



**MID NORTH
COAST**

HIGH-TIDE

*Official newsletter of
Surf Life Saving Mid North Coast*

President's Message



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Country Branches Reunion

The annual Newcastle Permanent SLSMNC Awards of Excellence was held at Tacking Point SLSC on Saturday 18th June. It was an almost packed house with members attending from the various clubs. Special guests included the Hon. Leslie Williams MP and Newcastle Permanent representatives Samantha Cullen and Bob Higham. A huge thanks goes to Newcastle Permanent for their continued support over almost 20 years. I would also like to wish Bob all the best on his retirement and thank him personally for the support he has shown to the MNC Branch, its Clubs and members. We also celebrated the induction of three more life members who received their Life Member pins on the night - Gary Hawkins, Kim Rayner and Paul Rayner. Congratulations to all three who continue to put in an extraordinary amount of effort each season. Thank-you to those who assisted in any way with the organisation. It is great to see so many people were involved in making the night a success.

Yours in surf life saving,

Rod McDonagh

**President
Life Member
SLSMNC**



SLSMNC NEWCASTLE PERMANENT AWARDS OF EXCELLENCE

Major Award Winners

- CLUB OF THE YEAR - TACKING POINT SLSC



Tacking Point SLSC is the recipient of the 2021/22 Club of the Year. This season, as with most Clubs, Tacking Point had many hurdles they had to jump through. This included COVID-19, member retention and poor weather conditions. TPSLSC put their members at the forefront of its decision-making through member engagement and feedback. This proved to be a positive experience for both the members and the committee who were able to work together to set important goals for the Club moving forwards.

- SURF LIFESAVER OF THE YEAR - JOSH LAWRENCE TACKING POINT SLSC

Josh is a brilliant ambassador for Surf Lifesaving and TPSLSC's UAV Coordinator. This season he completed 43.5 patrolling hours. Not only does he patrol, but he also volunteers to help with nippers, does water safety at carnivals, volunteers in emergencies when needed as in the floods and helps out at Branch carnivals. This season when Josh realised that his club was short on Patrol Captains, he took the initiative and put up his hand to take on this more senior role and is the youngest Patrol captain at TPSLSC. He also gained his RWC award and is now a part of the SLSMNC Support Operations Team.



- VOLUNTEER OF THE YEAR - SANDRA SLATTERY TACKING POINT SLSC

Sandra, seen here receiving her award from the Honorable Leslie Williams, is not only the Director of Finance at TPSLSC but also the SLSMNC Director of Surf Sports. As a Trainer and Official, one of her main strengths is her ability to engage those around her and pull everyone together as a team. This season saw Sandra implement new bar systems for TPSLSC install a new till system and streamline procedures. In her role as Director of Surf Sports, she organised all branch carnivals as well as officiated SLSNSW Country Championships. She is currently working towards gaining her Senior Officials Accreditation. Sandra also won this award in the 2019/20 season.





YOUNG LIFESAVER OF THE YEAR
Erin Cook - SWRSLSC

Erin is the SWRSLSC IRB Captain. She completed 60 patrolling hours this season as well as assisted in call-outs as a trainee member of the SWR Call-Out Team.



YOUNG VOLUNTEER OF THE YEAR
Georgia Gaddes- SWRSLSC

Georgia is the SWRSLSC Youth Committee Member. She completed 51.75 patrolling hours this season. Georgia was selected to be a facilitator for the YOM program.



ROOKIE OF THE YEAR
Flynn Charge - WBHSLSC

Flynn gained his Bronze Medallion on the 2021/22 season. He made a positive impact on his club and also competed for WBHSLSC in surf boat rowing.



FACILITATOR OF THE YEAR
Kim Rayner - TPLSCL/PMSLSC

As the SLSMNC Director of Education, Kim facilitated over 50 awards this season. She provides training and support for all clubs and members within the MNC Branch.



TRAINER OF THE YEAR
Brienna Elford - SWRSLSC

Brienna is the SWRSLSC Director of Lifesaving. This season she was part of the SWRSLSC Education Team as well as being the mentor for the probationary trainers at MSHSLSC.



ADMINISTRATOR OF THE YEAR
Vicki Thomas - SWRSLSC

Vicki is the SWRSLSC Director of Administration. This season saw her sit on additional committees such as the IRB Championship Organising Committee, and Constitution Committee. Vicki also organised a successful Club Presentation



COACH OF THE YEAR
Adam Smith - WBHSLSC

Adam has reinvigorated the training at WBH this season. He organised training sessions for parents of Nippers to become more confident in the water to hopefully gain their BM.



OFFICIAL OF THE YEAR
Mick Lang - TPLSCL

Mick is a senior official whom this year officiated at all levels of competition across various disciplines. He is renowned in surf boats and was the referee for the surf boat competition at Aussies 2022.



SUPPORT OPERATIONS OF THE YEAR
Kim Rayner - TPLSCL/PMSLSC

Kim is an integral part of the SLSMNC Support Operations Team. This includes roles as Duty Officer and the Branch representative at the Local Emergency Management meetings.



MASTERS ATHLETE OF THE YEAR

Raelene Myers - PMSLSC

Raelene is a gun competitor who once again this year showed her ability in the surf sports arena. Winning medals at all levels of competition, across multiple disciplines.



SURF SPORTS TEAM OF THE YEAR

The Gun Mums - PMSLSC

In their first season of surf boat rowing The Gun Mums competed in the North Coast Boat Series, semi-finals Collaroy Young Guns, quarter-finals ASRL Open, semi-finals State Titles and semi-finals at Aussies.



YOUNG ATHLETE OF THE YEAR

Nick Caldwell - PMSLSC

Nick achieved some great results this season at both Branch and State carnivals. He was also selected to be part of the SLSMNC Interbranch team.

SLSMNC 2021/22 SEASON STATISTICS

2,337 - Total Active Members within the 8 Clubs

22,733 - Patrol Hours

121,519 - Public Attendances at MNC Beaches

65 - Rescues performed

4,273- Preventative Actions

51 - First Aid Treatments

2,461 - Awards Gained by Junior + Senior Members

2,310 - Proficiencies by Junior + Senior Members

282 - Member Transfers

395 - Beach Closure Hours

TOP 10 FEMALE/MALE PATROL HOURS

Brienna Elford - SWR - 150.8

Brieanna Rumsby - CH -114

Vicki Arndell - HH - 857.5

Cate Dwyer - CH - 85

Kim Rayner - PM/TP - 83

Michelle Butt - WBH - 77.5

Natalie Mealing - HH - 76

Michelle Garvan - CH - 74.5

Kate Barnett - HH - 73

Tammy Dawson - HH - 68

Paul Ruddock - HH - 216

Tony Worton - CH - 174.5

Tony Wright - PM - 153.2

Rob McCue- PM 142

Ben Hosick - CH - 124.3

Matt Worrall - KCH - 117

James Langley - CH - 104.5

William Hosick - CH -98.5

Rex O'Rourke - PM - 93.06

Terry Mawer - PM - 92

SLSMNC 2021/22

SURF SPORTS POINTSCORE AND AWARDS

OVERALL AWARDS

A.J Hayes OAM Shield for Overall Pointscore

- 1st - PMSLSC - 374 points
- 2nd - WBHSLSC - 92 points
- 3rd - TPSLSC - 22 points
- 4th - HHSLSC - 12 points
- 5th MSHSLSC - 11 points

JAC Pointscore

- 1st - PMSLSC - 700 points
- 2nd - TPSLSC - 272 points
- 3rd - WBHSLSC - 127 points
- 4th - HHSLSC - 59 points
- 5th - CHSLSC - 5 points
- 6th - MSHSLSC - 4 points

J.H Brown Shield for Water Events

- 1st - PMSLSC - 211 points
- 2nd - WBHSLSC - 52 points

Bob 'Beaurepaire' Smith Memorial Award for Outstanding Competitive Performance

Debrah Bartlett - PMSLSSC

Bill Balkin Shield

Surf Boat Pointscore

The Gun Mums - PMSLSC
The Kockatoos - WBHSLSC

Senior Marchpast

WBHSLSC

Junior Marchpast

PMSLSC

FEMALE

Under 8s

Paige Zvirginas - TPSLSC

Under 9s

Amaya Colthorpe - PMSLSC

Under 10s

Momiji Ryan - PMSLSC

Under 11s

Bianca Harrison - PMSLSC
Charli Robinson - WBHSLSC
Mabel Strong - WBHSLSC

Under 12s

Ella Oliver - PMSLSC

Under 13s

Evie Hewens - TPSLSC

Under 14s

Grace Curran - PMSLSC

Under 15s

Brianna Maloney - PMSLSC

Under 17s

Angele Field - PMSLSC

Under 19s

Emily Moloney - PMSLSC

40-49s

Debra Bartlett - PMSLSC

50-59s

Gayl Ellis - WBHSLSC

60-69s

Dale Mowbray - WBHSLSC

MALE

Under 8s

Corbin Jones - TPSLSC

MALE CONT..

Under 9s

Regan Clark - PMSLSC

Under 10s

Flynn Wehlow - PMSLSC

Under 11s

Max Pengelly - PMSLSC

Under 12s

Peter Field - PMSLSC
Otto Ryan - PMSLSC

Under 13s

Jack McGrath - PMSLSSC

Under 14s

Jarvis Lineham - PMSLSC

Under 15s

Patrick Field - PMSLSC

Under 17s

Nick Caldwell - PMSLSC

Under 19s

Jack Caldwell - PMSLSC

Opens

Chayse Anderson - WBHSLSC

30-39s

Rhys Jones - WBHSLSC

40-49s

Luke Morris - PMSLSC

50-59s

Dave Moore - TPSLSC

60-69s

Jeffery Polverino - PMSLSC

70+

Fred Middleton - PMSLSC



SLSNSW AWARDS OF EXCELLENCE

Saturday 28th August , 6.30pm
Luna Park , Milsons Point NSW

SAVE THE DATES

SLSMNC Branch AGM

Monday 15th August at 7pm
SLSNSW Operation Centre
13 Central Road, Port Macquarie

2022 SHARSKIN SLSNSW IRB CHAMPIONSHIPS

South West Rocks SLSC
Saturday 9th + Sunday 10th July

SURF SPORTS NEWS



RAINBOW GOLD

SHORT COURSE ENDURO

17 SEPTEMBER 2022

U17 TO MASTERS

10.5KM SKI, 2KM SWIM, 3KM BOARD,
5.5KM RUN

Early bird entries open on 27th May and close on 24th June 2022.

Early bird entry, Individual competitor \$70
Early bird entry, teams \$140

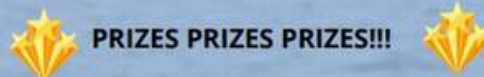
Normal entries open from 25th June and close on Friday 2nd
September 2022.

Normal entry ,Individual competitor \$80
Normal entry, teams \$160

There will be no late entries and no entries on the day.

Event Eligibility

- Must be a current financial member of a SLSA club
- Bronze proficient and 16 years of age for individual Enduro and team events
- Board assist paddler for Enduro swim leg is compulsory and included in the entry fee. Paddler must be 14 years + and have SRC



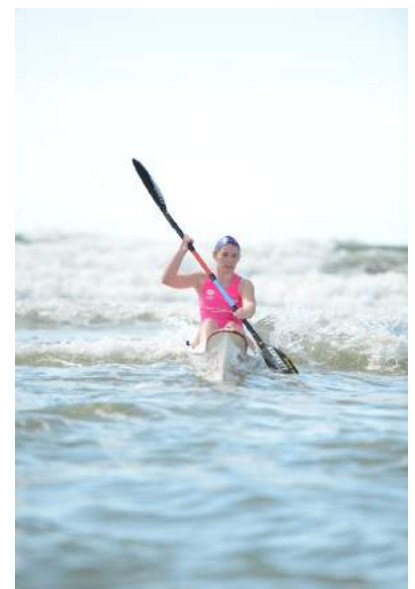
Further information
including payment details
can be found on the Entry
Circular [Click here](#)

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details and the Entry
Circular.



COUNTRY BRANCHES REUNION

South West Rocks SLSC hosted the inaugural North Coast Branches & the NSW Country Branches 60th reunion on the weekend of the 13th, 14th and 15th of May 2022.

The first North Coast Branch carnival was held at Flynn's Beach, Port Macquarie on the 4th of February 1962 with Max Waters OAM from Port Macquarie the carnival referee. Clubs from Ballina in the north to Forster in the south competed at the carnival. These carnivals continued for 10 years until the 1971/72 season when the South Coast Branch joined the Northern Branches. This was the beginning of the NSW Country Branches Championship Carnivals. In the 1978/79 season, the South Coast Branch was divided to form the Far South Coast Branch.

The idea of a reunion began in the early part of 2019 when Kim Holdom from Cudgen Headland SLSC rang me (Bruce Caldwell) chasing information about North Coast Branch Carnivals from the mid 1960's. After a number of phone calls, it was suggested that maybe a reunion should be held to gather more historical information about the carnivals.

A small organising committee consisting of Kim Holdom, Brienna Elford, Rod McDonagh and Bruce Caldwell was formed to organise the reunion. It was decided to hold the reunion at South West Rocks SLSC. The reunion was open to all past and present competitors, officials, water safety personnel, team managers and surf club members that had represented NSW Country Branches in touring teams

Past and present members travelled from Warilla-Barrick Point in the south, Cudgen Headland in the north and Cobar in the west. At the reunion were a couple of competitors and officials who were in attendance for the weekend. Members also brought along memorabilia, photos, pennants and newspaper reports to be displayed.

A show of hands was taken at the luncheon on Saturday to hold the reunion every two years. A venue for the next reunion will be decided at a later date.

Bruce Caldwell (on behalf of the organising committee).



EDUCATION

Upcoming courses.....

Provide First Aid @ Hat Head SLSC

Advanced Resuscitation Techniques @ Hat Head SLSC

TAF Pre-season Meeting

Pre Season Meeting - Trainers, Assessors and Facilitators

You are invited to attend a pre-season meeting on

Sunday 14th August 2022, 9am-4pm

at SLSNSW Operation Centre, Central Rd Port Macquarie

Please RSVP to Kim Rayner education@slsmnc.com.au by 6th August 2022.

CONTACT

Kim Rayner 0419760808 OR education@slsmnc.com.au

Date	Time	Course	Pre-requisites	Venue	Facilitator
20th & 27th	6pm - 9pm	First Aid	\$ * ***	HH SLSC	Sue Croad
26th	9am - 4pm	First Aid	\$ * ***	MSH SLSC	Sue Croad
27th & 29th	6pm - 9pm	ART	* ***	Branch Office	Kim
to be confirmed		SM Patrol Captains - new course	* ***	Branch Office	Kim
July					
August					
6th	9am - 5pm	First Aid Course	\$ * ***	HH SLSC	Sue Croad
7th	9am - 5pm	ART Course	* ***	HH SLSC	Sue Croad
14th	9am - 4pm	TAF Pre Season Meeting		Branch Office	Kim
Notes					
Upgrade SMBM - new award, further information coming					

SLSNSW Development Camp

Congratulations to Alyssa Slattery TPSLSC and Andie McGrath PMSLSC on their successful selection to attend the Lifesaving Development camp at Narabeen in July.

In this live-in program, SLSNSW will be focusing on developing and enhancing the knowledge and skills of young members, while at the same time preparing them to take on more responsibility in their patrol teams, their own clubs, and the wider community.

THANK-YOU TO OUR SPONSORS.....

