

Point Break

MacMasters Beach SLSC

January
2024



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



President's Report with Alison McNeill

Happy New Year to all! We have been very busy over the summer holidays, with many people on our beach and our life savers protecting us all under their watchful eye. Thank you to all our volunteers for their time in looking after our wonderful beach and club, especially to those who patrolled on Christmas Day.



CELEBRATING CHRISTMAS MACS-STYLE!

The Christmas Celebration at the club on the 17th December with Twilight Nippers, Volunteer drinks, Christmas Carols and a visit from Santa, was a huge success. Jono also did a rip awareness demonstration which hopefully helps many people stay safe at the beach. Check out the photos on the following pages.

Thank you to all involved who helped make the night very special!

MACS FAMOUS PRAWN & OYSTER LUNCHEON

The Prawn & Oyster Luncheon was a huge success due to the hard work by Jono to enable this function to proceed. Thank you also to Di and the bar staff, the servers - patrolling members, rookies and Duke of Edinburgh Award participants - and to Seacoast Fishing for the delicious prawns. Jono also did a quick dash up the freeway to get the oysters from Forster. **Thank Jono!**

A substantial amount of money was raised for the club which will be put to good use. Check out the photos later in this edition - very happy raffle winners and Dave Ryan took out the **Annual Prawn Peeling Competition!**



Nippers - earlier start time 8:30am in January

Mac's Club Champs - Sun 21st January

belle

PROPERTY

MACS BAR OPEN!

MacMasters Beach SLSC

*Fridays from 5pm
and Sundays from 4pm*



*Christmas Eve 4pm - 8pm
*New Years Eve 4pm - 8pm
*Australia Day 4pm - 8pm

MACS BEACH CAFE

Summer HOURS

MON 8am-4pm

TUES 8am-4pm

WED 8am-4pm

THURS 8am-4pm

FRI 8am-8pm

SAT 8am-4pm

SUN 8am-8pm

*Christmas Eve 8am-2pm

*Christmas Day CLOSED

*Boxing Day 8am-4pm

*New Years Eve 8am-2pm

*New Years Day 8am-4pm

*Australia Day 8am-8pm



Across the Bar with Diana Brown

SUMMER AT MACS

Summer is busy at Macs and especially at the club with the best atmosphere and views!

Thanks to everyone for their support on both sides of the bar!!

VOLUNTEERING IN THE BAR

We are always keen for more bar volunteers - you can learn the ropes, gain some bar and service experience, have you qualifications reimbursed by the club and give back by volunteering - all win!

Get in touch with Di if you are interested.



Presidents Report continued

VOLUNTEER AT MACS SLSC

There are many jobs and positions available at Macs SLSC from the Education Room to the Bar, on the sand and in the water - please come and volunteer with us.

URGENT: DIRECTOR OF EDUCATION

At the moment we really need a Director of Education. If you can lend a hand and spend some time at the Club please chat to our President Alison or email at president@macmastersbeachslsc.com

Make a difference - volunteer :)

Catch you on the beach in January!

Alison - President



Macs Director of Education

- manage the Education program and team
- coordinate trainers and assessors
- communication and data entry
- attend quarterly SLSC Branch meetings
- attend monthly Board meetings
- no specialist SLS qualifications or experience required

CONTACT: Alison at president@macmastersbeachslsc.com or 0402 314 542

Volunteer - make a difference @ Macs SLSC



Rookie Challenge with Julia Skinner, Rookie Coordinator

One of the highlights in the Rookie calendar is the Rookie Challenge. A fun afternoon of competition with other rookies teams from across the Central Coast. This year, Henry, Tom and Charlie from Macs teamed up with Toni and Jensen from North Entrance and Summer from the Entrance.

They competed in a surf life saving quiz, with a couple of tricky questions like: do you know how many meters a patrol boat needs to stay away from a shark?! The competition also involved a signals test, wade race, board rescue and body board relay.

The whole team had so much fun and new friendships were formed. Thank you to Ocean Beach for hosting again this year, our Rookies can't wait to compete again next year.



Celebrating Christmas - Macs Style!

TWILIGHT NIPPERS

→ more photos on [Facebook](#) / [Instagram](#)

The sun was shining, the sand was warm and the water cool - perfect conditions for our last Nippers session of 2023!

Lots of fun had figuring out the clues in the scavenger hunt, using our strength in the tug-of-war, putting our surf skills to the test by swimming out and jumping on a board and having a hit of volleyball! #MACSNippers



OH WHAT FUN - MACS SANTA ARRIVES IN STYLE!

Santa made a grand entrance, as only Macs Santa does, to catch all our Nippers and families on the beach. With expert IRB driving skills, his lifesaving elf navigated the waves, paddlers and swimmers to bring Santa safely to the beach where he was met by locals and visitors enjoying Macs Christmas celebrations!

Nowhere else in the world does Santa swap his sleigh for an IRB - Oh what fun it is to ride in his one elf IRB!!



Celebrating Christmas - Macs Style!

RIP DEMONSTRATION

Jono's rip demonstration supported by our lifesavers and rookies, showed off the unique surf conditions at Macs. The coloured dye in the water highlights the strength and path of the rip, often hard to pick by the untrained eye. A series of staged rescues and dialogue from Jono provided our community with essential information about beach safety, safe swimming and what to do if they get stuck in a rip. Our Macs life savers know our beach well and are always happy to chat to our community members about surf conditions.

→ Always swim between the flags! ←

→ more photos on [Facebook](#) / [Instagram](#)



CAROLS AND CATCH UPS - ALWAYS A HIT AT MACS!





Prawn and Oyster Luncheon a major fundraiser for Macs SLSC

A fantastic turn out at Mac's Prawn and Oyster Lunch in early January! Our 135+ guests devoured the freshest prawns direct from Seacoast Fishing @ Macs and delicious Sydney Rock Oysters from Foster based oyster producer, Graham Barclay.

Lots of people supported our fundraiser through coin toss, slide, raffles and more!

Our famous International Prawn Peeling Competition was hotly contested with peelers going head to head against the clock. Competition was fierce and prawns at the ready with Dave Ryan taking out the honours becoming the **2024 International Prawn Peeling Champion!**

Thank you to all our volunteers and those who worked behind the scenes for our Prawn and Oyster Lunch! Especially Jono, our Macs powerhouse and our Bar Manager Di. Thanks to everyone who organised, served, cleaned up, sorted and prepared including our youngest members, the Rookies.

To our sponsors:

- [Seacoast Fishing](#) for the whopping 90kg of king prawns!
- Foster based oyster producer, Graham Barclay for providing the magnificent Sydney Rock Oysters!
- [Cempedak Island Holiday Resort](#) for our amazing major prize raffle!

It was smiles all round at this delicious event with lots of action from prawn peeling to coin sliding and plenty of prizes. Congratulations to all our winners and a huge thank you for all you support!

What a fabulous fundraiser for our club!



Competition Corner with Brad Norman, Boat Manager

Welcome to 2024 and the back half of the season for the boaties.

AUSTRALIAN SHORT COURSE CHAMPIONSHIPS | 9-10 December 2023 @ Blacksmiths Beach, Swansea

In December, we had the *Fat Dads* Reserve Men, Open Mens and our *Macs Minis* U19 Womens competing in the Australian Short Course Championships at Swansea Belmont.

Both our Fat dads and Open Men rowed well and narrowly missed out in the quarter finals.

Our U19 Minis continued their strong run of form and put in a huge row to place 3rd in the final in the messy afternoon surf conditions.

CC/HUNTER BOATS CARNIVAL - SERIES 3 | 6 January 2024 @ Nobbys Beach, Newcastle

Our U19 Macs Minis started the year well competing in the Central Coast Hunter Series at Nobbys on the 6th January. They were met with tricky conditions and rowed in both the U19 Womens and the Reserve Womens events. The girls rowed well, finishing 1st in U19 Women and 4th in Reserve Women!

NSW SELECTION SURFBOAT CARNIVAL | 13-14 January 2024 @ North Steyne

Over the weekend 13-14 January, our boat crews competed against North Steyne for the NSW Selection.

We had three crews in the water, the Open Mens, Reserve Mens and U19 Womens. This was a great hit out for the weekend and the first time back at a carnival in 2024 for both Mens crews.

The U19 Womens, our *Macs Minis*, competed on the Saturday and made it through the round robin and into the final. The girls rowed well in a good surf to take out 5th place for the event.

Both the *Fat Dads* and Open Mens rowed on the Sunday with some good racing against experienced crews. In their first year together the A Crew raced well in the surf and will come out of this with some solid experience into the back end of the season.

The *Fat Dads* put together a great day of racing and made it into the final to take out 4th spot for the carnival! A tidy effort from the boys after the Christmas break and great to see where they will stack up leading into the back half of the season.

MORE TO COME...

North Steyne provided a great test for the crews leading into the Australian Open in Lorne, Victoria in mid February!

PHOTOS: Richard Black and Ruth Freer



Competition Corner *with Nadine Norman, Director of Competition*

With a pause over Christmas, the second half of the season has kicked off for the competition area, with a busy couple of months ahead. We have seen our Nippers and boat sections both back in action since the New Year!

SLSCC U8-U15s NIPPER CARNIVAL | 14th January 2024 @ Terrigal Beach

In the first carnival for 2024, we had a strong contingent of Macs Nippers with each age group bringing home some brilliant results. #TeamMACS worked as a team and partnered up with other clubs to form teams when we were short.

Amazing effort by all - competitors officials, water safety, age managers, parent helpers and parents/supporters - we loved it and it takes a team effort! #TeamMACS

Here is a quick run down on the results:

All Age Sprint Relay 🥉 BRONZE

Rescue & Resuscitation 🥈 Miyako and Kirra 🥉 Liliana and Mila

UNDER 8s:

Female Sprint 🥇 GOLD - Tilly

Male Sprint 🥇 GOLD - Harrison

Female Wade 🥇 GOLD - Tilly

Female Wade Relay 🥈 SILVER - Tilly, Darcey + Zara

Female Sprint Relay 🥉 BRONZE - Darcey, Zara + composite team

Female Flags 🥉 BRONZE - Michaela

Female Flags 🥉 BRONZE - Sophia

Female Wade 🥉 BRONZE - Darcey

UNDER 9s:

Female Sprint 🥇 GOLD - Olivia

Male Swim Team 5th - Artley + Avoca composite team

Female Swim 6th - Vivienne

UNDER 10s:

Male Beach Relay 🥉 BRONZE - Sam, Levi, Archer + Michi

UNDER 12s:

Female Beach Relay 🥇 GOLD - Miyako, Liliana, Kirra + Mila

Male Beach Relay 🥈 SILVER - Mason + Terrigal/North Avoca c/team

Individual Male Sprint 4th - Mason

UNDER 14s:

Male Board Relay 🥇 GOLD - Henry + Wamberal composite team

Male Beach Sprint Relay 🥈 SILVER - Henry + Copa composite team

Male Swim Team 🥉 BRONZE - Henry + Copa composite team

Individual Male Swim 4th - Henry

MASTERS

It's been a light year for Masters carnivals, so let's see if we can pull a big team together to give another strong performance for Branch!

MORE TO COME...

Macs Junior Club Champs is on Sunday 21st January, and then championship events for the season start with Central Coast Branch in February. Here's a rundown of what's approaching:

JANUARY:

Sun 21 Jan - Junior Club Championships @ Macs

Sat 27 Jan - Stevens Boat Series @ Umina

Sun 28 Jan - Young Guns Boat Carnival

FEBRUARY:

Sun 4 Feb - Jun Branch Champs U9-U14 @ Umina

Sat 10 Feb - Masters Branch Champs @ Ocean Beach

FEBRUARY cont':

Sun 11 Feb - Opens / Boats Branch Champs @ Ocean Bch

Fri 16 - Sun 18 Feb - ASRL Boat Carnival

Sat 17 Feb - Branch Championships: Lifesaver / Patrol @ Soldiers Beach

Sun 18 Feb - Branch Championships: First Aid @ Soldiers Beach

Sat 24 - Sun 25 Feb - Branch backup weekend if needed



Events & Competitions:

JANUARY 2024:

- 19 Macs Bar Open 5pm @ Macs
- 20 Macs Patrols AM: Patrol 8 | PM: Patrol 7
- 21 Macs Patrols AM: Patrol 10 | PM: Patrol 9
- 21 Macs Nippers Club Champs 8:30am @ Macs
- 21 Macs Bar Open 4pm @ Macs
- 26 Australia Day
- 26 Macs Patrols AM: Patrol 2 | PM: Patrol 11
- 26 Macs Bar Open 4pm-8pm @ Macs
- 27 Normal Patrol Hours resume 9am - 5pm @ Macs
- 27 Macs Patrols AM: Patrol 1 | PM: Patrol 12
- 27 CC/Hunter Surf Boat Series 4 @ Umina
- 28 Macs Patrols AM: Patrol 3 | PM: Patrol 4
- 28 Nippers with Copa/Killcare SLSC 8:30am @ Macs
- 28 Young Guns Boat Carnival @ TBC
- 28 Macs Bar Open 4pm @ Macs

FEBRUARY 2024:

- 2 Macs Bar Open 5pm @ Macs
- 3 Macs Patrols AM: Patrol 9 | PM: Patrol 6
- 4 Macs Patrols AM: Patrol 5 | PM: Patrol 8
- 4 SLSCC Branch Champs U8-U14 Nippers @ Umina
- 4 Macs Bar Open 4pm @ Macs
- 9 Macs Bar Open 5pm @ Macs
- 10 Macs Patrols AM: Patrol 12 | PM: Patrol 10
- 10 SLSCC Branch Champs - Masters @ Copa
- 11 Macs Patrols AM: Patrol 7 | PM: Patrol 1
- 11 Nippers 9:30am @ Macs
- 11 SLSCC Branch Champs - U15-Opens @ Ocean Beach
- 11 SLSCC Branch Champs - Surf Boats @ Ocean Beach

- 11 Macs Bar Open 4pm @ Macs
- 16-18 ASRL Boat Carnival @ TBC
- 16 Macs Bar Open 5pm @ Macs
- 17 Macs Patrols AM: Patrol 6 | PM: Patrol 5
- 17 SLSCC Branch Champs - Lifesaver/Patrol @ Soldiers
- 18 Macs Patrols AM: Patrol 4 | PM: Patrol 3
- 18 Nippers 9:30am @ Macs
- 18 SLSCC Branch Champs - First Aid @ Soldiers Beach
- 18 Macs Bar Open 4pm @ Macs
- 23 Macs Bar Open 5pm @ Macs
- 24 Macs Patrols AM: Patrol 11 | PM: Patrol 2
- 24/25 SLSCC Branch Champs BACK UP @ TBA
- 25 Macs Patrols AM: Patrol 8 | PM: Patrol 7
- 25 Nippers with Copa/Killcare SLSC 9:30am @ Macs
- 25 Macs Bar Open 4pm @ Macs

MARCH 2024:

- 1 Macs Bar Open 5pm @ Macs
- 2 CC/Hunter Surf Boat Series 5 @ Swansea/Belmont
- 2-3 SLSNSW State Champs: Lifesaving @ Northern B
- 3 Nippers 9:30am @ Macs
- 3 Macs Bar Open 4pm @ Macs
- 7-10 SLSNSW State Champs: U9-14 @ Northern B
- 8 Macs Bar Open 5pm @ Macs
- 10 Nippers - final for the season 9:30am @ Macs
- 10 Macs Bar Open 4pm @ Macs
- 9-10 SLSNSW State Champs: First Aid @ Northern Bch

COMPETITION LINKS:

- [2023/24 Macs SLSC Nipper Calendar](#)
- [2023/24 SLSCC Surf Sports Calendar](#)
- [2023/24 SLSNSW Surf Sports Calendar](#)

Connect with MacMasters Beach Surf Life Saving Club:

→ website

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MacMasters Beach SLSC
Our Club Hall Hire | Lifesaving | Education | Activities | Competition | Membership

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- Point Break Nov 2023
- MacMasters Beach SLSC 2 of 18 followers
- MacMasters Beach SLSC 22 hours ago

MacMasters Beach SLSC

2.4K followers

Our boat crews raced at North Steyne over the weekend for the NSW Selections. We had 3 crews competing with 2 making the final!

A huge congratulations to the Pat Dicks taking out 4th place in the Reserve Men and the US19 Women @macs arena for taking out 5th!

Great effort from our open men in their first year together, some solid

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MacMasters Beach SLSC
Community Organization
A Surf Club Established in 1945 on the Central Coast of NSW and operated by volunteers.
100 Marine Parade, Macmasters Beach
www.macmastersbeachslsc.com

U8-U14 Carnival @ Ter...
MACS BAR OPEN! MacMasters Beach SLSC Fridays from 5pm and Sundays from 4pm

Good luck to our competing Nippers

Sunday 14th Jan Nippers @ Macs Beach

Nippers is BACK! @ MacMasters Beach SLSC

*Christmas Eve 4pm - 5pm
*New Year Eve 4pm - 5pm
*Australia Day 1pm - 5pm

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

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