

Point Break

MacMasters Beach SLSC

October
2022



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



President's Report with Alison McNeill

FLAGS UP!

Our surf season has officially started!

I attended the Raising of the Flags Ceremony at Terrigal Surf Club on Saturday 24th September, with two of our Rookies - Henry and Sophia

and their families. Rookies from all 15 clubs marched from The Haven to the surf club to the tune of Scottish bagpipers, led by our Central Coast Junior Life Saver of the Year, our very own Emily. These young life savers did us proud!

GOTCHA4LIFE - 24 HOUR ROW FOR MENTAL FITNESS

Thank you to everyone involved in the [24 Hour Row for Mental Fitness](#), but it was all due to the outstanding organisational work of Nadine Norman, our Director of Competition. Thank you Nadine, and thanks for staying awake for the full 24 hour period!

Thanks to [LooLoo's Coffee Shack](#) for the coffee to keep us going!

MacMasters Beach SLSC raised the most money of any participating surf club in Australia, New Zealand and even one in South Africa, and that enabled us to be the third highest fundraiser overall with \$14,501 raised for mental health.

Craig White, our Boat Manager, raised the most money overall for an individual with \$6,778. Volvo Commercial Vehicles Australia matched Craig's fundraising efforts dollar-for-dollar, so thank you to them also.

What an incredible community we have here at Macs!



Sunday Nippers starts back 9th October

Flags are up! Thanks to all our volunteers!

President's Report continued

WELCOME - MACS BEACH CAFE

Fantastic to see the new Macs Beach Cafe opening on the weekend. Welcome to Nicole and Rachel and the Macs Beach Cafe team. Starting with a 'soft opening' featuring coffee, drinks, toasties and cakes over the next few weeks and the their menu will be expanded in November 2022.



SEWER UPGRADE

Thanks to the Stronger Communities Programme Round 7 from the Federal Government, we were able to sort out our plumbing issues with the back toilets just in time for the summer.

COOLROOM UPGRADE

Thanks to the Surf Club Facility Program 2021/22, we have funding to proceed with an upgrade of the clubhouse refrigeration system which means a whole new coolroom area. Work will begin on Tuesday 4th October with an expected timeline of 3 weeks. Please be mindful of this if you are behind the clubhouse as trucks and workers will be coming and going. The bar will be closed during this time also, but we will be back with new facilities - bigger and better!

THANK YOU!

Thank you to all our volunteers for once again standing up and getting involved to help us run the club. We couldn't operate without you all.

As our patrols have now started, I'd like to ask everyone to swim between the flags and let's have a safe incident free summer!

If you need to contact me, president@macmastersbeachslsc.com



Alison McNeill - President

belle
PROPERTY

belle
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belle
PROPERTY

Across the Bar with Michael, Bar Manager

ALL THE NRL GRAND FINAL ACTION

Join us for all the action in the 2022 NRL Grand Final between the Penrith Panthers and the Parramatta Eels. Bar open from 5pm with kick off at 7:30pm. *Are you a panther or an eel?*

BAR CLOSED - COOLROOM UPGRADE

The recent grant from the Surf Club Facility Program will see our coolroom facilities upgraded at the Macs Clubhouse. This means that the Bar will be closed for nearly three weeks - from Monday 3rd October and **reopening on Friday 21st October**.

Catch you at the bar!



Member Services Report with Elaine Hodgkinson

NIPPERS

Looking forward to the start of a new season - Sunday 9th October with kick off at 9:30am. There is still time to register, either online or in person from Sunday 9th October.

VOLUNTEERS

We are always looking for more volunteers so please don't be shy, speak to Julia, myself or any club member for further information. I would also encourage all parents to speak to their age manager about how they can help. Whether its setting up the beach or bringing equipment back to the club at the end of the nipper session.

Many hands always make light work!

NIPPERS BBQ

A BBQ roster will be sent out shortly. As the season progresses, you will be messaged during the week prior to your scheduled turn. If you cant make it please message your age manager as soon as possible so a replacement can be found.

If you are in a position to help with the following please let Julia or myself know:

- **collection** of bread and sausages from Kincumber on a Sunday morning and delivered to clubhouse by 9am (can alternate with another parent if that helps)
 - **set up and start** the BBQ by 9am
 - **communication** advising rostered parents during the week
- Every little bit of help from you makes the club run more efficiently and helps everyone.

ROOKIES I would like to welcome and thank Joel Denney for taking on the role of Rookie Coordinator. For all our rookies, you will be introduced to the Rookie program and complete your proficiency swim at our first Nippers. Then Joel will sort uniforms, handbooks and patrol allocations in the next few weeks. Looking forward to great season!

DUKE OF EDINBURGH AWARD After many delays due to weather and COVID the Silver and Gold participants are heading off for a four day camp over the long weekend. We hope they have a great time and look forward to hearing their stories and seeing the photos.



Macmasters Nippers 2022/23 Season Calendar							
October 2022							
Sun 9th	Sun 16th	Sun 23rd	Sat 29th	Sun 30th			
START - Nippers with Proficiency swims	Nippers	Nippers	Newcastle Permanent R1 U10+	Nippers			
November 2022							
Sun 6th	Sun 13th	Sun 20th	Sun 27th				
Nippers	Nippers	Nippers	Nippers				
U8-U15 Carnival			U8-U15 Team Events Carnival				
December 2022							
Sun 4th	Sun 11th	Sat 17th	Sun 18th				
Nippers	Nippers	All Ages Sand Only Carnival	Twilight Nippers 3pm				
	Club Championships		Santa Visit				
January 2023							
Sat 7th	Sat 14th	Sun 15th	Sat 21st	Sun 22nd	Sat 28th	Sun 29th	
Newcastle Permanent R2 U10+	U8-U15 Carnival	Nippers 8:30 - 10.00	Branch Champs First Aid	Nippers 8:30 - 10.00	Branch Champs Lifesaving Theory	Nippers 8:30 - 10.00	Branch Champs Lifesaving Practical
February 2023							
Sat 4th	Sun 5th	Sat 11th	Sun 12th	Sun 19th	Thur 23rd - Fri 24th	Sat 25th	Sun 26th
Newcastle Permanent R3 U10+	Nippers		Nippers	Nippers	State Carnival U9-U12 Queenscliff	State Carnival U13-U15 Queenscliff	
	Club Champs back up	Branch Carnival U8-U14					
March 2023							
Sun 5th						Sun 26th	
Last Nippers Presentation U6 & U7						Junior Presentation 2-4pm	
BOARD TRAINING FROM OCTOBER TO APRIL							
Lagoon - Wednesdays U9 - U10 and Beginners with Jan 4.00pm				Beach - Wednesdays & Fridays U10+ with Frank 4.15pm			
				Keep an eye on Macs faceBook page for any board training updates			
To hire a board contact Julia 0432 889664							



← Check out Nippers dates for Sunday activities, carnivals, competitions and



Competition Report with Nadine Norman

MASTERS CARNIVAL

Big news with Macs being confirmed as the hosts of a Masters Carnival on the 20th November!

Looking forward to seeing a great group of Macs Masters head back onto the beach and into the water on our home turf! **Make sure to come down and cheer them on!**

GOTCHA4LIFE 24 HOUR ROW

What an incredible effort by our community. It was such a beautiful event to have everyone come together, support each other and an amazing cause.

We have raised over \$14,500. This is thanks to each and every one of you for the donations, sharing the event and jumping in to be involved in any way possible.

We finished as the highest raising surf club and 3rd overall. With Bunks, aka Craig White, the highest overall fundraiser in Australia.

The next step is to organise a Mental Fitness Program with the foundation. *Will keep you posted!*

Huge thanks to all and could not be more proud of Team Macs!

SURF SPORTS CALENDAR

As the season kicks off, there will be lots of action on the sand, in the water and on the waves!

2022/23 SLSCC SURF SPORTS CALENDAR

SURF LIFE SAVING CENTRAL COAST

Sat 15 Oct SLSCC Nipper Carnival 'Traditional' | **Sun 16 Oct** SLSA Coolangatta Gold

Sat 22 Oct SLSCC U12-Open Carnival Interbranch Selection | **Sun 23 Oct** SLSCC Newcastle Perm Iron Series Round 1

Sat 29 Oct SLSCC Newcastle Perm Iron Series Round 1 | **Sun 30 Oct** SLSCC Newcastle Perm Iron Series Round 1

Sat 5 Nov Fri 4th/Sat 5th Summer of Surf Round 1 Coffs Harbour (TBC) | **Sun 6 Nov** Fri 4th/Sat 5th Summer of Surf Round 1 Coffs Harbour (TBC)

Sat 12 Nov CC Hunter Boats Round 1 Ocean Beach | **Sun 13 Nov** SLSCC U14 - Open 'BIS' Carnival (Board, Iron, SLSA, Swim) | SLSA Nutri Grain Trials - Option 1 (TBC by SLSA)

Sat 19 Nov SLSCC U14 - Open 'BIS' Carnival (Board, Iron, SLSA, Swim) | **Sun 20 Nov** SLSCC Masters Carnival | SLSA Nutri Grain Trials - Option 2 (TBC by SLSA)

Sat 26 Nov SLSCC Nipper Carnival 'Team Events' | **Sun 27 Nov** SLSCC Nipper Carnival 'Team Events'

Sat 3 Dec CC Hunter Boats Round 2 South Head | **Sun 3 Dec** SLSNSW Interbranch Champs | Fri 2nd/Sat 3rd Summer of Surf Round 2 Sunshine Coast

Sat 10 Dec SLSCC Surf Slam U14 to Opens - Avoca | **Sun 11 Dec** SLSCC Surf Slam U14 to Opens - Avoca

Sat 17 Dec SLSCC Beach Bash Sand Only Carnival All Ages | **Sun 18 Dec** SLSA Nutri Grain Round 1 (TBC by SLSA)

Sat 24 Dec Merry Christmas | **Sun 25 Dec** Merry Christmas

Sat 31 Dec Happy New Year | **Sun 1 Jan** Happy New Year

Sat 7 Jan CC Hunter Boats Round 4 Caves Beach | **Sun 8 Jan** SLSCC Newcastle Perm Iron Series Round 2 | 4 Jan - 8 Jan Trans Tasman (TBC)

Sat 14 Jan SLSCC Masters Carnival 'Traditional' | **Sun 15 Jan** SLSA Nutri Grain Round 2 (TBC by SLSA) | SLSA Super Surf Teams League

Sat 21 Jan SLSCC Branch Champs First Aid | **Sun 22 Jan** Manly Open Carnival | Freshwater Open Carnival

Sat 28 Jan Fri 27 Jan SLSCC Branch Champs Lifesaving Theory | **Sun 29 Jan** Sun 29 Jan SLSCC Branch Champs Lifesaving Theory | SLSCC Branch Champs Masters

Sat 4 Feb CC Hunter Boats Round 5 Terrigal | **Sun 5 Feb** SLSCC New Perm Iron Series Round 3 | SLSA Nutri Grain Round 3 (TBC by SLSA) | SLSA Nutri Grain 'NEXT GEN' (TBC by SLSA)

Sat 11 Feb SLSCC Junior Branch Champs U8's to U14's Inclusive | **Sun 12 Feb** Feb 9-12 ASRL Surf Boats (TBC) | Summer of Surf Round 4 Northcote (TBC)

Sat 18 Feb SLSNSW Championships | **Sun 19 Feb** SLSCC Hunter Boats Round 6 Swansea Belmont | Lifesaving Events Northern Beaches

Thu 23 Feb Thu 23rd - Sun 26th SLSNSW Championships | **Sun 26 Feb** Age Championships - U9 - U14 Northern Beaches

Wed 1 Mar Wed 1st - Thu 2nd SLSNSW Championships | **Thu 2 Mar** Masters Northern Beaches

Fri 3 Mar Fri 3rd - Sun 5th SLSNSW Championships | **Sun 5 Mar** 'IS' - Open Northern Beaches | Fri 3rd - Sun 5th SLSNSW Championships Boats Northern Beaches

Sat - Sun 11/12 Mar | **Sat - Sun 18/19 Mar**

Sat 25 Mar 25 Mar to 2 Apr - SLSA 'Aussies' Scarborough and Trigg Island Western Australia (PROGRAM TBC) | **Sun 26 Mar**

TOP FUNDRAISING TEAMS

Search Teams

1		Swan Athletic	\$17,773
2		NBSC Balgowlah Boys Campus	\$16,963
3		MacMasters Beach SLSC	\$14,501

TOP FUNDRAISING INDIVIDUALS

Search Individuals

1		Craig White	\$6,778
2		Nardia Guillaumier	\$4,178
3		Sally Liebke	\$3,362

Education and Training with Lyn Drummond, Director of Education

THE FLAGS ARE UP!

Welcome back to Macs patrols. Let's hope the water temp continues to climb and the seas are kinder to us this season. It would be great if you could tick off these boxes:

- Registration paid
- eLearning done
- Practical requal done

→ Requalification for Bronze

1. Log on to [SLSA member - elearning](#)
2. Go to **training library**
3. Select **Skills Maintenance** (for Bronze, ARTC)
4. Practical for Bronze

→ Practical for Bronze

1. **Run Swim Run** (200m-200m-200m) in 8 minutes
2. **Signals** (beach to water and water to beach)
3. **Resuscitation** DRSABCD, team CPR with rescue breaths (using a disposable mask)
4. **Radio** - Pre-op check, channels, 4 P's - position, problem, people, progress
5. **Rescue** - board/tube
6. **Spinal**

→ **Bronze practical will be assessed** by an Endorsed Delegate (one of our experts, often the patrol captain). We'll also let you know about some requals run by Macs trainers Jono and Rod.

→ Requalification for Advanced Resuscitation Techniques Certificate (ARTC)

Practical requal sessions will be held:

Thursday 6th October 7 - 9pm

Sunday 9th October 12noon - 2pm | Sunday 9th October 2 - 4pm

Sunday 16th October 11am

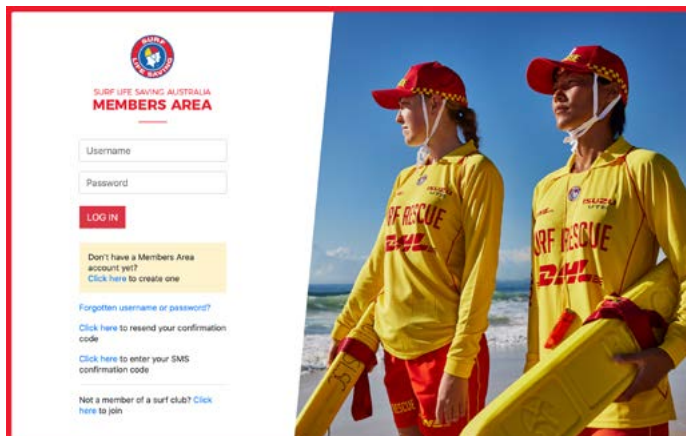
→ Resources:

The **Bronze Medallion resource folder** and **Public Safety Aquatic Rescue manual** are accessible from the patrol trailer as well as SLS training videos on the USB in the training room. Check out the guides to accessing online

learning and the **help sheets** for this year's 4 skill maintenance questions on the bench under the radios.

→ Check out dates for courses, requalifications and training opportunities at Macs SLSC →

→ For more information please contact:
Lyn Drummond,
Director of Education on
0408 243 306 or
via education@macmastersbeachslsc.com



Course	Day	Date	Time	Notes
Provide Advanced Resuscitation & Oxygen Therapy	Saturday	8th Oct	9am-3pm	Pre- requisite is Provide First Aid HLTAID011
BRONZE MEDALLION	Sunday	16-Oct	11 am	Course information & enrolments
SURF RESCUE CERTIFICATE	Sunday	16-Oct	11 am	Course information & enrolments
IRB CREW & DRIVER	Sunday	16-Oct	9am-11 am	Course information & enrolments
Provide First Aid HLTAID011	Saturday	29-Oct	9am-3pm	Cost- \$70. Call Jono 0411 184 642
Provide Advanced Resuscitation & Oxygen Therapy	Saturday	5th Nov	9am-3pm	Pre- requisite is Provide First Aid HLTAID011
Provide First Aid HLTAID011	Saturday	26-Nov	9am-3pm	Cost- \$70 Call Jono 0411 184 642

Events & Competitions:

All dates/events are subject to current COVID restrictions

OCTOBER 2022:

- 1 Macs Patrols AM: Patrol 2 | PM: Patrol 11
- 1-2 25th Professional Weekend of Surf @ Forster SLS
- 2 Macs Patrols AM: Patrol 3 | PM: Patrol 8
- 2 Macs Bar Open 4pm @ Macs
- 3 Macs Patrols AM: Patrol 5 | PM: Patrol 10
- 7 Macs Bar CLOSED [temporarily]
- 8 Macs Patrols AM: Patrol 7 | PM: Patrol 6
- 8 Course - Adv First Aid* 9am-3pm @ Macs
- 9 Macs Patrols AM: Patrol 9 | PM: Patrol 4
- 9 Nippers commences 9:30am @ Macs
- 9 Macs Bar CLOSED [temporarily]
- 14 Macs Bar CLOSED [temporarily]
- 15 Macs Patrols AM: Patrol 11 | PM: Patrol 2
- 16 Macs Patrols AM: Patrol 1 | PM: Patrol 12
- 16 Nippers 9:30am @ Macs
- 16 Course - Bronze Medallion* 11am @ Macs
- 16 Course - Surf Rescue Certificate* 11am @ Macs
- 16 Course - IRB Driver and Crew* 9-11am @ Macs
- 16 Macs Bar CLOSED [temporarily]

- 21 Macs Bar RE-OPENS 5pm @ Macs
- 22 Macs Patrols AM: Patrol 6 | PM: Patrol 5
- 22 U12-Open Carnival | Interbranch Selection @ TBA
- 23 Macs Patrols AM: Patrol 3 | PM: Patrol 9
- 23 Nippers 9:30am @ Macs
- 23 Macs Bar Open 4pm @ Macs
- 28 Macs Bar Open 5pm @ Macs
- 29 Macs Patrols AM: Patrol 8 | PM: Patrol 7
- 29 Newcastle Perm Ironperson R1 U10+ @ TBA
- 29 Course - First Aid* 9am-3pm @ Macs
- 30 Macs Patrols AM: Patrol 10 | PM: Patrol 4
- 30 Nippers 9:30am @ Macs
- 30 Macs Bar Open 4pm @ Macs

NOVEMBER 2022:

- 4 Macs Bar Open 5pm @ Macs
- 5 Macs Patrols AM: Patrol 2 | PM: Patrol 11
- 5 Course - Adv First Aid* 9am-3pm @ Macs
- 6 Macs Patrols AM: Patrol 1 | PM: Patrol 6
- 6 Nippers 9:30am @ Macs
- 6 SLSCC U8-15 Nipper Carnival @ TBA
- 6 Macs Bar Open 4pm @ Macs
- 11 Macs Bar Open 5pm @ Macs



MacMasters Beach
SURF LIFE SAVING CLUB

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@macmastersbeachsurfclub - Community organisation

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