



Pāpāmoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

13th June 2025

Our Annual General Meeting (AGM) is coming up next month, and we'd love to see lots of club members there. It's an opportunity to hear from all areas of the club about how we are tracking, a look back on another successful season, as well as plans for the future.

Why Attend?

- **Reflect on Our Journey:** Gain insights into the club's performance over the past season, celebrating milestones and discussing areas for growth.
- **Shape the Future:** Learn about upcoming initiatives and plans that will steer the club forward.
- **Engage and Contribute:** If you've been considering a more active role within the club, the AGM is the perfect platform to express interest and understand how you can make a difference.

Board Nominations

For those interested in joining the club's leadership, Board nominations close at **5pm on Friday 11th July 2025**. This is an excellent opportunity to bring fresh perspectives and energy to our governing body.

The AGM is a chance to connect with fellow members, share your thoughts, and stay informed about the club's direction. Your voice matters, and we look forward to seeing you there.



Pāpāmoa
SURF LIFE SAVING CLUB



PAPAMOA SURF CLUB AGM



SUNDAY 27 JULY 2025



2PM AT THE CLUB



**BE PART OF THE CONVERSATION
THAT SHAPES OUR CLUB'S FUTURE**

SUPPORT LOCAL, SUPPORT JARDEN WEALTH



DID YOU KNOW Jarden Wealth Tauranga can help club members grow and protect their money, with services tailored to your life stage and goals - from investing wisely to planning retirement.

DID YOU KNOW they offer a fully managed portfolio option so you can leave the day-to-day investing to them - no stress, just results.

DID YOU KNOW you can get expert advice without being locked into full management. Their *advice* & *transact* service lets you make your own investment choices, backed by solid research.

DID YOU KNOW Jarden Wealth can also help with retirement planning - so you can enjoy life after work with confidence and peace of mind.

DID YOU KNOW by choosing Jarden Wealth, you're supporting a sponsor that supports us, with a community-first mindset and a relationship-driven approach.

Give Jarden Wealth a call on **07 222 0995** or visit their website www.jardenwealth.co.nz

Huge thanks to the Jarden Wealth team for helping our members plan for a stronger financial future, and for being part of the Pāpāmoa Surf Club family.



Why choose Jarden Wealth Management?

Ask our local experts, Simon & Sarah.



Jarden Wealth Limited is an NZX Advisory Firm. Jarden's Financial Advice Provider statement is publicly available at www.jarden.co.nz.
Jarden is not a registered bank in New Zealand.

HAVE YOU GOT YOUR TICKETS YET?

Don't miss out on the event of the year at the Pāpāmoa Surf Club – Left Hand Break LIVE!

Join us for an unforgettable evening of live music and community spirit, all in support of our local surf lifesaving stars: **Trelise Chote, Amelie Pearson, and Bella Davoren.**

A massive thank you to **Left Hand Break**, **Nutech Security** and **Bay Audio Visual** for donating their time, equipment, and energy to this event. Their generosity ensures that 100% of ticket sales go directly to Trelise, Amelie, and Bella, helping them pursue their dreams of wearing the black cap and representing New Zealand on the international stage.

Don't miss this opportunity to enjoy great music and support our girls as they chase their dreams.

Read more about their inspiring journey here: [Our Pāpāmoa Stars Go Global](#)

LIVE AT THE PAPAMOA SURF CLUB



TICKETS
\$25

5
JULY

STARTS
6PM



Funds raised will assist our high performance athletes in representing New Zealand at three elite Surf Lifesaving competitions during 2025

Amelie Pearson.....Trelise Chote.....Bella Davoren

LIFEGUARDING



IRB Crew Training Launches

Our winter IRB training programme is in full swing. Lifeguards are diving into hands-on sessions - learning to launch boats, crew together seamlessly, and execute patient rescues in real surf.



Rising to the Challenge

It's wonderful to see so many young lifeguards taking on this next challenge in their lifeguarding journey.

Watching their confidence build has been fantastic and once they complete their exam, we can't wait to see them in action next season.



Next Up – IRB Drivers

Our IRB Driver Course will be starting soon so keep an eye out for more details. The Drivers course is for those already crew-qualified, and focuses on confident handling in surf, advanced rescue techniques, and maritime knowledge. Training runs throughout winter, offering ample one-on-one time in the boat. Current IRB drivers are also welcome to join for skill refreshers or additional time on the water.

THREE GENERATIONS IN THE IRB

At one of our recent IRB training sessions, three generations came together - Neil Walker, his daughter Heidi Omundsen, and her children Alexander and Isobel - proving that surf lifesaving is truly a family affair.



Image: Three generations united in surf lifesaving: Alex, Heidi, Neil and Izzy during a recent IRB training session.

Neil, returning after a break from surf lifesaving, shares:

"Surf's statement 'in it for life' says it all really. Surf Club provides such a good base for people to grow in their own self-confidence in the surf. Watching our grandchildren grow in this area is so cool to see. And to be able to participate alongside them and their parents is really special."

Reflecting on the training team, he adds:

"I'm so impressed with the calibre of the team who are delivering the program. The club is fortunate to have them."

Heidi finds deeper meaning in training alongside her father and kids:

"I love being able to combine spending time at the beach with spending time with the people I love. Seeing my family members challenging themselves to learn new skills gives me the push I need to take on new challenges too!"

A gym-goer herself, she links strength training to lifesaving:

"Being able to apply the strength I have gained from doing RDLs in the gym to pull a patient out of the water into the IRB really makes the gym work feel more worthwhile and meaningful! My Dad inspires me to stay active, fit and strong as I get older. I love being able to role-model that for my kids too."

Her favourite training moment?

"I just love getting through the whitewash and out the back into the sunshine and beautiful rolling, blue-green swells. It's my happy place."

The youngest Omundsens, Alexander and Isobel, bring enthusiasm to the training sessions. When asked about the coolest part of training with their mum and grandad:

Alex: *"Always having a ride to and from IRB training."*

Izzy: *"I get lots of photos thanks to my Mum."*

Memorable moments? They've had a few:

Alex: *"Getting flung out of the IRB with my friends."*

Izzy: *"Talking with my friend (who is also doing the training)."*

Together, Neil, Heidi, Alex, and Izzy embody the spirit of Pāpāmoa Surf Life Saving Club - committed to preventing drowning and delivering excellence in lifeguarding, surf sports, and leadership, generation after generation.

For more information on IRB training and how to get involved, check out our website: [**IRB PATHWAYS**](#).

CALLING ALL FUTURE LIFEGUARDS!

The first Surf Lifeguard Award exam for the upcoming summer season is scheduled for **Saturday 11 October 2025**. Whilst this might feel like a long time away, NOW is the time to start getting ready!

- Have you been thinking about becoming a lifeguard but unsure of taking the next step?
- Did you see your friends in the red and yellows last season and think – that could be me?
- Do you spend a lot of time on the beach watching your kids have all the fun and think – I want to be part of the action?
- **Then this course is for YOU!**

Perfect for Junior Surf parents wanting to step up next season, there will be a comprehensive three-day training course on the following dates: Saturday 13 September, Sunday 21 September and Sunday 5 October. Each session runs from 9am – 4pm at the club.

No previous experience is required but there is a bit of prep work to do before the training course begins so now is the perfect time to start planning.

Preparation Requirements:



Swim Test: Complete a 400m swim in under 9 minutes

If you're unsure of your swimming ability or need to step up the training, why not join the winter Pool Rescue programme. More details here: [**POOL RESCUE**](#). You don't have to compete, you are welcome to just join for the training.



Online Modules: It's advisable to complete the online theory components early.

Log into the [**SLSNZ learning portal**](#) and work through the online modules (each takes around 20–30 minutes). Doing these online ahead of time strengthens the knowledge base you'll need for the workbook and practical training.



Workbook: Ensure your workbook is completed prior to the start of the course.

Pick up your workbook and manual from the club and complete before you begin practical sessions to maximise your readiness.

For more information, please check out our website - [**BECOME A LIFEGUARD**](#) or get in touch with Marama via email: [**lifeguards@papamoalifeguards.co.nz**](mailto:lifeguards@papamoalifeguards.co.nz)

POOL RESCUE



Pool Rescue is underway – but it's **not too late to join!**

We already have over **90 members** signed up this season - a record turnout!

Jump in with the team training - sessions throughout the week for Juniors, Seniors and Masters.

Visit the **[POOL RESCUE](#)** page on our website to register and for all the details.

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



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