



HIGH-TIDE

*Official newsletter of
Surf Life Saving Mid North Coast*

President's Message



I would firstly like to say what a great night at Macksville-Scotts Head SLSC for the Newcastle Permanent Awards of Excellence for the 2022/23 season. Thank-you to the awards committee and the MSHSLSC members for putting on an exceptional event.

Congratulations also to all of the nominees and winners of the various awards. As well as the award winners who are mentioned later in the newsletter we have also nominated for the SLSNSW Awards of Excellence categories - Branch of the Year and Services Team of the Year for the MNC Support Operations Team. The state awards are on Saturday 26 August in Sydney - GOOD LUCK!

Congratulations also the newly awarded SLSMNC Distinguished Service medal recipients (listed later in the newsletter). These members have provided sustained, distinguished service to the Branch across various areas including support operations, education and surf sports.

This weekend sees the start of an RWC (Jetski) course to be held at South West Rocks - thank you to the Education Team - Paul, Kim and Mitch for delivering this important course.

The SLSMNC AGM will be held on Monday 21st August at 7pm. More information will be forwarded next week on all things AGM.

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Patrol Stats 2022/23 Season

Total Patrol Hours - 21,669.5 hours

Rescues - 57

Call Outs - 24

First Aid - 134

Beach Attendance - 152, 500

Top Patrolling Members

Top 10 Male Patrol Members

Tony Worton - CH - 158 hours
Tony Wright - PM - 107.8 hours
Matt Worrall - KCH - 102 hours
Paul Hoole - WBH - 101 hours
Ben Hosick - CH - 99 hours
Rob McCue - PM - 94.5 hours
Ian Atkins - KCH - 90 hours
William Hosick - CH - 89 hours
Sam Hanford - CH - 88 hours
Andrew Packwood - SWR - 80.5 hours

Top 10 Female Patrol Members

Brienna Elford - SWR 137.5 hours
Brieanna Ramsey - CH - 100.5 hours
Alys Farley - SWR - 97.5 hours
Debbie Purvis - 77 hours
Susan Bell - CH - 75.5 hours
Rebecca Mitchell - SWR - 75.5 hours
Vicki Thomas - SWR - 74.5 hours
Natalie Mealing - HH - 74 hours
Kate Dwyer - CH - 72 hours
Michelle Butt - WBH - 63.9 hours

Last Patrols of the 2022/23 Season



MSHSLSC - Patrol 7



SWRSLSC - Patrol 5



PMSLSC - Patrol 4 and Patrol 1



TPSLSC - Manta Rays + Sharks



WBHSLSC

NEWCASTLE PERMANENT AWARDS of EXCELLENCE 2022/23 FOR SURF LIFE SAVING MID NORTH COAST

SLSMNC DISTINGUISHED SERVICE AWARDS

David Brunsdon - MSHSLSC
Sue Croad - HHSLSC
Peter Daniels - WBHSLSC
Ian 'Spook' Everingham - SWRSLSC
Rob McCue - PMSLSC
Kim Rayner - TPSLSC
Tony Silvia - SWRSLSC
Tony Wright - PMSLSC

The SLSMNC Distinguished Service Award is presented to those members who have given sustained and distinguished service to the Branch across various areas. These awards are held in high regard and are endorsed by the SLSMNC Life Membership Committee.



CLUB OF THE YEAR

SOUTH WEST ROCKS SLSC



SWRSLSC had a huge season including – SLSNSW Rescue of the Month Oct 2022, National Medals awarded to 8 members, provided water safety for Trial Bay Triathlon, First Aid for Kempsey Country Music Muster and SWR Runfest, held SLSNSW IRB Championships 2022, Kempsey Shire Council Community Group of the Year.

SUPR LIFESAVER OF THE YEAR

ANDREW STEVENS - TPSLSC

Andrew has shown great leadership at TPSLSC this season across many areas including patrolling and training. Completed 60 patrol hours, trained two BM squads and is part of the Club's Engagement Task Force. He is a prominent member and has an infectious passion for all things red and yellow.



VOLUNTEER OF THE YEAR

BRUCE CALDWELL - SWRSLSC



This season saw Bruce take on the role of Director of Competition for SWRSLSC, reinstating the Sunday Morning Point Score. This reinvigoration in the competition arena saw SWR members win multiple medals that the SLSMNC Branch Championships.

NEWCASTLE PERMANENT AWARDS of EXCELLENCE

2022/23 FOR SURF LIFE SAVING MID NORTH COAST

YOUTH LIFESAVER OF THE YEAR



ERIN
COOK

Erin is the SWRSLSC IRB Captain and Patrol Captain for Patrol 3. She was involved in the majority of call outs this season at South West Rocks and has been complemented on her professionalism and knowledge surrounding her efforts.

YOUTH VOLUNTEER OF THE YEAR



BRONTE
MCALLISTER

This season saw Bronte attend the SLSNSW YOM program in Sydney. Since returning she has imparted her new knowledge amongst other youth members of the Club. Bronte volunteers as an Assistant Age Manager, encouraging Nipper members to attempt new skills to build their confidence.

ROOKIE OF THE YEAR



ADEN
MILLS

This season saw Aden gain his BM and IRB Crewperson. He won medals at the Branch Championships, attended the Dee Why Youth Development Camp, performed water safety and helped out in the work party at all carnivals held at South West Rocks.

SUPPORT OPERATIONS MEMBER OF THE YEAR



TONY
SILVIA

Tony has been a member of the SLSMNC Support Operations Team for the past 12 years in the roles of the Duty Officer and RWC Operator. He ensures that all SOPs are followed and that an operational and psychological debrief are conducted at the end of each call out.

PATROL CAPTAIN OF THE YEAR



DAVE
MOORE

As a Patrol Captain, Dave is always prepared and ready ahead of time, ensuring all equipment is rescue ready and the patrol members have been briefed for the patrol. His professionalism and experience are evident from his extensive knowledge of the SOPs.

ADMINISTRATOR OF THE YEAR



SANDRA
SLATTERY

Sandra holds multiple roles on the TPSLSC Committee and the Branch Committee. As part of the Club's Building Committee, she ensures that all grants are submitted on time as well as ensuring all invoices are paid to meet the project management of the development.

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2022/23 FOR SURF LIFE SAVING MID NORTH COAST

TRAINER OF THE YEAR



**DYLAN
SAINSBURY**

Dylan formed a partnership between the WBHSLSC and St Joseph's Regional College. A key focus of this initiative was to emphasis giving back to the community and providing students opportunities to acquire new skills and qualifications.

ASSESSOR OF THE YEAR



**PAUL
STIFF**

This season saw Paul be the lead assessor in 24 assessments and skills maintenance sessions. He has mentored probationary trainers and assessors this season. Paul assists with assessments from across the Branch not just his own club.

FACILITATOR OF THE YEAR



**KIM
RAYNER**

As the SLSMNC Director of Education, Kim completed over 50 facilitations this season. Her dedication to education and training is exceptional and she is always willing to help. Kim was the driving force behind SLSMNC being the only branch to have completed all of the ART updates for all TAFs.

COMMUNITY EDUCATION PROGRAM OF THE YEAR



DIPPERS

Autism Swim Dippers Program is a free, modified Nippers and surf education program for anyone who has specific learning needs and require a little extra support around the water. After being approached by Autism Swim, the TPSLSC took on the 7-week program.

MOST IMPROVED EDUCATION AWARDS



SWRSLSC

SWRSLSC was the club who increased their Senior Awards by the highest percentage for the season - SRC, BM, ART, First Aid, IRBC and SM-IRBD.

SURF SPORTS TEAM OF THE YEAR



THE³ ORCAS

Sweep - Wayne Dickson
Stroke - Tim Kobelke
2nd Stroke - Harry Freudenstein
2nd Bow - Ted Strong
Bow - Sam Kobelke

SLSNSW State Championships - 3rd
North Coast Boat Series - Champions
Young Guns Carnival - Finalists
Competed at the ASRL

NEWCASTLE PERMANENT AWARDS of EXCELLENCE

2022/23 FOR SURF LIFE SAVING MID NORTH COAST

MASTERS ATHLETE OF THE YEAR



LARRY
BROOK

SLSNSW Country
Championships
1st 60+ surf race

SLSNSW State Championships
1st 70+ surf race
2nd 70-74 tube race

COACH OF THE YEAR



MICK
LANG

Mick is the Head Coach for
SLSMNC and TPSLSC. During
this season he has been
putting in place a 5-year plan
for the ongoing development
of not only the competitors
but the SLSMNC Interbranch
Management Team.

OFFICIAL OF THE YEAR



ROD
MCDONAGH

Rod has been an official for
over 30 years across all surf
sports arenas, officiating at
all carnival levels from local
through to World
Championships. He was
awarded a Diamond Award
for officiating at over 12 World
Championships.

OUTSTANDING COMPETITIVE PERFORMANCE



LUKE
MORRIS

SLSMNC Branch Championships
1st 40-49 Board + 40-49 Single Ski
2nd 40-49 Swim + 40-49 Ironperson
SLSNSW Country Championships
1st 40-49 Board Race + 40-49 Flags
3rd 40-49 Ironperson
4th 40-49 Single Ski
SLSNSW State Championships
1st 45-49 Flags
2nd 45-49 Board Race
3rd 45-49 Ironperson

SURF BOAT CREW OF THE YEAR



THE 3
ORCAS

Sweep - Wayne Dickson
Stroke - Tim Kobelke
2nd Stroke - Harry Freudenstein
2nd Bow - Ted Strong
Bow - Sam Kobelke

SLSNSW State Championships - 3rd
North Coast Boat Series - Champions
Young Guns Carnival - Finalists
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NEWCASTLE PERMANENT AWARDS of EXCELLENCE

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**SENIOR
POINTSORE**



PMSLSC

**SENIOR MARCH
PAST CHAMPIONS**



SWRSLSC

**SENIOR WATER EVENT
POINTSORE**



PMSLSC



**MALE SENIOR
AGE CHAMPIONS**

Open

Flynn Charge - WBHSLSC

Tobias Hall - WBHSLSC

30-39 years

Ben Mockridge - KCHSLSC

40-49 years

Lyndsay Mollar - PMSLSC

50-59 years

Richard Hewens - PMSLSC

Andrew Packwood - SWRSLSC

60-69 years

Rex O'Rourke - PMSLSC

**FEMALE SENIOR
AGE CHAMPIONS**

Under 15s

Hannah Thompson - WBHSLSC

Under 17s

Raina Anderson - WBHSLSC

Under 19s

Camryn Dal Broi - PMSLSC

Open

Erin Cook - SWRSLSC

30-39 years

Natasha Jones - TPSLSC

40-49 years

Debra Bartlett - PMSLSC

60-69 years

Dale Mowbray - WBHSLSC

NEWCASTLE PERMANENT AWARDS of EXCELLENCE

2022/23 FOR SURF LIFE SAVING MID NORTH COAST

JUNIOR POINTSCORE CHAMPIONS

1st



PMSLSC

2nd



TPSLSC

3rd



WBHSLSC

JUNIOR MARCH PAST CHAMPIONS

1st



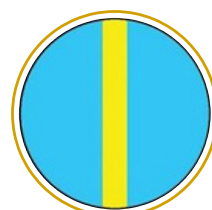
TPSLSC

2nd



PMSLSC

3rd



HHSLSC

MALE JUNIOR AGE CHAMPIONS

Under 8s
Riley Prior - TPSLSC

Under 9s
Corbin Jones - TPSLSC

Under 10s
Robbie Bowman - TPSLSC

Under 11s
Cooper Dawson - TPSLSC

Under 12s
Cruz Schubert - HHSLSC

Under 13s
Ashton Frazer - TPSLSC

Under 14s
Jack McGrath - PMSLSC
Hudson McNeil - WBHSLSC

FEMALE JUNIOR AGE CHAMPIONS

Under 8s
Abigail Thomas - PMSLSC

Under 9s
Stella Moore - PMSLSC

Under 10s
Amaya Colthorpe - PMSLSC

Under 11s
Momiji Ryan - PMSLSC

Under 12s
Charli Robinson - WBHSLSC

Under 13s
Charlotte McIntyre - PMSLSC

Under 14s
Sophie Soeyland - TPSLSC

EDUCATION

Training and assessments have been continuing through the off season across the Branch. MSHSLSC are currently training a Bronze Squad and IRB Crew and Drivers from SWRSLSC and KCHSLSC were assessed at South West Rocks last month.

TAFs Pre-Season Meeting

Sunday 20th August

Central Road Office



SURF SPORTS

Branch Development Squad



The Branch Development Squad has been busy training during the 'off season'. These training sessions are proving to be a hit with the squad, travelling to different beaches for various conditions. Thanks to the Management Team – Mick, Adam, Mitch and Elaine who have been busy training on these aspiring ironmen and women.

SLSNSW IRB Round 5 at SWR

South West Rocks was the place to be for Round 5 of the SLSNSW Sharkskin IRB Premiership. Thank-you to MSHSLSC, TPSLSC and WBHSLSC who assisted with First Aid and lending IRBs to ensure a safe and compliant carnival. You guys are total legends!



Don't forget to check out the calendar for all upcoming events on the [MNC calendar](#).

SURF SPORTS CONT....



The Rainbow Gold Enduro at Rainbow Beach Bonny Hills



10.5km ski



2km swim



3km board



5.5km run

16 September 2023

U17 to Masters

Early bird entries open on 16th June and close on 31st July 2023.

Early bird Individual \$80

Early bird Teams \$160

Normal entries open 1st August and close on Friday 1st
September 2023.

Normal Individual \$100

Normal Teams \$200

[Click here](#) for Short Course Enduro
and 2k swim for Entry Circular and
Event Eligibility



Scan to enter
Short Course Enduro
or [click here](#)

New this year 2k Ocean swim

Open to members of the public and
SLSC members

Cost: \$30 per swimmer



Scan to enter
2k Ocean Swim
or [click here](#)

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

CLUB NEWS

John Vipond first Life Governor of CHSLSC



Well deserved Life governor of Camden Haven SLSC John Vipond received this recognition and plaque at the surf clubs AGM in June with his son Craig also a life member being available on the day after traveling down from Queensland to present this acknowledgement of John's service to Camden Haven SLSC.

Tacking Point Renos Looking the Goods

TPSLSC has been undergoing major renovations to the downstairs area of the club. If all continues to go to plan they will have a brand new facility ready for the new season!



Start of the works....



Moving along....



Nearly there!

THANK-YOU TO OUR SPONSORS.....



Please send articles for future newsletters to
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