



Pāpāmoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

19th December 2024

SEASON'S GREETINGS



Merry Christmas and a Happy New Year to all our club members! We hope you get the chance to relax, spend quality time with your families, and enjoy the beautiful beaches this holiday season.

Remember to stay safe out there, keep the key safety messages in mind, and always swim between the flags whenever possible. For details on all lifeguarded beaches across New Zealand, check out www.safeswim.org.nz

Please note that the club office will be closed from 2:30 pm on Friday, 20th December 2024, and will reopen at 8:30 am on Tuesday, 7th January 2025. Wishing you all a safe and joyful holiday season!

LIFEGUARDING

The holiday season is almost here, and with it comes busy beaches and packed patrol schedules. As we gear up for this exciting time, a quick reminder: if you're going away or unavailable, please let your patrol captain know as soon as possible.



We're thrilled to welcome our newest lifeguards, from left: Alex Omundsen, Hayden Furlong and Isobel Omundsen. Huge congratulations on passing your lifeguard exams - we're excited to see you in action on the beach this summer. Your hard work and dedication have already made an impression, and we can't wait for you to join the team.



Boost Your Patrol Hours

Looking to boost your patrol hours while making a real impact? Junior Surf needs your help! Every Sunday from 9am to 11am, lifeguards are encouraged to lend a hand with water safety. Did you know this counts towards your volunteer patrol hours? It's a fun and rewarding way to give back while keeping our youngest surf enthusiasts safe. Just swing by the club in your lifeguard uniform and find Danielle Petricevich - she'll get you set up and ready to go.



Congrats New RWC Operators

We'd like to give a massive shoutout to our new probationary RWC (Rescue Water Craft) Operators: Mitch Cowdrey, Ross Cowdrey, and Patterson Kelly. After completing the induction last weekend, these talented individuals are now ready to take on this essential role. Having more skilled operators on board is a big win for our club and community.

Thank you to all our lifeguards for your dedication and hard work as we prepare for the busiest time of year. Whether it's patrolling the beach, supporting Junior Surf, or stepping up in new roles, every effort makes a difference.

SPOTLIGHT ON PATROL SUPPORT



Bridget Chugg, a dedicated member of the Pāpāmoa Surf Life Saving Club, recently shared her journey to becoming a Patrol Support. With over seven years at the club, starting with her son's involvement in nippers and continuing as he progressed to lifeguard, Bridget's passion for giving back to her community led her to this role.

Image: Bridget Chugg (left) as a surf official

"I love the surf lifesaving community," says Bridget. "Often, without volunteers, our tamariki wouldn't have access to many opportunities. While I was already a surf official, I wanted to do more. Helping my son study for his lifeguard exam inspired me to get my Patrol Support award while the theory was fresh in my mind."

Bridget found the training fun and informative. "We had lots of laughs," she recalls. "It was just three adults and a bunch of kids, so we bonded quickly. The biggest challenge for me was going back into the classroom after several years to prepare for the exam."

"The first aid training surprised me," Bridget shares. "Doing CPR was a shock at first, but practice made me feel more confident. I'm now prepared to help if needed."

Bridget sees her role as "being a calm and steady pair of eyes, ears, and hands" while showing leadership on the beach. She's excited for her first patrol on December 21st and hopes to continue building her first aid skills.

"I've considered becoming a qualified lifeguard to train others," she says, adding that she'd need to gain more confidence swimming in the ocean.

"If you love being part of a team, this role is for you," Bridget encourages. "Patrol teams are big, so you'll never be alone. It's fun and rewarding to help others when they need it most."

Bridget's pride in passing the Patrol Support exam and her passion for surf lifesaving demonstrate the value of volunteering. "The bar was set high, and I was really proud to pass the exam," she says.

NATIONAL LIFEGUARD SCHOOL: INSIGHTS FROM RYAN HOHNECK



Imagine a course that tests your physical endurance, sharpens your leadership skills, and prepares you to handle the toughest emergencies with confidence - that's the National Lifeguard School (NLS). Over an intense 3.5 days, participants dive into a mix of theory, practical learning, and real-world scenarios designed to challenge and inspire. "The NLS helps you stay calm and effective during emergencies," says Ryan Hohneck. "Successful completion earns you the advanced lifeguard award."

Who is the NLS for? The course is held once a year and geared toward senior lifeguards and patrol captains looking to upskill in all aspects of lifeguarding, including leadership, communication, search and rescue, advanced IRB skills, advanced rock rescue and navigation, first aid, and patrol captain duties.

How do you get selected? Lifeguards who meet the prerequisites can apply and must pass several fitness tests during the selection process. For more details, visit [Surf Life Saving NZ's website](#).

Ryan attended in a logistics capacity, helping with boats, gear preparation, water safety, and IRB activities. Reflecting on the experience, he says, "The instructors' level of experience and knowledge is amazing. Seeing candidates push themselves and learn new skills was a highlight. I've taken away some tips to improve my own instructing." Having completed the NLS as a candidate in 2019 and providing water safety in 2023, Ryan is considering attending as a mentor next year.

Ryan encourages senior lifeguards to take on this challenge. "You gain so much from it and can bring valuable skills and knowledge back to the club to help others. It's an incredible step in your lifeguarding journey."

ROOKIES



Just a reminder for Rookie Junior Lifeguards that we encourage you to continue to attend the weekend patrols over the festive period. This is a great opportunity to gain valuable experience and contribute to the safety of the beach at our busiest time of the year.

To all club members, please make sure to welcome the Rookies and say hi when you see them on the beach. Let's support and encourage our future lifeguards as they continue to learn and grow.

SURF SPORTS



Win a 10'6" Sonic Foamie Board!

Want to score a fantastic 10'6" Sonic foamie board, valued at \$1395? Here's your chance!

For just \$5, you can enter the draw and take a shot at winning this awesome board.

Tickets will be on sale at the BOP Champs (3-5 Jan) and at our club nights (10 & 17 Jan).

The lucky winner will be drawn at the Papamoa Carnival on Sunday, 19th January.

Don't miss out!

Mount Monster - A Huge Success!



What a weekend! We had 18 incredible seniors take on the Mount Monster challenge, with 3 individuals and 7 teams giving it their all. They absolutely smashed the 10km Ski, 5km Run, 1.5km Swim, and 6km Board

course. Special shoutout to Trelise Chote, who bagged 3rd place in the U19 female category! Big cheers to Amelie Pearson, Triton Dickens, and Ronin Dickens for taking 1st in the U19 mixed team, with Lockie Cairns, Will Chugg, and Georgia Davoren nabbing 2nd place in the same category. It's exciting to see how much potential our younger athletes have - can't wait to see what the future holds for them.

Coastal Challenge - Team, You Rocked It!

The very next day, our small but mighty team tackled the Coastal Challenge at Mount Maunganui, practicing long-distance racing on the main beach where Oceans will take place in February. The weather was perfect - calm, sunny skies and just the right amount of shore break to keep things interesting. No official results were recorded, but our crew certainly made their mark, winning and placing in multiple races, including the long M-shaped swims, board events, and even the thrilling winner-takes-all world wave race. **Well done, team!**

Holiday Break and Training

Our coaches are taking a well-deserved break over the holidays, which means our training programmes will be on pause for a bit. Be sure to check out the return-to-training dates posted on the Facebook pages to stay in the loop and get ready for the action to kick back off!

[Seniors Facebook Page](#)

[Oceans Facebook Page](#)



Coach Jake Cowdrey



Coach Jack Bullock

Get Involved - BOP Champs Helpers Needed

The BOP Champs is just around the corner, and we need your help to make it a success! Jump onto the BOP Champs helpers doc on Facebook and add your name to support the first big carnival of 2025, happening at Pāpāmoa from 3-5 January. Let's show up in full force and make it an unforgettable event.

JUNIOR SURF SPORT

Keep The Surf Skills Rolling These Holidays

Looking for a fun and challenging way to keep your kids active this January? Our Ocean Development Holiday Programme is perfect for kids aged 8-13.

KEY INFO:

- \$70 per child
- Kids can come to all or some of the sessions.
- Already enrolled in Ocean Development? Holiday sessions are included!
- New to the programme? Join for January and continue until March at no extra cost.
- Don't have the 200m badge yet? Email Coach Jack Bullock: oceans@papamoalifeguards.co.nz

[CLICK HERE](#) to learn more & register now!



OCEAN DEVELOPMENT HOLIDAY PROGRAMME

LEARN BOARD PADDLING, SURF
SWIMMING & BEACH SKILLS

7TH - 23RD JAN 2025
TUES, WED, THURS 10-11.30AM
AGES 8 - 14 YEARS
PĀPĀMOA SURF CLUB

REGISTER NOW

WWW.PAPAMOALIFEGUARDS.CO.NZ

JUNIOR SURF



A HUGE shoutout to all our amazing Junior Surf participants, parents, coaches, and everyone who helps make it happen – your support means the world!

We hope you all had an awesome time during the first half of the Junior Surf season. Special thanks to Santa and his helpers for making an appearance on the beach last Sunday – the kids loved it!



Pāpāmoa Junior Surf Carnival

All those in the under 8s and above age groups - you will have received an email invitation to attend our Pāpāmoa Junior Surf Carnival taking place on Sunday 19th January 2025. Please RSVP to this by 5th January to secure your spot.

Please note that there will be **NO Junior Surf** on this day for our under 6s and under 7s or for anyone in the older age groups who is not attending the carnival. Families are welcome to come down and cheer on the older kids and get an idea of how our carnivals work.

Stay Connected

Please make sure you are signed up to the [Junior Surf Facebook page](#) as this is where we communicate all updates and cancellations. Keep an eye out on your emails for our newsletter as this also includes important information.

The first Junior Surf session for 2025 kicks off on **Sunday 12th January** – we can't wait to see you there!

Finally a big **THANK YOU** to our Junior Surf sponsors [Body In Motion](#) and [Pak N Save Pāpāmoa](#) whose continued support makes all of this possible.



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



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