environment to see who will be crowned, Club Champion in each age group. We are very thankful to receive the support of Albany Community Pharmacy and Ryde Building Company to enable us to run our program for the benefit of all club members. Thank you for your ongoing support!

Nippers will be underway, as usual, from 9am and we expect to be complete by 11:15am. Presentation of the Albany Community Pharmacy Champion and Runner Up in each age group will be held shortly after the Nippers events have concluded.

The Senior competition will begin at approximately 11:15am with the presentation of the male and female Ryde Building Company Senior Champion (and runner up) to be made shortly after the conclusion of the seniors events.

The following weekend, 2 & 3 March, will see our club make the trip to Sorrento Beach for the Masters Championships, the Country Championships and the Little Nipper State Championships. Entries need to be finalised by **this Sunday** so please:

1. Make your nomination with your AGM if you're a Little Nipper, Nipper, and Youth up to U15's; or
2. Make your nomination direct to Andrew Duffield ([surfsports@albanysurfclub.com.au](mailto:surfsports@albanysurfclub.com.au)) if you're a Youth U16's and above including Senior;
3. Make sure you pay your entry fee either online or at the uniform shop on Sunday (\$13 for Little Nippers, Nippers, Youth, & \$20 for Seniors).

**WE ARE HAVING A MEETING UPSTAIRS AT THE CLUB THIS FRIDAY NIGHT (FEBRUARY 22<sup>ND</sup>) AT 5.30 FOR ALL THOSE GOING UP TO THE COUNTRY CHAMPS – WOULD BE GREAT TO SEE YOU ALL THERE TO FILL YOU IN ON WHAT TO EXPECT.**

**Blue Caps** are the duty age group this weekend – so please come on down and help set up and pack the arenas. Many hands make light work and it's actually FUN!

Good luck to all this weekend – race hard and HAVE FUN!

See you on the beach.

Andrew

**NOTE: ALL NIPPERS TRAVELLING TO SORRENTO, MUST** grab themselves a board **THIS** Tuesday night @ 6:00pm after board training.



# 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	<b>GRAND PARADE</b>				
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

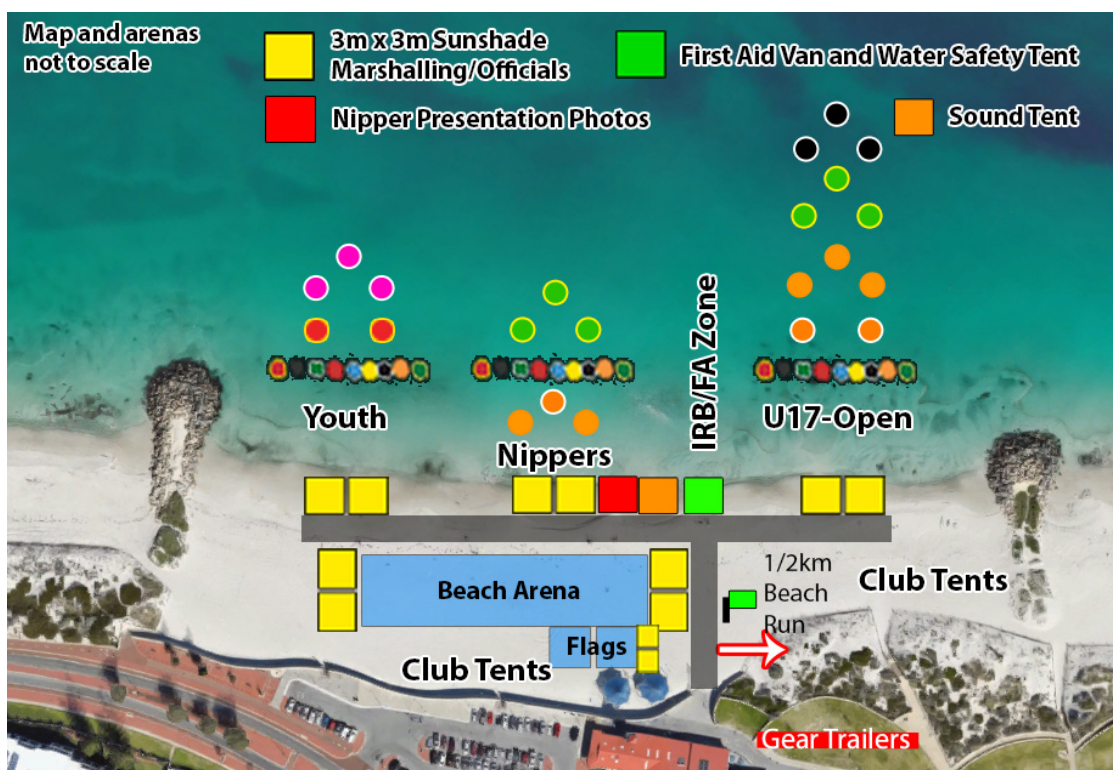
## Sunday 3 March 2019 – Sorrento Beach

### 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](mailto:surfsports@slswa.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) | [@slswa](https://www.instagram.com/slswa)

Revised 12/02/2019



## On the Beach

This weeks beach training is back on again at Midds at 4pm in front of the club – it's been great to see so many happy faces gearing up for the exciting part of the season when all the serious competition starts.

The fun-filled board training groups start at 5pm.



We hope to have the string line out again for all those wanting to train on their board rescue techniques.

Unfortunately, SLSWA have taken the rescue out of the program for the U14's and U15's at countries, but it's still included in the program for the State Champs the week after Countries for this age group, so keep your training up.

All other age groups from U11's up to U13's have a rescue, as do the U17's and Seniors at Country Champs.



## **Albany Surf Life Saving Club – Nipper Boards – *Old Stock Sale***

A limited number of 'old' nipper boards will be for sale at the club this Sunday between 8:00am and 8:30am.

Prices will be as marked, no discounts.

First in – First Served

These are older, damaged stock but still great boards for up and coming paddlers.....

BE QUICK....All boards must go!

Club Vice President Sarah Bowles will be on hand to move these items at a **HOT** price.

GET IN QUICK!

# 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](mailto: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

### 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





Have you witnessed an act of bravery by one of your club members or a member of the public at your beach?

There is less than one month to go until nominations close for the 2019 Coastal Bravery Awards.

For more details and to nominate head to [www.coastalbraveryawards.com.au](http://www.coastalbraveryawards.com.au).

Nominations close 5pm, Friday, 15 March.



**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>

# 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* [jdyserv@bigpond.com](mailto:jdyserv@bigpond.com)

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