



Pāpāmoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

5th September 2025

SEASON COUNTDOWN STARTS NOW!

Spring is here and the sun is shining! Our lifeguards are back on the beach in just over 7 weeks (Labour Weekend), registrations for our Junior Surf season are open and flooding in, and we have lots of exciting regional and national surf sport events lined up.

Thank you to all our committees and volunteers who are busy getting ready for the season ahead – we can't wait!

Registrations are NOW OPEN for all our Surf Lifeguarding, Junior Surf and Surf Sports programmes. If you're unsure which one is right for you, read through the newsletter for more information and check out our [website](#) for more details. Here's a snapshot of what's available for kids aged 5 - 18 years...



Junior Surf Ages 5–14

Sunday morning sessions featuring fun games and activities on the beach and in the ocean. Have fun with friends on the beach and learn how to spot rips.



Ocean Development Ages 9–10

Weekday after-school sessions building on the skills learned in Junior Surf, including ocean swimming and board paddling. A stepping stone into Ocean Athletes.



Ocean Athletes Ages 10–14

Focused training in ocean swimming, tube rescue, board paddling and beach skills. Opportunities to compete at regional and national events.



Rookie Lifeguard Ages 12–13

A season of training for aspiring lifeguards in advance of becoming a fully qualified lifeguard. Learn valuable life skills such as first aid and CPR.



Senior Surf Sports Ages 14 plus

Professional coaching in all surf sports disciplines. Offers members a chance to sharpen their lifesaving skills at regional, national, and international levels.



Surf Lifeguard Ages 14 plus

Comprehensive training in valuable life skills, including CPR and first aid. Preparing members to keep people safe on the beach.

KEEP UP TO DATE

As we head towards the start of our summer season, it's a good idea to make sure you are signed up to our social media pages, as this is where regular updates are posted.



[Papamoa Surf Life Saving Club Facebook Page](#)

Facebook Group Pages:

[Papamoa SLSC Lifeguards](#)

[Papamoa SLSC Rookies](#)

[Papamoa SLSC Masters](#)

[Papamoa SLSC Senior Surf Sports](#)

[Papamoa SLSC Ocean Athletes](#) (Junior Surf Sports)

[Papamoa SLSC Junior Surf](#)



[Papamoa Surf Life Saving Club Instagram Page](#)



Our website is where you can find all the information you need to know about the surf club:

[Papamoa Surf Life Saving Club Website](#)



Here are some useful SLSNZ links to save to your favourites:

[Surf Life Saving NZ - Calendar](#)

[SLSNZ Eastern Region Events Calendar](#)

Why not sign up to the SLSNZ email newsletter. If you're interested, email media@surflifesaving.org.nz

For those really keen on the detail, check out SLSNZ's weekly [Club Mail](#)



www.safeswim.org.nz

Go to Safeswim to find out the patrol hours for Pāpāmoa Beach and all other beaches across New Zealand. Safeswim also gives you up to the minute information on water quality and swimming conditions.



[Liveheats](#) allows you to view live results of an event currently taking place, or the results from previous surf lifesaving events.

JOIN US

You don't need to be a qualified lifeguard to make a difference at the club. There are so many ways you can get involved - whether it's flipping sausages at Junior Surf, officiating at surf sports events, or lending a hand wherever needed.

Know someone who might be keen to join the Pāpāmoa Surf Club this season?

We'd love your help in growing our club community! Please feel free to forward this newsletter to friends, whānau, or colleagues who might be interested. Whether they're looking to give back, stay active, or be part of a great team, there's a place for everyone at Pāpāmoa!

[CLICK HERE](#) or on one of the images below to learn how you can join the fun and give back to the club.



Carnivals & Events



Lifeguarding Roles



Become an Official



Junior Surf Support



JUNIOR SURF REGISTRATIONS ARE NOW OPEN

FOR 5 - 14 YEAR OLDS

**NOVEMBER - MARCH
SUNDAY MORNINGS
9AM START**

Visit our [Junior Surf website](#) for all the information you need to know about the 2025-26 season. Download a printable calendar with all the season dates including uniform collection, race nights, Club Championships, twilight sessions and prize giving.

JUNIOR SURF

AT THE PĀPĀMOA SURF CLUB



REGISTRATIONS
NOW OPEN!

For kids aged 5 - 14 years



MAKE NEW
FRIENDS &
MEMORIES



BUILD
CONFIDENCE IN
THE WATER



LEARN
BEACH-SMART
SKILLS FOR LIFE

papamoalifeguards.co.nz/junior-surf

Registrations for Board Fundamentals are NOW OPEN



The **Board Fundamentals Programme** runs before the start of the Junior Surf season to give our 9 and above aged kids the fundamental skills to enjoyably engage in board-related activities later in the season. Whilst this programme is ideal for those who wish to join the Ocean Development Programme, it's also a great opportunity for beginners in the under 11 - under 14 age groups to learn the basics of knee boarding before the start of the season.

DON'T FORGET...

...that all Junior Surf participants aged 9 and above who wish to paddle a knee board, are

200m BADGE TESTING

Dates:

Sunday 14 September @ 9am - 10am

required to complete a 200m safety badge test before the start of the season.

THIS NEEDS TO BE COMPLETED EVERY SEASON.

Sunday 2 November @ 11am - 12pm

Saturday 6 December @ TBC (will run if required)

Location: Fulton Swim School, 15 Market Place, Pāpāmoa

*There's no need to book, just turn up during these times. Thank you to **Fulton Swim***

School for the use of their Pāpāmoa pool for these sessions.

To complete the 200m safety badge, participants must swim 200m in a pool unaided in under 7 minutes, followed by 1 minute of treading water unaided. [CLICK HERE](#) for more information on the 200m badge. For those who do not have their 200m badge, they can still partake in other water activities including body boarding.

JUNIOR SURF SPORTS

Junior Surf Sports is split into two areas - Ocean Development for beginners and Ocean Athletes for those more experienced.



OCEAN DEVELOPMENT

The [Ocean Development Programme](#) builds on the skills gained in our Sunday Junior Surf Programme and is tailored for children aged 9 and 10. It's also designed for those in the under 11 to under 14 Junior Surf age groups who attend the Sunday sessions and want to advance their skills and progress into the Ocean Athletes Programme. Participants will mainly focus on board paddling, with opportunities to practice beach skills and surf swimming when conditions permit. The Ocean Development Programme runs from November to March.



OCEAN ATHLETES

Our [Ocean Athletes Programme](#) is designed for kids aged under 11 to under 14 who want to take their Junior Surf skills to the next level. Key areas of focus include board paddling, surf swimming, rescue events, beach skills and team events. Participants will have the chance to compete in regional carnivals and the Oceans 2026 Festival of Surf, held at Mount Maunganui Main Beach in February 2026. The programme kicks off during the October school holidays and runs through to February 2026.



Oceans Preseason Meeting **Sunday 21 September 3:15pm at the club**

Attention all parents and kids aged 10 to 14! Whether you're new to the Junior Surf Sports programme or returning to Ocean Development or Ocean Athletes, this meeting is for you. Don't miss out - join us for all the info you need to dive into the summer season.

Registrations for both programmes are NOW OPEN. **CLICK HERE** to register via the website and find out all the details on training session times, carnivals and programme requirements. If you have any questions before the preseason meeting, don't hesitate to email Coach Jack Bullock via oceans@papamoalifeguards.co.nz

SENIOR SURF SPORTS



Senior Surf Sports Summer Launch Meeting **Monday 6 October 6:00pm at the club**

This meeting is a must for anyone interested in taking part in the Senior Surf Sports Programme this summer. Our Seniors Programme is for anyone aged 14 and above and offers professional coaching in all surf sports disciplines including swimming, board and ski paddling, canoe (four person) racing and the beach events of sprints and beach flags.

If you'd like any more information before the meeting, including a full calendar of the season's carnivals and events, **CLICK HERE** to check out our website or email Coach Jake Cowdrey coach@papamoalifeguards.co.nz

LIFEGUARDING

Registrations for our summer season volunteer lifeguard positions are **NOW OPEN**. [CLICK HERE](#) to go to our website for more details and to register.

The lifeguard committee are starting to put the patrol roster together for the season so please make sure you register as soon as possible. Don't hesitate to contact a committee member for anything related to the patrol rosters.

Your 2025-26 Lifeguard Committee Members are: Marama Mateparae (Chair), Ailsa Cowdrey, Jamie Mardon, Karyn Leach, Mason Bollee, Matt Daveron, Ryan Hohneck, Sandy Boubee and Tahlia Trembath.



"We are all looking forward to seeing our lifeguard teams back in action for the 2025-26 patrol season at Pāpāmoa Beach. Last season saw a focus on preventative actions which marked a significant reduction in the number of incidents, allowing both locals and tourists to enjoy Pāpāmoa Beach with confidence. We're hoping to build on these proactive strategies again this season and are grateful to have such a strong, committed group of skilled lifeguards and patrol support members."

Lifeguard Committee Chair, Marama Mateparae.

ROOKIES

Do you have a child who is 13 years old or turning 13 during 2025? Then now is the time to think about signing them up to our Rookies Programme. Rookies is a practical education programme which runs from November – March and prepares our younger members for becoming lifeguards when they turn 14.



Rookies take part in the popular raft building challenge each season.



One of the highlights of the programme is a trip with the Maketu Coastguards.



All our Rookies work towards The Rookie Challenge at the end of the season.



We are very lucky to have Neil Walker as our Rookies Coordinator and Coach this year.

"I've been involved in Surf Club since the 1990's when my kids came through junior surf. Now my grandkids are involved. I'm an active lifeguard at Pāpāmoa Surf Club, a qualified senior lifeguard, instructor, examiner, IRB driver and I am a lifelong surfer. But more importantly, I just love helping kids grow in their own confidence in and around the ocean. The Rookies Programme will help them with that and more. Fun and learning at the beach! Join us..."

Full details of the 2025-26 Rookies programme will be updated soon on our website, but you can find [**CLICK HERE**](#) for more information on Rookies and to register your child.

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



