

Point Break

MacMasters Beach SLSC

October
2023



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



President's Report with Alison McNeill

FLAGS ARE UP!

Flags are up on another season!

The 'Raising of the Flags' ceremony was attended by our Rookies and Rookie Coordinator, Joel, to celebrate the official start to the season.



THE RED AND YELLOW

The people wearing the red and yellow gear every weekend on the beach are our very own volunteer Macs life savers. When you are at the beach, please help them by swimming in between the flags.

If you would like to lend a hands and do your bit, come and join a patrol. There are many jobs available, something for everyone and all the training is free!

← Patrol 7 setting up at Macs for the first patrol of the 2023/24 season

DUKE OF EDINBURGH - GOLD MEMBERS ON KOKODA TRAIL

We have two of our Duke of Edinburgh Award members doing their Gold Award on the Kokoda Track as we publish this.

Alec and Calum have fundraised, trained and are there as part of a sponsored trek with On Track Expeditions and the Duke of Edinburgh Award NSW. Wamberal and Umina Surf Clubs have participants in the group also. We are fortunate to be able to provide opportunities for our kids within this fantastic achievement program.

Helpers to run our Duke Program are needed, so please contact us to:

- help become trained in the online logbook component, or
- supervising on walks and camps



Renew your Macs registration online now!

Click here to go to the SLS Members Portal

President's Report continued

HAPPY BIRTHDAY MACS BEACH CAFE!

It is one year since the Macs Beach Café opened at MacMasters Beach Surf Life Saving Club. The café is doing well, and we are all loving having them at the club. The hours are changing over the summer season so keep an eye out on socials.

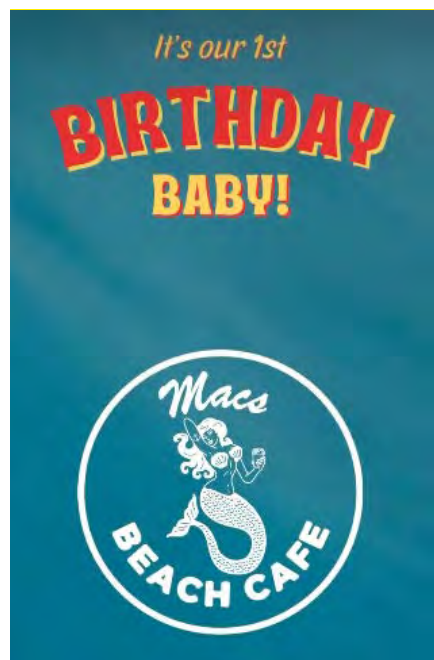
NIPPERS COMMENCES - 15 OCTOBER 2023

Our Nippers start again in a few weeks and it will be wonderful to see our next generation of life savers learning all about the beach. Parents, come and join in with your children as they love learning with you. The calendars are all updated so check them to find out what is on, courses available and carnivals for the season.

FRIDAY AND SUNDAY EVENINGS AT MACS

Our bar is open on Friday and Sunday nights - come and be part of our wonderful community here at MacMasters Beach.

We have the views, the atmosphere and the people!



belle

PROPERTY

Across the Bar with Diana Brown

WELCOME TO SUMMER! Sunday 1 October marks the change of clocks for daylight savings on the east coast. Come down and enjoy the fantastic views from our bar with a cold one.

COOL OFF IN THE AIR CON We now have cool air conditioning too (using our solar power) keeping everyone nice and comfy.

VOLUNTEERING AT THE BAR Volunteering for the club is fun and there are many opportunities. Please get in touch with either Michael or myself if you would like to know more about being on the bar. Email: barmanager@macmastersbeachslsc.com

It's a fantastic way to meet people, enjoy a night at the club and support our amazing life savers.

Catch you at the bar!



Member Matters with Elaine Hodgkinson, Director of Member Services

ANOTHER YEAR, ANOTHER GREAT SURF LIFE SAVING SEASON

Welcome back to our members and hello to new ones!

With the flags up, I hope everyone is refreshed and ready for the season ahead. Patrols are up and running and Matt (JAC), the age managers, Amie and Nadine have been working hard to get this new Nipper season ready for action. I would like to thank them for all their hard work - before the season starts!!

DON'T BE LEFT OUT - LEND A HAND!

To all our new members, there are so many roles around the club you can get involved in. Whether helping on the beach, assisting with nippers, working on the BBQ or bar, please do not hesitate to put your hand up. If you have any questions on how you can help please email me at memberservices@macmastersbeachslsc.com

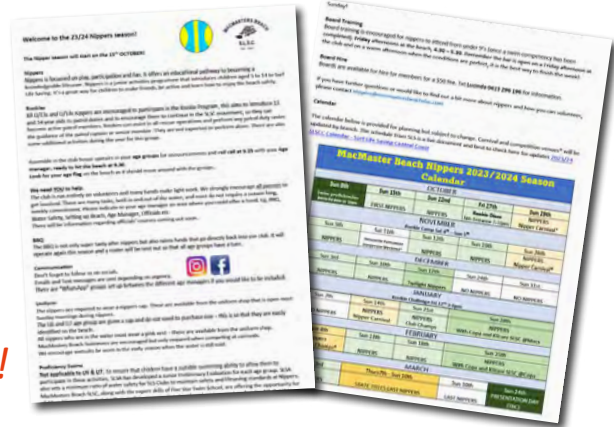
NIPPER NEWS

There is a lot going on at the start of the season: Nipper action, uniforms and merchandise, what can I do to help? carnivals, proficiency swim, board training, board hire etc.

Find out all the answers to our frequently asked questions along with key dates and information in the 2023/24 Nipper Welcome →

If you have any other questions simply ask your Age Manager or email nippers@macmastersbeachslsc.com

Catch you around the Clubhouse or on the beach!



Raising of the Flags with Joel, Rookie Coordinator

OFFICIAL RAISING OF THE FLAGS CEREMONY | 23 SEPTEMBER 2023 @ TERRIGAL

Rookies from across the Central Coast descended on Terrigal last Saturday to officially welcome the 2023/24 Life Saving Season. Representing the 15 clubs from across the Central Coast branch, the official raising of the flags is an annual ceremony marking the start of the life saving season.

Our Rookies carried the Macs flag in the March from Terrigal Haven to Terrigal beach where the Surf Life Saving season was officially declared open.

Our Rookies are life savers in training so be sure to say hi and encourage them next time you see them in the red and yellow at Macs!



Competition Corner *with Nadine Norman, Director of Competition*

With the season taking off we have information, diary dates and opportunities to become involved at all levels!

BOARD HIRE

Lucinda Sneddon is taking the reins for Board Hire for the 2023/24 season. For any Nippers looking to hire a board, the cost is \$50 to reserve a board for the season. **Please chat with Lucinda at Nippers for board hire.**

BOARD TRAINING

Board Training will commence after the first week of Nippers on Friday 20th October.

This will be at 4pm each Friday with lagoon available for Under 8's and above or those looking to build confidence on the board. *Please meet at the club to collect a board before heading down to the lagoon.*

The board surf sessions will be at 4pm on Fridays at the beach, meeting at the surf club.

We are asking for **support with water safety and coaches for the board training sessions**, with the goal of building back up to a Wednesday session also.

Huge thanks to those who have already offered their support here!

OFFICIALS AND WATER SAFETY

With the carnivals about to kick off, we are also asking for officials and water safety for all sections, Nippers, Seniors, Masters and Boats.

We are going to run a club session and complete the course together at a time to be disclosed.

The club will pay for the course, and the more numbers we get, the more evenly we can spread the duties!

To perform water safety at Nipper carnivals, you must complete your Surf Rescue Certificate - SRC which we can easily arrange through our Ed Team.

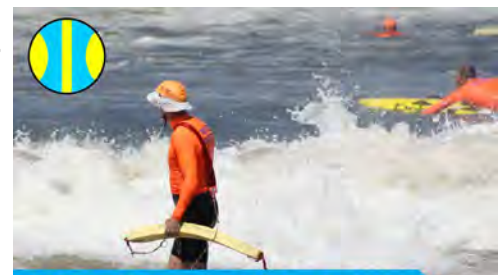
→ Please contact Nadine on 0403 590 718 if you are interested in enrolling for either course.



Macs Nippers - Board Coach/es

- join the board/swim coaching team: potentially a group to split shifts at board coaching for the summer months.
- silver medallion: with confident surf awareness and surf skills
- people skills: great with a diverse group of Nippers and seniors
- motivating: encourage our members and build up confidence
- support individuals to improve surf skills and performance

CONTACT: Nadine at competition@macmastersbeachslsc.com or 0403 590 718
volunteer - make a difference @ Macs SLSC



Macs Nippers - Water Safety

- SRC qualifications for water safety
- motivating: encourage our members and build up confidence
- support members at Board Coaching: Fridays and Wednesdays
- support Nippers: Sunday mornings
- support carnivals: lend a hand by taking a carnival time slot

CONTACT: Nadine at competition@macmastersbeachslsc.com or 0403 590 718
volunteer - make a difference @ Macs SLSC

Education and Training *with Andrew White, Director of Education*

REQUALIFICATIONS AND TRAINING

Don't forget to check out the **2023/34 Training calendar** - [click here](#) or on the image below to access online ↓

Requals for **Bronze Medallion** are now being finalised - look out for emails and posts on our social media.

Our **Silver Medallion Patrol Captains** course will run on 21 and 22 October - more details to come.

First Aid Courses to be run by Graham Johnson - cost and dates TBA shortly.

Course	Day	Date	Time	Notes
Radio Operations	Saturday	17-Sep	1pm-3pm	Free for members wanting to join a patrol
BRONZE MEDALLION	Saturday	7 Oct	12noon	Course information & enrolments
SURF RESCUE CERTIFICATE	Saturday	7 Oct	12noon	Course information & enrolments
IRB CREW & DRIVER	Sunday	24 Sept	9am-11am	Course information & enrolments Cost: \$70. Call Jono 0411 184 642
Provide First Aid HLTAID011	Saturday	16-Sep	9am-3pm	
Provide Advanced Resuscitation & Oxygen Therapy	Tuesday	12 Sept	7pm	Pre- requisite is Provide First Aid HLTAID011
Provide Advanced Resuscitation & Oxygen Therapy	Thursday	14 Sep	7pm	Pre- requisite is Provide First Aid HLTAID011
Provide Advanced Resuscitation & Oxygen Therapy	Saturday	16th Sept	9am-3pm	Pre- requisite is Provide First Aid HLTAID011
BRONZE MEDALLION	Sunday	16-Oct	11am	Course information & enrolments



Competition Corner continued

Below are planned competition dates - also check out our events and competitions list on page 7 for links to major calendars. These will be updated and confirmed as the season progresses but good to have them in your diary now:

NIPPER COMPETITIONS:

- Sat 21 Oct:** U12-Opens @Terrigal | Full event info TBC
- Sun 29 Oct:** SLSCC Traditional Nipper Carnival U8-U14 @ Terrigal | 8am-5pm event info closer to date
- Sun 26 Nov:** SLSC Teams Nipper Carnival @Avoca
- Sun 14 Jan:** SLSCC Traditional Nipper Carnival U8-U14 @TBC | event info closer to date
- Sun 4 Feb:** SLSCC Nipper Branch Champs U8-U14 @Umina | event info closer to date
- 7-10 March:** SLSNSW Age Champ State Titles @Northern Beaches | event info closer to date

MASTERS COMPETITIONS:

- Sat 4 Nov:** Nutty Masters @ Wamberal
- Sat 18 Nov:** SLSCC Masters Carnival @ Copa | event info closer to date
- Sat 10 Feb:** SLSCC Masters Branch Champs @ Copa | event info closer to date
- 13-14 March:** SLSNSW State Champs - Masters @Northern Beaches | event info closer to date

OPENS COMPETITIONS:

- Sat 21 Oct:** U12-Opens @Terrigal | Full event info TBC
- Sat 11 Nov:** SLSCC Newcastle Perm Ironperson w/end @ The Lakes | event info closer to date
- Sat 9 Dec:** SLSCC Infront Surf Slam U14-Opens @ Avoca | event info closer to date
- Sun 11 Feb:** SLSCC U15-Opens Branch Champs @ Ocean Beach | event info closer to date
- Sun 17 Feb:** SLSCC Branch Champs Lifesaver + Patrol @ Solidiers Beach | event info closer to date
- Sun 18 Feb:** SLSCC Branch Champs – First Aid @ Solidiers Beach | event info closer to date
- 3 March:** State Champs - Patrol @Northern Beaches | event info closer to date
- 9-10 March:** State Champs - First Aid @Northern Beaches | event info closer to date
- 15-17 March SLSNSW Open State Championships** @Northern Beaches | event info closer to date

BOATS COMPETITIONS:

SURF BOATS CALENDAR 2023/2024						
Month	Date	Day	Surf Sports Events	Venue	Branch	
Aug-23			Macmasters Beach - Gotcha 4 Life Open Day	MacMasters SLSC	CC	
Sep-23	9	Saturday	Gotcha 4 Life - Fundraiser	MacMasters SLSC	CC	
	10	Sunday				
Oct-23	TBC	Sunday	Macmasters Beach - Coaching Clinic	MacMasters SLSC	CC	
Nov-23	4	Saturday	CC Boat Series R1	Ocean Beach	CC	
	18	Saturday	CC Boat Series R2	Caves Beach	Hunter	
	25	Saturday	State Selection	Coffs Harbour	NCB	
Dec-23	2	Saturday	CC Boat Series R3 - R4	Woolgoolga	NCB	
	3	Sunday				
	8	Friday	National Surf Course	Swansea Belmont	Hunter	
	9	Saturday				
	10	Sunday				
	16	Saturday	State Selection	North Cronulla	SNB	
	17	Sunday				
Jan-24	6	Saturday	CC Boat Series R5	Nobbys Beach	Hunter	
	13	Saturday	State Selection	North Steyne	SNB	
	14	Sunday				
	27	Saturday	CC Boat Series R6	Umina	Hunter	
Feb-24	28	Sunday	Young Guns	Colloroy	SNB	
	11	Sunday	CC Branch CC		CC	
	15	Thursday	ASRL Open		ASRL	
	16	Friday				
	17	Saturday				
	18	Sunday				
Mar-24	2	Saturday	CC Boat Series R7	Swansea Belmont	Hunter	
	15	Friday	NSW State Open Championships	Queenscliff	SNB	
	16	Saturday				
	17	Sunday				
Apr-24	23	Saturday	CC Boat Series R8	Terrigal	CC	
	6	Saturday	Inner City Championships	Ocean Beach		
	7	Sunday	Intersenes Championships			
		12	Tuesday	Australian Championships	Aber Brodiebuds	QLD
		13	Wednesday			
		14	Thursday			
		15	Friday			
	16	Saturday				
	17	Sunday				

Colour Code		
Open Carnivals		
CC Boat Series		
State Titles		
ASRL		
Australian Titles		



Gotcha4Life 24hour Row *with Nadine Norman, Director of Competition*

AN INCREDIBLE RESPONSE!

In our second year, we had such an incredible response from our club and community. We filled so many more spots, even some of the overnight hours with multiple people!

We had such a mixed group from life members to our rowers, Masters, Nippers, senior competitors and patrol members, guests from interstate, Local MP's and local businesses supporting us, plus our sponsor **Belle Property!**

Craig and I want to thank everyone who was involved in this event, from the supporters to the donators, and particularly our rowers. Most of our groups took on the full hour – not expected but that just shows the heart and support for each other our Macs Team have!

The abundance of Nippers and their parents that got involved this year, we were so proud to see you all there and needing **an extra two rowing machines!** To our rowers taking on the overnight shift – absolute legends and to those who kicked off the event, finished the event and everyone in between – every one played such a big part!

Special thanks to **Vicky Worland** one of the founders of the **Gotcha4Life foundation**, who joined us for the kick off of the event and spoke to us about workshops we can host. Also to **Adam Crouch, Local MP** for jumping on the rower in our first hour!

Also, to **Di and Baz** for opening the bar for some social sips and to **JD's Family Auto** for supplying some drinks for our rowers!

We raised over \$6k this year for such a worthy cause.



What an incredible community we have at Macs - this really brings us all together and we love it!



Events & Competitions:

SEPTEMBER 2023:

29 Macs Bar Open 5pm @ Macs

OCTOBER 2023:

1 Macs Bar Open 4pm @ Macs

6 Macs Bar Open 5pm @ Macs

7 Training: Bronze Medallion 12pm @ Macs

7 Training: Surf Rescue Certificate 12pm @ Macs

8 Nippers Prof Swim 8:00am @ 5 Star Swim, Kincum

8 Macs Bar Open 4pm @ Macs

13 Macs Bar Open 5pm @ Macs

15 Nippers commences 9:30am @ Macs

15 Macs Bar Open 4pm @ Macs

16 Training: Bronze Medallion 11am @ Macs

16 Training: Surf Rescue Certificate 11am @ Macs

20 Macs Bar Open 5pm @ Macs

21 SLSC Carnival: U12-Opens @ Terrigal

21-22 Training: Silver Med - Patrol Capt TBA @ Macs

22 Nippers 9:30am @ Macs

22 Macs Bar Open 4pm @ Macs

27 Macs Bar Open 5pm @ Macs

29 Nippers 9:30am @ Macs

29 SLSC Carnival: Traditional @ Terrigal

29 Macs Bar Open 4pm @ Macs

NOVEMBER 2023:

3 Macs Bar Open 5pm @ Macs

4 Nutty Masters @ Wamberal

4 SLSC Carnival: U14-Opens BISS @ Wamberal

4 Central Coast/Hunter Boats R1 @ Ocean Beach

5 Nippers 9:30am @ Macs

5 Ironperson @ Swansea Belmont

5 Macs Bar Open 4pm @ Macs

10 Macs Bar Open 5pm @ Macs

11-12 Newcastle Perm Iron Person @ The Lakes

12 Nippers 9:30am @ Macs

12 Macs Bar Open 4pm @ Macs

18 SLSC Masters Carnival @ Copacabana

18 Central Coast/Hunter Boats R2 @ Caves Beach

19 Nippers 9:30am @ Macs

26 Nippers 9:30am @ Macs

COMPETITION LINKS:

→ [2023/24 Macs SLSC Nipper Calendar](#)

→ [2023/24 SLSC Surf Sports Calendar](#)

→ [2023/24 SLSNSW Surf Sports Calendar](#)



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MacMasters Beach SLSC

@macmastersbeachsurfclub - Community organisation

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