

PSLSC MEMBER NEWSLETTER

2nd May 2025

A SEASON TO BE PROUD OF - THANK YOU TEAM PĀPĀMOA



"As the 2024/25 summer season wraps up, it's a great time to pause and reflect on everything our amazing Club has achieved, and the incredible people behind it.

Even though patrols, junior surf and summer sports have wound down, things never really stop at the club. We're into winter training, planning for next season, and continuing our mission to keep people safe along our coastline.

A huge thank you to everyone who's volunteered their time and energy this season. With close to 1,000 members, the sense of community and contribution is stronger than ever - together, we've clocked up over 8,000 volunteer hours!

Over 140 lifeguards and patrol support members contributed more than 3,900 hours on the beach. We also welcomed 35 newly qualified lifeguards and patrol support, a credit to their hard work and the awesome instructors who got them there.

This season, 417 nippers had a blast learning beach safety, and more than 1,300 school kids took part in beach education. Our junior and senior surf sports teams also had a fantastic year, growing their skills to become fitter, faster lifeguards.

Behind all of this are the unsung heroes - coaches, managers, officials, first aiders, water safety crew, committee members, staff, board members, and the many others who quietly keep everything ticking along.

Thank you all - you truly make this Club something special."

Jim Pearson

Chairperson

During the 2024/2025 season, the Pāpāmoa Surf Life Saving Club had over 900 members and achieved some impressive results:

- → We had 146 volunteer Surf Lifeguards and Patrol Support members patrolling our beaches.
- ★ They completed over 3,900 volunteer lifeguard patrol hours and performed 1,138 preventative actions.
- ★ They carried out 1 rescue from the water, 5 assists and 5 major first aids.

- 417 kids were involved in our Junior Surf programme, supported by 38 volunteer Junior Surf coaches.



2024 CLUB 2025 AWARDS

PĀPĀMOA SURF CLUB

SAVE 23 MAY THE 2025 DATE 6PM

BEACH EDUCATION – CONNECTING COMMUNITIES THROUGH SAFETY

A massive shoutout to everyone involved in the 2024/2025 Beach Education season. More than 25,500 students took part across the country - including over 1,300 right here at Pāpāmoa Surf Club.



Beach Education is a powerful, community-focused programme delivered by Surf Life Saving New Zealand. It plays a key role in our shared mission to reduce drownings in Aotearoa. Through fun, hands-on learning, Beach Ed helps build confidence and awareness among young beachgoers, making beaches safer for everyone and supporting the work of our lifeguards.



At the heart of this programme are our awesome instructors - all of whom start as volunteer lifeguards. This season, 38 instructors from across the Eastern Region clubs were employed to deliver Beach Ed. Their energy, experience, and passion for safety shine through, with schools consistently giving glowing feedback about their sessions. That positive feedback reflects the strength of our clubs, the training, support, and community we provide to help grow exceptional educators and leaders.



We're always keen to welcome new instructors into the team. It's a rewarding seasonal role that returns this November and runs in school hours during Term 4 (November - December) and Term 1 (February - April) - perfect for anyone wanting to make a real impact over summer. If you're interested, keep an eye out for the seasonal vacancies that will be advertised over winter. If you want to learn more, reach out to Alana Pearce at SLSNZ on 021 190 5280 or email education.eastern@surflifesaving.org.nz.

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Big thanks to the Aquaholics team for being part of the Pāpāmoa Surf Club family.

LIFEGUARDING

Keen to get in the IRB? Expressions of Interest Now Open!

We're gearing up for our winter IRB training programme and looking for expressions of interest for both Crewperson and Driver courses. If you've ever wanted to get involved in the IRBs, now's your chance! Training is fun, low-pressure, and led by a supportive team of experienced instructors. Sessions will likely be on Sunday mornings, with some flexibility if needed.

To register your interest, check out the post on the Lifeguarding Facebook page.



IRB Crew Course

Start your IRB journey here - you'll learn how to set up the boat, launch in surf, and assist in rescues. The course usually runs over 3–4 sessions plus an exam.



IRB Drivers Course

Already crew-qualified? Step up to driving! This course is more indepth and focuses on confident handling in the surf, rescue techniques, and maritime knowledge. Training runs throughout winter, with plenty of 1-on-1 time in the boat.



Already a Driver?

We're also welcoming existing drivers who'd like to refresh skills or get more time on the water during winter.

Got questions? Reach out to Ryan Hohneck via rhohneck@gmail.com.

POOL RESCUE



For those keen to keep training and competing through the winter, Pool Rescue kicks off on 8th June. It's a great way to stay active and build some epic surf sport skills while the ocean cools down. Training and competition details are now live on our website – **CLICK HERE** to check them out!

Our Pool Rescue Programme helps members gear up for the Surf Life Saving New Zealand National Pool Rescue Championships and other regional events. These events are held indoors over winter and include some seriously cool challenges like:

- Tube rescues
- Object recovery
- Underwater swims
- Obstacle swimming
- Individual and team racing formats

It's a fun, fast-paced environment focused on improving technique, teamwork, and confidence.

Top Tip: To get the most out of the programme, athletes are encouraged to also be part of an external swim squad to complement their training.







SURF SPORT - WINTER SEASON UNDERWAY

JUNIORS

As we wrap up the final week of another successful Beginner Ski Programme, we're excited to shift our focus towards Pool Rescue. As mentioned above Pool Rescue registrations are now open for all junior members aged 10 and above as of 30 September 2025. Pool Rescue is a fantastic way to build lifesaving skills and fitness over the colder months. For more details and to register, visit our website: **Pool Rescue**.



For those keen to stay active in the surf, **Sunday Funday** continues every week from 2pm - 3pm, conditions permitting - a great way to enjoy some freeplay time in the waves over winter. There is no need to register, just turn up, but kids do need a parent on the beach at all times.

Teaming Up with Pāpāmoa Athletics – Winter Sessions Now On!

We're also thrilled to continue our partnership with Pāpāmoa Athletics Club, offering additional training opportunities for our juniors aged 10 and over. Their winter programme kicked off this week...



Technique and Strength Sessions

Mondays: 4:30-5:30pm-ish

Gordon Spratt Reserve: outside the tin shed

Led by: Simon Croom

Hill Strength Sessions

Tuesdays: 4:30-5:30pm-ish

Pāpāmoa Hills: meet in the car park

Led by: David Cox

These sessions are a great way to build strength, fitness, and technique through the winter months. If you're keen to join, head over to their Facebook page for more information: Papamoa Athletics Club Facebook Group

SENIORS

A massive thank you to all our athletes, parents, supporters, officials, managers, and photographers for your dedication and support throughout a fantastic summer season. We couldn't do it without you!

After a well-deserved break, we're now into our winter training programme, which officially kicked off on Monday. It was awesome to see such a great turnout at the Senior Surf Sports meeting, and a warm welcome to our new athletes making the move up from Juniors - we're excited to have you on board.



Our winter programme includes ski training and dryland sessions such as running, fitness, and games.

While participation in the winter season is encouraged, it's completely optional - if you're involved in other winter sports, we'll be ready to welcome you back when summer training begins again.

All the details about the winter training schedule can be found on our website here: Senior Surf Sports

If you have any questions about the programme, feel free to get in touch with Coach Jake Cowdrey at coach@papamoalifeguards.co.nz

MASTERS



Our first couple of surf ski sessions have been awesome – great weather, solid turnout, and plenty of people pushing themselves outside their comfort zones!

We'll continue heading down to Pilot Bay early on Sunday mornings for now, while everyone builds confidence and balance on the skis. Once the group's ready, we'll start transitioning into the open ocean.

Keen to join or find out more? Head to the <u>Masters Facebook group</u> or get in touch with Radleigh Cairns for details: <u>surfsport@papamoalifeguards.co.nz</u>

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