

Point Break

MacMasters Beach SLSC

Nov/Dec
2024



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



President's Report *with Alison McNeill*

SUMMER HAS OFFICIALLY STARTED!

We have had a great start to the season, with lots more to come. Our patrols report that people are swimming between the flags which makes their jobs easier. Board training has been revamped and so many of our members are out enjoying the surf. Nippers have been busy on the beach and at carnivals.

Thank you to all involved!

Read on for all the news and information...

CHRISTMAS CELEBRATIONS AT MACS!

Our Christmas celebration is on Sunday 15th December - we are looking forward to catching up with everyone down at the club. **Everyone is welcome to attend!**

The Nippers get a free sausage sandwich, and the Duke of Edinburgh Gold participants are fundraising for their trip with a BBQ and other items for sale.

MACS MEMBERSHIPS

Your membership MUST be paid now. It is still only \$60 for 15s and over. If you are patrolling on our beach, you need to be paid for the current season or your hours are not be able to be entered and you will be 'archived' by SLSNSW.

Please pay through your <https://members.sls.com.au> portal.

**Catch you down at Macs -
between the flags,
on the beach or in the bar!**
Alison McNeill - President



Christmas *at Macs*
Nippers style
You're invited to celebrate Christmas
at MacMasters Beach SLSC
Sunday 15th December 2024

- 3:30pm Twilight Nippers
- 4:30pm Macs Santa pops in!
- 5:00pm Volunteer drinks
- 5:00pm Nippers sausage sizzle
**Nippers eat free! Gold Duke of Ed fundraiser
- 5:15pm Jono's Rip demonstration
- 6:00pm Carols

Looking forward to
celebrating
with you!
ALL WELCOME!



Celebrating 80 years of MacMasters Beach SLSC

Christmas Celebrations from 3:30pm Sun 15 Dec

MacMasters Beach SLSC

Famous...

Prawn & Oyster Function

4th January 2025 - 12pm

\$70 per person



Limited to
120
people

Menu: Prawn & Oyster /Chicken and Salad

Major Raffle Draw Cempedak Resort Holiday

- ONLINE BOOKINGS ESSENTIAL -

PURCHASE: go to macmastersbeachslsc.com
click on the donation button | choose **donation**
add ***Prawn & Oyster tickets*** in payment description

SEATING: please email fundraising@macmastersbeachslsc.com
with your **name**, contact **phone number** and **table preference**



Donation

Make a donation to
MacMasters Beach SLSC

be lie

PROPERTY

Across the Bar with Tommy Gaskey

THE BAR IS OPEN ...

The bar is open Friday and Sunday nights throughout the year, so come down and have a drink, a chat and watch the water and enjoy the sunset.

THANK YOU!

Thank you to all the amazing bar volunteers and duty managers!!

VOLUNTEERING IN THE BAR

We will always welcome new volunteers with open arms and provide training and support. Please contact Tommy at barmanager@macmastersbeachslsc.com or have a chat at the bar, if you are interested.



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

Member Matters with Elaine Hodgkinson

I can't believe we are nearly at the end of the year. With nipper season well underway I would like to thank everyone who has stepped up to take on positions or just offered to help, *you are very much appreciated!*

TWILIGHT NIPPERS

The last nippers of the season will be a Twilight Nippers session on Sunday 15th December starting at 3.30pm to give our Nippers competing at the carnival time to get back.

It will be a great afternoon of fun, food and festivity!

The BBQ will be run by our Gold Duke of Edinburgh kids, fundraising for their trip so please support them - all our Nippers will receive a free sausage sandwich.

From 4.45pm onwards, Santa will pop in followed by Jono's rip demonstration then carol singing at 6pm.

The bar and cafe will also be open.

Everyone is welcome and we hope to see you all down at Macs for some Macs Christmas spirit!

NIPPERS RETURNS 15 JANUARY 2025

Following our twilight Nippers, we will start back on 12th January. Change of time for January Nipper session - starting at 8.30am to avoid the heat and visitors to our beach.

RECYCLING SLS UNIFORMS

As part of a recycling initiative SLSNSW has teamed up with Blocktexx to recycle old uniforms. A large box will be left down by the patrol shed if you have any pieces of SLS uniform you no longer need. We will of course check for anything we can reuse and then the rest will go to SLSCC.



Christmas *at Macs*
You're invited to celebrate Christmas
Nippers style
at MacMasters Beach SLSC
Sunday 15th December 2024

- 3:30pm** Twilight Nippers
- 4:30pm** Macs Santa pops in!
- 5:00pm** Volunteer drinks
- 5:00pm** Nippers sausage sizzle
***Nippers eat free! Gold Duke of Ed fundraiser*
- 5:15pm** Jono's Rip demonstration
- 6:00pm** Carols

Looking forward to
celebrating
with you!
ALL WELCOME!

RECYCLING OUR OLD SLS UNIFORMS

MacMasters Beach SLSC has teamed up with SLSCC and SLSNSW to recycle unwanted, unused and old Patrol/Official/Age Manager Shirts, Club Swimmers and Caps, Water Safety Rashies and Hi-Vis safety singlets.

Please leave any clean items in the large plastic box that will be kept at the clubhouse.

All items will be checked first to see if we can reuse them.

Visit www.blocktexx.com/technology to see how your old uniforms are recycled



*Keep an eye on the socials
for all upcoming events
and notifications.*

facebook
Instagram

MACMASTERS BEACH SLSC Nippers 2024-25 | Dates + Events

15 Dec SLSCC Carnival - traditional @ Terrigal

15 Dec Macs Twilight Nippers

12 Jan Macs Nippers returns 8:30am [early]

12 Jan SLSCC Carnival - Teams @ Killcare

26 Jan Combined Nippers @ Macs SLSC

2 Feb Macs Nippers - back to 9:30am start

2 Feb Macs Nippers Club Champs #2

15-16 Feb SLSCC Branch Championships @ Avoca

Competition Corner *with Nadine Norman*

It has been a huge month for competitions and our competitors!

All divisions for the club have taken part in carnivals and some great results to show for it.

A huge acknowledgement for our Junior competitors who have been incredibly determined and supportive of their racing and each other. #TeamMACS

MASTERS CARNIVAL AT MACS

We held a Masters carnival at Macs and I want to thank everyone who was involved. It was a great day and a lot of fun. A call for help went out and we had a great group volunteers for setup, water safety, officials, SEMC and pack down. Thank you all for your support - it made for a very smooth carnival with a load of compliments on the day.

BOAT CREWS IN ACTION

The boats have been back in the water at two carnivals on the Northern Beaches. With two crews competing so far. Check out the Boat Crew section for a full report and some action shots!



CONGRATULATIONS TRENT MARTIN

A special mention to Trent Martin for his efforts in fundraising and paddling 100km overnight in the Hawkesbury Classic. Not only was Trent the first to complete the course, but he also raised a huge amount of money for the Arrow Bone Marrow Transplant foundation!



OFFICIALS COURSE

We have had one new official join our ranks - congratulations **Rheannon!**

An officials course will be held at Macs in the coming weeks - please watch emails and socials for details.

BOARD TRAINING

Trent has been building up a great group at board training and Fridays are a great vibe with a BBQ after some sessions. #TeamMACS

A reminder that Board Training is on Wednesdays and Fridays at 4.15pm for U9s and up.

For U8s, they are welcome to attend on Fridays with parent supervision and Water Safety in the surf.

There is also an adults session on Friday at 5.15pm. We've loved the mix of mums, dads and club members jumping on board here.



FEELING IT #TEAMMACS

It's been such a positive start to the season and thanks to all for getting involved from the Nippers, to the parents and each and every member of the club - its buzzing @ Macs!

Celebrating 80 Years! *with Nadine and Nerida*

We are in our 80th season and have some incredible celebrations coming up. We would love everyone to save the following dates:

Saturday 4 January - 80 Lifesavers on patrol for 80 minutes

Saturday 22 March - for our Junior and family event

7/8 June (long weekend) - for our Club Gala Dinner

More details to come and if you would like to be involved, please chat with Nerida or Nadine.



Competition Corner *with Nadine Norman*

U9-U11 WELCOME TO SURF SPORTS CARNIVAL | 26 October 2024 @ Terrigal SLSC

U9 - Luca L - Silver: Board

U11 - Abel M - Bronze: Swim, Bronze: Board

SLSCC BOARD AND SKI SERIES - ROUND 1 | 2 November 2024 @ Umina SLSC

Open Male - Trent - Gold: Ski

TRADITIONAL NIPPER CARNIVAL | 3 November 2024 @ Avoca SLSC

U8s - our U8s group walked away with a bundle of ribbons from the day - *well done at your first carnival!*

U9 Girls - Silver: Beach Relay: Darcey, Tilly, Michaela + Zara | Bronze - Surf Team: Rita, Zara, Michaela + Tilly.

U12 Female - Caroline - Gold: Beach Flag, Silver: 1km Run and Bronze: Surf Race

U13 Male - Mason - Bronze - Beach Sprint | a solid number in the top 10 placings!

MASTERS CARNIVAL | 16 November 2024 @ MacMasters SLSC

Masters - MacMasters 2nd overall!

30-39 Years Male - Trent - Gold: Single Ski, Surf Race, Board Race, Ironperson

30-39 Years Female - Nadine - Bronze: Surf Race

40-49 Years Male - Adam - Gold: Single Ski, Board Race, Ironperson, Beach Sprint, Beach Flags

50-59 Years Male - Todd - Silver: 2km Beach Run

50-59 Years Female - Chloe - Gold: Surf Race | Chloe was 3rd overall for females of all age groups!

Susan - Gold - 2km Beach Run | Kim - Silver: 2km Beach Run, Surf Race, Bronze: Beach Flags, Beach Sprint

60-69 Years Female - Lyn - Gold: Beach Flags, Beach Sprint, 1km Beach Run | Jan - Bronze: Beach Flags

70-79 Years Male - Garron - Gold: Surf Race, 1km Beach Run, Beach Sprint | Silver: Beach Flags

Gold: Female Beach Relay: Lyn, Kim, Susan + Jan | Gold: Male Beach Relay: Frank, Garron, Peter + Bruce



Mac's Boat Crew with Brad Norman

BOATS CARNIVAL - S/NB SERIES ROUND 1

| 2 November 2024 @ Freshwater Beach

November saw our Boat Carnivals commence with Round 1 at Freshwater in Sydney's Northern Beaches.

Our Open Mens and Reserve Mens crews competed in wet and windy conditions, with both crews put in some strong rows to kick start the season carnivals.

BOATS CARNIVAL - S/NB SERIES ROUND 2

| 17 November 2024 @ Freshwater Beach

Our second round of competition saw our Open Mens and Reserve Mens crews compete at Newport in Sydney's Northern Beaches in tough conditions. Racing was held off until a 10am start due to heavy shore break and rough conditions.

Our Open Men put in some good racing and improved with each race. Our *Fat Dads* Reserve Men came away with a win, winning 3 out of their 4 races.

Looking into December we have the **Australian Short Course Championships** being held at Ocean Beach from Friday the 6th December and commencing with our Open Men racing in the Australian Team Trials.

Saturday will see our Reserve Men race in the Short Course Championships and the Sunday will have the Open Men racing in the Short Course Championships.

Good luck to both crews in what will be a tough weekend of racing.

→ Photos courtesy of Richard Black and Darryl Bullock



In the Macs IRB with: Amie Graham

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 Amie Graham who is our Junior Registrar at Macs.

How long have you been a member at Macs SLSC?

AG: I have been involved in MacMasters SLSC since 2007.

What first attracted you to Macs Beach SLSC?

AG: We moved to Macs back in 2004 and got involved in the club as our children did Nippers.

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

AG: I was the Rookie Coordinator, many years back and am currently the Junior Registrar.

Strangest place you have swum?

AG: A cenote in Mexico, just amazing - but also a bit strange.

Favourite footy team?

AG: Born in Newcastle so it's the Knights for me.

Favourite SLSC competition event?

AG: Flags, love how tense it gets at the final challenge!

Preferred beverage from the Macs Beach Bar?

AG: Depends on the day, but I don't say no to a glass of red (not even very fussy) Shiraz or Cabernet Sauvignon.

Favourite menu item on the Macs Beach Cafe menu?

AG: Fish Tacos.

What do you enjoy most about Macs?

AG: It is a great community vibe at the club and I like that all the kids come from different schools so it encourages new friendships, for both the children and the parents/families.



*Now you know a little bit more about Amie have a chat
- you will find her between the red and yellow flags!*

Education and Training with Warren Watkins

REQUALS DEADLINE - 8 DECEMBER 2024

All requals for qualified members were required to be completed by the end of November but with many of our members still to complete their Bronze and SRC requalifications the Education Team have generously extended this time frame to Sunday 8th December 2024.

This will allow the team enough time to submit paperwork to Branch for requalifications to be processed.

Bronze Medallion Holders will need to complete the entire Bronze component being:

Online theory | CPR | Carries - spinal and conscious Board Rescue | Run/ Swim/Run | Signals | Radio

Each Patrol Captain has the ability to sign off members for their requals for the practical components. So please head down to requal during patrol hours over the next two weekends.

For any questions please contact our team on education@macmastersbeachslsc.com

→ **The 8th December is a firm cut off.**

MACMASTERS BEACH SLSC
2024-25 Education | Courses | Requals

- Surf Rescue Certificate | Bronze Medallion**
5PM FRIDAYS - Theory sessions
8:30AM SATURDAYS*/SUNDAYS* - Practical sessions
*based on availability | @ Macs Clubhouse
- IRB Driver and Crew Course**
New & Re-qualification courses 8am Sundays | @ Macs
- First Aid Course - HLTAID011**
8:30am for 9am SATURDAY 30 NOVEMBER - First Aid
\$70 members | \$100 non-members @ Macs Clubhouse
- Requalification for Bronze Medallion**
DURING PATROLS *ongoing with the support of endorsed subject matter experts and trainers
run-swim-run | rescue scenarios | patient carries | resuscitation
Important: must complete online Skills Maintenance component for sign off
Saturdays and Sundays | @ Macs Patrols
to register: education@macmastersbeachslsc.com

v4

Events & Competitions:

DECEMBER 2024:

- 6 Macs Bar open from 5pm @ Macs
- 6-7 Summer of Surf @ Swansea Belmont
- 6-7 Surf Boat National Short Course @ Ocean Beach
- 7 Macs Patrols AM: Patrol 6 | PM: Patrol 5
- 8 Macs Patrols AM: Patrol 1 | PM: Patrol 3
- 8 Nippers 9:30am @ Macs
- 8 World Nipper Champs @ Swansea Belmont
- 8 Macs Bar open from 4pm @ Macs
- 13 Macs Bar open from 5pm @ Macs
- 14 Macs Patrols AM: Patrol 2 | PM: Patrol 11
- 14 SLSCC Board & Ski U14-Opens R2 @ Nth Entrance
- 15 Macs Patrols AM: Patrol 7 | PM: Patrol 12
- 15 SLSCC Carnival - Nippers @ Terrigal
- 15 Twilight Nippers - last session 3:30pm @ Macs
- 15 Christmas Celebrations from 3:30pm @ Macs
- 20 Macs Bar open from 5pm @ Macs
- *Extended Beach Patrol 9am to 6pm*
- 21 Macs Patrols AM: Patrol 4 | PM: Patrol 5
- 22 Macs Patrols AM: Patrol 9 | PM: Patrol 10
- 22 Macs Bar open from 4pm @ Macs
- 25 Christmas Day - Merry Christmas!
- 25 Macs Patrols AM: Volunteer | PM: Volunteer
- 26 Boxing Day
- 26 Macs Patrols AM: Patrol 2 | PM: Patrol 11
- 27 Macs Bar open from 5pm @ Macs
- 28 Macs Patrols AM: Patrol 12 | PM: Patrol 1
- 29 Macs Patrols AM: Patrol 4 | PM: Patrol 3

29 Macs Bar open from 4pm @ Macs
31 New Years Eve!

JANUARY 2025:

- 1 Macs Patrols AM: Patrol 5 | PM: Patrol 6
- 3 Macs Bar open from 5pm @ Macs
- 4 Macs Patrols AM: Patrol 7 | PM: Patrol 8
- 4 80 Patrol members for 80 minutes @ Macs
- 4 Race One Junior Ironperson @ Wamberal
- 4 Macs Prawn & Oyster Lunch 12pm @ Macs
- 5 Macs Patrols AM: Patrol 11 | PM: Patrol 2
- 5 Macs Bar open from 4pm @ Macs
- 10 Macs Bar open from 5pm @ Macs
- 11 Macs Patrols AM: Patrol 9 | PM: Patrol 10
- 12 Nippers returns - early 8:30am @ Macs
- 12 Macs Patrols AM: Patrol 1 | PM: Patrol 12
- 12 SLSCC Carnival - Teams @ Killcare
- 12 Macs Bar open from 4pm @ Macs
- 17 Macs Bar open from 5pm @ Macs
- 18 Macs Patrols AM: Patrol 3 | PM: Patrol 4
- 18 SLSCC/Hunter Surf Boats - Rd 5 @ Ocean Beach
- 19 Nippers - early 8:30am @ Macs
- 19 Macs Patrols AM: Patrol 2 | PM: Patrol 11
- 19 Macs Bar open from 4pm @ Macs
- 24 Macs Bar open from 5pm @ Macs
- 25 Macs Patrols AM: Patrol 8 | PM: Patrol 7
- 26 Australia Day
- 26 Macs Patrols AM: Patrol 10 | PM: Patrol 9

COMPETITION LINKS:

- [2024/25 Macs SLSC Nipper Calendar](#)
- [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 | Our Club | Lifesaving | Education | Activities | Competition | Membership

Support Your Club, donate online

Make a donation today - Click Here!

Latest News

Point Break Dec 2023

Point Break Nov 2023

MacMasters Beach SLSC 2418 followers

MacMasters Beach SLSC 22 hours ago

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 U19 Women @macs menos for taking out 5th!

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

MacMasters Beach SLSC

2K likes • 2.5K 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.

1,201 posts | 1,378 followers | 314 following

MacMasters Beach SLSC
Community Organization
Celebrating 80 Years
A Surf Club Established in 1945 on the Central Coast of NSW and operated by volunteers.
100 Marine Parade, Macmasters Beach
www.macmastersbeachslsc.com

RENEW YOUR REGISTRATION open til 25 OCTOBER discounted to \$20

WEDNESDAY SESSION 18/10 BOARD TRAINING IN THE LAGOON At 4.15pm

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

**JD'S
FAMILY
AUTOMOTIVE**



**TRUE N^oRTH
ARCHITECTS**

EXPERT DESIGN
to get the most out of our club house

truenortharchitects.com.au



greenstonepartners
A leading independent corporate advisory firm

our extraordinary surf boat sponsors



freewater
PLUMBING PTY LTD

Lic No. 161568C
Plumbers - Drainers
Gasfitters - Rainwater Tank Installation

M: 0410 654 643
E: info@freewaterplumbing.com.au
www.freewaterplumbing.com.au



from
LooLoo's
with love

**LooLoo's
Coffee Shack
& Warehouse**
making our
Boat Crews
and Masters
look even better!

MacMasters & Kincumber



**RESINC
SOLAR**



FORTUNITY
CHARTERED ACCOUNTANTS • FINANCIAL PLANNERS



always
supporting
our great
little club

