



# Pāpāmoa

SURF LIFE SAVING CLUB

## PSLSC MEMBER NEWSLETTER

20th September 2024



### WELCOME FROM OUR CHAIRPERSON

"Welcome to the 2024/25 season! We are just over a month away from kicking off another exciting summer, and I'd like to extend a huge thank you to all our members for your continued involvement in the Club. A special shout-out to those working tirelessly behind the scenes to get everything ready for the season ahead - your efforts are greatly appreciated.

I'd also like to warmly welcome any new members to our Club and community. We're all part of an incredible movement that gives back so much while fostering an environment of fun, encouragement, excellence, commitment, and respect - these are the values that define us.

This season, we're focused on continuing to build the amazing culture and membership we already have. Remember, this is *your* Club, so come down and enjoy all the activities we have to offer - whether it's Club Nights, Junior Surf Sundays, or just popping by when things are happening. Don't hesitate to ask questions, share suggestions, make new friendships, or even step out of your comfort zone and try something new.

And please, let's not forget to support the businesses that support us - our sponsors. Their assistance makes it possible for us to provide the community service and programmes we're known for.

We'll be kicking off the season with a Beach Blessing with Nga Potiki, lunch, and lifeguard refresher. Be sure to RSVP to the invitation that will be emailed to all current members shortly (so make sure you've done your registration for the year!) and come down to celebrate the start of the season with us. I'm excited for what lies ahead and can't wait to see you all on the beach."

Warm regards,  
Jim Pearson  
Chairperson



## 2024/2025 Season Beach Blessing

**Sunday 20th October 2024**

11.30am – Beach Blessing with Nga Potiki

12pm – Lunch

2pm – Lifeguard Refresher

5pm – Bar Open

## NEW FACES & FAMILIAR LEADERS

We're lucky to have such dedicated Board members continuing their incredible work this season, along with a few fresh faces joining the team. Want to get to know the people behind the scenes? Stay tuned - over the next few newsletters, we'll be featuring interviews with both returning and new Board members. You'll get a chance to learn more about their stories, passions, and the impact they're making.

## 2024/2025 Board Members

President – **Andrew Hitchfield**

Chairperson – **Jim Pearson**

Director of Finance – **Mathew Bowling**

Director of Health and Safety – **Michael Leach**

Director of Surf Sports – **Matthew Davoren**

Director of Lifeguarding – **Marama Mateparae**

Director of Junior Surf – **Matthew Billet & Danielle Petricevich**

## A Heartfelt Thank You to Jo Miller: Honouring Her Service and Dedication

We would like to extend our heartfelt gratitude to Jo Miller as she steps down from our Board after six years of dedicated service. Jo's invaluable contributions to the club have gone above and beyond her role, particularly in lifesaving, surf sports, and officiating. Her dedication has truly made a lasting impact.



In addition to her work at the club, Jo's involvement with the National Sports Committee has strengthened our connection with the wider SLSNZ community.

Looking ahead, Jo will serve as Event Referee for the 2024 Pool Rescue National Championships and is excited to take on more senior roles on the beach this summer. "I'm training to facilitate Level 2 Officials' courses to help train more officials and continue delivering outstanding events for our surf athletes," she says.

We are incredibly fortunate to have Jo as a member and appreciate all she has done and continues to do for us.

## **CLUB NIGHTS ARE BACK TO KICK OFF THE SUMMER!**

We're excited to announce that Club Nights are returning, ready to make this summer one to remember! These evenings are the perfect chance to connect with fellow members, unwind, and take full advantage of everything the club has to offer. Even better – you can bring a friend or your family to join the fun!

Starting from 27th September, Club Nights will be held on most Fridays. The bar will open at 5pm and we are hoping to secure a variety of food trucks to be onsite to offer food options for the whole family.

As always, we'd like to remind everyone that while the club is a space for relaxation and enjoyment, it's not a pub. To keep things enjoyable for all, we kindly ask that members clean up after themselves and remain responsible for their children. Please ensure your little ones are supervised, so that everyone can have a great time.

Let's come together to make these nights fun and memorable for everyone! Make sure you keep an eye on Facebook for any cancellations or updates.

## **ON YOUR MARKS... IT'S RACE NIGHT!**

If you can only make it to a few Club Nights, be sure to catch the ones with Race Night. Watch our junior athletes show off their skills with some friendly competition, both on the beach and in the water. It's the perfect chance to experience the excitement, enjoy our fantastic facilities, and connect with fellow club members, all while taking in the stunning Pāpāmoa coastline. Races kick off at 4:30pm, with the bar opening at 5pm. Here are some dates for your diaries...

## FRIDAY NIGHT IS CLUB NIGHT

at the Pāpāmoa Surf Club

### 2024

27th September  
11th October  
25th October  
22nd November  
29th November + Race Night  
6th December + Race Night  
13th December

### 2025

10th January  
17th January + Race Night  
7th February + Race Night  
28th February  
7th March + Race Night

## RACE NIGHTS

at the Pāpāmoa Surf Club

### 2024

29th November  
6th December

### 2025

17th January  
7th February  
7th March



## THANKS FOR AN AMAZING QUIZ NIGHT!

A huge thank you to everyone who attended our annual Quiz Night last weekend! Your support helped us raise an incredible **\$10,000** to cover carnival entry fees for our surf sports team and support their competitions this summer.



## POOL RESCUE



Huge Congratulations to our Pool Rescue Team for bringing home the gold trophy at the recent Eastern Region Pool Rescue Championships in Gisborne. The team defended their title from last year, winning by an impressive 150 points.

- 🏆 **1st in the Masters division**
- 🏆 **2nd in the Seniors division**
- 🏆 **2nd in the Juniors division**

What an amazing achievement by everyone involved. The dedication and hard work of our athletes truly shone through. A massive thank you to our coaches, Jack Bullock and Jake Cowdrey, for their fantastic advice, and to all our amazing volunteers - including officials, water crew, timekeepers, and age group managers. With Nationals just two weeks away, the team are training hard to improve on last year's impressive results.

**Record Breaker, Resilience, And Family: An Interview With Richard Williams**



A standout moment at the Eastern Region Pool Rescue Championships was when Richard Williams broke his own record to set a new NZ record in the Masters Male 50m Swim with Fins, at an incredible 18.36 seconds!

We had the pleasure of catching up with Richard, who has not only set New Zealand records, but has also returned to top form after back surgery last year. With inspiring determination and a love for the sport, Richard shared with us insights into his journey, challenges, and future goals. [Read more here...](#)

## LIFEGUARDING

Training is underway with our first set of new recruits - last year's Rookies and some newbies. The young future lifeguards are currently meeting twice a week to cover essential skills, including run-swim-run in the surf, tube rescues, first aid, CPR, communication signalling, radio communication and much more.

Thinking about becoming a lifeguard or patrol support? [CLICK HERE](#) for details of our upcoming courses and exams. It's a rewarding opportunity to learn life-saving skills while giving back to our amazing community, all while enjoying the beach with friends and staying fit.

For our current lifeguards and patrol support, don't forget to re-register via our [website](#) and join us for the dry refresher on **October 20th at the Club**. Please also complete your online refresher on the PAM system before the season starts. If you need assistance, reach out to us at [admin@papamoalifeguards.co.nz](mailto:admin@papamoalifeguards.co.nz)

papamoalifeguards.co.nz

**BECOME A  
LIFEGUARD**  
**SUMMER 24/25**

**REGISTRATIONS NOW OPEN**



**HANG OUT ON  
BEAUTIFUL  
PĀPĀMOA BEACH**



**SAVE LIVES &  
PREVENT  
DROWNINGS**



**SUPPORT  
THE  
COMMUNITY**

## **ROOKIES**

Just a reminder that our awesome Rookies season kicks off in November. If your child is turning 13 this year, we strongly recommend they sign up for the season. **DID YOU KNOW** that kids aged 14 and upwards who want to join the Senior Surf Sports team **MUST** be a lifeguard, and Rookies is the first step in that journey, so don't miss out! [CLICK HERE](#) for more info and to register.

**DON'T FORGET** that all Rookies must complete a 200m Safety Badge test before the start of the season. The first session is at Fulton Swim School this **Sunday 22nd September between 9am – 10am**. There is no need to book, just turn up during this time. And remember to say that you are a Rookie as the time is different to Junior Surf. Rookies must be able to swim 200m in a pool in under 4mins 30secs followed by 1 minute of treading water unaided (or committed to reaching this goal during the season). [CLICK HERE](#) for more information on the 200m safety badge.





# 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](http://papamoalifeguards.co.nz/lifeguarding/rookie-lifeguarding)

## 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.



[CLICK HERE](#) to see a copy of the 2024 2025 Senior Surf Sport Carnivals and Events Calendar. It is not expected that athletes attend all of these events. The following four events are our target events for the season and the ones we would expect all athletes to attend:

**Whangamata Classic** - Saturday 7th December 2024

**BOP Senior Carnival** - Friday 3rd - Sunday 5th January 2025

**Eastern Region Senior Championships** - Friday 24th - Sunday 26th January 2025

**New Zealand Surf Life Saving Championships** - Friday 7th - Sunday 9th March 2025

If you'd like any more information before the meeting, [CLICK HERE](#) to check out our website or email Coach Jake Cowdrey [coach@papamoalifeguards.co.nz](mailto:coach@papamoalifeguards.co.nz)



## CAM - HAM

Good luck to those who are testing their endurance this weekend at the annual Cambridge to Hamilton Paddle.

Our seniors and masters can choose from two race distances of either 23km or 11km, finishing in the heart of Hamilton.

The race is a great pre-season event for the team to come together and practice the paddling skills they've learnt during the winter training programme.



## THANK YOU

A massive THANK YOU to [Pub Charity Ltd](#) for their generous grant supporting our Seniors Surf Sport Athlete Camp in Gisborne this November. This vital team-building event helps to kickstart our season and the grant makes it accessible for everyone. We're incredibly grateful for their support!

# JUNIOR SURF & JUNIOR SURF SPORTS

**DON'T FORGET TO REGISTER YOUR CHILD FOR THE UPCOMING SUMMER SEASON**



## **JUNIOR SURF is for...**

- Kids aged 5 – 14 years who want to have fun on the beach with their friends on Sunday mornings throughout the summer.
- Kids to learn water safety in and around the ocean through fun games and activities.

[\*\*CLICK HERE\*\* for more info.](#)



## **OCEAN DEVELOPMENT is for...**

- Kids aged 9 – 14 who are already doing Junior Surf and want to start training more during the week, start competing in events and ultimately transition in Ocean Athletes.
- Kids aged 9 – 14 who are new to surf lifesaving and want to jump straight into developing the key skills required for surf sports and transition into Ocean Athletes.

[\*\*CLICK HERE\*\* for more info.](#)



## **OCEAN ATHLETES is for...**

- Kids aged 10 – 14 years old (must be at least 10 years old as of 1st October) looking to extend the skills developed in our Junior Surf Programme and compete at local, regional and national events.

[\*\*CLICK HERE\*\* for more info.](#)



## **BOARD FUNDAMENTALS is for...**

- Kids aged 8 – 10 already doing Junior Surf and looking to ramp up their training, start competing, and get ready for the Oceans programmes.
- Beginners and those new to surf aged 10 - 14 who want to master the basics of kneeboarding before the summer season kicks off!

[\*\*CLICK HERE\*\* for more info.](#)



## **200m SAFETY BADGE TESTING is for...**

- All Junior Surf and Oceans kids aged 9 and above (in the under 10 and above age groups) who wish to paddle a knee board during the season.
- THIS NEEDS TO BE COMPLETED EVERY SEASON.**

[\*\*CLICK HERE\*\* for more info.](#)

If you have any questions about any of the above programmes please don't hesitate to email Coach Jack Bullock [oceans@papamoalifeguards.co.nz](mailto:oceans@papamoalifeguards.co.nz)



## **JUNIOR SURF REGISTRATIONS ARE NOW OPEN**

**5 - 14 YEAR OLDS**

**10 NOVEMBER 2024 - 2 MARCH 2025**

**SUNDAY MORNINGS  
9AM - 11.30AM**

### **Welcome from the Junior Surf Committee Chair – Danielle Petricevich**

“Welcome to our returning and new Junior Surf families. I am the Junior Surf Chairperson and Coordinator this season. This is my second year as Chairperson and first as Coordinator.



A little bit about me - I have two children involved in the club (one in Oceans and one in Junior Surf). My family have been part of the club for four years now and we love the club and surf lifesaving community. I joined the club as an associate member for my daughter and quickly got involved helping coach her age group. This was a great way to get involved and learn more about surf lifesaving, not having done it myself.

Last year I stepped up as the Chairperson to continue on the great work from our previous Chairs and Committees. I enjoy working with our committee who ensure the season is all organised and ready for the kids to turn up, and come up with great new ideas like our Junior Surf Disco.

I hope everyone has a fun season on the beach, and the kids (and parents) come away with some new beach/surf safety knowledge, new friendships and a love for surf lifesaving. If you ever need anything, please feel free to reach out via email [juniorsurf@papamoalifeguards.co.nz](mailto:juniorsurf@papamoalifeguards.co.nz) or on the beach - you will see me and other committee members racing around.”



## Our current 2024/2025 Committee Members are:

Danielle Petricevich (Chairperson)  
Lily Glass (Co-Deputy Chair)  
Gillian Johnston (Co-Deputy Chair)  
Nikki Heatley  
Jenna Waite-Leonard  
David Cox  
Sheree Keyte  
Emily Mardon (Senior Sports Rep)

The committee meets on the first Wednesday of each month at 6.30pm at the Club – if you'd like to join or have any questions, please email Danielle at [juniorsurf@papamoalifeguards.co.nz](mailto:juniorsurf@papamoalifeguards.co.nz)



## COACHES – WE NEED YOU!

To run a successful summer Junior Surf season we need the ongoing support of you – the parents and caregivers of our Junior Surf kids. Junior Surf is run solely by volunteers so the more people we have to help the more we can share the load.

Interested in coaching an age group this year? Or maybe you've been considering it but aren't quite sure? Join us for our **Pre-season Briefing and Information Evening on Wednesday 23rd October at 6pm**, held at the Club. You'll learn everything you need to know about being a Junior Surf coach and have the chance to talk with experienced coaches to find out what's involved.

## Mark Your Calendars... Something Exciting is Happening at the Club!

Get ready for an unforgettable night filled with music, dancing, and a whole lot of fun! You won't want to miss it...

**8th November 2024 – JUNIOR SURF DISCO!**

## LEARN TO SWIM

While our programmes at the Pāpāmoa Surf Club don't include swimming lessons, we strongly recommend that our Junior Surf kids, especially those involved in Surf Sports, take Learn to Swim lessons or join a swimming squad at a local pool. Many of our kids swim with the Pāpāmoa Swim Club, and their bookings for Term 4 are now open...

# LEARN TO SWIM

## TERM 4

# BOOK YOUR ASSESSMENT NOW

Bookings for assessments open on the 9th Sep and assessments will be held on the 25th and 26th Sep.

\*We require all new swimmers to our programme to book in for an assessment.

For more information and to register go to:  
[www.papamoaswimclub.org.nz](http://www.papamoaswimclub.org.nz)



## NEW NAME, SAME SUPPORT – TELUS HEALTH

SLSNZ's member support service, formerly known as Benestar, is now TELUS Health. This service is available to all members and their families, offering help with a wide range of issues, from financial stress to relationship challenges - not just surf-related matters.

Whether you're a fully qualified lifeguard or a parent helping out at Junior Surf on Sunday mornings, our entire surf club community has access to this important support. [CLICK HERE](#) for more information.

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



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