



Papamoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

13th June 2024

UNDER THE SPOTLIGHT – TRELISE CHOTE



Trelise Chote is a member of our Senior Surf Sport team and was recently invited to the prestigious New Zealand High Performance Pool Rescue Trial, an event designed to select the team for the 2024 World Surf Life Saving Championships.

The selectors sought to give the older Black Fins a push by introducing promising youth athletes. "They reviewed results from the pool champs season, ERCs, and Nationals, giving me the opportunity to be part of the trialing process," says Trelise.

The experience was invaluable for Trelise, who relished being part of a high-performance community with shared goals and passions. "It was incredible to be side by side with some of New Zealand's best athletes, watching their skills and speed. Each athlete had their own strengths and showcased them throughout the trial. Everyone was there to help, despite having little preparation going into the trial," she notes. "The selectors were very welcoming. Everyone was friendly and always up for a chat."

During the trial, Trelise met several inspiring figures. "Madi Kidd was incredibly friendly, offering advice on my 100m carry turns while managing her own races. Molly Shivan, from our hometown and racing for Omanu, was wonderful to warm up with and chat. She's such a sweet person, always giving advice and ensuring everything was working well."

Watching seasoned athletes like Fergus Eadie and peers like Zoe Pedersen, who at under 17 has already achieved remarkable success, was particularly motivating. "Zoe just made the Junior NZ Worlds Team and is also part of the New Zealand Swimming Team. Her achievements are impressive, and it was inspiring to be in the lane next to these athletes and learn from them."



Looking ahead to the Pool Rescue season, Trelise plans to implement new techniques in training, especially in manikin carrying and race splits. "Reviewing my times and focusing on the little things will help improve my speed," she says.

Her immediate goal is to make the youth development squad by improving her times, to enhance her eligibility for the youth performance team. "The next step is to focus on my training and improve my racing skills to progress further in this sport."

Reflecting on the experience, Trelise emphasizes the positive atmosphere and the invaluable guidance from experienced selectors. "Steve Kent, an athlete who has represented New Zealand at Worlds, provided crucial feedback while timing our races. I highly recommend taking up such opportunities. Introduce yourself to people, learn new things, and build connections with high-performance athletes and coaches."

Congratulations to Trelise on being chosen for this opportunity. We wish her all the best in this year's Pool Rescue season and we look forward to following her exciting journey with pride.

SURF BOAT RELAUNCH



The 'Spirit of Pāpāmoa' is alive and well following a successful relaunch of our club's surf boat a few weeks ago. After years of sitting idle, our surf boat has been dusted off and primed for action and our crew of five had a blast on its inaugural trip out on the ocean.

A few members have commented that they'd be really keen to give it a go. Now is a great time to join, as many of us are new to the art of rowing a surf boat, and it would be great to share the experience. If we don't rally enough members, we might have to bid farewell to our boat and pass it on to another club.

If you've ever thought about trying your hand at surf rowing, now's your opportunity. Whether you're a seasoned athlete or a total newbie to surf boats, we want you on board. We are fortunate to have club member Jamie Wilson leading the charge in this relaunch, so if you're keen to get involved and be part of the excitement, or you have any questions, please contact Jamie on 021 890 063. Please note you must be a lifeguard to be part of the crew.

WĀHINE ON WATER – Empowering our Female Surf Lifeguards

By Sandra Boubee



“On Sunday 19th May Pāpāmoa hosted 31 wāhine and 11 instructors in an ever-growing, popular learning opportunity called Wāhine on Water. Well done to the following Pāpāmoa wāhine who quickly put their hands up to take the opportunity: Gracie Jackson, Emily Mardon, Sophie Bowling, Rebecca Raymond, Janine Bollee, Karoline Jonsson, Debbie Gillbanks, Ellie Davis, Jenna Waite-Leonard, Tina Jackson and Sandy Boubee.

Kudos to many of these wāhine who had only recently passed their Lifeguard Award this season or last - how fantastic that they are taking further challenges to upskill so they can be better, stronger, fitter lifeguards.



Crew members are tasked to 'Balance the Boat'. Great effort wāhine!



Club Instructor Marama Mateparae leads the wāhine on how to remove an IRB from the trailer. Clubbie Emily Mardon is taking on board all the advice.

Special mention to other club members who facilitated as drivers or as water safety: Liv Kayes (Head Instructor) Marama Mateparae, Poppy Crouch, Ryan Hohneck, Jamie Mardon and Jamie Cabusao. These exceptional individuals are consistently dedicating their time, energy, and expertise to others. Their kindness, ability to inspire candidates, and positive energy are unparalleled. Thank you!

Also a heartfelt thank you to our cousin clubs at Maketu and Pukehina Surf Lifesaving Clubs for an incredible lunch. The meal included bread rolls with salad, warm ham off the bone, chicken, and roast meats. But that's not all, fancy some custard and steam pudding? Heck yeah - our amazing cousins delivered!



Always carry the engine in twos. Janine Bollee shows us how it's done with Rebecca Raymond looking on.



The smile says it all. Sophie Bowling getting her hands on the Pull Start. Did it start?

Lastly, we extend our gratitude to Christian Richardson for capturing the event with his photography. These images provide us with cherished memories to share with family and friends.

And finally, a few words from the wāhine themselves:

“Wāhine on Water was such an inspiring fun day, sharing experiences with like-minded wāhine. I can't state just one highlight as it was all amazing, from IRB setup to patient pick-up. I learned some awesome tips for women when you can't rely on strength alone. Oh my, I need to work on my upper body strength.”

“A scary moment for me was launching the IRB through rough and rogue shore breaks, the driver and I were biffed out - resilience training at its best.”

“The funniest moment was during patient pick-ups, it wasn't so glamorous. Either falling in or having a patient land on top of me. I loved laughing at myself and our instructor when our launch failed, and I was half in and half out of the boat.”

What's next for these wāhine:

“Definitely going to the gym, I need strength.”

“I'm coming back next year to get my drivers.”

“One step at a time.”

“IRB crew, then drivers, then RWC.”

And on that positive note, Pāpāmoa Surf Life Saving Club once again congratulates our gals. Carry on being the best you can be."

LIFEGUARD WINTER TRAINING UNDERWAY

IRB Crew training has started up on Sunday mornings with the participants learning how to break down IRB hulls and set them up again, basic crew position in the boat and patient pickups.





Next Stop - IRB Drivers Course

Calling all IRB Crew members! If you are interested in training for your IRB Drivers Award, please visit the [Lifeguarding Facebook page](#) and comment on the post from 12th June.

Pre-requisites:

- Have your Lifeguard award and be refreshed
- Have your IRB Crew award or be currently working towards it
- 16 years old to drive an IRB

The training takes place on a Sunday morning at the club and includes theory and practical learning. The start date is yet to be confirmed as we are still working through our crew course so please keep an eye on the Facebook page for updates.

SENIOR SURF SPORTS



Our senior athletes have kicked off their winter training, taking advantage of the calmer conditions to get some ski paddles in. The team has welcomed a large group of juniors who have recently become lifeguards or are set to qualify later this year, increasing the squad to around 30 members. Training sessions include ski paddling and dry land workouts, incorporating activities such as yoga, strength training, and running.

It's not too late to join in so if you're interested in coming along contact Jake Cowdrey at coach@papamoalifeguards.co.nz or [CLICK HERE](#) to visit our website for more information.

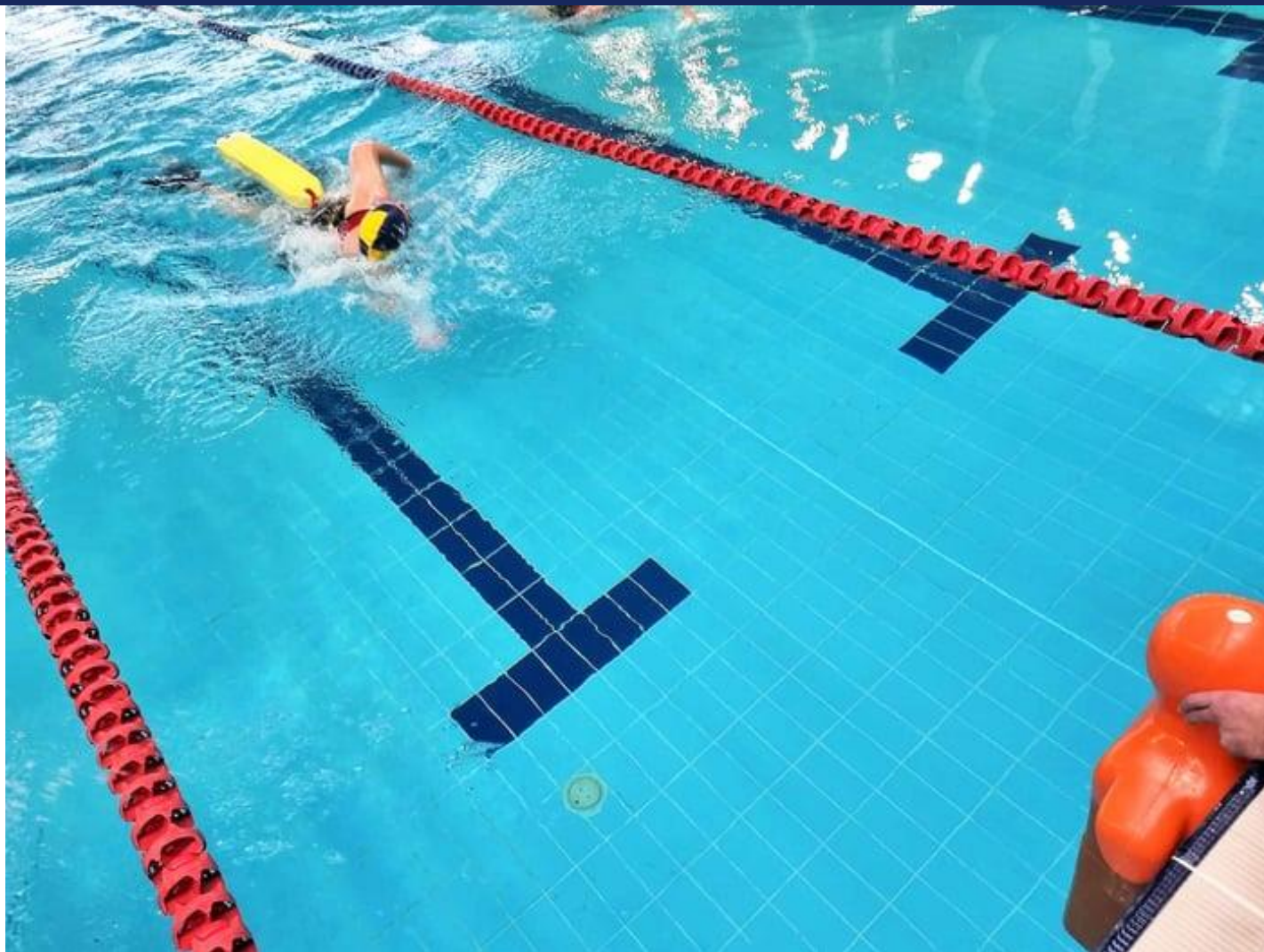
Australian Pool Rescue Championships

MITRE 10

PAPAMOA

A small group of our senior members will be competing at the Australian Pool Rescue Championships on the Gold Coast in early August. Thanks to our friends at [Mitre 10 Pāpāmoa](#), the team will be hosting fundraising BBQs on 15th June and 13th July. If you're nearby, come along and say hello, enjoy a sausage, and perhaps pick up something from our sponsor - Mitre 10.

POOL RESCUE



Our Pool Rescue program kicked off last weekend at Baywave, and it was fantastic to see a large group of juniors, seniors, and masters diving in, eager for the season ahead. If you're interested in joining, it's not too late!

Pool Rescue isn't just about staying fit during the winter months; it's about learning critical lifesaving skills, embodying the core mission of Surf Life Saving New Zealand.

Through Pool Rescue training and events, members prepare for surf conditions by practicing underwater dives to retrieve bricks from the pool floor and rescuing manikins, simulating real-life rescue scenarios. This training mirrors the experience of ducking under waves and diving to save someone in the ocean.

One of the most exciting events to watch is the line throw, where a rescuer throws a rope to a patient positioned 12.5 meters from the pool edge - an exhilarating and fast-paced race. Other races include swimming with fins, carrying a rescue tube, and performing rescues from the bottom of the pool.

So if you're keen to be part of the team and want an excuse to keep fit during winter, Pool Rescue could be for you. For more information, [CLICK HERE](#) to visit our website or contact Jack at oceans@papamoalifeguards.co.nz

OFFICIALS NEEDED FOR NEXT SEASON



Becoming an official is a fantastic way to enjoy the action up close. You can officiate in your child's age group, stay well-fed and hydrated throughout the day, and gain a much better understanding of the rules and the incredible achievements of our kids both in the water and on the beach.

As some of our parents move on to the senior ranks with their children becoming lifeguards, it's crucial to maintain a strong team of officials in the junior team for next season. We are required to send one official for every 10 athletes, and your involvement would be greatly valued.

David Cox, a Pāpāmoa official, shares his experience: *"It's awesome to be on the beach with the kids. You are there at the waterline, you see it all - skills, determination, jubilation. You are well-fed, and the group of officials in your area are all there to help you and enjoy the day too. Have a go - it's worth it."*



The first step to becoming an official is to complete the Level One course, which is being held at Pāpāmoa on July 7th. This will be followed by real hands-on experience at Pool Rescue Championships and the early carnivals. [CLICK HERE](#) to register your interest.

If you have any questions or want to learn more about what being an official entails, feel free to talk to Joanne Miller or Radleigh Cairns, or [CLICK HERE](#) to visit our website for more information. No previous experience is needed.



THANK YOU FOR FEEDBACK

Thank you to everyone who filled out our end-of-season Junior Surf survey.

We're happy to hear how much you appreciate our dedicated volunteers and the time they put into making the Junior Surf programme a success.

Overall, everyone was happy with the skills learned, the length of the season, and the session lengths.

The main challenge for the committee is managing the increasing number of junior surf members. We want to ensure we continue to provide a fun, safe environment that supports the development of surf lifesaving skills. To achieve this, we rely on parent help and will be recruiting more coaches for the upcoming season. If you're keen to help us deliver the best possible Junior Surf program, or you have any other feedback or ideas to share, please get in touch at juniorsurf@papamoalifeguards.co.nz

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