

March-April 2024











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



President's Report with Alison McNeill

DIRECTOR OF EDUCATION - NEEDED

Now would be the perfect time to step up as our Director of Education! We urgently need someone to take on this role, and as the season is drawing to an end, it would be the perfect time to start learning.

Our previous Director of Education is still on the team as an Assessor and she is happy to provide the training and guidance needed. We have an Education Team delivering the courses, so you would be responsible for attending the monthly Board Meetings, Branch meetings, member follow-ups, checking and submitting paperwork.

You do not need to have any awards or qualifications to undertake this role - just a willingness to help out and organisational skills. Please contact me via president@macmastersbeachslsc.com if you are interested.

NIPPERS WRAPPING UP FOR THE SEASON

We are nearly at the end of our Nipper season and there have been some wonderful collaborations with our neighbours. Sunday Nippers combined with Copacabana and Killcare nipper crews, as well as carnivals, Club Championships and the list goes on. Thank you to everyone involved in our Nipper program. Junior Presentation is on the 24th March from 2-4pm - come along and celebrate all things Nippers!

KEEPING US SAFE ON THE BEACH

Patrols have been busy over the summer and these will continue until the Sunday after ANZAC Day.

We are incredibly lucky to have so many dedicated volunteer life savers. We will celebrate you all at Senior Presentation on the 25th May. More details to come.

VALE JILL CROUCH

Our sincerest condolences have been extended to Adam Crouch on the passing of his wife Jill. We have donated to the National Breast Cancer Foundation in lieu of flowers. I spoke with Adam, and he is very thankful for the kind words and support from our club.

DONATE | PREVENT | PROTECT | TREAT | STOP





HELP! Director of Education position needed

Final Nippers 10/3 | Nippers Pres 24/3

Presidents Report continued

GOTCHA 4 LIFE - MENTAL FITNESS

We are proud to be running a Gotcha 4 Life Kickstarter session to ignites the conversation about mental fitness.

This year we are partnering with our good friends Macs Own Boardriders.

This is a free event on the 10th March at 11:30am for about 45 minutes.

For all the information and to register - click here.

Everyone is welcome!

***URGENT* - POSITIONS AVAILABLE**

→ **Director of Education**: monthly Board meeting, Branch meetings, coordinating our trainers to run the courses, paperwork/data entry

→ Education Officer: assists the Director, checks the

required paperwork for courses, coordinates trainers to run courses and members to attend the courses

We are ALL volunteers working for our community club, so please consider helping us – the more the merrier!!

To discuss how you can assist please contact me anytime at president@macmastersbeachslsc.com

MACS ANNUAL DOORKNOCK APPEAL

Thank you to everyone who supported out Annual Doorknock Appeal this year. While we did not hit our target, we raised nearly \$5000 which will go directly to \rightarrow supporting our life savers \rightarrow training our next generation through our Nipper program \rightarrow providing vital equipment for patrols and club activities, and \rightarrow continuing to run our Clubhouse. *Thank you to all our Appeal contributors!*

Take care and catch you around the club!

Alison McNeill - President

Macs SLSC & The MOB are teaming up to host our first Gotch4Life program. THE DETAILS Date: Sunday 10th March The Kickstarter Session is an Session: Kickstarter Session interactive session that ignites Host: Vicky Worland the conversation on Mental Time: 11.30am Fitness. **Duration:** Approx. 45 minutes It will touch on Gotcha4Life's This is a free event and three protective factors; everyone is welcome to attend. emotional agility, social all ages, members of both clubs connection and help-seeking and members of the behaviours, with activities. community.

Welcome to MacMasters Beach!



Q&A with the Smith Family

What made you purchase in Macmasters Beach?

We have family at Macmasters Beach, so we are very familiar with the area. We loved that we could walk to the beach but still have a sense of connectivity by being located between Gosford and Woy Woy, so really opening up the Central Coast and all it has to offer.

Why now?

We are about to welcome a baby boy, number two at the end of March, so we wanted to be closer to family. Also, with a growing family comes desire for extra space, particualarly, in our case, a backyard fit for a digger obsessed toddler.

Where did you move from?

We moved from Sydney.

What's your favourite place in Macmasters Beach

Well firstly to answer on behalf of our 3 year old son - 'Crab Park'. The local playground featuring giant climbing play crabs! It would also be remiss of us not to mention the beach and surrounding Bouddi National Park- It's quite a stunning suburb.

If you see Tim & Peta around, please give them a warm welcome into the community.

belle PROPERTY Sponsored by Baraka Leporte



- > manage the Education program and team
- coordinate trainers and assessors
- communication and data entry
- → attend quarterly SLSCC 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



Macs Education Officer

- > assist the Director of Education
- check required paperwork for courses
- coordinate trainers and assessors for qualifications
- → coordinate members for training courses
- > communicate with members
- > no specialist SLS qualifications or experience required CONTACT: Alison at president@macmastersbeachslsc.com or 0402 314 542

Volunteer - make a difference @ Macs SLSC

Join the Macs Team - vital roles to be filled

There are a number of vital roles that require your support - here is a brief run down of each:

- → Director of Education: monthly Board meeting, Branch meetings, coordinating our trainers to run the courses, paperwork/data entry
- → Education Officer: assists the Director, checks the required paperwork for courses, coordinates trainers to run courses and members to attend the courses
- → 5 Lands Walk Club Contact: liaise with the team organising the event to ensure our club's best interests are foremost, monthly meetings at the clubhouse in the lead up to the event
- → Building Committee: to future proof our club by identifying major building works needed and how to best utilise our clubhouse space

We are ALL volunteers working for our community club, so please consider helping us – the more the merrier!! For more info or to discuss how you can assist please contact Alison at president@macmastersbeachslsc.com



5 Lands Walk Club Contact

- → liaise with 5 Lands Walk organising committee
- > promote Macs Beach SLSC as part of larger event
- liaise with members and local community
- promote event and share information/details
- > monthly meetings in lead up to the event
- > no specialist qualifications or experience required

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

Volunteer - make a difference @ Macs SLSC



Macs Building Committee

- → identify and prioritise major building works
- → aim to future proof Macs SLSC Club
- → coordinator the best use of space and facilities
- > liaise with members and Macs Board
- → no specialist qualifications or experience required

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

Volunteer - make a difference @ Macs SLSC

Across the Bar with Diana Brown

A huge thank you to the lovely Jill who dropped in some of her home grown limes. So appreciated.

ST PATRICK'S DAY - SUNDAY 17TH MARCH

We are all stocked with Guinness for St Patrick's Day! See you in your finest green on Sunday March 17!

The Macs Beach Cafe also have some live music planned so it should be a fun afternoon to be sure *****

FOOTY FEVER

Footy season is upon us, so get behind your favourite team at the club - televised matches on the bis screens.

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 and give back by volunteering!

Get in touch with Di if you are interested.



MACS BAR OPEN! MacMasters Beach SLSC Fridays from 5pm and Sundays from 4pm

MACS BEACH CAFE

MON 7:30am-2pm

TUES CLOSED

WED 7:30am-2pm

THURS 7:30am-2pm

FRI 7:30am-2pm + 5pm-8pm

SAT 7:30am-3pm

SUN 7:30am-3pm + 4pm-8pm



Located right next door to the Macs Beach Clubhouse overlooking the stunning MacMasters Beach

Terrigal Women of the Year Awards

Congratulations to Lyn D who was nominated for the Terrigal Women of the Year Awards and recently attended the event.

Lyn has been a patrolling member of MacMasters Beach SLSC for 20 years, achieving 100% patrol each season!

As most of you will know, Lyn is heavily involved in the training and education for our club. Lyn was the previous Director of Education and is a big part of our Training and Education team who not only deliver the SLS courses and requals but also keep this area of the club going behind the scenes.

Last season, Lyn was awarded the Trainer/Assessor of the Year at the SLSCC Award of Excellence for her efforts.

Congratulations Lyn - very well deserved 🍣 🍣





Gotcha 4 Life - Mental Fitness

THE GOTCHA4LIFE WORKSHOP: For the past 2 years we have taken part in the 24 Hour Row and as a club and community have raised over \$20,000.00 for the Gotcha4Life foundation. The money raised goes towards delivering Mental Fitness workshops to clubs, community groups and schools across Australia.

We are now proudly hosting our first Mental Fitness Session to give back to all those who have contributed and include anyone in our community who would like to be involved.

→ The Kickstarter is an interactive session that ignites the conversation on Mental Fitness. It will touch on Gotcha4Life's three protective factors; emotional agility, social connection and help seeking behaviours, with activities. This is a free session with the key focus for both clubs being that our members and community have the best knowledge, tools and support to build their mental fitness and the confidence that

sharing this together, means nobody worries alone.

Date: Sunday 10th March | Time: 11.30am

Location: MacMasters Beach SLSCDuration: Approximately 45 minutes

This is a free session and we can add a second workshop if needed, feel free to share the details. and check out our socials for more informaion: Macs Facebook | Macs SLSC Insta





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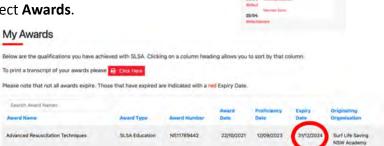
CONTACT: Alison at president@macmastersbeachslsc.com or 0402 314 542

Volunteer - make a difference @ Macs SLSC

Education Team

We ask that all patrolling members to check their SLS member awards, requals and contact details by logging on to the Member Portal by:

- 1. Login at the SLSA member portal or download the SLSA eLearning app.
- 2. From the menu click on **Memberships** and then select **Awards**.
- 3. Check that your awards/qualifications are up to date the expiry date should be 31/12/2024
- → Any problems accessing or questions about qualifications please email our Education Team at education@macmastersbeachslsc.com



Competition Corner with Nadine Norman, Director of Competition

February was a BIG month for carnivals! We saw the completion of the Branch Championships following on from the Juniors, with Opens, Masters and Boats all having their shot at the SLSCC Branch Titles.

SLSCC Branch Champs - Masters | 9-10 March 2024 @ Ocean Beach

Our Macs Masters went first on the Saturday at Ocean Beach. Strong winds saw the water events postponed to the Sunday but that didn't stop our group having a blast in the beach events. Sadly, most couldn't return for racing on the Sunday due to the change of date, but hats off to Kevin who was able to take on the surf race!

Thank you to Amanda for jumping as our official once again - we love having you on the beach with us!

This was the last carnival for our Masters this season with no one contesting State or Aussies. If you're over 30 years, we'd love to see you become part of the Macs Masters next year. A great group within the club who enjoy the time together and being part of the club and live by - the older we get, the better we were!



Jan: 4th 1km Beach Run, 4th Beach Flags and 5th Beach Sprint

Joel: 5 2km Beach Run

Kevin: 🏅 Surf Race 🥈 1km Beach Run 🏅 Beach Flags and 🥉 Beach Sprint

Kylie: 🅇 Beach Flags 🅇 Beach Relay 🌋 2km Beach Run 🥉 Beach Sprint

Lyn: 🏅 1km Beach Run 🏅 Beach Sprint 🏅 Beach Relay and 🐞 Beach Flags

Nadine: 🏅 1st Beach Relay 🌋 2km Beach Run 🥉 Beach Flags and 4th Beach Sprint

Sam: Beach Flags Beach Relay Beach Sprint

Sarah: 🎳 Beach Flags, 4th 2km Beach Run and 5th Beach Sprint

Todd: 4th 2km Beach Run

SLSCC Branch Champs - Opens | 10 March 2024 @ Ocean Beach

For her very first carnival representing Macs, we love having Morgan in our team. Morgan represented our Club #TeamMACS in the U17 beach events and had a great start to her competing days!

RESULTS:

Morgan: 🎳 2km Beach Run













Competition Corner continued with Nadine Norman, Director of Competition BOAT CREWS

Full report following in the boat section but a note here to congratulate all our crews for their efforts at the Branch Champs and both the Open Men and Macs Minis for making the trip to Lorne and representing Macs in the ASRL National Championships

SLSNSW STATE CHAMPIONSHIPS

With the big carnival now next on the agenda, we would like to wish all our competitors luck for the SLSNSW State Championships.

Junior State Champs is being held at Queenscliff from Thursday 7th March to Sunday 10th March. We have Henry and Olivia representing our Junior section. Two very strong competitors in their respected ages and areas who we can't wait to hear how they go at the event! Stay up to date on our socials to catch all the action.

Please know the club is right behind you both!

Our boat crews will then have their State Titles campaign on the weekend of 16th/17th March. We have 3 crews taking part and no doubt will put in some strong performances. Also competing on the Queenscliff/North Steyne strip.

Best of luck to all crews and we'll keep you updated with results!

CELEBRATING YEARS OF SERVICE

It is with huge pleasure that we congratulate two of our dedicated volunteers in contributing years to representing Macs as an official.

Amanda Queripel and Belinda Cohen both received recognition of this achievement from SLSNSW.

Our Surf Sports section does not run without officials and we are incredibly grateful for the time and effort both Amanda and Belinda contribute.

Belinda is a well respected official in the Rescue and Resuscitation (R&R) section and has represented the club at local carnivals, Open Carnivals, Branch, State and Australian Championships for over 25 years!

Amanda represents the club as an official across all areas of competition. You name the division and she has at some point been an official! From Juniors through to Masters, she has officiated at local carnivals, Branch and State Championships for over 15 years!

Congratulations and very well deserved for you both!





BECOME AN OFFICIAL - JOIN US!

We are continually seeking volunteers to train as officials and water safety for all sections: from Nippers, Seniors and Masters through to our boat crews. We run the officials course at Macs and need to increase the number of officials in all categories to meet our Club requirements for carnivals.

We would love you to join the team - all training provided! Please contact Nadine on 0403 590 718

MacMasters Beach SLSC | Point Break Newsletter | March-April 2024 | www.macmastersbeachslsc.com.au

Competition Corner continued with Nadine Norman, Director of Competition

NIPPERS

Our final day of Nippers for the season is on Sunday 10th March!

Thank you to all our incredible families who have been a huge part of our club this year. It has been wonderful to watch our Nippers develop friendships, surf safety skills, and confidence across the Sunday beach and water activities.

A huge thank you to our Age Managers Joel, Mick, Ben, Andrew, Chloe, Claire, Andrew, Sarah, Poppy, Corey and Kieran. Also, to our parents, rookies and club members who took care of Water Safety - especially our Water Safety coordinator Tim.

Many thanks to Lynda and Elaine for getting the BBQ firing each week and to the parents, members and Resinc who jumped on to assist here.

Finally, to our Junior Activities Coordinator (JAC) Matt, who in his first season bought a lot of energy and passion to giving the best experience for Nippers this season.

We hope you have all had a great season and will be back again next season - kick off October 2024!









BOARD TRAINING

Board Training has wrapped up and anyone keen to paddle has been jumping in for a social paddle on Friday afternoons. With Nippers finishing up for the season, so too does the social paddle as of Friday 1st March.

A huge thank you to our trainers, Trent, Frank, Andrew and Conor who have been so generous with their time this season. Also a shout out to all the rookies and parents who took care of water safety for us.

What a team! #TeamsMACS



Time to give back to your Club | How will you be involved?

Competition Corner with Brad Norman, Boat Manager

February saw all 3 crews compete at Ocean Beach for the Central Coast Branch Titles and then we headed to Lorne VIC and onto the State Champs!

SLSCC Branch Championships - Boats | 11 February 2024 @ Ocean Beach

On arrival conditions were suited to our Macs crews with Ocean Beach providing surf as good as it gets for surf boat racing! Both the Open Mens and Reserve Mens led their finals around the turn, with the Open Men just missing a wave in front of the crew behind to finish 2nd in a line finish.

Our Reserve Mens, the Fat Dads, were leading the final, but had to wait for a large set approaching and finished 4th in a line finish with crews behind catching the same wave.

The Macs Minis rowed in 2 divisions and won both! A great achievement stepping up to win the Reserve Women against some older stronger female crews.

RESULTS:

Open Mens: 2nd

Reserve Mens: 'Fat Dads' 4th
U19 Womens: 'Macs Minis'
Reserve Womens: 'Macs Minis'

AUSTRALIAN OPEN ASRL TITLES | 16-18 February 2024 @ Lorne, VIC

Following branch, our Open Mens and U19 Macs Minis travelled to Lorne, Victoria for the Australian Open ASRL Titles. Arriving in Lorne on the Thursday afternoon, our crews were greeted with large southern ocean swells off the Lorne Pier. Brad and Mick took both crews out to catch some large non breaking waves and riding them for about 500m! It was an experience of a lifetime for our younger rowers!

RESULTS:

Open Mens: showed a lot of improvement and just missed the cut after the Round Robin.

U19 Womens: Our Macs Minis rowed well across the weekend and missed out in the top 12 semi final on Sunday morning.

NEXT UP:

Our boat crews are onto the State Championships in mid March. *Goodluck to all our Club competitors!* PHOTOS: Richard Black









ANZAC DAY Thursday 25 April



ANZAC DAY Thursday 25 April 5pm under the flag pole

@ MacMasters Beach SLSC

All Welcome | Live Music | Bar Open Attendees are welcome to lay a wreath please email Vince at vinceroberts32@bigpond.com

Events & Competitions: **MARCH 2024:**

1 Macs Bar Open 5pm @ Macs

2 Macs Patrols AM: Patrol 10 | PM: Patrol 9

2 CC/Hunter Surf Boat Series 5 @ Swansea/Belmont

2-3 SLSNSW State Champs: Lifesaving @ Northern B

3 Macs Patrols AM: Patrol 2 | PM: Patrol 11

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

9 Macs Patrols AM: Patrol 12 | PM: Patrol 1

10 Macs Patrols AM: Patrol 4 | PM: Patrol 3

10 Nippers - final for the season 9:30am @ Macs

10 Macs Bar Open 4pm @ Macs

9-10 SLSNSW State Champs: First Aid @ Northern Bch

13-14 SLSNSW State Champs: Masters @Northern Bc

15 Macs Bar Open 5pm @ Macs

15-17 SLSNSW State Champs: U15-Opens @Nthn Bch

16 Macs Patrols AM: Patrol 8 | PM: Patrol 6

17 Macs Patrols AM: Patrol 7 | PM: Patrol 5

17 St Patrick's Day @ Macs Bar 4pm @ Macs

22 Macs Bar Open 5pm @ Macs

23 Macs Senior Club Champs TBA @ Macs

23 Macs Patrols AM: Patrol 9 | PM: Patrol 10

23 CC/Hunter Surf Boat Series 6 @ Terrigal

24 Macs Patrols AM: Patrol 11 | PM: Patrol 2

24 Nippers Presentation 2pm @ Macs

24 Macs Bar Open 4pm @ Macs

24 Dorsal Club to Club Ocean Swim @ Forster NSW

29 Macs Patrols AM: Patrol 4 | PM: Patrol 1

29 Good Friday - Public Holiday

29 Macs Bar CLOSED

30 Macs Patrols AM: Patrol 12 | PM: Patrol 3

31 Macs Patrols AM: Patrol 5 | PM: Patrol 7

31 Easter Sunday

APRIL 2024:

1 Macs Patrols AM: Patrol 8 | PM: Patrol 6

1 Easter Monday - Public Holiday

6 Macs Patrols AM: Patrol 10 | PM: Patrol 9

6 Metro/Country Surf Boat Champs @ Umina Beach

7 Macs Patrols AM: Patrol 1 | PM: Patrol 12

13 NSW School holidays

13 Macs Patrols AM: Patrol 2 | PM: Patrol 11

13-21 SLSA 'Aussies' @ Sunshine Coast QLD

14 Macs Patrols AM: Patrol 3 | PM: Patrol 4

14 Coogee Island Challenge Ocean Swim @ Coogee

20 Macs Patrols AM: Patrol 7 | PM: Patrol 6

21 Macs Patrols AM: Patrol 5 | PM: Patrol 8

25 Macs Patrols AM: Patrol 9 | PM: Patrol 10

25 ANZAC Day Service 5pm @ Macs

27 Macs Patrols AM: Patrol 2 | PM: Patrol 11

25 Macs LAST Patrols AM: Patrol 12 | PM: Patrol 1

MAY 2024:

25 Macs Senior Presentation TBA @ Macs

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:

 \rightarrow website









MacMasters Beach SLSC

2K likes · 2.4K followers

The club is a not-for-profit organisation managed 100% by volunteers. Funds raised are for the support of volunteer life saving activities and the upkeep of the club building and surrounds for members and local community groups.

\rightarrow instagram



1,029

1.314 Followers

302 Following

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



Support those who support us!

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





EXPERT DESIGN to get the most out of our club house

truenortharchitects.com.au





Beach Safety Equipment Fund

greenstonepartners

leading independent corporate advisory firm

our extraordinary surf boat sponsors





















Central Coast Council

always supporting our great little club

