



Pāpāmoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

19th September 2025

KIA ORA AND WELCOME

To all the new families who've joined us so far — it's fantastic to have you in the Pāpāmoa Surf Club whānau — and a warm welcome back to everyone who has re-registered already. Registrations are open now for all our programmes: Junior Surf, Surf Sports (for all ages — yes, including Masters!), Lifeguarding, and Patrol Support. Whether you want to be a competitor, a lifeguard, or just help out, there's a place for you. Can't commit to a formal role? No worries — we've got parent helpers for Junior Surf, Officials for surf events, folks to help with set up and pack down, team managers, and more. For more info, check out [our website](#).

We're truly counting down to the start of the lifeguarding season. **SAVE THE DATE:** our Season Launch with the Annual Blessing of the Beach will be led by our friends at Nga Potiki on Saturday 25 October 2025, starting at 10am.

Inside this newsletter you'll find more about our programmes, some interviews with new faces at the club — including a generous donor and an exciting new coach — plus key call-to-actions: don't miss out on buying delicious Southland cheese rolls to help our senior athletes as they prepare for The Aussies, and make sure you get your team together to buy tickets for our Seniors Quiz Night — there are some amazing prizes to win!

SAVE THE DATE

Our big season launch is coming up at the end of October so make sure you save the date in your calendar. An RSVP invitation will be coming out soon for catering purposes so please keep an eye out for that.



2025-26 Season Launch 10am Saturday 25 October 2025

Beach Blessing with Nga Potiki
Brunch
Lifeguard Refresher

A BIG WELCOME & THANKS TO WILLIAM WHITE

We are deeply honoured to introduce **William White**, a generous supporter who has recently donated a substantial sum to Pāpāmoa Surf Club. Although William has had no previous involvement in surf life saving, his willingness to contribute so meaningfully is an inspiration — and we are truly grateful.



A BIT ABOUT WILLIAM

- William was born in Auckland and is now 82 years old.
- Early in his career he served in the Air Force, then later became a teacher at a museum in Palmerston North, where he delivered hands-on history demonstrations for school kids — showing how people lived in the “olden days.”
- About six years ago, William came to Pāpāmoa while house-sitting for a friend. He fell in love with the beach, the warmer weather, and the sense of community here. He decided this is where he wanted to put down roots.

WHY HIS DONATION MEANS SO MUCH

William didn't grow up in surf life saving, hasn't volunteered in our club in the past, and doesn't have children. But after his partner left him an inheritance, he found himself walking past the surf club regularly, observing the committed lifeguards, the training, and the work being done to keep people safe. He felt moved to do something — to give back.

His donation will help the club in many ways: supporting equipment, training, and ensuring our lifeguards and Junior Surf programmes have what they need. It is acts like William's that strengthen our capacity to serve the community, and enhance safety and opportunity at the beach.

GET TO KNOW WILLIAM — HE'LL BE AROUND

William plans to be part of the club community this summer. You'll likely see him:

- Flipping sausages at the BBQ during Junior Surf
- Around during patrols or training sessions
- Keen to meet lifeguards, learn what they do, and chat over a cuppa

If you see him, please introduce yourself, say hi, and share a yarn. William's warmth, curiosity, and generosity make him already feel like part of the Pāpāmoa family.

OUR GRATITUDE

To William: thank you doesn't even begin to cover it. Your kindness and generosity are humbling. We are honoured that you have chosen to support Pāpāmoa Surf Club in this way.

To all our members: this is a reminder of what a strong, caring community we are. Let's welcome William warmly, continue building what we do together, and make sure his contribution is put to work in ways that reflect our shared values of safety, service, and surf lifesaving spirit.



JUNIOR SURF

Junior Surf is one of our club's greatest strengths — giving kids aged 5-14 a chance to learn surf skills, beach safety, make friends, and have fun in the water and on the sand. We're now open for registrations for the new season — if you haven't signed your child up yet, this is your cue! But there's something equally important we need your help with: Junior Surf is 100% volunteer-run. To keep offering great sessions every week and give our young surf lifesavers the best experience, we really need more hands on deck — parents, caregivers, older siblings or anyone who's keen to help out. Even a small commitment makes a big difference.

WHERE HELP IS NEEDED

Here are some of the roles we'd love more support in. Don't worry — none of these need to be full-time. If enough people step up, we can spread the work so it's manageable:

Committee Members: Help plan the season; meetings (about once a month); organising events like twilight sessions, discos, special Junior Surf events; ideas, coordination, liaising with coaches and families.

Coaches: Work with age groups during Sunday sessions — leading games, races, practising skills. No previous experience required, just enthusiasm, reliability, and a willing heart. The more coaches we have, the less often any one person needs to do every single week.

Group Leaders: Each age group will have 1-2 Group Leaders who support the coaches. This role suits people who have coached before or know how things run, but also want to help mentor newer coaches, keep the group organised, and be a point-person for that age group.



TRAINING OPPORTUNITY

For those who are interested in stepping up as Group Leaders, we have a Group Leader Course coming up:

When: Sunday 5 October, 9:00 am

Where: At the club

How to register: Email

info@papamoallifeguards.co.nz

This course is a chance to learn more about leadership roles in Junior Surf, safety, session planning, risk-management, and useful skills for helping run groups and support other coaches.

MORE VOLUNTEERS = MORE CONSISTENCY = BETTER EXPERIENCE FOR KIDS

Junior Surf is about shaping future surf lifesavers — the more engaged we are as a club and community, the greater our capacity to build confidence, safety, skills in the next generation. If you're curious or want to help (even just once a month, or occasionally), please reach out to juniorsurf@papamoallifeguards.co.nz. And if you're registering your child — we can't wait to see them out on the sand and in the surf. Let's make this our best season yet! **[CLICK HERE](#)** to register now.

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

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.

Board Fundamentals Starts 4 October 2025



Our **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 MISS OUT - **[REGISTER TODAY!](#)**

LIFEGUARDING

RUN-SWIM-RUN ASSESSMENT – FINS NOW REQUIRED



Important update: From 1 September 2025, all Surf Lifeguard Award candidates and Lifeguards completing their refresher will be required to wear fins during the Run-Swim-Run assessment. This change aligns assessments with real patrol conditions, improves safety in the surf, ensures lifeguards are confident using essential rescue gear and supports a broader culture shift encouraging fins as standard equipment. **[CLICK HERE](#)** if you'd like to read the full details on this change.

ADULT LIFEGUARD & PATROL SUPPORT DEVELOPMENT DAY



Looking to upskill, gain confidence, or connect with others? Join us for a special development day for adult lifeguards and patrol support. Includes theory workshops, scenario-based training, and practical sessions for all levels.

Date: Saturday, 18 October

Location: Mount Maunganui Lifeguard Service

Provided: morning tea & lunch

Optional: BBQ/dinner in the evening

Accommodation: available at Mount Maunganui Surf Club (at your cost)

[CLICK HERE](#) to register

LIFEGUARD SKILLS IN ACTION

Last month one of our lifeguards found herself in an unexpected situation at the Mount Beachside Holiday Park. When a man collapsed on Mauao, bystanders rushed to find help, unsure how to contact the Mount lifeguards.



Luckily, Jenna Waite, a trained Pāpāmoa lifeguard, was nearby.

"They asked if anyone knew how to contact the Mount lifeguards, and I said, 'Well... I'm one.' I grabbed the camp defib and ran to him. No one on the scene had first aid training."

Jenna quickly assessed the situation and realised it wasn't cardiac-related. She placed the man in the recovery position and spotted a medic alert bracelet indicating he was diabetic. Using her training and quick thinking, she unlocked his phone via face recognition and confirmed his blood sugar was dangerously high.

"He was completely unconscious, but by the time the ambulance arrived, I was able to brief them so they could treat him straight away. The ambos were awesome and said, 'So glad the Mount lifeguards were nearby' — I made sure they knew I was from Pāpāmoa!"

This incident is a powerful reminder that lifeguard training goes far beyond the beach. First aid, situational awareness, and confidence under pressure are skills that can save lives — anywhere, anytime.

Jenna reflects: *"Massive appreciation for all the training we get — makes a real difference in moments like this when you can feel useful."*

We're proud of Jenna and all our lifeguards who carry their skills into the community. Whether on patrol or off duty, their impact is real.

Registrations for our summer season volunteer lifeguard positions are 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.

IRB RACING RETURNS

JOIN THE ACTION THIS SUMMER!

After a few years off the water, IRB racing is making a comeback at Pāpāmoa. Thanks to the energy and commitment of Club Member Nick Coulter, the team is back in training and gearing up for an exciting season ahead.

Whether you're a seasoned racer or curious to give it a go for the first time, now's the perfect time to get involved. The team is actively recruiting new members and there's plenty of opportunity to train, compete, and be part of the action.



WHAT'S INVOLVED

Training is held twice a week, with a mix of dry-land and water-based sessions depending on the focus and conditions. A crew typically consists of a driver, crewperson, and a patient — but having more team members helps build depth and flexibility.

WHO CAN JOIN?

No prior racing experience is needed. As Nick explains, *“Everything can be taught at training — all you need is a good base level of fitness and a Bronze award. Everyone brings something to the team, and every role is equally valued.”*

The team is hoping to target several events this season, with the first potential competition being Eastern Regionals in November — depending on how quickly the team builds momentum.

Nick shared his enthusiasm, saying:

“It’s awesome to see the IRB crew back together and building momentum. We’ve got a great season ahead and we’d love to see more members jump in and give it a go.”

If you're interested, reach out to Nick at nicholas@coulter.co.nz or come along to training on **Monday nights at 5:30pm at the club.**

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.

Full details of the 2025-26 Rookies programme are live on our website and registrations are **OPEN** so [CLICK HERE](#) to get all the details and to register your child.

POOL RESCUE

PĀPĀMOA DEFENDS EASTERN REGION POOL RESCUE TITLE!



Our team made a splash at the Eastern Region Pool Rescue Championships in Gisborne, successfully defending our regional title with a powerful performance across all age groups. With over 60 athletes representing juniors, seniors, and masters, the team brought energy, determination, and incredible team spirit to the event. It was especially exciting to see so many first-time competitors stepping up and giving pool rescue a go — and loving it!

Our athletes brought home an impressive haul of medals across each of the age groups. A huge thank you goes out to our officials, age group managers, timekeepers, and volunteers — your support made the event run smoothly and helped create such a positive experience for everyone involved.

With just a few weeks to go until the Pool Rescue National Championships in Auckland (26–28 September), our team is back into training and focused on finishing the season strong.

**Good luck to all our competitors heading to Nationals — we're behind you all the way!
Let's go Papamoa!**



BATTLE OF THE TASMAN 2025



Image: Ready for takeoff! Coach Jake Cowdrey, Bella Davoren, Trelise Chote and Amelie Pearson at Tauranga Airport as they head off to represent New Zealand at the Battle of the Tasman. Proudly flying the silver fern and the Pāpāmoa flag!

At the end of August, three of our incredible high-performance athletes — Trelise Chote, Amelie Pearson, and Bella Davoren — proudly represented New Zealand at the Battle of the Tasman on the Gold Coast. This trans-Tasman event brought together top youth surf athletes from Australia and New Zealand for two days of fast-paced, high-pressure racing.

We're thrilled to celebrate their achievements and the dedication they showed while wearing the silver fern. A huge shoutout also goes to our amazing Pāpāmoa coaches Jake Cowdrey and Natalie Peat, who were part of the coaching squad — your leadership and support made a huge impact.

To learn more about the Battle of the Tasman and other high-performance surf events, visit the [SLSNZ Sport Facebook page](#).



Trelise reflected on the experience, saying:

“That rush feeling knowing you have the silver fern on your heart and your head... putting your foot on the finals line knowing you have your whole country backing you... This experience allowed me to take away a lot of learnings that will build myself not only as an athlete but as a person.”



Bella shared how meaningful the event was for her:

“Racing with the fern on my chest has been a lifelong dream... it was so much fun and a great learning experience... It meant so much to be racing alongside my best friends Trelise and Amelie, and also with Jake and Nat there on the beach with us was really cool... I have learnt so much about racing as a high performance athlete from this experience that I will continue to put to use in the future.”

Image from left: Natalie Peat, Trelise, Amelie, Bella and Jake.



Amelie also spoke about the team spirit and personal growth:

“BOT was everything I hoped it to be and more... I learnt so much about myself as an athlete, but more importantly what it means to be part of a team who are trying to achieve their best for each other... Wearing the black cap and silver fern for the first time is an experience I'll never forget.”

To learn more about the Battle of the Tasman and other high-performance surf events, visit the [SLSNZ Sport Facebook](#) page.

NEXT UP: INTERNATIONAL SURF RESCUE CHALLENGE

Trelise's journey in the high-performance arena isn't over yet — she's now preparing for the International Surf Rescue Challenge, which will be held right here at Mount Maunganui from 27–30 November. This is a rare chance to see world-class surf athletes compete on our doorstep, so mark your calendars and get ready to head down the coast to cheer on Trelise and the New Zealand team!

Let's show our support and celebrate the incredible talent coming out of Pāpāmoa Surf Life Saving Club.

SURF SPORTS

The summer surf sports season is nearly here, and **registrations are open** for all our programmes. Whether you're just starting out or a seasoned competitor, there's something for everyone:

- [Ocean Development](#) (ages 9 - 14)
- [Ocean Athletes](#) (ages 10–14)
- [Seniors](#) (14+)
- [Masters](#) (30+)

Click on the links above for full programme details, training schedules, and event calendars.

PRE-SEASON MEETINGS – DON'T MISS OUT!



Oceans Preseason Meeting

This 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.



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.



Masters Training Starts Soon

Masters sessions are kicking off with regular midweek and weekend training focused on beach, swim, board, and ski skills. There's a \$50 gear use fee, and a damaged craft form must be completed. A session programme will be posted on the club website and Facebook page soon. For questions or to get involved, reach out to Radleigh — we'd love to see you on the beach!

QUESTIONS?

Junior Surf Sports: Coach Jack Bullock – oceans@papamoalifeguards.co.nz

Senior Surf Sports: Coach Jake Cowdrey – coach@papamoalifeguards.co.nz

Masters: Radleigh Cairns – surfsport@papamoalifeguards.co.nz

MEET OUR NEW ASSISTANT COACH

The Surf Sports Committee is delighted to announce that Holly Reynolds will be joining the coaching staff at Pāpāmoa as Assistant Coach for the 2025-26 summer season. Holly will be working alongside and supporting both our Head Junior and Senior coaches as our summer programmes begin towards the end of September. We are excited to have her onboard to help deliver an awesome experience for our growing squad of Junior and Senior Athletes.



A BIT ABOUT HOLLY

Holly is originally from Wellington and moved to Tauranga last year to pursue her studies in primary teaching, where she is completing a BA in Education and postgraduate work. Alongside her studies, she works as a swim instructor at Baywave — combining her love of the water with teaching and mentorship.

Surf lifesaving runs in her blood: Holly started in Nippers at Maranui SLSC when she was seven, moved through the Junior Surf programme, competed in four Oceans events, earned her lifeguard award, and spent six years in senior surf sports competing around the country. She's even tried her hand at IRB racing. Importantly, from an early age she gravitated to coaching and development, becoming a lifeguard instructor as soon as she earned her lifeguard award.

Her family, too, has been deeply involved — her dad in team management and gear, her mum helping with officiating, her brother Max competing and volunteering as a lifeguard. Tauranga and the Bay of Plenty region have already become special to Holly, partly through surf sports competitions at Mount Maunganui and long-standing family camping holidays.



WHAT DRIVES HER

“Surf lifesaving has always been a big part of our family ... While I’ve loved the competitive side of surf lifesaving, my real passion lies in coaching and development. ... I’m excited to share my passion for surf sport – there’s nothing better than helping athletes grow their confidence and skills in the ocean and watching them develop into strong competitors and lifeguards. ... I look forward to being part of the Pāpāmoa community this season – and enjoying the BOP weather and water temp!”

When asked about her favourite discipline, Holly says she is especially drawn to the Ironwoman events — *“the ultimate test of endurance and versatility,”* combining swim, ski, and board.

Her favourite racing memory so far? *“Christchurch Nationals 2023. Finally making it to Nationals post-COVID was incredibly rewarding ... The energy on the beach, the people and sense of community was something I’ll never forget.”*

WHAT HOLLY BRINGS TO THE CLUB

With Holly’s background, we believe she will add strength in several areas:

- Strong experience both as a competitor and coach-instructor, especially in junior programmes.
- Deep understanding of surf sport disciplines (swim / board / ski / beach), and lifeguard skills.
- A passion for athlete development: building confidence, resilience, technical skill, and surf awareness.
- Connection to the Pāpāmoa / Bay of Plenty region and respect for our surf lifesaving community values.

LOOKING AHEAD

As the summer season gears up, Holly will be involved with both our Junior and Senior programmes: helping plan training, supporting coaches, mentoring athletes, helping run swim instruction, and contributing to competitions. We’re really looking forward to the energy, skills, and commitment she brings.

Please join us in giving Holly a warm Pāpāmoa welcome! If you see her at the beach, at training, or around the club — say hi, and introduce yourself.

OPPORTUNITIES TO SUPPORT THE CLUB

From **cheese rolls** to **quiz night fun**, there are plenty of ways to help raise funds for our senior surf sports athletes — every bit of support makes a difference!

Southland **CHEESE ROLL** *Fundraiser*



Order by: 30 Sept
Delivered on: 12 Oct
Cost: \$12 a dozen

Raising money for our senior
athletes to go to The Aussies



The poster features a night-time photograph of the Pāpāmoa Surf Lifesaving Club building with its entrance stairs illuminated. The text is overlaid on this image. There are four circular callouts with glowing purple and blue borders. The background has a dark, starry space theme with purple nebulae on the sides.

**mystery
prize for best
dressed
team**

**prizes
auctions
games &
more**

Quiz Night

at the Pāpāmoa Surf Club

15 November 2025 5:30pm

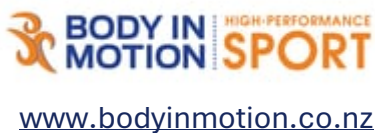
\$200 for table of 8



**raising
money for
senior surf
sports**

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