



Pāpāmoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

5th December 2024

OBITUARY: BARRY VOWLES



It is with great sadness that we share the passing of Barry Vowles on Sunday December 1.

Barry, aged 92, and his wife, Thelma, have been cherished supporters of the Pāpāmoa Surf Life Saving Club, their involvement beginning during the consultation phase of our new building. As long-time residents, with their family home just across the road, Barry and Thelma have enjoyed Pāpāmoa Beach for many years.

Their connection to the beach and our surf club inspired them to contribute generously to our operational needs over the past eight years. Their support has been transformative, enabling us to purchase essential equipment such as a new Jet Ski. These contributions have enhanced our lifeguarding capabilities and helped us keep our beach safer for everyone.

Barry's dedication and kindness have left a lasting impact on our club and community. We extend our heartfelt condolences to Thelma and the Vowles family during this difficult time. Barry will be deeply missed but fondly remembered for his invaluable contributions to the Pāpāmoa Surf Life Saving Club.

A celebration of Barry's life will be held at the club on Monday 9th December at 11.00am.



Pāpāmoa Surf Club Office
Shut Down for the Holidays

2.30pm Friday 20th December 2024 -
8.30am Tuesday 7th January 2025



CLUB NIGHT & RACE NIGHT #2

We hope all our junior surf kids had a blast at last week's Race Night! It was the first in the series for our under 8 and above aged kids to compete in beach and water events, battling it out against their mates in a fun and competitive atmosphere.

Get ready for our second Race Night this Friday 6th December. With the weather forecast looking like a scorcher, the beach is the perfect place to be, and we can't wait to see our junior surf athletes in action once again.



Don't forget, the clubhouse will be open for all club members to enjoy. Bring some food to enjoy on the deck, make yourself a hot drink in the kitchenette, or grab an ice-cold drink from the bar. It's your place to relax and unwind! For dinner, we will have Burger Lab onsite again, selling delicious burgers for the whole family.

And remember, you're welcome to bring a friend along too. We look forward to seeing you at the beach for another fantastic evening of fun, food, and friendly competition.

STAYING SUN SAFE: ADVICE FOR ALL CLUB MEMBERS

New Zealand has one of the world's highest skin cancer rates. Surf lifesaving activities, with prolonged time in the sun and exposure to UV reflected from water and sand, put all club members - lifeguards, junior surf kids, and their families - at increased risk.

Here's how everyone in our surf club community can stay sun-safe:

1. Seek Shade Whenever Possible

Shade is one of the most effective ways to prevent UV damage. Where possible use shaded areas during breaks, training sessions, or while watching events.

2. Avoid Peak UV Times

While lifeguards need to patrol during these times, rotating roles and taking breaks in shaded areas can help.

3. Wear Sun-Protective Clothing

Club uniforms are designed to protect you - high-collared, long-sleeved shirts, shorts, and wide-brimmed hats offer better protection than caps. Swimmers are encouraged to wear long-sleeved rash tops or wetsuits. Don't forget UV-protective sunglasses to shield your eyes.

4. Use Sunscreen Properly

Apply sunscreen to dry skin at least 20 minutes before heading outdoors and reapply every two hours, or after swimming or sweating. Use enough sunscreen - about 30ml per application for full coverage.

5. Role Model Sun-Safe Behaviours

Parents, coaches, and lifeguards can lead by example. Avoid sunbathing, wear appropriate sun protection, and consistently demonstrate good sun-safe practices for younger club members to follow.

6. Protect Kids Early

Children's skin is particularly sensitive to UV damage, and sunburn in childhood significantly increases the risk of melanoma later in life. Ensure kids wear hats, sunscreen, and protective clothing during all outdoor activities.

By working together as a club to prioritize sun safety, we can reduce the risks of skin cancer while enjoying our time at the beach.

STOCK UP ON PĀPĀMOA SURF CLUB MERCHANDISE!



Get ready for summer and show your club pride with Pāpāmoa Surf Club gear - perfect for the holiday season!

Whether you're looking for hats, hooded towels, mugs, or drink bottles, there's something for everyone!



If you're after swimwear, we've teamed up with Jolyn to offer Pāpāmoa SLSC-branded swimsuits, bikinis, and jammers.

[CLICK HERE](#) for all the details and to place your order.



CHRISTMAS GIFT ALERT!

This year, Bed Bath & Beyond has two brand new, stylish Surf Life Saving NZ towel designs. Every purchase, along with a donation from every other beach towel sold, will directly benefit SLSNZ.

If you're looking for the perfect beach towel this summer or a thoughtful Christmas gift, please support our partners who continue to support us.

Visit Bed Bath & Beyond, or [shop online](#).

LIFEGUARDING



Welcome to the Team!

Our lifeguard family just keeps growing, and we couldn't be more thrilled! A huge welcome to all our *new lifeguards and patrol support* - we're so excited to have you on board. Thank you for stepping up, putting in the hard work, and dedicating yourselves to keeping our community safe. From training to studying to passing those tough tests, you've done an incredible job and we can't wait to see you out on the beach doing what you do best.

Our new lifeguards are: Michaila Bourne, Ari Franklin, Hannah Ross-Evans, Mat Bowling, Rayden Broadley, Zac Abbott and Finn Bevington-Crean. Our new Patol Support are: Kate Magill and Bridget Chugg.

Want to join the crew? Intensive Training Course This January



Are you ready to step up and become a surf lifeguard? An intensive training course is being offered this January, combining flexible self-paced theory study with practical hands-on training.

Key Details:

- Course Start Date: **18th January 2025**
- Duration: **Four days across two weekends**
- Exam Dates: **Wed 12th & Thurs 13th February 2025**
- Location: **Pāpāmoa Surf Life Saving Club**

Prerequisites:

- Swim 400m in a pool & the ocean in under 9 minutes.
- Complete a run-swim-run in under 8 minutes.

What You'll Learn:

- Practical first aid skills.
- Signals and radio communication.
- CPR and first aid scenarios.
- Mock theory exam to prepare for the final assessment.

All candidates must be registered with the club and complete the online learning modules and workbook before training begins. Don't miss this opportunity to gain vital lifesaving skills and join a rewarding community.

[CLICK HERE](#) to head to our website for more details and to secure your spot.

SURF SPORTS

Event Results now on...



All surf life saving event results have moved from Waves to LiveHeats, where you can follow the club leaderboard, search for results of individual athletes and view detailed event information, including heats and finals. Athletes are assigned a LiveHeats wristband for the season, streamlining marshalling and result recording. [CLICK HERE](#) to check it out.

Volunteers Needed!

We are excited that Pāpāmoa Surf Life Saving Club will be hosting the Bay of Plenty Championships from January 3-5 2025. This is a fantastic event for our club and the wider community, and we'll need plenty of help to make it a success.



Event Schedule:

Friday: Canoe & Double Ski

Saturday: Seniors and Masters

Sunday: Juniors

We are calling on all club members to help out with various tasks over the weekend, including: set up/pack down, first aid, water safety, officials and general helpers. If you're in Pāpāmoa over the weekend and can spare a couple of hours or even half a day, please sign up to lend a hand. We will post a call-out on the group Facebook pages soon with more details on how to sign up for specific roles. Your support is greatly appreciated and will help ensure this event runs smoothly.

MASTERS SURF SPORT

The Masters Group at Pāpāmoa Surf Life Saving Club continues to grow, not just in numbers but also in the strength of the friendships, inspiration, and support among its members. It's a community where individuals are not only motivated to improve their own skills but also lift each other up, creating a positive and encouraging environment for everyone. The bonds formed here go beyond the beach, and this week we hear from two of the members, Angie Wall and Karyn Leach, who share their personal stories and what motivates them to be involved in the club.



For Angie, the highlight of being in the Masters group is the camaraderie. "It's such a cool, fun group of people, and everyone has each other's back," she says. Angie joined the group to challenge herself during the triathlon off-season. "I find it hard to motivate myself to get to the pool during the colder months, so joining the Masters gave me a purpose," she explains.

Image: Angie Wall (left) pictured with fellow clubbie Luana Cox at this year's Pool Rescue Nationals in Auckland.



Karyn's journey into surf lifesaving began unexpectedly. "Michael (Karyn's husband) and I decided to become lifeguards one night over a wine," Karyn admits. With no prior swimming experience, she faced a major hurdle when she didn't pass her swim time on the first attempt. "I spent a year doing swim squad with Sheryl McLay, and Ryan Hohneck was so encouraging. Eventually, I passed, and it was a huge accomplishment."

Karyn's passion for water safety led her to teach swimming to kids. "I'm passionate about everyone being safe in the water," she says. Her first patrol session was memorable, especially when she was involved in a rescue of a father and son who nearly drowned.

Setting goals is important for Karyn. "I've set myself more goals, like IRB driving and first aid. I'm in my third season of pool champs now, and I love inspiring others to race and be part of the team," she explains.

Now also an instructor and examiner, Karyn works to help others gain confidence. "I understand how nervous candidates can get, especially for kids taking their first exam," she says.

Karyn also has new challenges on the horizon. "I'm doing the Mount Monster as part of the Rebelles team for 50-plus women. I'm doing the swim, which includes a run and jump off Leisure Island - yikes!"

With a growing interest in board training and first aid, Karyn continues to support at carnivals and inspire others.

Both Angie and Karyn embody the spirit of the Masters Group, showing that with passion and determination, there's always room for growth and fun within the Pāpāmoa Surf Life Saving Club community.

For more information on the Master group [CLICK HERE](#) to check out our website or email Radleigh Cairns: surfsport@papamoalifeguards.co.nz

SENIOR SURF SPORT

Pāpāmoa Surf Club Shines at Gizzy Grinder



We had some standout performances at the recent Gizzy Grinder held at Midway and Wainui. The grueling event over two days provides an opportunity for our senior athletes (14 years and over) to test their fitness and skills across fun and challenging multi-discipline races.



On Friday evening, the athletes contested a long-distance iron event consisting of a surf ski paddle, beach run, ocean swim and board paddle across Wainui Beach to Wainui SLSC – a total distance of 10km.



Saturday's races featured an iron person round-robin, testing endurance and fitness with athletes completing three rounds of a demanding course, separated by just five minutes of rest.

It was a true test of fitness and endurance to complete the three rounds. Following this, the athletes tackled a series of relay water events.

Trelise Chote and Zac Cairns excelled in the individual categories, claiming top honours as the standout female and male athletes.



Trelise Chote



Zac Cairns



In the open female event, Bella Davoren was in a tight contest with Ella Sutton from Midway, with both athletes sharing the lead during multiple rounds.

The event was also a great opportunity for the athletes to get a feel for racing at Midway Beach, which is the venue for the 2025 SLSNZ Aon Lifesaving National Championships from March 6-9 next year.

[CLICK HERE](#) for full results from the Gizzy Grinder.

The action doesn't end there with another busy weekend coming up this weekend with the Whangamata Classic on Saturday followed by the U17 Regional Challenge and The Invitational on Sunday.

U17 Regional Challenge

The U17 Regional Challenge aims to provide an exciting development experience for young members enthusiastic about lifesaving sport. It's an opportunity for athletes to compete as part of a team selected from across their region in a different format of racing and provides coaches and managers the chance to engage with athletes beyond their own clubs. The event will be held on Sunday 8th December at Whangamata prior to The Invitational. Congratulations to our athletes who have been selected: **Isobella Davoren, Lockie Cairns, Oliver Peppers, Georgia Davoren, Luke Gillbanks and Triton Dickens.**

U17 REGIONAL CHALLENGE '24

Eastern Region

Sunday 8 December 2024, Whangamata

Green Team

Cole Frazer
Grace Richardaon
Holly Warden
Imogen Ussher
India-Rose Scholes
Isobella Davoren
James Whitaker
Lockie Cairns
Oliver Peppers
Will Robinson

Coach:

Daniel Shanahan

Red Team

Eden Wood
Emily Petro
Finn Freemantle
Georgia Davoren
Lexi Meyer
Luke Gillbanks
Max Riordan
Olivia Verryt
Riley Knight
Tessa Scott
Triton Dickens

Coach: Harry Defaur

Team Manager: Naomi Davoren



The Invitational

Also running in Whangamata on Sunday is the prestigious event – The Invitational. A big shoutout to our squad members who have been selected to race: [Trelise Chote](#), [Amelie Pearson](#) and [Zac Cairns](#).

The Invitational is a fast-paced, representative competition where New Zealand's top and fittest lifeguards team up to take on a program of swim, board, ski, sprints, and flags. With teams led by some of the country's best coaches and managers, it's sure to be an exciting day of action! And a special mention to our coach Jake Cowdrey, who will be leading one of the teams - good luck Jake.

Next up will be the Mount Monster held at the Mount Main Beach on Saturday 14th December. This is a massive enduro event where athletes compete either individually or in teams. More on this next time...

**If you can't be in Whangamata this weekend,
go to [LiveHeats](#) to follow all the action.**

JUNIOR SURF SPORT

Season Kicks off with the Coastal Challenge

Get ready for an action-packed start to our junior surf sports season! The Coastal Challenge, happening on Sunday 15th December at Mount Maunganui, is the first major carnival of the season. This exciting event will showcase our talented Oceans athletes (ages 9–14) as they put their hard-earned skills to the test. As the carnival season gets underway, make sure you stay informed: check your emails for event invitations and follow updates on the [Oceans Facebook page](#) and [Junior Surf Facebook page](#).

Here's a reminder of all the Junior Surf Sport events coming up...



2024/2025 JUNIOR SURF CARNIVALS & EVENTS

FOR UNDER 8 – UNDER 14 ATHLETES



Coastal Challenge Mount Maunganui	Sunday 15th December 2024 9am-1pm	<ul style="list-style-type: none">• A fun day of alternative individual races• For under 11-14 Oceans members
BOP Junior Surf Carnival Pāpāmoa	Sunday 5th January 2025	<ul style="list-style-type: none">• Traditional style of racing featuring team and individual events• For under 11-14 members
Pāpāmoa Junior Surf Carnival Pāpāmoa	Sunday 19th January 2025	<ul style="list-style-type: none">• Our opportunity to host a local carnival• Team events only• For under 8s and above
Eastern Region Junior Carnival Ohope	Saturday 1st & Sunday 2nd February 2025	<ul style="list-style-type: none">• A big regional event for our junior athletes• For under 11s and above
Oceans Festival of Surf Mount Maunganui	Thursday 20th – Sunday 23rd February 2025	<ul style="list-style-type: none">• The largest Junior Surf Life Saving event in New Zealand for junior athletes• For under 11s and above

Exciting New Beach Programme a Hit

Our new Beach Programme, designed for Oceans kids aged 9–14, is off to a fantastic start. A collaboration between the Pāpāmoa Surf Club and Pāpāmoa Athletics Club, the programme is boosting attendance and delivering great results for both groups.

What's Happening?

- Mondays: **run-strength training focused on speed and power at the surf club. Open to both surf and athletics club members.**
- Wednesdays: **technique training led by the athletics club at Gordon Spratt Reserve, with oceans athletes encouraged to join.**
- Fridays: **sprint and flags training exclusively for our Oceans kids.**

This collaboration is proving to be a win-win, driving a 40–50% increase in consistent attendance while boosting performance and fostering a stronger bond between the surf and athletics communities.



JUNIOR SURF



Our 2024/2025 Junior Surf season is underway and we've been blessed with some lovely warm weather and nice surf conditions so far.

We only have two more sessions left for this year with a special guest making an appearance at the last session on 15th December.

We'd like to remind parents that Junior Surf is run solely by volunteers and we need help from parents or caregivers in the water to ensure we meet adult to child ratios. This usually involves standing in the water (up to hip or waist height) or counting children in and out of the water.

We encourage every parent/caregiver to come to Junior Surf prepared to get wet in suitable swimwear such as togs and a wetsuit, so you can jump in and help when asked by the coaches. Parents are also being asked to wear a high vis vest when they are helping out so they can be easily identified by the age group coach as well as the kids.

See you on Sunday and don't miss our Santa Photo Competition on 15th December...



**WIN
ICEBLOCKS
FOR
EVERYONE!!**

**SUNDAY 15 DECEMBER
AT JUNIOR SURF**

SANTA PHOTO COMPETITION

Get everyone in your age group together for a photo with Santa

Send your entries to
juniorsurf@papamoalifeguards.co.nz



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