

# Point Break

MacMasters Beach SLSC

March  
2019



Click on images and links throughout Point Break for more information, web pages and more!



## President's Report with Alan Blackman

### COMPETITION RESULTS

Lots of competition news in this edition and some amazing results for our Club over the last month. The absolute highlight has been our fantastic Macs Masters !!!

Our Club punched well above it's weight to top the point score at the Central Coast Branch Championship at Avoca Beach. Our great Masters team showed the MacMasters spirit and had great fun on the day to push Terrigal into 2nd and Ocean Beach into 3rd.

A great effort against much bigger Clubs. Congratulations to all who participated on the day.

With Aussie Titles in QLD just around the corner -

**good luck to all our competitors!!!**

### COMMUNICATION SURVEY

If you have not completed the survey, its not too late.

[CLICK HERE](#) and take a few minutes to tell us how you like to get your Club news and information.

The Board will be looking at the results at its March meeting.

The Quick 5  
MACMASTERS BEACH SLSC  
COMMUNICATIONS  
SURVEY



### AROUND THE CLUB

With our recent success in obtaining grant funding (refer to February 2019 Point Break) we have been able to make some improvements around the Clubhouse including resurfacing the car park and overhauling the PA system.

A new TV is on the way for the main club room, especially important for the upcoming footy season!

We have also purchased two new IRB motors which we will keep in storage for next season.

Next is the installation of the solar storage battery and other new surf life saving equipment is on the way over coming months.



**Senior Club Champs - 9:30am Sunday 24/3**

**Junior Club Presentation - 2-4pm Sunday 24/3**

# belle PROPERTY

*Giving everyone a place to call home,  
as we call our club home!*

## *President's Report continued*

### **YOU CAN HELP**

We need someone to help with preparing grant applications and to assist with our communication with donors and sponsors. This is an important 'behind the scenes' job that is critical to our funding. All you need is access to a computer and concise writing skills. Most grant applications are short on-line submissions with strict word limits.

This is an ideal way to help our Club that can fit around your regular family/work schedule.

Please contact me if you can help !!!!



**CONTACT THE  
PRESIDENT!**

### **CONTACT THE PRESIDENT**

With over 500 members it is a big task for me to get to know every member, and like most of us I have a busy schedule away from the Surf Club.

So if there is something you would like to talk to me about you can always drop me an email on [alanblackman@hotmail.com](mailto:alanblackman@hotmail.com) or phone me on 0418 331 649.

## **Time to give back to YOUR Club - how will YOU get involved?**





# **MacMasters Beach SLSC SENIOR CLUB CHAMPS Sunday 24th March 2019**

**9:30am Start | Sand & Water Events  
15s | 17s | 19s | Opens | 30+ | 40+ | 50+ | 60+**



# Competition Corner *with Craig Lee - Director of Competition*

**NIPPERS CARNIVAL | 20 January 2019 @ Toowoon Bay**

We reported on the Toowoon Bay Nipper carnival in the February 2019 edition of Point Break. With a huge spread of photos showing all the action. Now here are the results:

## **ALL AGE BEACH RELAY 5th MacMasters Beach**

Team: Emma/Bree/Imogen/Molly

## **ALL AGE BOARD RELAY 5th MacMasters Beach**

Team: Henry/Asher/Judah/Hamish/Paddy/Poppy

## **5 PERSON RESCUE & RESUSCITATION**

Emma/Charlotte/Claire/Lily/Zoe: 1st U12-14 5-Person

## **2 PERSON RESCUE & RESUSCITATION**

Chloe/Claire: 3rd U14-U15 2-Person R&R

Lily/Zoe: 4th U14-U15 2-Person R&R

Emma/Charlotte: 5th U14-U15 2-Person R&R

## **MARCH PAST 2nd MacMasters Beach**

Team: Charlotte A/Lily/Emma/Skye/Claire/Bree/Dean /Spencer/ Charlotte M/Alexia/Chloe/Ben/Zoe

## **UNDER 9s MALE**

Henry: 4th Surf Board, 6th Board Relay

Thomas: 6th Board Relay

Sam: 6th Board Relay

## **UNDER 10s MALE**

Asher: 3rd Board Relay

Riley: 3rd Board Relay

Will: 3rd Board Relay, 6th Surf Race,

## **UNDER 11s MALE**

Isaac: 3rd Board Relay, 5th U12s Surf Relay

Ben: 3rd Board Relay

Caius: 3rd Board Relay

## **UNDER 12s FEMALE**

Bree: 2nd Sprint, 2nd Board Relay, 3rd Surf Team, 6th Beach Relay, 2nd Cameron Relay

Skye: 2nd Iron Woman, 2nd Board Relay, 1st Board Rescue, 2nd Surf Race, 3rd Surf Team, 1st Cameron Relay

Airley: 2nd Surf Board, 1st Board Rescue, 3rd Surf Team, 2nd Cameron Relay

Evie: 2nd Board Relay, 3rd Surf Team, 6th Beach Relay

Abigail: 1st Cameron Relay

## **UNDER 12s MALE**

Spencer: 5th Iron Man, 5th Board Relay, 1st Board Rescue, 3rd Surf Race, 5th Surf Relay, 1st Cameron Relay

Ben: 3rd Surf Board, 5th Board Relay, 1st Board

Rescue, 5th Surf Relay, 6th Beach Relay, 2nd Cameron Relay

Dean: 5th Board Relay, 6th Board Rescue, 5th Surf Relay, 6th Beach Relay, 2nd Cameron Relay

Oliver: 6th Board Rescue, 1st Cameron Relay

## **UNDER 12s MALE**

George: 4th Beach Sprint

Paddy: 3rd Board Race, 4th Board Relay, 5th Board Rescue

Calum: 4th Board Relay

Marcus: 4th Board Relay, 5th Board Rescue

## **UNDER 14s FEMALE**

Lily: 4th Beach Flags, 5th Surf Team

Marlee: 6th Iron Woman, 3rd Board Relay, 5th Board Rescue, 6th Surf Race, 4th Surf Team

Chloe: 3rd Board Relay, 5th Surf Team

Zoe: 3rd Board Relay, 5th Board Rescue, 4th Surf Team

Claire: 4th Surf Team

Emma: 4th Surf Team

Charlotte: 5th Surf Team

Jade: 5th Surf Team

## **UNDER 14s MALE**

Conor: 2nd Board Race, 3rd U15s Board Relay

## **UNDER 15s FEMALE**

Poppi: 1st Iron Woman, 1st Board Race, 1st Board Relay, 2nd Board Rescue, 1st Surf Race, 2nd Mixed Cameron

Molly: 4th Board Race, 1st Board Relay

Danielle: 1st Board Relay, 2nd Board Rescue, 2nd Mixed Cameron

## **UNDER 15s MALE**

Oscar: 6th Iron Man, 3rd Board Relay, 4th Board Rescue, 2nd Mixed Cameron

Alec: 3rd Board Relay, 4th Board Rescue, 2nd Mixed Cameron



# Competition Corner *with Jan Sillato - Deputy President & Macs Master*

## KRACKA BOARD & SKI SERIES | 2 February 2019 @ Shelly Beach

MacMasters Beach SLSC has been well represented at the recent Board & Ski Series. This fun competition is for U14s through to Masters, and I am pleased to report that Macs has had competitors over ALL age groups.

### ROUND 1

Round 1 was held at Terrigal in early December, with a total of 13 Macs competitors. We had Conor competing alongside his dad Frank, we had 8 out of 10 female blue and yellow caps on the line in one of the races, we had 4 female masters out of 5 competing on the day, and nearly half of our Macs crew were Masters!! Everyone had a great afternoon and managed to complete 4 board races in a decent swell.

### ROUND 2

Round 2 was then held at Avoca just before Christmas, with a total of 11 Macs competitors. A 2m swell greeted our competitors and it was certainly a massive challenge for some of us. Poppi paddled well amongst the top competitors and remained in the top group of paddlers for the next round.

Again, the only female Masters competing on the day were from Macs! Frank and Bill had to work extremely hard in every race they went in, not getting any lucky breaks at all. Sammy and Jan completed 2 out of the 4 board races, happy that they survived the big waves. Everyone was amazing in their strength and skills in the big surf. Claire also had a go at the 'dash for cash' swim, and joined about 16 females on the same wave to bodysurf her way in to around 10th place.

### ROUND 3

The final round was held at Shelly Beach on 2nd of February, and WOW, what a massive swell we all faced. All our young competitors were amazing negotiating the surf and coming back in safely over four races. Bill and Kylie were the standout Macs Masters, Bill completing four races and Kylie completing two races.

Congratulations to everyone who challenged themselves and represented Macs so well!

Thanks to all the supporters and photographers who came to each event to cheer us on.



As a long time club member, a 'Macs Master', and assistant board coach, I personally have had plenty of 'warm and fuzzy' moments during this series. I have had the pleasure of coaching these U14 Nippers in my lake sessions when they were in the U9s and U10s, before they grew bigger, stronger and more confident, then heading over to Trent at the beach for his coaching expertise. Being on the start line with the U14 girls during this competition, is definitely a personal highlight of my many years at Macs SLSC. Not that I got to really paddle with them - they're too fast!!!

# Competition Corner *with Craig Lee - Director of Competition*

**BRANCH NIPPERS CARNIVAL | 3 February 2019 @ Soldiers Beach**

Fantastic results all round at the Central Coast Branch carnival at Soldiers in mid-February:

## **ALL AGE BOARD RELAY** *4th MacMasters Beach*

### **MARCH PAST** *3rd MacMasters Beach*

Team: Charlotte A/Lily/Emma/Skye/Claire/Bree/Dean  
/Spencer/ Charlotte M/Alexia/Chloe/Ben/Zoe

## **5 PERSON RESCUE & RESUSCITATION**

Emma/Charlotte/Claire/Lily/Zoe: *1st U12-14 5-Person*

## **U13/U14 SIGNALS**

Charlotte: *2nd*

Judah: *3rd*

## **UNDER 9s FEMALE**

Aimee: *4th Board Relay, 6th Swim Team, 3rd Surf Race,*

Alexia: *6th Swim Team*

Macy: *4th Board Relay, 6th Swim Team*

Summer: *4th Board Relay, 6th Swim Team*

## **UNDER 9s MALE**

Henry: *4th Board Race,*

## **UNDER 10s FEMALE**

Poppy: *5th Beach Sprint*

## **UNDER 12s FEMALE**

Abigail: *1st Board Relay, 4th Surf Team, 1st Mixed Cameron*

Airley: *1st Board Race, 1st Board Relay, 2nd Board Rescue, 4th Surf Team, 1st Mixed Cameron*

Bree: *2nd 1km Beach Run, 1st Beach Sprint, 4th Surf Team, 2nd Mixed Cameron*

Skye: *2nd Iron Woman, 6th Board Race, 1st Board Relay, 2nd Board Rescue, 2nd Surf Race, 4th Surf Team, 2nd Mixed Cameron*

## **UNDER 12s MALE**

Ben: *5th Board Race, 1st Board Relay, 1st Board Rescue, 2nd Surf Team, 2nd Mixed Cameron*

Dean: *2nd Surf Team, 1st Mixed Cameron*

Hamish: *1st Iron Man, 2nd Board Race, 1st Board Relay, 1st Board Rescue, 1st Surf Race, 2nd Surf Team, 1st Mixed Cameron*

Spencer: *1st Board Relay, 5th Surf Race, 2nd Surf Team, 2nd Mixed Cameron*

## **UNDER 13s FEMALE**

Imogen: *6th Flags, 5th Beach Relay*

## **UNDER 13s MALE**

Calum: *5th Board Relay, 2nd Board Rescue, 3rd U14 Board Relay, 6th U14 Mixed Cameron*

George: *2nd 1km Beach Run*

Judah: *5th Board Relay*

Marcus: *5th Beach Sprint, 5th Board Relay, 2nd Board Rescue, 3rd U14 Board Relay*

## **UNDER 14s FEMALE**

Chloe: *5th Beach Relay, 6th Board Race, 3rd Board Relay, 3rd Board Rescue, 3rd Surf Team*

Claire: *3rd Surf Team*

Emma: *5th Flags, 5th Beach Relay*

Lily: *5th Beach Relay*

Marlee: *3rd 2km Beach Run, 5th Iron Woman, 5th Board Race, 3rd Board Relay, 3rd Board Rescue, 3rd Surf Team, 6th Mixed Cameron*

Zoe: *3rd Board Relay, 3rd Surf Team, 6th Mixed Cameron*

## **UNDER 14s MALE**

Conor: *4th 2km Beach Run, 6th Beach Sprint, 2nd Iron Man, 2nd Board Race, 3rd Board Relay, 6th Surf Race, 6th Mixed Cameron*



# Competition Corner *with Jan Sillato - Deputy President & Macs Master*

## MASTERS BRANCH CHAMPIONSHIPS | 10 February 2019 @ Avoca Beach

On Sunday, 10th March, a HUGE group of Macs Masters invaded Avoca Beach, to compete in the 2019 Masters Branch Championships.

We had a total of 22 Macs competitors who challenged themselves on the day in so many ways. Our beach competitors started the day with the 1km and 2km beach run, followed by the beach relays, sprints and flags. There were Macs caps in every race and we earned some great results first up in the morning.

Sadly, a few of our competitors suffered an injury very early and had to retire for the day. We wish them all the best for a speedy recovery.

The water presented us with let's say, quite a large swell. Even the officials were surprised that they were able to run all the events safely over the day. Macs competed in every event, sometimes having up to 3 teams in each event. The cheer squad was so loud all day, spurring all our competitors on to achieve some great results, individually and in the team events.

It was amazing to see how many families and supporters joined us throughout the day - the Macs spirit was so strong and loud!! Many other clubs noticed the Macs presence on the day and commented how good it was.

As everyone is now aware, our Macs Masters came away at the end of the day with a huge bag of medals, and the prestigious title of **Central Coast Masters Branch Champions**. We believe it is the first time that MacMasters Beach SLSC has achieved such a result in the history of the club, and that makes us all so proud.

Congratulations to each and every one of the competitors who ran, swam, paddled and skied. You are all legends, and have now made history for our little club!

In addition, on the Saturday morning at the Branch Open's carnival, five of our Macs Masters joined forces with four boaties and three nippers, to form a March Past team. Thanks to Hayley for her time, patience and encouragement at our two training sessions in the week leading up to Branch. We proudly marched around the arena and were declared winners, bringing home the Gold!! Shame the other 14 Central Coast clubs weren't as dedicated to represent their club's tradition!!

Not only did we represent Macs Beach SLSC, but the March Past was made up of members from three major competitive areas of our club. *"What a buzz it was to lead this great bunch of young and old Macs champions around the arena"!*



# Competition Corner continued

## MASTERS BRANCH CHAMPIONSHIPS | 10 February 2019 @ Avoca Beach

Here are the awesome results our Macs Masters achieves gaining us 1st place overall with 348 points!!!

### 30-34 MALE

Matthew: 4th Board Race, 2nd Board Rescue, 2nd 110yrs Board Relay, 2nd 110yrs Surf Team, 4th 100yrs Taplin Relay, 2nd 140yrs Beach Relay

Trent: 1st Double Ski, 1st Iron Man, 1st Tube Race, 1st Single Ski, 1st Board Race, 2nd Board Rescue, 1st Surf Race, 2nd 110yrs Single Ski Relay, 2nd 110yrs Board Relay, 2nd 110yrs Surf Team, 4th 100yrs Taplin Relay, 2nd 140yrs Beach Relay

### 40-44 FEMALE

Kylie: 1st Board Rescue, 3rd 2km Beach Run, 1st Flags, 2nd Iron Woman, 1st Tube Race, 1st Board Race, 3rd Surf Race, 2nd 130yrs Surf Team, 1st 150yrs Board Relay, 1st 200yrs Beach Relay

### 40-44 MALE

Chris: 2nd 140yrs Beach Relay

Corey: 1st Double Ski, 5th Board Rescue, 1st Iron Man, 3rd Tube Race, 2nd Single Ski, 3rd Board Race, 3rd Surf Race, 2nd 110yrs Single Ski Relay, 4th 130yrs Board Relay, 3rd 130yrs Surf Team, 4th 130yrs Taplin Relay

Daniel: 5th Board Rescue, 6th Board Race, 4th 130yrs Board Relay, 6th 130yrs Taplin Relay

### 45-49 MALE

Leigh: 6th Board Race, 2nd Board Rescue, 4th 130yrs Taplin Relay, 2nd 140yrs Beach Relay

Tim: 3rd Tube Race

### 50-54 FEMALE

Susan: 2nd 2km Beach Run, 2nd Flags, 1st 200yrs Beach Relay

Valerie: 1st Board Rescue, 3rd Flags, 3rd Tube Rescue, 4th Board Race, 4th Surf Race, 2nd 130yrs Surf Team, 1st 150yrs Board Relay, 1st 200yrs Beach Relay

### 50-54 MALE

Frank: 1st 2km Beach Run, 3rd Beach Sprint, 3rd Double Ski, 2nd Board Rescue, 2nd 110yrs Board Relay, 4th 100yrs Taplin Relay, 3rd 130yrs Surf Team, 3rd 230yrs Beach Relay

Greg: 3rd Double Ski, 2nd Iron Man, 2nd Tube Race, 6th Single Ski, 2nd Board Rescue, 3rd Surf Race, 2nd 110yrs Single Ski Relay, 2nd 110yrs Surf Team, 6th 130yrs Taplin Relay

Ian: 5th 170yrs Surf Team, 3rd 230yrs Beach Relay

Steve: 4th Flags, 5th 170yrs Surf Team

### 55-59 FEMALE

Amanda: 1st Flags, 1st Beach Sprint, 2nd Tube Rescue, 1st Board Rescue

Jan: 2nd Flags, 2nd Beach Sprint, 1st Tube Rescue, 1st Board Race, 1st Board Rescue, 1st Surf Race, 2nd 130yrs Surf Team, 1st 150yrs Board Relay, 1st 200yrs Beach Relay

### 55-59 MALE

Glenn: 2nd Surf Race, 4th 130yrs Board Relay, 3rd 130yrs Surf Team, 4th 130yrs Taplin Relay, 5th 170yrs Surf Team

### 60-64 FEMALE

Pat: 1st 1km Beach Run, 3rd Beach Flags

### 60-64 MALE

Anthony: 3rd Flags, 2nd Beach Sprint, 3rd 230yrs Beach Relay

Bill: 2nd Board Rescue, 4th Flags, 4th Beach Sprint, 4th Tube Rescue, 5th Surf Race,

### 65-69 MALE

Jono: 3rd Board Race, 1st Board Rescue

Kevin: 4th Flags, 6th Beach Sprint, 1st Tube Rescue, 5th Board Race, 1st Board Rescue, 2nd Surf Race, 6th 130yrs Taplin Relay, 3rd 230yrs Beach Relay





# Competition Corner *with Craig Lee - Director of Competition*

## **BRANCH OPENS AND BOATS CARNIVAL | 9 February 2019 @ Avoca Beach**

Another great day on the water for our boat crews at the Branch Carnival. Great results across all teams:

**RESERVE MEN** *Fat Dads* - 1st place

**OPEN WOMEN** *Cazadores* - 3rd place

**U19 MEN** *Mirage* - 2nd place

**U19 WOMEN** *Mai Tais* - 2nd place

**U23 MEN** *Skins* - 3rd place

## **AUSTRALIAN SURF ROWERS LEAGUE | 15-17 February 2019 @ Elouera Beach**

Big surf at Elouera saw some great results at the recent ASRL:

**U19 MEN** *UFCs* - Top 12

**U19 WOMEN** *Mai Tais* - Top 12

**RESERVE MEN** *Fat Dads* - 4th round

**U23 MEN** *Skins* - 3rd round



PHOTO SOURCE

# 2019 NIPPERS PRESENTATION

Sunday 24 March

@ MacMasters  
Surf Life Saving Club

1:00pm

Food served for Nippers

2:00-4:00pm

Presentation & Awards

Celebrating 2019!



The Barefoot Cafe is the ideal choice for members, locals and visitors



## BAREFOOT CAFE

### MACMASTERS BEACH

*delicious menu | casual dining | great service | amazing views*



## Emerald Press

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# 'Mac's Masters' on notice ... World's 2020 in Italy!

**SAVE THE DATE!** The Masters World Pool and Surf Life Saving Championships will be held in Riccione, Italy from 15-20 September, 2020.

Already, there is much excitement and talk about taking a touring group of 'Mac's Masters' over to Italy to compete!

Your expression of interest can be made with Jim Myers on 0407 207 532. He is taking names and starting to research some travel packages. Please text Jim ASAP if you are keen, as accommodation is booking out quickly, which means we have to act soon.

**Mac's Masters take on the world!!**



# MACS BEACH BOOTCAMP

FREE for Members @ Macs SLSC  
6pm Tuesday & Thursday | 8:15am Sunday

MacMasters  
Beach

**If we can't see you, we can't save you**

So please, be safe and always swim between the red and yellow flags. [beachsafe.org.au](http://beachsafe.org.au)



# #Safeguarding - Child Safe Standard Number 3

## **Family and Community Involvement - Families and Communities are informed and involved.**

- A) Families have the primary responsibility for the upbringing and development of their child and participate in decisions affecting their child.
- B) The institution engages in open, two-way communication with families and communities about its child safety approach and relevant information is accessible.
- C) Families and communities have a say in the institution's policies and practices.
- D) Families and communities are informed about the institution's operations and governance.



## #Safeguarding Online Training

As we continue to raise awareness of #Safeguarding our young members at MacMasters Beach SLSC, we are encouraging everyone in the club, particularly the executive, coaches, age managers, junior activities managers and trainers, to participate in a free online training course, to remind them of their responsibilities in looking out for our young members.

#Safeguarding has been a key topic since launched at the SLSNSW State Conference in July 2018. Our club has received information on safeguarding – focusing on making a commitment and following the Codes of Conduct. The next step in our implementation is a focus on raising awareness and educating members.

The more people who are aware of the signs of abuse and what to do if they notice them, the more able our organisation is to provide an environment which protects children and young people. Surf Life Saving has two key resources to assist with this:

1. [The Online Safeguarding Training course](#): This **free** online course takes around 20 minutes to complete and provides practical examples and scenario-based training. It aims to increase members' awareness of child abuse and child protection, and to improve their confidence to be able to take appropriate action when they become concerned for the safety of a child.

2. [The Safeguarding Guidelines](#) have been developed to complement this training by providing written information about abuse, indicators of abuse and how to report. These guidelines also includes information from the SLS Codes of Conduct as promoted in Step 2 of the Safeguarding Children & Young People roll-out.

Thanks in advance for your interest and participation.

**[Access the course here and follow links provided](#)**

## *In the Macs IRB with: Beth Armstrong*

Each month we will catch up with different Macs SLSC identities to find out why they are involved in our great Club and what makes them tick.

Let's chat with our **U10s Nipper Age Manager, Beth Armstrong.**

**How long have you been a member at Macs SLSC?**

**BA:** Only a few years since becoming an Age Manager.

**What first attracted you to Macs Beach SLSC?**

**BA:** My family and I moved from the Blue Mountains to Macs when I was 8. Best move we ever made. Since then we have spent many summers at Macs.

**What volunteer role/s have you been involved in at Macs before becoming an age manager?**

**BA:** None!

**Strangest place you have swum?**

**BA:** Hmhmhmhm nowhere strange really but one of the most beautiful would have to be Currumbin Rock Pools!

**Favourite footy team?**

**BA:** Tigers and Bull Dogs.

**Favourite SLSC competition event?**

**BA:** Boards! Always so exciting to watch.

**Favourite menu item on the Barefoot Cafe menu?**

**BA:** Coffee!!!!!!

**Preferred beverage from the Macs Beach Bar?**

**BA:** Sav Blanc

**What do you enjoy most about Macs?**

**BA:** The peacefulness!!

*Now you know a little bit more about Beth - have a chat next time you see her around!*



**Stunning beachfront location | Ocean views | Catering available  
All Functions: Weddings | Engagements | Corporate | Family | Celebrations**

# Events & Competitions:

## MARCH 2019:

- 19 Macs Boot Camp 6:00pm @ Macs
- 21 Macs Boot Camp 6:00pm @ Macs
- 24 Macs Boot Camp 8:15am @ Macs
- 24 Senior Club Championships 9:30am @ Macs
- 24 Macs Junior/Nipper Presentation 1pm @ Macs
- 26 Macs Boot Camp 6:00pm @ Macs
- 28 Macs Boot Camp 6:00pm @ Macs
- 30-31 Aussie Youth Champs @ Broadbeach/N.Burleigh
- 31 Macs Boot Camp 8:15am @ Macs

## APRIL 2019:

- 1-2 Aussie Master Champs @ Broadbeach/N.Burleigh
- 2 Macs Boot Camp 6:00pm @ Macs
- 3-7 Aussie Open Champs @ Broadbeach/N.Burleigh
- 4 Macs Boot Camp 6:00pm @ Macs
- 7 Macs Boot Camp 8:15am @ Macs
- 9 Macs Boot Camp 6:00pm @ Macs
- 11 Macs Boot Camp 6:00pm @ Macs
- 14 Macs Boot Camp 8:15am @ Macs

- 16 Macs Boot Camp 6:00pm @ Macs
- 18 Macs Boot Camp 6:00pm @ Macs
- 19 Good Friday - Public Holiday **BAR CLOSED**
- 21 Easter Sunday
- 22 Easter Monday - Public Holiday
- 23 Macs Boot Camp 6:00pm @ Macs
- 25 ANZAC Day
- 28 Last Patrol of the Season @ Macs
- 28 Macs Boot Camp 8:15am @ Macs
- 30 Macs Boot Camp 6:00pm @ Macs

## MAY 2019:

- 2 Macs Boot Camp 6:00pm @ Macs
- 5 Macs Boot Camp 8:15am @ Macs
- 5 Macs Maniacs commences 9:00am @ Macs
- 7 Macs Boot Camp 6:00pm @ Macs
- 9 Macs Boot Camp 6:00pm @ Macs
- 12 Macs Boot Camp 8:15am @ Macs
- 12 Macs Maniacs 9:00am @ Macs

## JUNE 2019:


- 1 Macs Senior Presentation @ Macs

# macmastersbeachslsc.com

Cafe: 7 days 8:30am - 4.30pm  
Barefoot Cafe - Coffee and  
Meals

Macs Maniacs  
Sunday 9am

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**Check out Macs online:** [www.macmastersbeachslsc.com](http://www.macmastersbeachslsc.com) Access information about all our Macs surf life saving activities and Club including: news | events | minutes

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Click on our sponsor's logos for more information and to connect with them



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