

# Point Break

MacMasters Beach SLSC

November  
2020



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



## President's Report with Alan Blackman

### NIPPERS SEASON KICKS OFF

Our Nipper season has kick off and it has been wonderful to see our blue and yellow members so active on the sand and in the water!

### COMPEITIONS UNDERWAY

Great to see our members out there in the Macs colours representing our Club at Nippers, Opens, Masters and Surf Boat competitions over the last few weeks. Check out the results and action shots in the Competition Corner section of this Point Break.

### BAR OPERATION AND COVID-19 RESTRICTIONS

The Board has undertaken a review of the Health regulations that need to be implemented to provide for the Covid Safe operation of the bar. These regulations are complex and compulsory. The health and safety of our volunteer bar staff and our patrons must be our number one priority.

Under the current Covid Health regulations and with utmost consideration for the health and safety of our members and patrons we are unable to open the bar. The Board will continue to monitor the Health regulations and review the opening of the bar as circumstances evolve.

### BAR/FUNCTIONS MANAGER IN TRAINING

Our Bar Manager and Functions Manager will be unavailable for the beginning of 2021 and we are looking for an individual/s to take the reins in their absence. If you are interested or would like more information please contact David White, Director of Administration at [admin@macmastersbeachslsc.com](mailto:admin@macmastersbeachslsc.com).

### CLUB ROCK WALL

On the 20th October the then Mayor of Central Coast Council, Clr Lisa Matthews, visited the club to view the temporary defensive wall at the club rockface and to discuss the future program of works with Club Deputy President Matt Hingerty. Council is currently developing the plan guided by detailed studies on wave and current movements.

At the time, Clr Matthews confirmed these measures were a high priority for Council. Given the obvious difficulties Council is now in and the suspension of the elected Council for an Administrator, we will continue discussions with Council staff and advise members on progress.



**COVID restrictions prevents bar from re-opening**

**Proficiencies and Requals by 30 December!**

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



**BAREFOOT CAFE**  
**MACMASTERS BEACH**

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



#### 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.

**CONTACT THE PRESIDENT!**

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

## *Newcastle Permanent Iron Person Series* with Aymee Ellis

Now in its 16th season, the Newcastle Permanent Junior Iron Person Series has built a reputation as the leading Junior Iron Person Series in NSW, with each round hotly contested by up to 250 competitors from the Central Coast and throughout NSW.

The event format aims to provide an opportunity for aspiring junior iron men/women to race similar courses to that of their heroes in the professional Iron Person Series. In fact, these challenging but fun course formats provide the perfect development platform for our stars of the future with many past series winners progressing through the ranks to qualify for professional Iron Person Series'.

Back for the 2020/21 season, rounds are listed below with venues:

**Round 1: Saturday 14 November 2020 @ Wamberal**

**Round 2: Saturday 12 December 2020 @ Umina Beach**

**Round 3: TBC**

More information and registration form visit the [SLS Central Coast website - Junior Ironperon page](#).

#### AN INTERVIEW WITH AYMEE ELLIS:

Q: 2019/20 was the first year you competed in the NP Iron Person series, what did you think?

A. *It was hard, but it was a good feeling to do something you have never done before.*

Q: What did you like most about competing in the Iron Person events?

A. *I liked the board leg of the race.*

Q: What was the proudest moment for you?

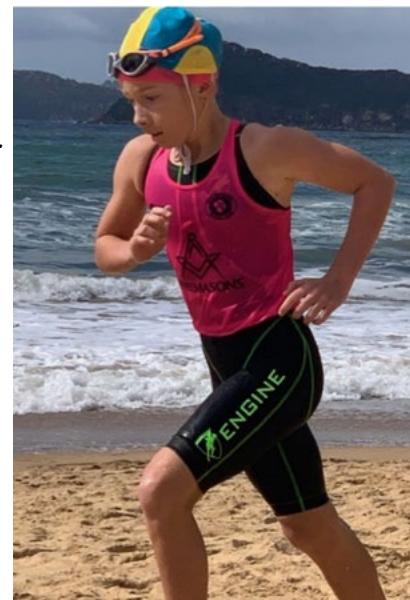
A. *When I came third in the Umina race. It was the first race and I wasn't sure how I would go.*

Q: You watched others compete. Who inspired you the most? Who did you enjoy watching?

A. *I was inspired by Skye because she made me feel like I could do well. I enjoyed watching Hamish and Jerome because they were always racing against each other.*

Q: Would you recommend anyone else do this competition?

A. *Yeah!!!*



# Education and Training *with Graham 'Jono' Johnston*

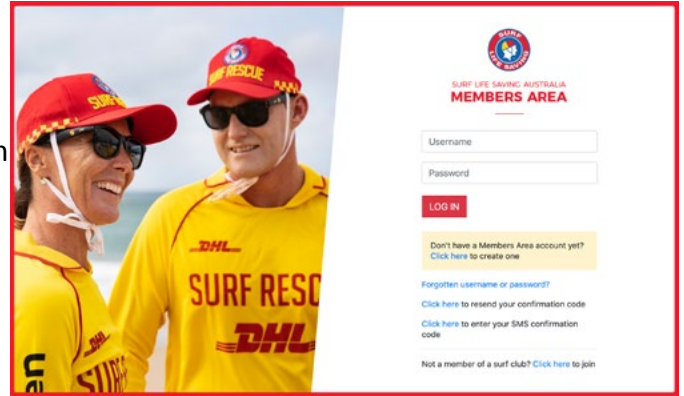
The 2021 season brings plenty of new changes to training and education as we adhere to the Covid 19 protocols. Here is an update regarding courses, training and requals:

## **SURF RESCUE CERTIFICATE & SURF BRONZE MEDALLION:**

Parents and members seeking to complete these awards need to be financial surf club members, and be registered on the SLSA Portal - click on the images to the right.

The vast majority of this course can be conducted via eLearning found on the portal.

The practical component can be completed whilst on surf patrol duty or during Nippers.



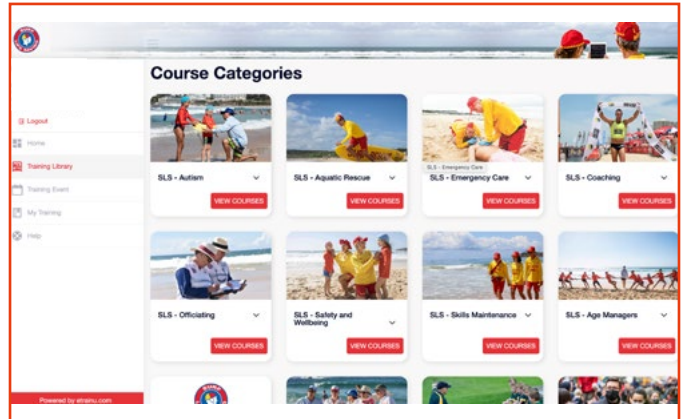
## **WATER SAFETY:**

Please note that the basic requirement for completing voluntary water safety at club or competition level is completion of the Surf Rescue Certificate (see above).

## **REQUAL'S AND PROFICIENCIES:**

These must be completed prior to the 30th December and for each award there is an online component on the SLSA portal that will require completion.

Content Experts are allocated to each patrol to assess proficiency for each award - ask your Patrol Captain.



## **ART PROFICIENCY REQUALS:**

ART proficiency requals will be held on Saturday 14th November at 10am, Monday 23rd November at 7pm and Thursday 26th November at 7pm.

## **KEEN TO JOIN A PATROL?**

Active patrolling members are always welcome to join our teams on the beach. The minimum requirement to join a rostered patrol is Radio Operations and or a current First Aid Certificate. Further training, if required can be completed on patrols.

## **ROOKIES ON PATROL!**

Rookies are now rostered on patrols. Senior patrolling members are highly encouraged to be proactive with these junior members and actively engage in the teaching of surf and patrolling skills. All rookies require training in Radio Operations, a simple task, yet highly important in the case of an emergency.

## **TOURNIQUETS**

Tourniquets, a life saving device in the case of major blood loss, are now included in the first aid kit. Training in the application of a tourniquet is compulsory during proficiencies and is included in the Elearning on the portal with a practical demonstration required.

# ONLINE TRAINING

## Log on | Start your course now!

# New Courses and Requalifications

# Surf Life Saving Aus Member Portal

# Competition Corner *with Kylie Dickinson*

## U14-MASTERS CARNIVAL | 17th October 2020 @ Terrigal

First carnival of the season! A big age bracket and it seemed to work well with a number of Macs competitors. Check out the results:

### FEMALE U14 years

Skye Hackshall: *2nd Surf Race and 4th Iron person*

### MALE U14 years

Jerome Drobot: *3rd Surf Race and 1st Beach Flags*

### FEMALE U17 years

Claire Hogger: *6th Surf Race*

Marlee Przybyla: *3rd Surf Race and 3rd Board Relay*

Zoe Vella: *3rd Board Relay*

Sinead Williams: *2nd Surf Race, 3rd Board Race, 6th Beach Sprint and 3rd Board Relay*

### FEMALE 30-39 years

Sammy Boeson: *1st Surf Race and 1st Board Race*

### FEMALE 40-49 yrs

Kylie Dickinson: *3rd Surf Race and 1st Board Race*

### FEMALE 50-60 years

Val Crowe: *2nd Surf Race and 3rd Board Race*

### MALE 50-60 years

Frank Hodgkinson: *5th Board Race*



## STREETS SURF BOAT SERIES ROUND 1 | 24th October 2020 @ Hawkes Nest

Boaties results from the kick off of the 2020/21 Streets Surf Boat Series:

**RESERVE MEN:** *1st place*

**RESERVE WOMEN:** *1st place*

**U23 MEN:** *2nd place*

**U23 WOMEN:** *1st place*

**U19 MEN:** *1st place*

## U12-OPEN CARNIVAL | 24th October 2020 @ Shelly

The week after our first carnival competitors backed it up, keen to get on the sand and in the water, this time with U12s and U13s in the mix.

### FEMALE U13 years

Emily Rose: *4th Beach Flags and 6th Beach Sprint*

### FEMALE U14 years

Skye Hackshall: *1st Surf Race, 6th Board Race, 6th Beach Sprint and 4th Iron person*

### MALE U14 years

Hamish Taylor-Martin: *2nd Surf Race, 1st Board Race and 3rd Iron person*

Jerome Drobot: *4th Surf Race, 2nd Board Race, 1st Beach Flags, 2nd Beach Sprint and 2nd Iron person*

### FEMALE U17 years

Claire Hogger: *3rd Surf Race and 6th Board Race*

## U12-13 NIPPER CARNIVAL | 1st November 2020 @ Killcare

Killcare hosted thier carnival for just the u12 and 13s and Macs had 7 of our U13s competing in everything from individual events through to the team Board Rescue, Cameron and Relay events.

MacMasters walked away with a bronze medal by Isaac Ho in the U13s Male Board Race - *well done to all the team!*

### MALE U13 years

Isaac Ho: *3rd Board Race*

## *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 Holiday 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](mailto: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.

### **WILLIAM (BILL) DUNLOP - LIFE MEMBER 1968**

William (Bill) Dunlop was awarded Life Membership in 1968.

#### **Surf Life Saving Awards:**

Bronze Medallion 1952

#### **Involvement and Club Positions:**

Coach March Past team 1956

President 1956 - 1965

First Aid Officer 1963 - 1965

Vice President 1966 - 1967

After returning from the war in 1945 Bill purchased land and built a weekender at MacMasters Beach. Bill Dunlop was a well loved Macmasters Beach character, he opened his home to all the young members of the club and became a 'foster father' to them, calling his home 'Bill's Bunkhouse'.

Bills ashes were scattered at MacMasters Beach.

### **DAVID (DAVE) FLOOD - LIFE MEMBER 2004**

David (Dave) Flood joined MacMasters Beach in 1975 and was awarded Life Membership in 2004.

#### **Surf Life Saving Awards:**

Bronze Medallion 1972 (South Maroubra SLSC)

National Service Medal 2019

25 Years Patrol Service 2019

#### **Club Awards:**

Macs Club Captains Award 2001 - 2002

Macs Bar Fly Award 1995 - 1996

#### **Involvement and Club Positions:**

Director of Competition 2005 - 2009

Handicap Board/Swim points coordinator

#### **Senior Activities:**

Active Patrol Member 1975 - 1992

Active Patrol Member 1999 –2004

#### **Competition:**

During the 1970's Dave represented the club in both swimming and R&R events.

After joining Macs, Dave has been involved in administration; active Patrol Member and competition. He has also been a member of the bar staff in the early years, providing his famous hot dogs on Friday nights.

*Remembering and celebrating the people who have made  
Macs the best little Club on the Coast!*

# belle PROPERTY

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

## *In the Macs IRB with: Brad Norman*

Each month we 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 Captain of Patrol 11 and Surf Boat Sweep, Brad Norman.

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

**BN:** Have been a member for as long as I remember. Officially going on close to 20 years now.

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

**BN:** Our family has been involved for a long long time, so it was just inevitable I'd be here. Plus it's the best beach in the country by far!

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

**BN:** I've been a Patrol Captain for a few years now. Also had a go at coaching some nipper kids a few years ago and now I'm one of the club surf boat sweeps.

### **Strangest place you have swum?**

**BN:** There's a few! PNG Jungle or Lake Simcoe in Canada (it was cold even in their summer!).

### **Favourite footy team?**

**BN:** South Sydney rabbits

### **Favourite SLSC competition event?**

**BN:** Surf boats

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

**BN:** Satay skewers

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

**BN:** VB or Bundaberg rum depending on the occasion.

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

**BN:** It's a great place to live. I have a small family now and it's a great community who always look after each other. The surf club is always an easy place to catch up with friends and have a drink and a laugh.



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

# Events & Competitions:

## NOVEMBER 2020:

- 18 Board Training: Beginners @ Lagoon 4:15pm
- 18 Board Training: U10-14/Sen/Masters @ Macs 4:15pm
- 20 Board Training: U10-14/Sen/Masters @ Macs 4:15pm
- 21 AM Patrol 11 | PM Patrol 2 @ Macs
- 22 AM Patrol 1 | PM Patrol 4 @ Macs
- 22 Point Score Swim/Board @ Macs 8:15am
- 22 Nippers @ Macs 9:15am
- 25 Board Training: Beginners @ Lagoon 4:15pm
- 25 Board Training: U10-14/Sen/Masters @ Macs 4:15pm
- 27 Board Training: U10-14/Sen/Masters @ Macs 4:15pm
- 28 AM Patrol 3 | PM Patrol 12 @ Macs
- 28 [2020/21 SLS CC Board & Ski Series R1](#) @ Shelly 12pm
- 29 AM Patrol 6 | PM Patrol 5 @ Macs
- 29 Point Score Swim/Board @ Macs 8:15am
- 29 Nippers @ Macs 9:15am
- 29 NP U9-U10 Nipper Carnival @ Terrigal - Morning
- 29 NP U11 Nipper Carnival @ Terrigal - Afternoon

## DECEMBER 2020:

- 2 Board Training: Beginners @ Lagoon 4:15pm
- 2 Board Training: U10-14/Sen/Masters @ Macs 4:15pm
- 4 Board Training: U10-14/Sen/Masters @ Macs 4:15pm

- 5 AM Patrol 1 | PM Patrol 8 @ Macs
- 5 Streets Surf Boat Series LC @ Scotts Head
- 6 AM Patrol 9 | PM Patrol 10 @ Macs
- 6 Streets Surf Boat Series LC @ Scotts Head
- 6 Point Score Swim/Board @ Macs 8:15am
- 6 Nippers @ Macs 9:15am
- 9 Board Training: Beginners @ Lagoon 4:15pm
- 9 Board Training: U10-14/Sen/Masters @ Macs 4:15pm
- 11 Board Training: U10-14/Sen/Masters @ Macs 4:15pm
- 12 AM Patrol 11 | PM Patrol 2 @ Macs
- 12 [NP Ironperson Series R2](#) @ Umina 9am
- 13 AM Patrol 7 | PM Patrol 4 @ Macs
- 13 Point Score Swim/Board @ Macs 8:15am
- 13 Nippers @ Macs 9:15am
- 16 Board Training: Beginners @ Lagoon 4:15pm
- 16 Board Training: U10-14/Sen/Masters @ Macs 4:15pm
- 18 Board Training: U10-14/Sen/Masters @ Macs 4:15pm
- 19 AM Patrol 6 | PM Patrol 12 @ Macs
- 19 [2020/21 SLS CC Board & Ski Series R2](#) @ Umina 12pm
- 20 AM Patrol 5 | PM Patrol 3 @ Macs
- 25 **Christmas Day**
- 25 AM Patrol **Voluntary** | PM Patrol **Voluntary** @ Macs
- 26 AM Patrol 7 | PM Patrol 8 @ Macs



MacMasters Beach  
SURF LIFE SAVING CLUB

[Our Club](#)

[Lifesaving](#)

[Education](#)

[Activities](#)

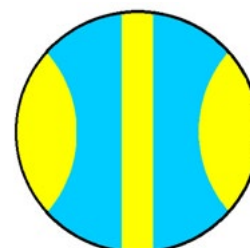
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# Instagram



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our great  
little club

