

Point Break

MacMasters Beach SLSC

November
2023



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



President's Report with Alison McNeill

FLAGS ARE UP!

What a great start to the Nipper season! It is wonderful to see the smiling faces of the Nippers as they learn all about becoming new life savers.

The Rookies have done CPR training and are starting their Surf Rescue Certificates (SRC). The young ones are enjoying the rock pool and everyone is enjoying the beach activities.

The first carnival has been completed – *what a fantastic start to the season!*

THANK YOU!

Thank you to all our patrolling members for once again keeping our beach safe. If you would like to join the team, please contact us or ask a patrol member. Everyone is more than willing to help.

RENEW YOUR MEMBERSHIP

A reminder that your renewals are due - still just \$60 - the cheapest membership on the coast!

Head to www.macmastersbeachslsc.com and pay online - easy!

SAVE THE DATE

Christmas will be here before we know it, so be sure to lock in **Sunday 17th December** for our annual Christmas celebration:

- Twilight nippers
- Carols
- Volunteer drinks
- Cafe open ... and more!

TELL US WHAT YOU THINK!

Calling all members - tell us what you think about Macs SLSC. Our quick and easy survey takes just 2 minutes. Check your email for this edition of Point Break - click on the link for direct access or scan the QR code in the bar.

PHOTO: courtesy of the very talented [@roslyndonhoephoto](https://www.instagram.com/roslyndonhoephoto)

Tell Us What You Think!
What connects you to Macs Beach SLSC?

→ the 2 minute survey



What connects you to Macs? Member Survey

Macs Christmas Celebrations - Sun 17 Dec

belle

PROPERTY



Across the Bar with Diana Brown **HERE COMES SUMMER!**

Stay tuned for some exciting festive bevies and hours. Make sure you are following us and the cafe on socials:

→ **FACEBOOK:**

[@macmasters_beach_slsc](#) | [@macsbeachcafe](#)

→ **INSTAGRAM:**

[@macmasters_beach_slsc](#) | [@macsbeachcafe](#)

HERE COMES SUMMER!

Do you know a young person (over 18) that would like some bar experience? We are always keen to show the ropes to someone needing bar experience for work prospects. *Get in touch with Di!*

Catch you at the bar!

MACS BAR OPEN!

MacMasters Beach SLSC
*Fridays from 5pm
and Sundays from 4pm*



Competition Corner *with Nadine Norman, Director of Competition*

JUNIOR NIPPER CARNIVAL | 29th October 2023 @ Terrigal SLSC

The first Nipper carnival was held on Sunday 29th October at Terrigal. We had 22 of our Nippers represent Macs and an incredible effort by all #TeamMACS

Congratulations to our U8 competitors for being involved in their first carnival and bringing home some amazing results! Huge shout out to our U9 Boys Aaron and Artley for taking their first swim out around the cans! Incredibly proud of all the crew that wore the blue and yellow on the weekend.

Thanks to Amanda & Steve for taking care of the official and water safety positions. Also to the parents, supporters and of course our Age Managers for taking care of the kids.

RESULTS:

Gold - U8 Male Flags - Luke

Gold - U9 Female Beach Sprint - Olivia

Gold - U9 Female Beach Relay (composite team with Toowoomba Bay) - Olivia and Maeve

Gold - U11 Female 1km Beach Run - Caroline

Silver - U8 Male Beach Sprint - Luke

Silver - U8 Female Wade Relay - Indiana and Tilly

Bronze - U14 Male Board Relay (team with Copa) - Henry

Bronze - U12 Female Beach Relay - Kirra, Mila, Miyako and Liliana

Bronze - U8 Male Wade - Luke

Bronze - U8 Male Wade Relay (composite team with Cooks Hill) - Harry and Luke

Bronze - U10 Male Beach Relay - Levi, Archer, Jack and Michi

→ Keep checking emails or WhatsApp Groups for info on carnival entries and dates.



OFFICIALS COURSE

We will be running an officials course at our club to increase the number of officials for carnivals across all sections of the club. To finalise numbers and dates please contact Nadine on 0403 590 718.

Kokoda Trail, PNG with Alec and Calum Walters

From the 14th-24th of September, we travelled over to Papua New Guinea to complete the Kokoda Trail. We stayed in a hotel on the 14th as a final relaxation before our trek began.

The next morning, we were up and out at 7 to get to the airstrip at 7:30. We loaded our packs into the small, single prop plane and prepared for the next 8 days of walking. We took off on our 30min flight to Kokoda with minimal turbulence. We had a very smooth landing on the grass airstrip of Kokoda and were greeted by the locals at the airport which was half a shed. We were then briefed and then began our hike.

Stopping off at the Kokoda museum and memorial, most of the walk for the first day was on a fire trail of small incline with trucks and locals passing us. We reached our camp for the first night on a small ledge looking back across the valley to Kokoda.

Day 2 was more intense up and down hiking through dense rainforest. It was a better temperature as we were sheltered by the trees so that helped with the more difficult walking terrain. We reached camp and we were all drenched with sweat. We cooled off before passing a footy with the local kids which turned in to playing a game.

Day 3 we walked past a primary school where some of the kids walking with us attended. We had a steep downhill with lots of falls down to a creek crossing before heading back up the other side of the valley. We made a quick stop at a waterfall for a swim then were keen on getting to the village early as this was the village that most of the guides lived in. We were greeted with flower necklaces and treated to lunch with some food the locals had prepared for us. We then went down to the oval and kicked the footy and played volleyball.

Day 4 and 5 were up and down with less tree cover so the heat was more intense. Nice cool off swim in the river after to soothe the muscles.

Day 6 we stopped at Brigade hill for some history. We then ventured down for night 6 at the lowest point of the trek. We had set up our tents just before it rained. The last couple days were less intense so we got to enjoy the walk more and take in the scenery around us.

Our last night was the best by far. We had an amazing campsite by the river where we swam for a few hours with our guides throwing the footy around.

It was sad saying goodbye as we had had such an amazing experience on the track.

Thank you to everyone involved in making such a great experience possible.

Definitely recommend it. The Duke of Ed program has been amazing, and what better qualifying trip for Gold than the Kokoda Track!

Thank you Macs! Alec & Calum



Safeguarding at Macs with Julia Skinner, Child Safety Officer

NEW CHILD SAFETY OFFICER

Hi, I'm Julia, and I'd like to introduce myself as the new Child Safety Officer for MacMasters Beach SLSC. The child safety program is a recent initiative by Surf Life Saving NSW to ensure that all clubs adhere to strict and essential child safety standards. You can find guidelines and [more information about this on our website](#), as well as a form to report any unsafe behaviour.

I'm incredibly proud to take on this new role, ensuring that Macmasters Beach remains a safe and enjoyable environment for our Nipper families. My responsibilities include ensuring that all our Age Managers, coaches, and Nippers support volunteers all have a valid and up to date Working with Children Check, that they have completed the Child Safety online course, and are familiar with the child safety guidelines regarding appropriate language and behavior around our Nippers.

I encourage you to contact me if you'd like more information or a confidential conversation via email at childsaf@macmastersbeachslsc.com

All at Macmasters SLSC are committed to enhancing the safety of children and young people in Surf Life Saving.

EVERY CHILD IN EVERY COMMUNITY NEEDS A FAIR GO



In the Macs IRB with: Roger Mullan

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. This month we chat to our new Director of Administration, Roger Mullan.

How long have you been a member at Macs SLSC?

RM: I signed my daughter up to Nippers in 2021 and I shifted my Killcare membership in 2023.

What first attracted you to Macs Beach SLSC?

RM: Apart from the beauty and seclusion of the beach, I had some friends at the club with children the same age as my 6yo daughter so we joined Nippers at the same time.

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

RM: I've just been appointed the Director of Administration which has been really enjoyable ... and of course the Nippers BBQ!

Strangest place you have swum?

RM: I snorkeled out to Wedding Cake Island off Coogee Beach once.

Favourite footy team?

RM: The sun rises in the east, so it's the mighty Sydney Roosters.

Favourite SLSC competition event?

RM: A toss up between surf boats and beach sprints.

Preferred beverage from the Macs Beach Bar?

RM: Block and Tackle Kinny lager, followed by a Tyrrell's Chardonnay.

Favourite menu item on the Macs Beach Cafe menu?

RM: Smashed avocado, fetta, cherry tomatoes on toast with a poached egg added.

What do you enjoy most about Macs?

RM: The community in such an idyllic pristine beach and national park environment.

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



Education and Training

REQUALIFICATIONS AND TRAINING

It's been a great start to the season with lots of enthusiasm to get requals done.

Many thanks to our trainers Rod and Jono for providing lots of requal sessions for our 40+ Advanced Resuscitation award members. If you haven't done yours yet, please attend when Patrol 1 is on the beach.

Thank you to Lyn for jumping in and helping out with all training and paperwork.

Thanks to Jan and Kylie for training some of our members also. *What a team!*

BRONZE MEDALLION REQUAL

Bronze Medallion requals are proceeding slowly and the Training Team are prepared to assist with requals each weekend until last patrol on Sunday 3rd December. Please make sure you are completing each skill and your Patrol Captain is ticking off the list in the requal folder in the patrol trailer. **No requals will be done after the 3rd December to allow time for us to get the paperwork finalised!**

You can attend any patrol between 12 and 2pm as the Patrol Team have organised to be there to help. You can requal on your own patrol, join in with another patrol who are doing requals or come along when Patrol 1 is on. Swim and board components can be done at 8:30am on Sunday mornings also.

Make sure your record of requal is ticked off on the sheets provided in the folder.

SURF RESCUE CERTIFICATE

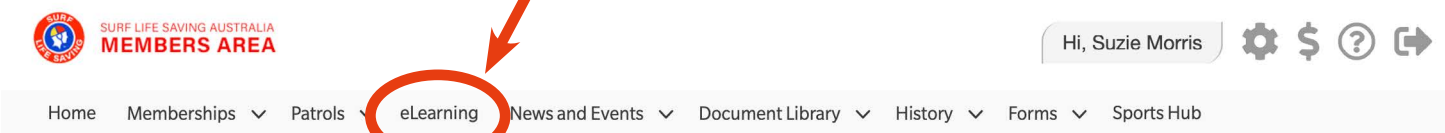
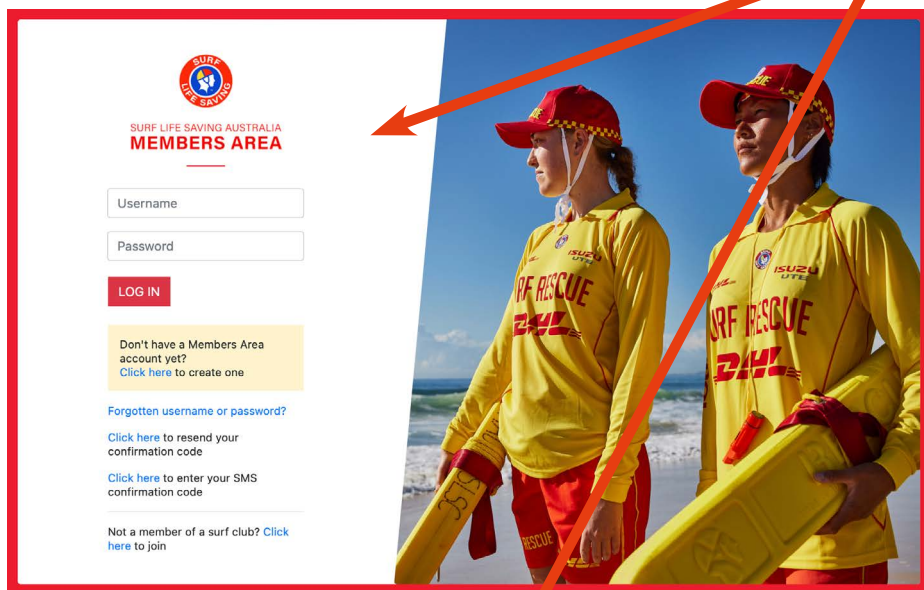
Bronze Medallion and Surf Rescue Certificate training has started with over 20 members signing up. We are always happy to welcome and encourage any other members to join our training.

RADIO OPERATORS

Many thanks to Deidre Rodwell, our radio endorsed delegate for helping out with radio operators courses this year. Please contact us if you are interested in joining a patrol as a radio operator.

MEMBER PORTAL AND QUALIFICATIONS

If you would like to look up your learning, you can find it in your Member Portal: www.members.sls.com.au then in the 'elearning' section:



→ Contact: Alison McNeill - education@macmastersbeachslsc.com

Events & Competitions:

NOVEMBER 2023:

26 Nippers 9:30am @ Macs

26 SLSCC Carnival: Teams Events @ Avoca

26 Macs Bar Open 4pm @ Macs

DECEMBER 2023:

1 Macs Bar Open 5pm @ Macs

3 Nippers 9:30am @ Macs

3 Macs Bar Open 4pm @ Macs

8 Macs Bar Open 5pm @ Macs

9 Dec: SLSCC Infront Surf Slam U14-Opens @ Avoca

10 Nippers 9:30am @ Macs

10 Macs Bar Open 4pm @ Macs

15 Macs Bar Open 5pm @ Macs

17 Twilight Nippers - last session TBA @ Macs

17 Macs Christmas Celebrations @ Macs

24 Macs Bar Open 4pm-8pm @ Macs

25 Christmas Day - Merry Christmas!

26 Boxing Day

31 New Years Eve!

31 Macs Bar Open 4pm-8pm @ Macs

JANUARY 2024:

1 New Years Day

5 Macs Bar Open 5pm @ Macs

6 Prawn & Oyster Luncheon \$70pp @ Macs

7 Junior Iron Person - Race 1 @ Wamberal

7 Macs Bar Open 4pm @ Macs

14 Nippers returns 9:30am @ Macs

14 Jan: SLSCC Nipper Carnival U8-U14 @TBC

21 Nippers Club Champs 9:30am @ Macs

26 Australia Day

26 Macs Bar Open 4pm-8pm @ Macs

28 Nippers with Copa SLSC 9:30am @ Macs

FEBRUARY 2024:

4 Feb: SLSCC Nipper Branch Champs U8-U14 @Umina

10 Feb: SLSCC Masters Branch Champs @ Copa

11 Feb: SLSCC U15-Opens Branch Champs @ Ocean B

17 Feb: SLSCC Branch Ch Lifesaver/Patrol @ Solidiers B

18 Feb: SLSCC Branch Champs – First Aid @ Solidiers B

COMPETITION LINKS:

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

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

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



MacMasters Beach
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Become a member Today

Join MacMasters Beach SLSC

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MacMasters Beach SLSC

@macmastersbeachsurfclub - Community organisation

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