



**Papamoa**  
SURF LIFE SAVING CLUB

## PSLSC MEMBER NEWSLETTER

12th April 2024

PAPAMOA SURF LIFE SAVING CLUB  
PRIZE GIVING

2023 / 2024

FRIDAY 10 MAY 2024

5PM - 9PM  
PAPAMOA SURF LIFE SAVING CLUB  
NIBBLES PROVIDED

Please note the DATE CHANGE for our annual Club Prizegiving which will now be held on Friday 10th May so please change this in your calendars. If you have a club trophy from last year, please return it to the club by 20th April – thank you.

## FINAL DONATIONS MAKE A DIFFERENCE



Donations for The Mount Everest Challenge close on Sunday 14th April so if you're still keen to support the cause [CLICK HERE](#) to go to the Give-a-Little page and make a donation. Every little helps!

## LIFEGUARDING



A big **THANK YOU** to all our volunteer surf lifeguards and patrol support who gave up their time to patrol this season. It was great to see so many of you at the End of Season Get Together. Now is the time to have a rest from lifeguarding but make sure you keep your fitness up! One option is to take part in the [Pool Rescue programme](#) which starts up again in June. If you'd like to express your interest in finding out more about Pool Rescue please email Jack Bullock at [oceans@papamoalifeguards.co.nz](mailto:oceans@papamoalifeguards.co.nz)

## Watch This Space

Start to think about upskilling for next season and keep an eye out on the [Lifeguarding Facebook page](#) for details of upcoming first aid courses, IRB drivers and IRB crew courses.

## Fitter, Faster Lifeguards

We'd like to wish all our lifeguards who are heading to the Sunshine Coast this week the best of luck at The Aussies.

## ROOKIES



**Congratulations** to our Rookies Lifeguards who are on their way to becoming fully qualified lifeguards. The group did themselves proud at last week's Rookies Challenge with Ben Emeny achieving 3rd overall for the males and Team Bronze Whalers (Charlotte Silvester, Ben Emeny, Lyla Courtney, Olive Meder and Brooke Jackson) winning 2nd overall team.

A huge **THANK YOU** to our Rookies coaches Jamie Mardon and Ryan Hohneck who have given up their precious time during the season to pass on their valuable knowledge and experience to our future lifeguards. Thank you also to Radleigh Cairns, Karyn Leach, Emily Mardon and Sophie Bowling who gave up their time to support the group at the Rookie Challenge. Without people like this, these events can't take place.

### During the season, our Rookie Lifeguards have...

- ✓ Learnt first aid & CPR
- ✓ Completed at least 12 hours on patrol
- ✓ Enjoyed hearing from various guest speakers including paramedic and senior lifeguard Olivia Kayes
- ✓ Learnt how to use the radios in the patrol tower
- ✓ Roamed the beach on the ATVs with our qualified lifeguards
- ✓ Been out on the IRBs with their patrol members
- ✓ Learnt how to build a raft in the annual Rookies Raft Challenge
- ✓ Supported our Junior Surf coaches at various Junior Surf carnivals
- ✓ Learnt about the local Coastguard service (and had a ride on their boats and jetskis!)
- ✓ Jumped off the blowhole at the Mount
- ✓ Competed against other Rookies across the region in the annual Rookies Challenge



Thank you to our long-term Rookies sponsor [EVES Real Estate Bay of Plenty](#) whose continued support makes this programme accessible to all.

If you'd like more information on Rookies or are thinking about signing up your child for next season, [CLICK HERE](#) to visit our website or email [rookies@papamoalifeguards.co.nz](mailto:rookies@papamoalifeguards.co.nz)

## SENIOR SURF SPORTS



**THE AUSSIES**  
AUSTRALIAN SURF LIFE SAVING CHAMPIONSHIPS  
SUNSHINE COAST, QUEENSLAND • 13 APRIL – 21 APRIL 2024

**13-21 APRIL**  
SUNSHINE COAST, QLD

Sunshine Coast COUNCIL  
Southern Coast  
IT'S LIVE! in Queensland  
SURF LIFE SAVING

We'd like to wish all the athletes taking part in The Aussies the best of luck.

### The Aussies Squad

#### UNDER 15 FEMALE

Sophie Bowling

#### UNDER 15 MALE

James Whitaker  
Lockie Cairns  
Luke Gillbanks  
Oliver Pepers  
Sean Leach  
Triton Dickens

#### UNDER 17 FEMALE

Amelie Pearson  
Bella Davoren  
Georgia Davoren  
Jessica Pilbrow  
Trelise Chote

## UNDER 17 MALE

Ryan Bevin  
Zac Cairns

## MASTERS

Naomi Davoren

A huge **thank you** to all our wonderful sponsors who have supported the Senior Surf Sports team along the way:

[Dimond Roofing](#)

[GJ Gardner Homes NZ](#)

[Guild & Spence Electrical](#)

[Jarden](#)

[Mitre 10 Papamoa](#)

[Pak N Save Papamoa](#)

[Palmers Bethlehem](#)

[Sonic Surf Craft](#)

As well as these businesses who have helped the team get their equipment over to Australia:

[Nutrikiwi](#)

[Scales Logistics](#)



The 2024 Australian Surf Life Saving Championships will be held on the Sunshine Coast, Queensland at Alexandra Headland SLSC, Maroochydore SLSC and Mooloolaba SLSC from 13 to 21 April 2024.

More than 6000 competitors from Australia's 314 Surf Clubs come together to compete in 480 beach and ocean events over the nine days of action.

[CLICK HERE](#) to follow all the action from the Aussies.

[CLICK HERE](#) for more information on the 2024 Australian Surf Life Saving Championships.

## AUSTRALIA HERE WE COME



Seventeen year old Pāpāmoa Surf Lifeguard Zac Cairns is part of the team heading to the Sunshine Coast this week to compete on the international stage at The Aussies.

Having never been to The Aussies before, Zac says the trip is all about the experience and enjoying it.

“My goal is to race hard to see how I stack up to my age group and have lots of fun,” he says. “I believe it's going to be a great experience for the team and myself. Though the racing will be tough, it's a great opportunity to see how big this sport is over in Australia.”

Like many in the team, Zac has been inspired by kiwis achieving awesome things in the sport.

“Over the last couple of years it's been great watching Joe Collins compete in the Nutri Grain Iron Series, seeing him in person at Nationals down in Christchurch and at the Mount this year,” says Zac. “I've been trying to copy his trademark ski start over this season.”

Zac has performed consistently throughout the season making most of his individual finals, with some outstanding results of 2nd in the Ironman at the Eastern Region Championships and 5th in the Ironman at Nationals.

“A goal of mine at the beginning of the season was to improve my consistency over each event and carnival,” he says. “I've had good results in the past but haven't been able to do it over a full weekend of racing. I feel that I've improved a lot this year.”



Zac has been a member of the Pāpāmoa Surf Life Saving Club since he was 5, joining as a nipper at Junior Surf.

“My parents were really keen for us to learn how to look after ourselves in the ocean living so close to the beach,” he says. “I've spent pretty much every summer season since down at Junior Surf, then Oceans and now Seniors and becoming a lifeguard.”

## TAKING THE TEAM TO AUSSIE



Pāpāmoa's Head Coach Jake Cowdrey is proud to be taking his Senior Squad over to Australia to compete at The Aussies.

"I am a proud coach," he says. "The dedication and commitment that the whole senior squad has given to me for the past 12 months is insane. These athletes have given me their trust and support over the past couple of years, and that is all a coach can ask for."



"We are going to The Aussies to test our skills against some of the best in the world. I want to give our athletes the chance to get a taste of international racing, to put their best foot on the line and give it a crack, to make themselves, their parents, and club mates proud," says Jake. "Racing in Australia is next level to what they are used to. I raced at The Aussies in 2012 and 2013 and created amazing memories with the squad that we had back then. There is no pressure on them - my advice is to soak it all in and enjoy being a part of something great, have fun, enjoy it, and create memories."



Jake has spent a lot of time preparing the athletes for this huge event. "We've been watching races from previous Aussies, looking at programs and how they run the event and races over there, since it is a lot bigger and different from how things are run here. On the practical side, we had a week recovering after Nationals, but after that jumped straight back into fine-tuning our skills and working on our speed work."

As well as training hard throughout the season, this squad of athletes are also surf lifeguards. "I'm so proud of these teenagers for how many hours they give back to the club and community by lifeguarding and assisting with coaching our nippers."





As they embark on this epic journey, Jake and the team have a lot of people to thank. "We'd like to thank all our sponsors for the support they give us throughout the year," he says. "A massive thanks to all the parents and families who are giving their kids the chance to take this opportunity, as well as the Club's Board of Directors, club admins and managers. Also, my mentors and past athletes that have supported me and continue to support me through this amazing wave I am on. Thank you."

## POOL RESCUE

9th June - 6th October 2024



Our Pool Rescue Programme is for all members aged 10 years or above as of 30th September 2024 - Junior Surf, Ocean Athletes, Seniors and Masters - and planning is well underway for the season. If you would like more information on Pool Rescue [CLICK HERE](#) to visit our website or email Jack Bullock at [oceans@papamoalifeguards.co.nz](mailto:oceans@papamoalifeguards.co.nz)



### Pool Rescue Training

Term 2 sessions - **Sunday mornings**

Term 3 sessions - **Saturday afternoons**

Most sessions will be held at Baywave. When Baywave is not available, we will be at Fulton Swim School. We will also head over to Rotorua at least once to make the most of the 50m pool.



### Skill Development

In Pool Rescue, athletes learn various skills including:

- Tube Rescue
- Object Recovery
- Underwater Swimming
- Swimming with Obstacles
- Swimming with Fins



### Pool Rescue Criteria

- Participants must have a competent base level of swimming ability to take part.
- A 200m badge is recommended but not required.
- This programme should be complimented by an external swim programme such as squad swimming at a local swim club.
- Seniors and Masters do not have to be a lifeguard to take part in the Pool Rescue Programme.

Thank you to our sponsors below who make all our programmes possible.



[www.gjgardner.co.nz](http://www.gjgardner.co.nz)



A DIVISION OF GUILD & SPENCE ELECTRICAL LIMITED

[www.guildspence.co.nz](http://www.guildspence.co.nz)



[www.jarden.co.nz](http://www.jarden.co.nz)



[www.mitre10.co.nz](http://www.mitre10.co.nz)



[www.paknsave.co.nz](http://www.paknsave.co.nz)



[www.bodyinmotion.co.nz](http://www.bodyinmotion.co.nz)



[www.cmtexcavations.co.nz](http://www.cmtexcavations.co.nz)



[www.eves.co.nz](http://www.eves.co.nz)



[www.palmsprings.co.nz](http://www.palmsprings.co.nz)



[www.palmers.co.nz](http://www.palmers.co.nz)



[www.fultonswimschool.co.nz](http://www.fultonswimschool.co.nz)



[www.armourguard.co.nz](http://www.armourguard.co.nz)



[www.mercury.co.nz](http://www.mercury.co.nz)



[www.washrite.co.nz](http://www.washrite.co.nz)