



Pāpāmoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

5th September 2024

COUNTDOWN TO SUMMER

Spring is here and the sun is shining! Our lifeguards are back on the beach in just over 7 weeks (Labour Weekend 26th October 2024), registrations for our Junior Surf season are open and flooding in, and we have lots of exciting regional and national surf sport events lined up.

Thank you to all our committees and volunteers who are busy getting ready for the season ahead – we can't wait!

Registrations are NOW OPEN for all our Surf Lifeguarding, Junior Surf and Surf Sports programmes. If you're unsure which one is right for you, read through the newsletter for more information and check out our [website](http://www.papamoalifeguards.co.nz) for more details. Here's a snapshot of what's available for kids aged 5 - 18 years...



REGISTER NOW for summer!

www.papamoalifeguards.co.nz



Junior Surf Ages 5–14

Sunday morning sessions featuring fun games and activities on the beach and in the ocean. Have fun with friends on the beach and learn how to spot rips.



Ocean Development Ages 9–10

Weekday after-school sessions building on the skills learned in Junior Surf, including ocean swimming and board paddling. A stepping stone into Ocean Athletes.



Ocean Athletes Ages 10–14

Focused training in ocean swimming, tube rescue, board paddling, surf ski paddling, and beach skills. Opportunities to compete at regional and national events.



Rookie Lifeguarding Ages 12–13

A season of training for aspiring lifeguards in advance of becoming a fully qualified lifeguard. Learn valuable life skills such as first aid and CPR.



Senior Surf Sports Ages 14 plus

Professional coaching in all surf sports disciplines, offering members a chance to sharpen their lifesaving skills at regional, national, and international levels.



Surf Lifeguarding Ages 14 plus

Comprehensive training in valuable life skills, including CPR and first aid, preparing members to keep people safe on the beach throughout the season.

KEEP UP TO DATE

As we head towards the start of our summer season, it's a good idea to make sure you are signed up to our social media pages, as this is where regular updates are posted.



[Papamoa Surf Life Saving Club Facebook Page](#)

Facebook Group Pages:

[Papamoa SLSC Lifeguards](#)

[Papamoa SLSC Rookies](#)

[Papamoa SLSC Masters](#)

[Papamoa SLSC Senior Surf Sports](#)

[Papamoa SLSC Ocean Athletes](#) (Junior Surf Sports)

[Papamoa SLSC Junior Surf](#)



[Papamoa Surf Life Saving Club Instagram Page](#)



Our website is where you can find all the information you need to know about the surf club:

[Papamoa Surf Life Saving Club Website](#)



Here are some useful SLSNZ links to save to your favourites:

[Surf Life Saving NZ - Calendar](#)

[SLSNZ Eastern Region Events Calendar](#)

Why not sign up to the SLSNZ email newsletter. If you're interested, email media@surflifesaving.org.nz

For those really keen on the detail, check out SLSNZ's weekly [Club Mail](#)



www.safeswim.org.nz

Go to Safeswim to find out the patrol hours for Pāpāmoa Beach and all other beaches across New Zealand. Safeswim also gives you up to the minute information on water quality and swimming conditions.



[Waves](#) allows you to view live results of an event currently taking place, or the results from previous surf lifesaving events.

JOIN US

You don't need to be a qualified lifeguard to make a difference at the club. There are so many ways you can get involved - whether it's flipping sausages at Junior Surf, officiating at surf sports events, or lending a hand wherever needed. There's a spot for everyone! [CLICK HERE](#) or on one of the images below to learn how you can join the fun and give back to the club.



Carnivals & Events



Lifeguarding Roles



Become an Official



Junior Surf Support

LIFEGUARDING

papamoalifeguards.co.nz

**BECOME A
LIFEGUARD
SUMMER 24/25**



REGISTRATIONS NOW OPEN



**BE PART OF OUR
AWESOME CLUB
CULTURE**



**MAKE LIFE-
LONG FRIENDS**



**KEEP FIT &
ACTIVE**

Registrations for our summer season volunteer lifeguard positions are NOW OPEN. [CLICK HERE](#) to go to our website for more details and to register.

The lifeguard committee are starting to put the patrol roster together for the season so please make sure you register as soon as possible. Don't hesitate to contact a committee member for anything related to the 2024/2025 patrol rosters.

Your 2024/2025 Lifeguard Committee Members are: Marama Mateparae (Chair), Ailsa Cowdrey, Jamie Mardon, Karyn Leach, Mason Bollee, Matt Daveron, Ryan Hohneck and Sandy Boubee. The committee would like to acknowledge Ryan Hohneck (Training Coordinator) and Matt Davoren (Coordinator) who are stepping up into leadership roles as part of the regional Search and Rescue (SAR) Squad.



“We are looking forward to patrolling with all our lifeguards and patrol supports this season and keeping the public safe on our beach. We are all proud to represent such a strong, community focused club. If anyone is keen on joining the lifeguard committee please reach out to any of the members who'd be more than happy to talk through what is involved.”

Lifeguard Committee Chair, Marama Mateparae.

Leadership Opportunity

If you're looking to step into a Patrol Captain role this season or in the future, please reach out to any member of our lifeguard team. They're eager to mentor future leaders, and it's an amazing chance to build valuable skills and experience. The next Patrol Captains Course is taking place on 14th September in Whakatane.

[CLICK HERE](#) to register.

ROOKIES

Do you have a child who is 13 years old or turning 13 during 2024? Then now is the time to think about signing them up to our Rookies Programme. Rookies is a practical education programme which runs from October – March and prepares our younger members for becoming lifeguards when they turn 14.



ROOKIE LIFEGUARD



REGISTER NOW FOR
SUMMER 24/25



MAKE
LIFELONG
FRIENDS

LEARN ABOUT
OUR BEACH
& OCEAN

GAIN SKILLS
FOR LIFE

GIVE BACK
TO YOUR
COMMUNITY



papamoalifeguards.co.nz/lifeguarding/rookie-lifeguarding



Rookies take part in the popular raft building challenge each season.



One of the highlights of the programme is a trip with the Maketu Coastguards.



All our Rookies work towards The Rookie Challenge at the end of the season.



We are very lucky to have Jamie Mardon as our Rookies Coordinator and Coach again this year.

"I've been involved with Pāpāmoa Surf Life Saving Club for over 11 years as well as coaching kid's sport for over 30 years," he says. "I'm a Lifeguarding Instructor, IRB Trainee Instructor and Patrol Captain currently. I'm a big believer in teamwork and patrol engagement. I am keen to see the Rookies get involved in lifeguarding patrols as much as possible so they get the whole lifeguarding experience as a Rookie."

We are very fortunate that Jamie will be joined by one of the top local Lifeguarding and IRB Instructors Ryan Hohneck. Ryan will join sessions when he isn't instructing or on patrol as Patrol Captain.

[CLICK HERE](#) for more information on Rookies and to register your child.

SENIOR SURF SPORTS



Senior Surf Sports Summer Launch Meeting **Thursday 26 September 6:15pm at the club**

This meeting is a must for anyone interested in taking part in the Senior Surf Sports Programme this summer. Our Seniors Programme is for anyone aged 14 and above and offers professional coaching in all surf sports disciplines including swimming, board and ski paddling, canoe (four person) racing and the beach events of sprints and beach flags.

If you'd like any more information before the meeting, including a full calendar of the season's carnivals and events, **[CLICK HERE](#)** to check out our website or email Coach Jake Cowdrey coach@papamoalifeguards.co.nz

JUNIOR SURF SPORTS

Junior Surf Sports is split into two areas - Ocean Development for beginners and Ocean Athletes for those more experienced.

OCEAN DEVELOPMENT



The Ocean Development Programme builds on the skills gained in our Sunday Junior Surf Programme and is tailored for children aged 9 and 10. It's also designed for those in the under 11 to under 14 Junior Surf age groups who attend the Sunday sessions and want to advance their skills and progress into the Ocean Athletes Programme. Participants will mainly focus on board paddling, with opportunities to practice beach skills and surf swimming when conditions permit. The Ocean Development Programme runs from November to March.

OCEAN ATHLETES



Our Ocean Athletes Programme is designed for kids aged under 11 to under 14 who want to take their Junior Surf skills to the next level. Key areas of focus include board paddling, surf swimming, rescue events, beach skills and team events. Participants will have the chance to compete in regional carnivals and the Oceans 2025 Festival of Surf, held at Mount Maunganui Main Beach in February 2025. The programme kicks off during the October school holidays and runs through to February 2025.

Oceans Preseason Meeting

Sunday 15 September 3:15pm at the club



Attention all parents and kids aged 10 to 14! Whether you're new to the Junior Surf Sports programme or returning from Ocean Development or Ocean Athletes, this meeting is for you. Don't miss out - join us for all the info you need to dive into the summer season.

Registrations for both programmes are NOW OPEN. [CLICK HERE](#) to register via the website and find out all the details on training session times, carnivals and programme requirements. If you have any questions before the preseason meeting, don't hesitate to email Coach Jack Bullock oceans@papamoalifeguards.co.nz



JUNIOR SURF REGISTRATIONS ARE NOW OPEN

FOR 5 - 14 YEAR OLDS

10 NOVEMBER 2024 - 2 MARCH 2025

SUNDAY MORNINGS
9AM - 11.30AM

Visit our [website](#) for all the information you need to know including dates for uniform collection, race nights and prize giving.



REGISTER NOW

papamoalifeguards.co.nz/junior-surf

For kids aged 5 - 14 years



Registrations for Board Fundamentals are NOW OPEN



The **Board Fundamentals Programme** runs before the start of the Junior Surf season to give our 9 and above aged kids the fundamental skills to enjoyably engage in board-related activities later in the season. Whilst this programme is ideal for those who wish to join the Ocean Development Programme, it's also a great opportunity for beginners in the under 11 - under 14 age groups to learn the basics of knee boarding before the start of the season.

DON'T FORGET...

...that all Junior Surf participants aged 9 and above who wish to paddle a knee board, are required to complete a 200m safety badge test before the start of the season.

THIS NEEDS TO BE COMPLETED EVERY SEASON.

For those who do not have their 200m badge, they can still partake in other water activities including body boarding. To complete the badge, participants must swim 200m in a pool unaided in under 7 minutes, followed by 1 minute of treading water unaided. [CLICK HERE](#) for more information on the 200m badge.

200m BADGE TESTING

Dates: Sunday September 22nd or Sunday September 29th 2024

Time: 9am - 10am

Location: Fulton Swim School, 15 Market Place, Pāpāmoa

*There's no need to book, just turn up during these times. Thank you to **Fulton Swim School** for the use of their Pāpāmoa pool for these sessions.*

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



www.gjgardner.co.nz



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