

# Point Break

MacMasters Beach SLSC

September  
2024



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



## President's Report with Alison McNeill

### 2024/25 SEASON ABOUT TO KICK OFF!

Welcome to the start of the 2024/2025 season which is actually our 80th year!!

It has come around quickly but we have been working behind the scenes in preparation for the season ahead.

There will be many events organised to celebrate this milestone throughout the year, so please keep an eye out for information.

### ANNUAL GENERAL MEETING

We had our 79th AGM on the 18th August which saw the change of two directors. Thank you for all your hard work on the Board of Directors over the years **Michael Norman** and **Peter Roden**. Our new board members are:

- Director of Life Saving - **Daniel Hawkins**
- Life Member Representative - **Jan Sillato**
- Director of Education - **Warren Watkins**

We look forward to working with these individuals and the Board of Directors collectively, and we are grateful for their support, expertise and time.

### 2023-24 MACMASTERS BEACH SLSC ANNUAL REPORT

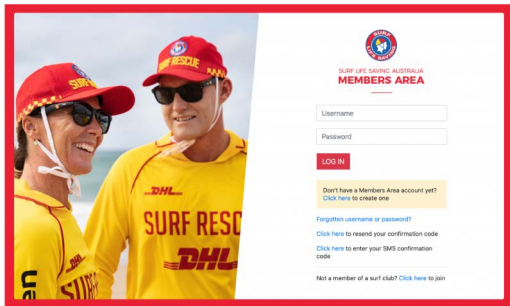
Our Annual Report was published and available on the website for your viewing, or you can pick up a copy at the club. *Thank you to Roger and everyone involved in producing this wonderful report.*



### RENEW YOUR REGISTRATION

For the upcoming season, any patrolling member, Active or Long Service, will receive their **membership for the subsidised rate of \$20.00 for the season.**

This is part of the 'Cost of Living Support Package', monetary allocation from Surf Life Saving NSW to assist Clubs across NSW and their members. Our most valuable asset, is our ability to maintain operational capability enabling us to keep our beaches safe and save lives. **It is our volunteers!**



**Renew your registration now | Join #TeamMACS**

**Macs Nippers - starts Sunday 13 October 9:15am**

## Presidents Report continued

### JOIN THE TEAM AT MACS - GIVE BACK TO YOUR COMMUNITY!

There are a few managerial positions we still need to fill this season, specifically our Uniform Manager and Technology Manager.

→ The **Uniform Manager** is responsible for the clothing for the club and Amanda is available to ensure a smooth hand over and teach you all she knows.

→ Our **Technology Manager** is a new role that we have created to do things such as help us keep our computers up to date, in working order and online along with ensuring supplies are available for the printer.

If you are able to assist with either role, please email [president@macmastersbeachslsc.com](mailto:president@macmastersbeachslsc.com)

**Let's have a wonderful 80th season! Alison McNeill - President**



### Technology Manager

- regular check ins on network and internet systems at Clubhouse
- keeping systems up to date and online
- audit and maintenance of hardware and software
- checks on AV set up, systems and maintenance
- contact for problem solving and technical assistance or outsourcing

CONTACT: Alison at [president@macmastersbeachslsc.com](mailto:president@macmastersbeachslsc.com) or 0402 314 542

**Volunteer - make a difference @ Macs SLSC**



### Macs Uniform Manager

- customer service and communication
- stock ordering and control including stocktake
- coordinating the merchandise pop up shop at Club
- liaison with, and purchasing from stocklists
- need varies throughout the season with busy periods
- position lends itself to a shared role | training provided

CONTACT: Alison at [president@macmastersbeachslsc.com](mailto:president@macmastersbeachslsc.com) or 0402 314 542

**volunteer - make a difference @ Macs SLSC**

# believe

# PROPERTY

# Gotcha4Life 24 Hour Row!

R U OK? Day, World Suicide Prevention Day, Gotcha4Life - the common thread is encouraging every day and open conversations to change the narrative around mental health and suicide. We can all do this by raising awareness for mental fitness, openness, understanding and supporting those around us.

Over last weekend, the Macs community came together for the 24-Hour Row. We did something pretty special with an incredible 24 hours of digging deep on the machines, unwavering support, raising awareness and funds and a whole lot of love and good vibes.

No one has to worry alone and Macs Beach SLSC and Macs Own Board Riders want to make sure you know that and that we are here to support anyone who needs. So keep checking in, keep asking R U OK? and keep connecting.

Here are some of the stats from the Macs Gotcha4Life 24 Hour Row:

- 12pm Saturday through to 12pm Sunday
- 8 rowing machines
- Over 150 people had a row, from 4 year olds to 88 year olds!
- Over 1000km rowed in total
- Over \$7000 raised for Gotcha4Life
- \$350,000 raised nationally for the Gotcha4Life foundation
- 9 people take their lives each day
- **We want to make that zero**

#gotcha4life #ruok #teammacs #macsownboardriders #macsslsc



## Gotcha4Life Foundation Impact in 2023



2,557  
workshops delivered



98,998  
face to face mental fitness  
workshop participants



300,000+ hours  
of building mental fitness in  
the community

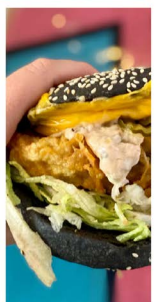
## MACS BAR OPEN!

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

# Our mission is to save lives.

If we can't see you, we can't save you – Always swim between the red and yellow flags

## Member Matters with Elaine Hodgkinson

As we tumble into spring, we start gearing up for another summer season.

### REGISTRATION 2024/25

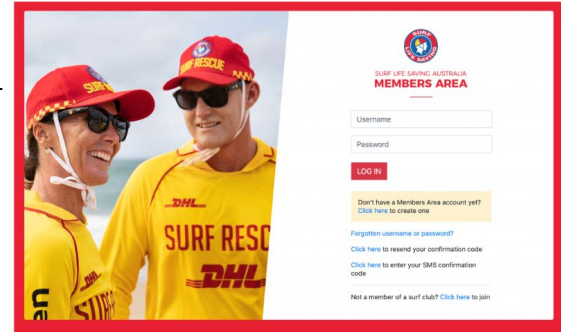
Firstly I would like to thank everyone who came down for Registration Day on August 18th. I know I will miss some people and my apologies but thank you to Amanda, Amie, Suzie, Lyn, Jono, Alison, Nadine and Matt for all you did in the background or on the day.

### WELCOME!

Welcome to new families and welcome back to our renewing members - we look forward to seeing you around the club.

**Nippers starts Sunday 13th October at 9.15am** in the club house, if you are intending to register on the day or buy uniforms please get there early as there will be a presentation in the clubhouse for all.

If you are already a member - renew online via the Member Portal →



### DATES AND EVENT:

A few key dates for the diary include:

- Proficiency Swim for Nippers at Kerta Rd - Sat 21st Sept 10:30am-2pm
- Raising of the Flags for Rookies - Saturday 28th September
- Nippers commences - Sunday 13th October 9:15am @ Macs

### STAY ON TOUCH:

Be sure to follow Macs SLSC on social media platforms to find out all the latest news, events and dates:

FACEBOOK: [facebook.com/macmastersbeachsurfclub](https://facebook.com/macmastersbeachsurfclub)

INSTAGRAM: [instagram.com/macmasters\\_beach\\_slsc/](https://instagram.com/macmasters_beach_slsc/)

### COMMUNICATION AND INFORMATION:

We will be emailing all our Nipper and Rookie families in the coming weeks with key information and asking for your assistance. Please take the time to read it and consider how you could help Nippers run as smoothly as possible - any help, big or small, is greatly appreciated.

## MACMASTERS BEACH SLSC Nippers 2024-25 | Dates + Events

21 Sept	Proficiency Swims - Kerta Rd 10:30am-12pm
28 Sept	Raising of the Flags @ Terrigal
13 Oct	First Macs Nippers session - 9:15am
19 Oct	SLSCC Carnival U12 - Opens @ Terrigal
20 Oct	Macs Nippers - 9:30am
26 Oct	SLSCC Carnival U9s - U11s Water only
3 Nov	SLSCC Carnival - traditional
9-10 Nov	Newcastle Permanent Iron Person

nippers@macmastersbeachslsc.com

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

# Competition Corner *with Nadine Norman*

## SLS WORLD TITLES

An amazing effort by our **Reserve Grade Mens Crew the Fat Dads**, who took home the Silver Medal at the SLSA World Titles at the end of August. The crew were the only Macs representatives at the WLS Titles and did it in style.

Some tough competition and a great experience competing against some of the top Australian crews and crews from across the World. Well done to **Brad, Mark, Jimmy, Craig and Wade** and thanks for kickstarting our season in style!

## NIPPERS

The Nipper season is kicking off on the 13th October and we are looking forward to having familiar faces and families back in the club, as well as welcoming a range of new families, Nippers and members into Team Macs!

Keep watching socials for updates and information on carnival dates and board training.

MACS FB: [facebook.com/macmastersbeachsurfclub](https://www.facebook.com/macmastersbeachsurfclub) | MACS INSTA: [instagram.com/macmasters\\_beach\\_slsc/](https://www.instagram.com/macmasters_beach_slsc/)

## MACS MASTERS

→ *Save the date for our Masters Carnival at Macs*

We will be hosting the first Masters carnival for the season on Saturday the 16th of November. Let's see if we can get a strong group of competitors together for the event.



## MACMASTERS BEACH SLSC

### 2024-25 Education | Courses | Requals

#### Surf Rescue Certificate | Bronze Medallion

5PM FRI 27 SEPTEMBER - Intro & Course Registration

5PM FRIDAYS - Theory sessions

8:30AM SATURDAYS\*/SUNDAYS\* - Practical sessions

\*based on availability | @ Macs Clubhouse

#### IRB Driver and Crew Course

commencing 8AM SUNDAY 29 SEPTEMBER

New & Re-qualification courses

8am Sundays | @ Macs Clubhouse

#### Radio Operators Course

5PM FRIDAY 4 OCTOBER @ Macs Clubhouse

to register for any of the courses please email:  
[education@macmastersbeachslsc.com](mailto:education@macmastersbeachslsc.com)

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# Events & Competitions:

## SEPTEMBER 2024:

- 27 COURSE: Bronze|SRC - Intro|Rego 5pm @ Macs
- 27 Macs Bar open from 5pm @ Macs
- 28 2024/25 Patrol Season kicks off
- 28 Raising of the Flags - Rookies 9am @ Terrigal
- 29 COURSE: IRB Driver/Crew 8:00am @ Macs
- 29 COURSE: Bronze|SRC - Practical 8:30am @ Macs
- 29 Macs Bar open from 4pm @ Macs

## OCTOBER 2024:

- 4 COURSE: Bronze|SRC - Theory 5pm @ Macs \*TBC
- 4 Macs Bar open from 5pm @ Macs
- 4 COURSE: Radio Operators 6:30pm @ Macs
- 6 COURSE: IRB Driver/Crew 8:00am @ Macs
- 6 COURSE: Bronze|SRC - Prac 8:30am @ Macs \*TBC
- 6 Macs Bar open from 4pm @ Macs
- 7 Labour Day - long weekend
- 11 COURSE: Bronze|SRC - Theory 5pm @ Macs \*TBC
- 11 Macs Bar open from 5pm @ Macs
- 13 COURSE: IRB Driver/Crew 8:00am @ Macs
- 13 COURSE: Bronze|SRC - Prac 8:30am @ Macs \*TBC
- 13 Macs Nippers commences 9:15am @ Macs
- 13 Macs Bar open from 4pm @ Macs
- 18 COURSE: Bronze|SRC - Theory 5pm @ Macs \*TBC
- 18 Macs Bar open from 5pm @ Macs
- 19 SLSCC Carnival U12-Opens @ Terrigal
- 20 COURSE: IRB Driver/Crew 8:00am @ Macs
- 20 COURSE: Bronze|SRC - Prac 8:30am @ Macs \*TBC
- 20 Macs Nippers 9:30am @ Macs
- 20 Macs Bar open from 4pm @ Macs

- 25 Macs Bar open from 5pm @ Macs
- 25 COURSE: Bronze|SRC - Theory 5pm @ Macs \*TBC
- 26 SLSCC Mini-Carnival U9-11 @ Toowoona Bay
- 26 CC/Hunter Boats - Round 1 @ Stockton
- 27 COURSE: IRB Driver/Crew 8:00am @ Macs
- 27 COURSE: Bronze|SRC - Prac 8:30am @ Macs \*TBC
- 27 Macs Nippers 9:30am @ Macs
- 27 Macs Bar open from 4pm @ Macs

## NOVEMBER 2024:

- 1 Macs Bar open from 5pm @ Macs
- 2 SLSCC Board & Ski U14-Opens R1 @ Umina
- 3 Macs Nippers 9:30am @ Macs
- 3 SLSCC Carnival - Nippers @ Avoca
- 3 Macs Bar open from 4pm @ Macs
- 8 Macs Bar open from 5pm @ Macs
- 9 CC/Hunter Boats - Round 2 @ Fingal Bay
- 9-10 NP Iron Person series @ The Lakes
- 10 Macs Nippers 9:30am @ Macs
- 10 Macs Bar open from 4pm @ Macs
- 15 Macs Bar open from 5pm @ Macs
- 16 SLSCC Carnival Masters @ Macs
- 17 Macs Nippers 9:30am @ Macs
- 17 Macs Bar open from 4pm @ Macs
- 22 Macs Bar open from 5pm @ Macs
- 23 SLSCC Infront Surf Slam U14-Opens @ Avoca
- 24 Macs Nippers 9:30am @ Macs
- 24 Macs Nippers Club Champs #1 @ Macs

### COMPETITION LINKS:

- 2024/25 Macs SLSC Nipper Calendar TBA
- [2024/25 SLSCC Surf Sports Calendar](#)
- [2024 SLSNSW Surf Sports and News](#)

# Connect with MacMasters Beach Surf Life Saving Club:

→ website

→ facebook

→ instagram



## 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.



1,029 Posts, 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](http://www.macmastersbeachslsc.com)



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