



## Mackay SLSC Media correspondence

15/02/2022

### Big Surf prepares Mackay SLSC for State Championships

With swells at Mackay's Harbour Beach being a consistent 0.5m to a massive 4m over the last few months, competitors are ready to take on the big surf action at this year's State Titles in a few weeks.

Mackay SLSC lifesavers have been intensely preparing for the youth, seniors and masters state championships to be held on the Sunshine Coast at Alexandra Headlands.

"We were extremely proud of all of our competitors results at the Branch Championships at the end of last year, we only had a very short break over Christmas and then our competitors have been hitting the pool, our club gym and the surf to prepare themselves to take on the best of the best in the state. We had five of our nippers selected for the North Barrier Branch Team, our state champion boat crew from last year the "box bellies" are heading back as well as our head coach Greg Born and his daughter Kate to compete individually in the senior category" said Director of Surf Sports, Josh Grant.

"Over the last month at training we have encountered some really big surf, some of the biggest I have seen for a while, which has been fantastic preparation to take on the conditions we will face at states. Whether our competitors only make the heats, or a final, the most reassuring thing I see in them all is that they are confident, can handle big surf, and absolutely love what they are doing in tough conditions."

Good luck to our lifesavers at States!

Large Surf at Mackay's Harbour Beach has kept Lifesavers extra vigilant over the last few weeks.





## Mackay SLSC Media correspondence

15/02/2022

Mackay SLSC Nippers selected for the Branch Team at a training camp hosted in Bowen recently.



Recent Medal presentation at Nippers from the Sunday afternoon session at Branch Titles which saw MSLSC take home an impressive 28 Gold, 10 Silver and 13 Bronze medals.





## Mackay SLSC Media correspondence

15/02/2022

U11 Rising star, Jo "Jingle Bells" Madden, aptly named because when he walks around he jingles.



Kind Regards,

**Josh Grant**

Director of Surf Sports (DOSS)

*Mackay Surf Lifesaving Club*



## Mackay SLSC Media correspondence

15/02/2022

