

Point Break

MacMasters Beach SLSC

October
2019



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



President's Report with Alan Blackman

2019/20 PATROL SEASON UNDERWAY

The new patrol season is underway and our Club is again providing 12 patrols to deliver on our core activity of providing a safe swimming environment to everyone who enjoys our beautiful beach. A big thank you to all those members who have returned for another season and welcome to all our new patrolling members.

Registration days are being held and our website can also be used to renew your membership. A reminder to everyone that your membership and requalification must be completed by 31st December 2019.

Peter Roden, with strong support from Phil Boxsell has done a great job organising the [patrol roster](#) and getting everything ready for the start of the season. Graham 'Jono' Johnston has [scheduled dates for all requals](#), make sure you get along early to ensure you are adequately qualified to patrol our beach.

YOU CAN HELP!!

The Club is very fortunate to have a great group of people who help keep the Club running across many different activities. It is certainly a case of many hands make light work. But this fortunate circumstance will not last unless we identify people to step into roles as time moves along.

Forward looking succession planning is essential to any organisation and our Club is no different. Running our Club requires many skills in areas such as administration, finance, bookkeeping, IT support, human resources, communication, fundraising, building maintenance, event coordination, records management and lots more, plus all the necessary roles in keeping our patrols on the beach and our competitors ready to go.

Every member of our Club; Active, Associate or Junior can help in the running of our Club. Everyone has a skill that will be useful to our Club!

We need members to come forward and say 'How can I Help?'. There is always a role you can assist with. Don't just sit back and think someone else will always do things. It's up to you to help keep our Club the **Best on the Coast!**

Please see any Board Member or contact me to say 'How can I Help?'

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 president@macmastersbeachslsc.com or phone me on 0418 331



Registrations! 9-12pm Sunday 13 October

9:30am Sunday 13 October Nippers starts!

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



BAREFOOT CAFE

MACMASTERS BEACH

delicious menu | casual dining | great service | amazing views

Raising of the Flags

Macs Rookies took part in the official opening of the life saving season on the Central Coast at the 'Raising of the Flags' ceremony on the 28th of September. This ceremony marked the first day of the patrol season and involved Rookies from the 12 clubs across the Central Coast.



belle

PROPERTY

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

Education with Graham 'Jono' Johnston

Welcome to all new Club members - the training programs are about to hit top gear!

TRAINING IN ACTION

Currently we have eight new bronze members in training, five new IRB drivers, six new IRB crew members and loads of SRC and Rookies about to start.

There are new members completing the radio operations course and our patrol teams are building.

New members still welcome with our community keen to get involved in our exciting surf life saving Club.

REQUALS AND COURSES

Advanced Resuscitation Requals commence on Saturday 5th October from 1pm - please contact Jono or Rod Jordan to book a place.

Advanced Resuscitation Techniques Certificate (ARTC) commences on Tuesday 8th October and runs over three consecutive Tuesday nights from 7pm - please contact Jono or Rod Jordan to book your place.

Bronze Medallion and Surf Rescue Certificate (SRC) will be held on Sunday mornings from 10am.

IRB Crew and IRB Driver training from 8am on Sunday mornings with Mick Morrison and his crew.

For the full [Macs Training program please visit our Macs website - simply click here.](#)

SLS MEMBERS PORTAL

All members are strongly urged to register with SLSA and gain access to the [SLS Members Portal](#). Many courses and proficiencies/requals require e-learning which is on your portal.

Your patrol hours and times plus all surf life saving information are included on this portal - **please register!**

[Simply visit sls.com.au](#) and click on 'Members' from the menu at the top then log in or register.

A screenshot of the SLSA Members Area login page. At the top is the SLSA logo (a red circle with a white surfboard and the text 'SURF LIFE SAVING'). Below the logo is the text 'SURF LIFE SAVING AUSTRALIA MEMBERS AREA'. There are two input fields: 'Username' and 'Password', each with a small icon to its right. Below the fields is a red 'LOG IN' button. Underneath the button is a yellow box with the text 'Don't have a Members Area account yet? Click here to create one'. Below that are three blue links: 'Forgotten username or password?', 'Click here to resend your confirmation code', and 'Click here to enter your SMS confirmation code'. At the bottom is a link: 'Not a member of a surf club? Click here to join'.

If you need anything, please feel free to catch me on the beach, around the Clubhouse or send me an email.

See you on the beach, Graham Johnston - Director of Education

MACS CLUB MEMBERSHIP \$55

Senior | Active | Associate | Cadets | Patrolling Members | Helpers

Become a member | Get involved | Join in the fun | Bring the whole family!

NIPPERS FAMILY MEMBERSHIP

Competition Corner *with Craig Lee*

NIPPER PROFICIENCY SWIMS

Proficiency swims are available during the school holidays on Sundays for those of you who would like to get this done before the nipper season starts. These will be done at 9:30am with Craig. We also need volunteers for water safety - please let Craig know if you are available.

Details for the different level of proficiency are listed in the adjacent table - they have been adapted from Surf Life Saving Australia which has a minimum standard for junior skills evaluation (proficiency) and education for all children taking part in nippers.

These levels ensure that children who participate in and as part of the nippers activities have the swimming skills required. If you have any concerns please chat to your Age Manager.

Hesitant Nippers: Some children will feel nervous and unsure about the proficiency swim. We encourage you to bring your child to one of the proficiency days - there are plenty of other children doing the swim, as well as lots of water safety and older children on hand to help calm their nerves. Children must do the swim unaided, but support will be nearby.

In the event your child is unable to complete the requirements there will be other opportunities to complete proficiency once Sunday Nippers commences. For U8-U14 age groups, if your child does not meet the swim and float requirements, they may only take part in beach activities at nippers. Then come along to the first weeks of nippers where they can take part in beach activities and wade activities, but are encouraged and supported to become fully proficient.

If you have any questions please feel free to email me at competition@macmastersbeachslsc.com

Craig Lee - Director of Competition

AGE GROUP	PRELIMINARY EVALUATION	COMPETITION EVALUATION*
U6	From a standing position in waist deep water, perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aide and recover to a secure position.	Nil (no competition)
U7	From a standing position in waist deep water, perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position.	Nil (no competition)
U8	25m swim (any stroke) 1 min survival float	Nil (no water competition except for wade in waist deep water)
U9- U10	200m swim - freestyle (untimed) 1.5 min survival float	200m swim - freestyle, in less than 6 mins 1.5 min survival float Min. 150m ocean swim (untimed)**
U11- U14	200m swim - freestyle (untimed) 3 min survival float	200m swim - freestyle, in less than 5 minutes 3 min survival float Min. 288m ocean swim (untimed)**
NOTES	Every junior member is required to participate and satisfy this evaluation prior to participation in any water hesitancy activity or training activity being undertaken.	For U9+, the competition evaluation must be achieved before being eligible to participate in: - water activities (training or nipper days)*** - Swim and Board events on Championship days - Compete in any swim or board events at carnivals

* The Competition Evaluation must be completed around a competition course

** U9+ nippers must wear a pink high-vis rash vest while completing the ocean swim. A wetsuit is optional.

*** U9+ nippers who have not achieved competition evaluation (but do have the preliminary evaluation) can take part in beach and wade activities on Sunday's and at training, as well as specifically designed water hesitancy programs with a higher water safety ratio. They can take part in beach sprint, flags and wade events on Championship Days.



THE FLAGS ARE UP

MACMASTERS BEACH PATROL SEASON
28 SEPTEMBER 2019 - 26 APRIL 2020

SURF LIFE SAVING
MACMASTERS BEACH



From the Nippers Coordinators *with Elaine and Lorna*

2019/20 NIPPER SEASON

We are looking forward to a great season on the beach and in the water with our Nippers developing their water and beach skills and their confidence as the season progresses.

There are many aspects to Nippers so please take the time to read our [Welcome Newsletter](#) providing information on everything from registering, the nipper program, volunteering, access to information, Macs BBQ, proficiency swims, uniforms and dates!

Below is our Nipper calendar for the 2019/20 season - simply click on the calendar and it will take you through to the online version.



September 2019						
Fri 20th Sept	Fri 27 th	Sat 28 th	Sun 29 th	BOARD TRAINING FROM SEPTEMBER TO APRIL		
SLSCC Pool Challenge - Mingara U11-Masters Macs Nippers Rego Night 5-8pm	Macs Nippers Rego 5-8pm	Raising of the flags and Patrols U13-14 Rookies	Proficiency swims 9:30 at Macs + 6 th Oct	Weds U8 - U10 and Beginners @ the Lake with Jan from 4.15pm Weds U10 - U13 @ Beach with Trent 4.15pm, U14s - Masters from 5.15pm Fri U8 - U13s @ Beach with Jan and Trent 4.15pm, U14 - Masters from 5.15pm To hire a board contact Craig Lee on 0409916308		
October 2019 - Sunday morning U6 - U13 meet in clubhouse at 9.20am for nipper updates and roll call						
Sat - Sun 5 th - 6 th	Sun 13 th - BBQ Group 1	Sun 20 th - BBQ Group 2	Fri 25 th Oct	Sat 26 th	Sun 27 th - BBQ Group 3	WATER SAFETY Please see your age manager about completing your SRC at the start of the season to support your child in the water. Help is always required
Forster Carnival	Nippers First Day R1 Proficiency swims 9:30 at Macs	Nippers R2	Rookie Disco U13-14s at North Avoca SLSC 6pm	U12 to Open Beach Only - TBC	Nippers R3 U12 to Water Only - TBC	
November 2019 - Sunday morning U6 - U13 meet in clubhouse at 9.20am for nipper updates and roll call						
Sun 3 rd - BBQ Group 4	Sat 9 th - Sun 10 th	Sun 10 th - BBQ Group 5	Sat 16 th	Sun 17 th - BBQ Group 6	Sun 24 th - BBQ Group 7	Sat 30 th
U8 - U15 Carnival - Umina Nippers -combined	U13-14 Development Camp Broken Bay	Nippers R4	NP Junior Ironperson #1 U9 - U15 - Umina	Nippers R1	Nippers R2	Board and Ski #1 Terrigal - U12 - Masters
December 2019 - Sunday morning U6 - U13 meet in clubhouse at 9.20am for nipper updates and roll call						
Sun 1 st - BBQ Group 8	Sun 8 th - BBQ Group 9	Sun 15 th - PM	Sat 21 st	CLUB VOLUNTEERS As the older kids finish the club loses parents to help. We need the parents of younger children to take on roles. Please see your age manager or nipper coordinator for more information.		
U8 - U15 Carnival TBC Nippers - Terrigal Nippers - combined	Nippers R3	AM NP Junior Ironperson #2 U9 - U15 - Avoca	Twilight Nippers - 3.30pm Santa 5.00pm Nipper BBQ provided Brass Band and Carols 5.00pm	Board and Ski #2 - Shelley Beach - U12 - Masters		
January 2020 - Sunday morning U6 - U13 meet in clubhouse at 9.20am for nipper updates and roll call						
Sat 4 th	Sat 11 th	Sun 12 th - BBQ Group 10	Sat 18 th	Sun 19 th - BBQ Group 11	Sun 26 th	Sun 26 th Jan - Aust Day
Gardner Ironperson Wamberal U9 - U15s	Rookie Challenge U13-14s - Terrigal	Nippers R4	NP Junior Iron Person - #3 U9 - U15s - Norah Head	U8 - U15 Carnival - Toowoyn Bay Nippers - combined	Ducks for Bucks - Rookies @ The Entrance	Nippers - DAY OFF
February 2020 - Sunday morning U6 - U13 meet in clubhouse at 9.20am for nipper updates and roll call						
Sat 1 st	Sun 2 nd - BBQ Group 12	Sun 9 th - BBQ Group 13	Sun 16 th - BBQ Group 14	Sun 23 rd - BBQ Group 15	Sunday Nippers runs on rotations (R1-R4) except Carnival days - Combined	
Board and Ski #3 - Avoca Beach - U12 - Masters	Junior Branch Champs U8-U15s - Copacabana NIPPERS - Combined or Come and cheer Macs	Nippers R1 Junior Club Champs Twilight 2pm	Nippers R2 Boats Mollymook	Nippers R3 Junior Club Champs Backup Senior Club Champs 2pm	BBQ important fundraiser - parent times will be messaged out as a reminder. If you cannot help during your allotted time please get someone to cover you.	
March 2019 - Sunday morning U6 - U13 meet in clubhouse at 9.25am for nipper updates and roll call						
Fri 28 th Feb - Sun 1 st Mar	Sun 1 st - BBQ Group 16	Fri 6 th - Sun 8 th	Sun 8 th - BBQ Group 17	Sun 29 th	Sat 18 th to Sun 26 th Apr	If interested in competitions contact your age manager, Jo Fingleton or Craig Lee
State Nippers U9 - 14s Swansea Belmont	Nippers - Combined	State U14 - Open Swansea Belmont	Last Nippers - Funday Presentation for U6 & U7	Junior Presentation 2pm	Aussies - Gold Coast U14s - Masters	

Looking forward to seeing you at our first Nippers on 13th October @ Macs!

Elaine Hodgkinson and Lorna Walters, Nippers Coordinators



Emerald Press
Digital Printing • Offset Printing • Packaging

Competition Corner

with Suzanne Petrie Sapsford, Pool Rescue Team Manager

During the off-season, Surf Life Saving turns to the pool and clubs compete in Pool Rescue events. Pool Rescue involves testing competitors' lifesaving skills in the pool with events including brick carry, manikin tow, obstacle swims and tube swims carrying 'patients'.

NSW POOL RESCUE STATE CHAMPIONSHIPS | 13 July 2019 @ Woy Woy

On 13 July, a team of 15 MacMasters Beach nippers competed at the NSW Pool Rescue State Championships at Woy Woy. This was our third year competing at this event. In 2017, our first Pool Rescue State team consisted of 4 U12 girls, so our team has grown considerably in 2 years which is very exciting.

Every member of our team tried their hardest on the day and there were many PBs (personal bests), with 4 team members winning state medals! Congratulations to Ben Sapsford and Hamish Taylor who won Gold in the U12 Boys Line Throw, Hamish Taylor who won Silver in the U12 boys 50m Freestyle with Fins, and Skye Hackshall who won Bronze in the U12 Girls Brick Carry.

AUSTRALIAN POOL RESCUE CHAMPIONSHIPS | 9-11 August 2019 @ Gold Coast

We had such a great time competing at State that we decided to enter a team for the Australian Pool Rescue Championships from 9-11 August. It was a last minute decision but 6 nippers and 1 masters competitor were able to travel to the Gold Coast and compete in MacMasters' first ever National Pool Rescue team (Airley Arnold, Skye Hackshall, Trent Martin, Marlee Przybyla, Ben Sapsford, Chloe Sapsford, and Hamish Taylor).

It was hot and windy, and competing in an outdoor pool presented some challenges but all the competitors swam hard, again achieving many PBs. Everyone really enjoyed the experience of traveling away as a team and there was lots of bonding time after competition was finished for the day. On top of that we also came away with FIVE National medals!

Congratulations to our lone Masters competitor Trent Martin who won 3 Bronze medals - for the 200m Obstacle Race, the 100m Manikin Tow, and the 100m Manikin Carry. Congratulations also to Hamish Taylor who won Silver for the U12 Boys 50m Freestyle with Fins, and to Ben Sapsford and Hamish Taylor who won Bronze in the U12 Boys Line Throw.

CENTRAL COAST BRANCH POOL RESCUE CHALLENGE | 20 August 2019 @ Mingara

Each year Central Coast Surf Lifesaving marks the end of the season / beginning of the new season with the Pool Challenge at Mingara. It is a fun evening, involving 10 Pool Rescue type events (with each club entering one competitor or team for each event). This year our team members were Marcus Aitchison, Ruby Aitchison, Conor Hodgkinson, Claire Hogger, Marlee Przybyla, Trent Martin, Ben Sapsford, Chloe Sapsford and Hamish Taylor.

5 of our 9 competitors were actually competing up an age group so we did incredibly well to come 4th out of the 12 Central Coast Clubs that competed. The most exciting race of the night is always the 8 x 50m body board relay and this year MacMasters put in a gutsy fight for all 8 legs, emerging the body board champions! At the end of the evening each club wins a prize and we were very lucky to win a manikin for the second year in a row.

Our Club is committed to growing Pool Rescue and we will be incorporating some Pool Rescue type activities into the Sunday Nippers program. If you are interested in finding out more about Pool Rescue feel free to chat to me on Sunday mornings :)



Our Life Members *with Pat Roberts*

From its humble beginnings in 1945, our Club has grown from one with a small handful of Life Savers who patrolled on Sundays and Public Holidays with a reel to perform rescues - to a Club with a current strength of 12 patrols. Patrols today are equipped with the latest equipment and technology - IRBs, rescue boards, oxy-vivas, defibrillators, ATVs, radios, iPads, mobile phones - patrolling every Saturday, Sunday and Public Holidays from September to May - we certainly have come a long way!

We should always remember our past and the contributions made by those who have made our Club what it is today - *'the best little Club on the Coast'*. Our Life Members have all helped shape the course of our Club.

I have gathered information for these feature articles from trawelling through Annual Reports, hand written notes and talking to people. These bios will be placed on our website for generations to come, so accuracy is very important – if there are errors/omissions now is the time to email me (vinceroberts32@bigpond.com) with your information. We need to be vigilant about our record keeping; as today's records will soon become our only link to the past.

ALAN WHELPTON - LIFE MEMBER 1967

Alan's timeline on involvement at MacMasters Beach SLSC:

1953 - became a member of MacMasters Beach SLSC

1953 - gained Bronze Medallion

1953-1963 Honorary Secretary

1957-1963 Branch Delegate

1959-1960 Branch Examiner

1964-1967 Deputy President

1964-1967 Board of Examiners

His further achievements beyond MacMasters:

1956 - State Delegate

1959-1969 - Central Coast SLS Branch Treasurer

1969 - Life Member Central Coast Branch

1971 - Secretary General World Life Saving

1973 - Life Member NSW SLS

1976 - President Surf Life Saving Australia

1973-2000 Chairman of SLSA Westpac Helicopters

1982 - awarded Australian Honours (AM)

1992 - Life Member International Life Saving

1996 - elected to Member Sport Australia Hall of Fame

2007 - awarded Australian Honours (AO)

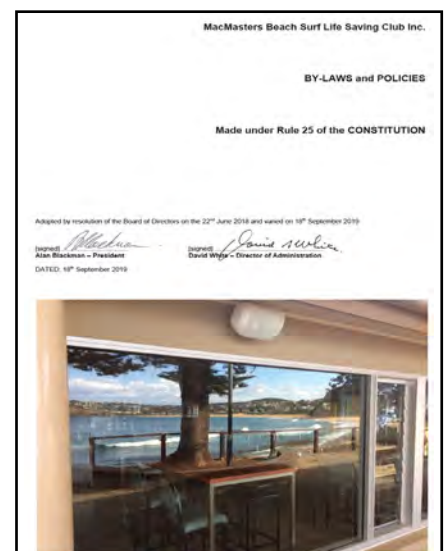
Alan has dedicated a lifetime to Surf Life Saving and to this day a very proud member of MacMasters Beach SLSC. He has put our little Club on the world map of Surf Life Saving!



CHECK IT OUT:

Newly updated and adopted **Constitution** and **By-Laws** for MacMasters Beach SLSC.

Both documents are now easily accessible on our website.



Mac's Nippers Join In!

MacMasters Beach Surf Life Saving Club

REGISTRATIONS:

9am-12pm SUNDAY
13th October 2019

Active Kids Vouchers redeemable
New members please bring birth certificate
or drivers licence

SEASON STARTS:

9:30am SUNDAY
13th October 2019



Under 6-7s focus on building confidence and water safety through fun activities on the sand and in the rock pool.

Under 8-12s focus on wading, surf swimming, board paddling, surf education, first aid and resuscitation.

13-14 years are welcome in our Rookie program - surf life saving skills, patrols and Duke of Edinburgh program.

MacMasters Beach Surf Life Saving Club - more than just a club! More info: macsmembership@gmail.com

BOARD TRAINING

@ MacMasters

Wednesdays

4:15pm Beginners @ LAGOON* from 16th Oct
*depending on the water quality

4:15pm Foamies & Fibreglass @ BEACH

5:15pm Mals & Masters @ BEACH

Fridays @ BEACH

4:15pm Foamies & Fibreglass

5:15pm Mals & Masters

***CHECK MACS FACEBOOK FOR UPDATES!**

Photo: Roslyn Donohoe Photography

In the Macs IRB with: Kylie Dickinson

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 newly elected Deputy President, Kylie Dickinson.

How long have you been a member at Macs SLSC?

KD: Close to 15 years all up!

What first attracted you to Macs Beach SLSC?

KD: I moved here from Lismore when I was 7. We loved the remoteness and the beauty of this place.

What volunteer role/s have you been involved in at Macs?

KD: I was a nipper (U8's-u14) and I did patrols until I was 17. I rejoined 4 years ago and have been an age manager for the past 3 years. I started patrolling and competing with the Macs Masters team last season and I have just taken on the role of Deputy President.

Strangest place you have swum?

KD: Not the strangest, but one of the best experiences was swimming with a myriad of aquatic life in the oceans of the Galapagos Islands.

Favourite footy team?

KD: Still a Tottenham fan - not much of a rugby fan.

Favourite SLSC competition event?

KD: I like a good swim and/or board paddle.

Favourite menu item on the Barefoot Cafe menu?

KD: Latte in a mug - it tastes better!

Preferred beverage from the Macs Beach Bar?

KD: Red wine or cider.

What do you enjoy most about Macs?

KD: Has always been the community feel and friendliness of the place.

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



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

#Safeguarding - Child Safe Standard Number 8

Physical and Online Environments - They Minimise the Opportunity for Abuse to Occur

- A) Risks in the online and physical environments are identified and mitigated without compromising a child's right to privacy and healthy development.
- B) The online environment is used in accordance with MacMasters Beach Surf Club's code of conduct and relevant policies.



#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 include 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.](#)

Events & Competitions:

OCTOBER 2019:

5 On Patrol: 8:45am Patrol 1 | 12:45pm Patrol 9
5-6 Forster Carnival @ Forster
6 Daylight Saving commences 2:00am
6 On Patrol: 8:45am Patrol 2 | 12:45pm Patrol 11
6 Pointscore Board and Swim 8:45am @ Macs
6 Nipper Proficiency Swim 9:30am @ Macs
7 Labour Day - NSW Public Holiday
7 On Patrol: 8:45am Patrol 4 | 12:45pm Patrol 5
8 & 10 Macs Boot Camp 6:00pm @ Macs
9 Board Training (U9-U13s) 4:15pm @ Macs
9 Board Training (U14-Masters) 5:15pm @ Macs
11 Board Training (U9-U13s) 4:15pm @ Macs
11 Board Training (U14-Masters) 5:15pm @ Macs
12 On Patrol: 8:45am Patrol 12 | 12:45pm Patrol 6
13 On Patrol: 8:45am Patrol 9 | 12:45pm Patrol 8
13 Pointscore Board and Swim 8:45am @ Macs
13 Macs Registration Event 9am-12pm @ Macs
13 Nippers commences 9:20am @ Macs | BBQ Gp 1
13 Nipper Proficiency Swim 9:30am @ Macs
14 NSW School Term 4 commences
15 & 17 Macs Boot Camp 6:00pm @ Macs
16 Board Training (U9-U13s) 4:15pm @ Macs
16 Board Training (U14-Masters) 5:15pm @ Macs
18 Board Training (U9-U13s) 4:15pm @ Macs
18 Board Training (U14-Masters) 5:15pm @ Macs
19 On Patrol: 8:45am Patrol 1 | 12:45pm Patrol 4
20 On Patrol: 8:45am Patrol 5 | 12:45pm Patrol 12
20 Pointscore Board and Swim 8:45am @ Macs
20 Nippers 9:20am @ Macs | BBQ Gp 2
22 & 24 Macs Boot Camp 6:00pm @ Macs
23 Board Training (U9-U13s) 4:15pm @ Macs
23 Board Training (U14-Masters) 5:15pm @ Macs
25 Board Training (U9-U13s) 4:15pm @ Macs
25 Board Training (U14-Masters) 5:15pm @ Macs
25 Rookie Disco 6pm @ North Avoca
26 On Patrol: 8:45am Patrol 11 | 12:45pm Patrol 2
26 U12-Opens Beach Only Carnival @ Toowoona
26 Masters/Opens Carnival @ Toowoona
27 On Patrol: 8:45am Patrol 3 | 12:45pm Patrol 6
27 Pointscore Board and Swim 8:45am @ Macs
27 Nippers 9:20am @ Macs | BBQ Gp 3
27 U12-Opens Water Only Carnival @ Toowoona
29 & 31 Macs Boot Camp 6:00pm @ Macs
30 Board Training (U9-U13s) 4:15pm @ Macs
30 Board Training (U14-Masters) 5:15pm @ Macs

NOVEMBER 2019:

1 Board Training (U9-U13s) 4:15pm @ Macs
1 Board Training (U14-Masters) 5:15pm @ Macs
2 On Patrol: 8:45am Patrol 7 | 12:45pm Patrol 10
3 On Patrol: 8:45am Patrol 8 | 12:45pm Patrol 9
3 Pointscore Board and Swim 8:45am @ Macs
3 Nippers - combined 9:20am @ Macs | BBQ Gp 4
3 U8-15 Nipper Carnival @ Umina Beach
3 Streets Boat Series R1 @ Terrigal
5 & 7 Macs Boot Camp 6:00pm @ Macs
6 Board Training (U9-U13s) 4:15pm @ Macs
6 Board Training (U14-Masters) 5:15pm @ Macs
8 Board Training (U9-U13s) 4:15pm @ Macs
8 Board Training (U14-Masters) 5:15pm @ Macs
9 On Patrol: 8:45am Patrol 1 | 12:45pm Patrol 3
9 Nutty Masters @ Wamberal
9-10 U13-14 Development Camp @ Broken Bay
10 On Patrol: 8:45am Patrol 10 | 12:45pm Patrol 12
10 Pointscore Board and Swim 8:45am @ Macs
10 Nippers 9:20am @ Macs | BBQ Gp 5
12 & 14 Macs Boot Camp 6:00pm @ Macs
13 Board Training (U9-U13s) 4:15pm @ Macs
13 Board Training (U14-Masters) 5:15pm @ Macs
15 Board Training (U9-U13s) 4:15pm @ Macs
15 Board Training (U14-Masters) 5:15pm @ Macs
16 On Patrol: 8:45am Patrol 12 | 12:45pm Patrol 11
16 NP Junior Ironperson #1 @ Umina
17 On Patrol: 8:45am Patrol 4 | 12:45pm Patrol 5
17 Pointscore Board and Swim 8:45am @ Macs
17 Nippers 9:20am @ Macs | BBQ Gp 6
19 & 21 Macs Boot Camp 6:00pm @ Macs
20 Board Training (U9-U13s) 4:15pm @ Macs
20 Board Training (U14-Masters) 5:15pm @ Macs
22 Board Training (U9-U13s) 4:15pm @ Macs
22 Board Training (U14-Masters) 5:15pm @ Macs
23 On Patrol: 8:45am Patrol 6 | 12:45pm Patrol 7
23 Toowoona Bay Ocean Swim @ Toowoona Bay
24 On Patrol: 8:45am Patrol 9 | 12:45pm Patrol 8
24 Pointscore Board and Swim 8:45am @ Macs
24 Nippers 9:20am @ Macs | BBQ Gp 7
26 & 28 Macs Boot Camp 6:00pm @ Macs
27 Board Training (U9-U13s) 4:15pm @ Macs
27 Board Training (U14-Masters) 5:15pm @ Macs
29 Board Training (U9-U13s) 4:15pm @ Macs
29 Board Training (U14-Masters) 5:15pm @ Macs
30 On Patrol: 8:45am Patrol 3 | 12:45pm Patrol 10
30 Board and Ski R1 @ Terrigal

MACS BEACH BOOTCAMP

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

MacMasters
Beach



MacMasters Beach
SURF LIFE SAYING CLUB

[Our Club](#)

[Lifesaving](#)

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In the Macs Clubhouse with: Richard and Varisra

Welcome to our new series, where each month we will catch up with one of our valued Macs Sponsors to find out why they are involved in our great Club and what makes them tick. Let's kick off the series by chatting to our resident sponsor and cafe, Richard and Varisra from Barefoot Cafe!



How long have you been a sponsor of Macs SLSC?

Richard & Varisra: Since 2013.

What first attracted you to Macs Beach SLSC?

Richard & Varisra: Not sure what drew us to the Club, it was more of a case of being in the right place at the right time.

What does sponsoring Macs Beach SLSC mean for your business?

Richard & Varisra: Sponsoring Macs SLSC wasn't a really a business decision it was more about recognising what the Club means to the community and the effort required in keeping the beach safe. We thought sponsorship was the best way that we could contribute to the Club and what it represents.

Strangest place you have swum?

Richard: Swinging off a rope into the Cotter River as a kid, not sure it's unusual but gee it was fun!

Varisra: I haven't really swum anywhere strange, but I do like swimming in ocean pools - especially Macs :)

Favourite footy team?

Richard & Varisra: We don't really have favourite footy teams, but we do have a few favourite individuals Lindsey Vonn, Aksel Svindal, Johannes Klaebo, Marc Marquez and Jack Miller - we'll leave it to you guys to work out what sports they compete in.

Favourite SLSC competition event?

Richard & Varisra: We would have to say surf ski and surf boats, especially when there trying to get out the back in challenging conditions.

Favourite menu item on the Barefoot Cafe menu?

Richard & Varisra: That's easy, the Pork wrap.

Preferred beverage from the Macs Beach Bar?

Richard & Varisra: Beer, Bundy rum and shiraz.

What do you enjoy most about Macs?

Richard & Varisra: The relaxed atmosphere and being away from the city.

Now you know a little bit more about Richard & Varisra - have a chat next time you are in Barefoot Cafe supporting the people who support Macs!



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