

# Point Break

MacMasters Beach SLSC

December  
2022



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



## President's Report with Alison McNeill

### MERRY CHRISTMAS!

On behalf of the Directors, I'd like to wish you all a Merry Christmas and a Happy New Year. Let's hope 2023 is a peaceful one.

If you are at the beach, please be safe, put your life saving skills into practice and swim between the flags!

### MACS CHRISTMAS CELEBRATIONS

Next weekend is our Twilight Christmas Nippers, Christmas Carols, Volunteer drinks and I hear that Santa will be making an appearance! Further information is later in Point Break.

### THANK YOU TO OUR VOLUNTEERS

We have been busy behind the scenes keeping the club organised and fully functioning.

I'd like to thank all our volunteers from the Board of Directors, all our patrolling members, our Nipper Team, water safety, officials, maintenance support and our bar staff - we could not do it all without you.

*Please come along next Sunday to have a drink on us!!*

If you would like to become a volunteer in any role, please come and see us.

**We are one of the only clubs on the coast run 100% by volunteers.**



*Enjoy the rest of 2022! Be safe ... Alison McNeill - President*



**Mac's Christmas Celebrations!**  
**From 3pm Sunday 18 December - All Welcome**

# Mac's Member Services *with Elaine Hodgkinson*

## THANK YOU!

On behalf of the surf club, I would like to thank everyone who has put their hand up to help at Nippers.

It's running smoothly, the kids are loving it and learning essential beach and water safety skills without even realising it!

## TWILIGHT NIPPERS

On Sunday 18th December we will host a Twilight Nippers starting at 3.00pm. There will be a sausage sizzle and popper for all Nippers with Santa popping by about 5pm.

Join us for Jono's rip demonstration around 5:15pm followed by Carols at 6pm.

It will be a fabulous afternoon on the beach and time to relax and catch up with everyone - all welcome!

## JANUARY NIPPERS

After the Christmas break, Nippers will return on Sunday 15th January 2023 at the earlier start time of 8.30am. BBQ will be back up and running and we look forward to all the Nipper action on the beach!

## MERRY CHRISTMAS!

*On behalf of Julia, Nadine and myself we would like to wish everyone a safe and happy Christmas and see you in 2023.*



# at Mac's Christmas

You're invited to celebrate Christmas  
*Nippers style*

at MacMasters Beach SLSC

**Sunday 18th December 2022**

**3:00pm** Twilight Nippers

**5:00pm** Macs Santa pops in!

**5:00pm** Volunteer drinks

**5:00pm** Nippers sausage sizzle

**5:15pm** Jono's Rip demonstration

**6:00pm** Carols

Looking forward to  
*celebrating*  
with you!

**ALL WELCOME!**



## MACS BAR OPEN!

MacMasters Beach SLSC

*Fridays from 5pm  
and Sundays from 4pm*



## DOLPHIN SURF CRAFT

Wamberal SLSC & Dolphin Surf Craft are excited to announce the inaugural  
**DOLPHIN JUNIOR IRON PERSON**

Ages U9 - U17, Wamberal Beach, NSW  
Save the date Sunday 8th January 2023

More details to come.

Loads of prizes to be won

incl two fibreglass Dolphin nipper boards & two fibreglass Dolphin mals



# Macs Nippers *with Julia Skinner*

## ROOKIE DEVELOPMENT CAMP

In November, Central Coast Surf Life Saving hosted the 2022 U13-U14 Newcastle Permanent Rookie Camp at Point Wolstoncroft, Lake Macquarie. The two days involved a range of leadership and team-building activities aimed at developing leadership, communication and networking skills. It focused on input to develop events, functions and activities that the Rookies think will help increase youth participation and satisfaction in Surf Lifesaving on the Central Coast.

Macs SLSC sent four Macs Rookies, Alexia, Henry, Sinead and Will and they had a ball by the sounds of their reflections on the weekend:

*My favourite thing about Rookie Camp was the archery. It was my first time doing archery and I was excited and nervous. They taught us how to do it first and showed us how to pull it back and then let go. There were three groups and I was in the green group. It was so much fun, we had four arrows each and when everyone had finished we had to go and collect our arrows. There was even a challenge, to see the arrows fly through the air was so satisfying, I had the best time and I can't wait to do it again. **Henry, Macs Rookie***

*On the first night we had to complete a 'search and rescue' where each group had to find their group leader who was somewhere on site 'injured'! In the first scenario, our group leader had an 'injured' leg and was 'stranded' by the water side. We had to clean up her cut, bandage her leg and call for help because we couldn't move her. The second scenario saw our group leader by the water's edge with a spinal injury and a bleeding nose!*

*We also paddled in the kayaks with a partner which wasn't as hard as I first thought. It was fun to meet new people from clubs across the region. **Alexia, Macs Rookie***

*Thanks Macs Beach SLSC for giving me the opportunity to attend Rookie Camp 2022. The weekend was great. My favourite part was the scavenger hunt but using real life beach rescue scenarios. We learnt leadership skills and what it means to be a good leader. It was fun hanging out with other Rookies and learning some new skills. I can definitely recommend going to this camp for other rookies in the future. **William, Macs Rookie***

What a great opportunity for our developing life savers!



## Competition Corner *with Nadine Norman*

It's been a big month for competitions and an incredible effort by all of Team Macs!

First of all I want to thank Kylie, Val, Denise and Julia, plus a number of others who have helped me find my feet. A lot to learn and very grateful for the understanding on this!

### NIPPERS

Our pocket rockets are back in the swing of carnivals, with two events taking place this month.

**Terrigal** was the first, and was held as a 'traditional' carnival, meaning all events included. We had a team of 27 nippers compete with some great results on the sprint track from our Under 8s and Under 11s.

Next up was a new carnival format - **Nipper Teams Carnival** and this was held at **Umina** on 27th November. The goal here is to encourage as many Nippers as possible to compete, be part of a team and work with other clubs. If a club couldn't field a team, they would be able to merge with other clubs so that everyone got a go. A great concept, with brilliant feedback and results for our Nippers.

Incredible results with loads of ribbons and places from our Nippers. More importantly, they all went home buzzing. Congratulations to you all, really proud of each and every one of you for being part of Team Macs, having a go and having a great time while doing this.

We had some great stories of partnering up with other clubs, Macs Nippers taking 2 legs of a relay when there wasn't a third competitor to join them, comeback swims, incredible sprints and paddles. Most of all the feedback has been the great attitude our Nippers have, keen to learn, try something new and work as a team. We couldn't be more proud of you all representing Macs.

*As always, thank you to our volunteers for set-up, water safety and officials you are amazing and the reason we can compete!*



# LET'S LOOK AFTER OUR GEAR

### EQUIPMENT CARE

I just want to touch on respect and care for the clubs equipment.

This is something I am very passionate about and will be watching for improvements as the condition of boards and the board/nipper lockup in particular has been left poorly of late.

For anyone that uses any of the clubs craft, please make sure that each piece is rinsed off **before** returning it to the shed.

If you spot any damaged equipment, please let me know.

If everyone is using the equipment properly and damage happens this is totally understandable as we are in a sport that deals with nature - so repairs expected.

However, we want to keep our gear in the best condition possible for all to use, so if something happens, just let me know so we can get the gear fixed.

# Competition Corner continued *with Nadine Norman*

## MASTERS

The first Masters carnival of the season was a home carnival hosted by us at Macs. We delivered on all fronts here with the largest team to compete, some brilliant results and a carnival that has received some amazing feedback from SLSCC and the officials on the day.

With a strong group from Shelley Beach SLSC we finished in 2nd place!!

I want to thank all those who were involved from all sections of the club. From Kylie, who initiated the carnival, Val for the assistance with entries and coordination, through to our competitors, officials, water safety, Elaine and Frank on the BBQ, and work force for the pack up and set down. You were all amazing and made the day such a success!

I've looked up to the Masters for a number of years now for their team spirit, good nature and supporting each other together. Absolute pleasure to be involved in this carnival and compete alongside you all.

*Thanks again Macs Masters!*



## BOATIES

With three carnivals under our belt this past month, it's been a busy one for the boat crews.

They started off with the **Sydney Northern Beaches Boat Series** to add some extra racing to their season. The 23 Mens, 'The Whippets' and the Reserve Men, 'The Fat Dads' have been to two carnivals on the northern beaches, with some great, tough racing to bring them up to pace before the ASRL short course.



# Competition Corner continued *with Nadine Norman*

## BOATIES CONTINUED

The local **Central Coast/Hunter Series** also kicked off this month at Ocean Beach with all of our crews racing.

The Under 19 Womens 'The Minis', 23 Mens 'The Whippets' and the Reserve Men 'The Fat Dads'.

Ocean Beach SLSC were celebrating their 100 years anniversary. There wasn't much surf, a lot of sun and some good racing for the crews to take out places on the day.

Last weekend our crews rowed at the Australian Short Course Championships our first opportunity against a wide range of clubs from around the country. What a weekend for our crews!!

→ Under 19 Womens 'The Minis' took out first place - **GOLD!**

→ Reserve Mens 'The Fat Dads' took out first place - **GOLD!**

→ and a solid effort to our Under 23 Mens 'The Whippets'.

Thanks to @malcolmjtrees and @darrylbullock\_photos for these incredible action shots.



# Education and Training with Lyn Drummond, Director of Education

## REQUALIFICATIONS

Thanks to all who have made a big effort to get requalifications completed.

**Congratulations to Patrol 8** for being the first patrol to get all requals done!

**Bronze Medallion and Surf Rescue Certificate** training has continued with nearly 40 members enrolling. We welcome the many **Nipper parents** who are working towards improving their water safety skills.

Well done to Patrol 5 for an excellent result with the Branch patrol assessments. →



↑ Rookies practising resuscitation skills



↑ Joel and Jono with the Rookies in training

## MACS COMMUNITY DEFIB PROJECT

There are now 4 defibrillators in MacMasters Beach with 24/7 access.

We have provided defib familiarisation training for community members.

Future dates are: **Monday 26 Dec at 10am**

For more information please contact Lyn Drummond, our Director of Education on 0408 243 306 or via email at

[education@macmastersbeachslsc.com](mailto:education@macmastersbeachslsc.com)



# Duke of Edinburgh - Silver Camp

**DUKE OF ED SILVER CAMP** | 2-4 December 2022 @ Spencer

**Leaders:** Andrew 'Duckie' Duck

**Helper:** Louise Irvine

**Participants:** Emily, Dean, Spencer, Max, Maya and Carys

**Location:** Spencer to Marra, Marra

**Conditions:** Sunny and clear

**Start location:** Spencer boat ramp

**Finishing location:** Spencer boat ramp

**High point:** Smuggler Ridge - reaching the summit

**Low point:** Having to wake up early to beat the tide and the kayaking against the tide!!

**Best meal:** Carys' ravioli

**Worst meal/fail:** Max's 'Cheese and Bacon Pasta' without the cheese and bacon!

**Handiest item packed:** Spencers' sunglasses

**Equipment fail:** Spencer's leaking water bottle

**I wish I had brought:** a motor for the kayak!

**Wildlife:** goannas, jellyfish, fish, birds, devondale cow

**Funniest line:** 'I don't mansplain' - Spencer

**Biggest challenge:** Kayaking against the tide



# MacMasters Beach SLSC - Senior Honour Board

After countless hours of trowelling through past Annual Reports and records, we have compiled [a list of our Senior Medallists](#).

This information will be used to create the new Honour Board for the Clubhouse but first we need to vet the information for errors, omissions and spelling of names etc.

→ We are asking members to view this information and send any feedback, comments and amendments to [vinceroberts32@bigpond.com](mailto:vinceroberts32@bigpond.com) or [admin@macmastersbeachslsc.com](mailto:admin@macmastersbeachslsc.com)

Year/Medal	Event	Name
1945 - 1957	1999/2000	2009/2010 Australian Silver
	State Gold	State Bronze
1957/1958	1978/1979	U19 2km Beach Run
	Australian Bronze	U23 Surf Boat
1958/1959	State Gold	State Silver
	State Gold	State Bronze
1959/1960	1979/1980	30-34yrs Ironman
	1980/1981	30-34yrs Board
1960/1961	1981/1982	30-34yrs Surf Swim
	1982/1983	30-34yrs Ironman
1961/1962	Australian Gold	30-34yrs Board
	Australian Gold	30-34yrs Surf Swim
1962/1963	Australian Bronze	30-34yrs Ironman
	Australian Bronze	30-34yrs Board
1963/1964	1983/1984	30-34yrs Surf Swim
	State Silver	55-59yrs 2km Beach Run
1964/1965	1984/1985	World Bronze
	1985/1986	55-59yrs 2km Beach Run
1965/1966	1986/1987	2010/2011
	1987/1988	State Gold
1966/1967	1988/1989	U23 Surf Boat
	Australian Silver	Open Reserve Surf Boat
1967/1968	Australian Silver	State Gold
	Australian Silver	State Gold
1968/1969	Reserve Boat	2011/2012
	Reserve Boat	State Gold
1969/1970	Reserve Boat	U15 Beach Flags
	Reserve Boat	Mick Norman, White, Jim Myers, Craig Healy



# Events & Competitions:

## DECEMBER 2022:

- 17 Macs Patrols AM: Patrol 2 | PM: Patrol 11
- 17 SLSNSW Sand + SLSCC Beach All Age @ The Entrance
- 18 Macs Patrols AM: Patrol 12 | PM: Patrol 9
- 18 Macs Christmas Twilight Nippers 3pm @ Macs
- 18 Volunteer Patrol @ The Entrance
- \*Extended Patrol hours: 8:45am-6:00pm*
- 24 Macs Patrols AM: Patrol 6 | PM: Patrol 4
- 25 Merry Christmas!
- 25 Christmas Day Patrols Voluntary x3 shifts
- 26 Macs Patrols AM: Patrol 1 | PM: Patrol 5
- 27 Macs Patrols AM: Patrol 3 | PM: Patrol 8
- 31 Macs Patrols AM: Patrol 10 | PM: Patrol 9
- 31 Happy New Year!

## JANUARY 2023:

- 1 Macs Patrols AM: Patrol 2 | PM: Patrol 11
- 2 Macs Patrols AM: Patrol 12 | PM: Patrol 6
- 7 Macs Patrols AM: Patrol 7 | PM: Patrol 4
- 7 CC/Hunter Boats R4 @ Caves Beach
- 7 SLSCC Newcastle Perm 10+ Iron Series R2 @ Avoca
- 8 Macs Patrols AM: Patrol 5 | PM: Patrol 3

- 8 Dolphin Junior Ironperson @ Wamberal Beach
  - 14 Macs Patrols AM: Patrol 7 | PM: Patrol 8
  - 14 SLSCC U8-15 Nipper Carnival @ Terrigal
  - 15 Macs Patrols AM: Patrol 9 | PM: Patrol 10
  - 15 Nippers \*earlier time\* 8:30am @ Macs
  - 21 Macs Patrols AM: Patrol 11 | PM: Patrol 2
  - 21 SLSCC Branch Champs - First Aid @ N.Entrance
  - 22 Macs Patrols AM: Patrol 1 | PM: Patrol 12
  - 22 Nippers \*earlier time\* 8:30am @ Macs
  - 26 Australia Day
  - 26 Macs Patrols AM: Patrol 7 | PM: Patrol 3
  - 27 SLSCC Branch Champs - LS Theory @ Ocean Beach
  - \*Return to normal Patrol hours: 8:45am-5:00pm*
  - 28 Macs Patrols AM: Patrol 6 | PM: Patrol 4
  - 28 SLSCC Branch Ch - U15-Open + Boats @ Umina
  - 29 Macs Patrols AM: Patrol 5 | PM: Patrol 8
  - 29 Nippers \*earlier time\* 8:30am @ Macs
  - 29 SLSCC Branch Champs - LS Prac @ Umina
  - 29 SLSCC Branch Champs - Masters @ Umina
- ## FEBRUARY 2023:
- 4 Macs Patrols AM: Patrol 9 | PM: Patrol 10
  - 4 SLSCC Newcastle Perm 10+ Iron Series R3 @ TBC



MacMasters Beach  
SURF LIFE SAVING CLUB

[Our Club](#)

[Lifesaving](#)

[Education](#)

[Activities](#)

[Competition](#)

[Membership](#)

[Club Hire](#)



Become a member Today

Join MacMasters Beach SLSC

facebook Instagram



MacMasters Beach SLSC

@macmastersbeachsurfclub - Community organisation

# MACS SPONSORS AND SUPPORTERS:

## Support those who support us!

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



Supporting Macs by keeping  
our IRB motors  
running smoothly

**JD'S  
FAMILY  
AUTOMOTIVE**



TRUE NORTH  
ARCHITECTS

EXPERT DESIGN  
to get the most out of our club house

[truenortharchitects.com.au](http://truenortharchitects.com.au)



Australian Government  
Beach Safety Equipment Fund

**greenstonepartners**

A leading independent corporate advisory firm

our extraordinary surf boat sponsors



**freewater**  
PLUMBING PTY LTD

Lic No. 161568C  
Plumbers - Drainers  
Gasfitters - Rainwater Tank Installation

**M: 0410 654 643**  
E: [info@freewaterplumbing.com.au](mailto:info@freewaterplumbing.com.au)  
[www.freewaterplumbing.com.au](http://www.freewaterplumbing.com.au)



MACQUARIE



from  
**LooLoo's**  
with love

**LooLoo's  
Coffee Shack  
& Warehouse**  
making our  
Boat Crews  
and Masters  
look even better!

MacMasters & Kincumber

**polytec**  
powering our surf boats



**FORTUNITY**  
CHARTERED ACCOUNTANTS • FINANCIAL PLANNERS



always  
supporting  
our great  
little club

