



Pāpāmoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

28th March 2025



VOLUNTEER CELEBRATION



FRIDAY 11 APRIL 2025
5PM START

VOLUNTEER CELEBRATION REMINDER

Don't forget to RSVP for the End of Season Volunteer Celebration on Friday 11th April.

The Board of Directors is hosting this special event to express their gratitude for the dedication and countless hours our volunteers have given this season. It's going to be a relaxed evening filled with delicious food, great company, and a chance to celebrate another fantastic season together. We invite all Lifeguards, Patrol Support, Coaches, Committee Members, Officials, Board Members, and Key Volunteers, along with our valued sponsors, to join us.

Food will be provided, and the bar will be open for drink purchases. Please RSVP by Sunday 30th March by accepting or declining the email invitation to help us with catering.

Group Photo

Lifeguards, Patrol Support & Rookies: please arrive promptly at 5pm and bring your uniform for the group photo on the beach. Change into your uniform for the photo and out of it afterward.

We can't wait to see the club buzzing with clubbies celebrating the season together and reflecting on the incredible teamwork and dedication that made it all possible.

PĀPĀMOA LIFEGUARD RECOGNISED FOR OUTSTANDING RESCUE

Each month, Surf Life Saving New Zealand highlights an exceptional rescue, and this month, Pāpāmoa's Ryan Hohneck was part of a bp Rescue of the Month winner.



Ryan, an Event Guard at Oceans '25, played a crucial role in rescuing an U13 male athlete in distress during a surf race.

The young competitor, struck in the nose by another athlete's foot, followed his pre-race briefing and immediately signalled for help. Ryan and the event safety team responded quickly, rescuing him from the water.

While being transported to shore, the athlete became unconscious but continued breathing. Recognizing the seriousness of the situation, the event guards signalled for additional lifeguard support. Within 60 seconds, the athlete was brought ashore, assessed by first aiders, and reunited with his father, who provided

critical medical history. Thanks to expert teamwork, clear communication, and rapid response, he regained full consciousness within minutes and was cleared of serious injury at a medical clinic later that day.

Oceans '25 Event Safety Officer Scott Weatherall praised the rescue as “absolutely textbook”, highlighting the importance of athlete pre-race briefings, quick recognition of hand signals, and seamless coordination between event guards, IRB crews, and first aid teams. SLSNZ Event Guards play a vital role in surf sports and other water-based events nationwide, providing peace of mind for athletes, spectators, and organizers alike.

Ryan’s professionalism and dedication exemplify the high standards of the Pāpāmoa Surf Club. We are incredibly proud of his efforts in keeping athletes safe. Well done Ryan.

LIFEGUARDING

Farewell to an Amazing Patrol Season

As we wrap up another incredible season on the beach, we’re gearing up for the final two volunteer patrols this weekend. Despite some mixed weather days, we welcomed huge numbers of visitors to the beach this summer and created unforgettable memories. As we transition into autumn and prepare for winter, we reflect on a summer filled with teamwork, safety, and a lot of fun.



Ailsa Cowdrey, Patrol Captain of Alpha Patrol, shares a glimpse into their last day of patrol this season:

“It was a beautiful sunny day, and Alpha Patrol was ready to work. We began with a thorough safety check, with our lovely ladies taking a refreshing dip in the water – even spotting a stingray gliding by. After that, it was time to refuel with delicious homemade bread, freshly baked scones, hot chips, and mouthwatering cake. The perfect fuel for a busy day!

But it wasn’t just about good food. We kept everyone safe by moving a group of toy trucks out of harms way and helping surfers steer clear of the flags. Midday brought some magic as colourful dragons soared in the wind, lighting up the sky and adding a playful touch to our day. To top it all off, we enjoyed celebratory ice creams together - the perfect ending to our final patrol.

As we packed up and headed off, we couldn't help but reflect on this amazing season. From ensuring safety to sharing laughs and making memories, it's been an honour to be part of such an incredible team. Remember, not all heroes wear capes - some wear tubes and a big smile. We'll see you all next season!"

ROOKIES

Celebrating Our 2024 Rookie Lifeguards



A huge congratulations to our 13 incredible Rookie Lifeguards who have smashed the season, earned their SLSNZ Rookie Award, and are now one step closer to becoming fully-fledged lifeguards.

They wrapped up the season with an epic Rookie Challenge in Pukehina, followed by an action-packed session with the Coastguard at Maketu - boats and jetskis included.

Starting as a Rookie Junior Lifeguard builds a strong foundation for success, making the transition to a qualified Surf Lifeguard smoother and more rewarding. Let's take a look at what our Rookies achieved throughout the season:

- ✓ First aid & CPR training
- ✓ Completed 12+ hours on patrol
- ✓ Radio communication training in the patrol tower
- ✓ Beach patrols on the ATVs with qualified lifeguards
- ✓ IRB (Inflatable Rescue Boat) training
- ✓ Supported Junior Surf carnivals & events
- ✓ Learned about the local Coastguard service and took a ride on their boats and jetskis!
- ✓ Competed in the annual Rookies Challenge

A massive thank you to our dedicated instructors, Jamie Mardon and Ryan Hohneck, for their time, expertise, and support. We're also incredibly grateful to [EVES Real Estate Bay of Plenty](#) for backing our future lifeguards and to Maketu Surf Club and Maketu Coastguard for their ongoing support, providing hands-on training in water safety and rescues.



Rookie Awards: Celebrating Diligence and Commitment

At the recent Junior Surf Awards, we also celebrated the two winners of this year's Rookie Awards. As Jamie Mardon shared, *"I can proudly say they will all make fantastic lifeguards, and any of them would be welcome on my patrol anytime. It's been a tough decision because every Rookie has shown incredible dedication, and I've seen some exceptional progress across the board."*



Ryan Rush

The Male Rookie Diligence and Commitment Award goes to Ryan Rush, a standout Rookie who demonstrated his lifeguarding skills early in the season. On only his second week of training, Ryan was quick to put what he had learned into action. When he saw a fellow Rookie collapse on the beach with a suspected sprained ankle, he immediately used the correct signal for assistance, something he'd just learned that week, and stayed with his teammate until help arrived.

Ryan has shown consistent dedication throughout the season. *"He may be quiet, but Ryan always gives 100%,"* Jamie explains. *"He listens carefully, puts in a solid effort in the water, and his practical skills have really stood out. He's made great strides and will make a fantastic lifeguard later this year."*



Phoebe Mardon

The Female Rookie Diligence and Commitment Award goes to Phoebe Mardon, who has consistently been a positive, hard-working presence in the programme. Phoebe always approaches every task with a smile, fully participating in all aspects of her training. Whether it's answering questions during theory sessions or diving into water activities with enthusiasm, Phoebe's dedication shines through.

On patrol, Phoebe is known for being a real team player. *"She always greets us with a big hello and finds a way to help with setup or any other tasks during the patrol,"* Jamie shares. *"Phoebe's willingness to get involved and her positive attitude make her a great asset to the team. We're excited to see her continue to grow and look forward to having her as a lifeguard on patrol later this year."*

SURF SPORT

Cheers to our Volunteers!



As the Summer Carnival Season comes to a close, the Surf Sports Committee, Coaches, and the Pāpāmoa Surf Lifeguard Club would like to extend a huge thank you to all our clubbies and parents who helped make the season such a success.

Pāpāmoa provides an incredible number of volunteers for each Carnival in the Eastern Region and Nationally, and we truly appreciate how much of a difference this makes - not just for our athletes, but for the sport as a whole. From 20+ year pros to those who've just had their first season, we are incredibly grateful to each and every one of you. Whether it's in the water, on the beach, or behind the scenes, your support helps make every event run smoothly.

Special shout-out to **Jamie Parker** who passed his IRB Drivers last winter and joined the event water crew for several events this year. Jamie's dedication is a great example of stepping up and contributing to the sport we love.

We'd also like to highlight **Stacey Russell**, who initially thought about doing her Level 1 Official course but ended up volunteering at Oceans as an official for all four days after hearing the crew needed help.

Get Involved Next Season



We're always looking for more help, and there are plenty of ways to get involved. If you're interested, here are a few options:

- **Official** (Level 1 Official course over winter, ready for next summer)
- **Event Water Crew** (Lifeguard & IRB requirements)
- **First Aid** (Surf & Advanced First Aid or work qualified)
- **Lifeguard** (Junior events, Refreshed Lifeguard)
- **Age Group Manager** (a positive attitude is all that's needed!)

If you'd like more information, please don't hesitate to get in touch with Radleigh Cairns at surfsport@papamoa-lifeguards.co.nz or visit the [Join Us](#) page on our website.

WHAT'S NEXT?

Get Ready for Pool Rescue!

For those looking to continue training and competing over the winter months, Pool Rescue kicks off in June. Training and competition details will be shared in the coming weeks, so you can plan your winter training accordingly. Stay tuned to the [Oceans Facebook page](#) and keep an eye on your emails for updates.



Our Pool Rescue Programme is all about building skills to help our club members prepare for the Surf Life Saving New Zealand National Pool Rescue Championship and regional events. These events take place over winter, when the ocean is a little too chilly for racing.

In Pool Rescue, athletes learn a range of exciting skills, including tube rescues, object recovery, underwater swimming, and swimming with obstacles. It's a fun, competitive environment where athletes race in unique events that test these skills in both individual and team formats.

To get the most out of the programme, athletes are encouraged to also join an external swim programme to complement their training and fully prepare for Pool Rescue competitions. It's all about improving technique, teamwork, and having fun while building valuable skills!

Surf's Up for Winter!

Get ready for some fun in the surf with Sunday Funday starting next month. This is a fantastic opportunity for our oceans kids to keep their skills sharp over winter. It's not formal coaching, just a chance to play in the surf and refine the skills learned during the summer season.



Please note: Attendees must have prior experience in the sport and a base level of swimming ability - Sunday Funday is not for first-timers. It's open to kids aged 9 and above who are either already in the oceans programme or looking to join next season. It's the perfect opportunity to stay active and develop confidence in the surf. More details coming soon...



The Importance of Swimming

We can't stress enough how crucial swimming skills are in surf lifesaving, whether it's for competition or patrol. Strong swimming is the foundation of everything we do. As we head into the Pool Rescue season, make sure to keep up your squad-style swimming

throughout the winter to stay sharp and ready for the challenges ahead.

JUNIOR SURF



That's a wrap on another fantastic Junior Surf season! A huge **thank you** to our dedicated coaches, lifeguards, water safety team, committee members, and parent helpers - we couldn't do it without you. A special shoutout to those moving on from coaching after years of commitment.

Over winter, our committee reviews the season and plans for the next. If you'd like to be involved or are interested in coaching (no experience needed!), please reach out:

[**juniorsurf@papamoalifeguards.co.nz**](mailto:juniorsurf@papamoalifeguards.co.nz)

Celebrating our Junior Surf Stars

It was great to see our Junior Surf families at the Twilight Session & Prize Giving. Congratulations to all our prize winners and a big well done to our Special Award recipients - recognized for their resilience, determination, and positive attitude throughout the season.



RIDDELL FAMILY CUP – Mikayla Jackson

Awarded to the most improved U12 athlete, the **Riddell Family Cup** recognizes dedication, perseverance, and growth. This season, **Mikayla Jackson** has made remarkable strides, consistently improving her technical skills and confidence. Her positive attitude and eagerness to learn have not only enhanced her performance but also inspired her teammates. From embracing challenges to pushing herself in training, Mikayla has truly stepped up in her age group. Congratulations, Mikayla, on a well-earned award!



FENTON McFADDEN CUP – Ally Goldsack

Recognizing the Most Improved U12 Junior Surf Sports person, the **Fenton McFadden Cup** is awarded to an athlete who has shown exceptional growth and determination. This year, **Ally Goldsack** has continuously stepped outside her comfort zone, tackling new challenges in both pool rescue and beach events. Her resilience, team spirit, and willingness to take on tough races make her a standout competitor. Ally's hard work and dedication have truly paid off - congratulations on an outstanding season!



HELEN WALSH MEMORIAL CUP – William Magill

The **Helen Walsh Memorial Cup** is awarded to the junior surf athlete who demonstrates outstanding attitude, effort, and attendance. This year's recipient, **William Magill** embodies the true spirit of perseverance and dedication. Whether in training or competition, he never backs down from a challenge, even when facing setbacks. His resilience, consistency, and determination set a powerful example for his teammates. Will's ability to push forward, no matter the odds, proves he is a true competitor. Congratulations, Will!



McCASHIN MEMORIAL CUP – Mason Jackson

The **McCashin Memorial Cup** recognizes the Most Improved U14 Junior Surf Sports person, and this year's recipient **Mason Jackson** has demonstrated incredible personal and athletic growth. Overcoming early challenges, Mason has worked hard to rebuild confidence and rediscover his love for competition. His commitment to both physical and mental resilience has seen him thrive this season, racing with determination and a renewed sense of enjoyment. A role model in the team, Mason's dedication is truly inspiring. Congratulations, Mason!


WOMEN'S GROUP TRAINING – SPECIAL OFFER FOR CLUB MEMBERS!

Pāpāmoa local Susan Duncan runs full-body workouts designed by women for women, combining strength and cardio to help you stay strong, injury-free, and feeling great. Strong By Susan is starting up at the Pāpāmoa Surf Club and even better, club members get an exclusive deal!

STRONG

by Susan

WEEKLY CLASSES



MON	TUE	WED	THU	FRI
Pāpāmoa	Omanu	Pāpāmoa	Omanu	Pāpāmoa
6 AM	6 AM	6 AM	6 AM	6 AM
9 AM	9 AM	9 AM	9 AM	9 AM

Why You'll Love It:

- ✓ Functional training to enhance daily life and prevent injuries
- ✓ Every session includes both strength and cardio
- ✓ 1-hour classes to fit into your schedule
- ✓ Sessions at 6am & 9am at two locations throughout the week – Pāpāmoa and Omanu

Exclusive Club Member Offer

As a club member, enjoy your first month **HALF PRICE!**

\$17.50 per week (usually \$35) – unlimited classes at two locations
Papamoa Domain – Mon, Wed, Fri (moving indoors to the Surf Club in cooler weather)
Omanu SLSC – Tues & Thurs
Prefer flexibility - concession passes are available at a special rate: \$75 for 8 classes (usually \$150)
Try it for free - we always offer two free trial classes, so why not give it a go?

For bookings or more info, contact Susan:

train@strongbysusan.co.nz

027 913 5577

Instagram: [strong_by_susan](#)

Facebook: [Strong by Susan](#)

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