



Papamoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

10th March 2022



ROWING FOR OUR LIFESAVERS

Don't forget our friends at F45 Training Pāpāmoa are running their 12 hour Rowathon tomorrow – Friday 11th March – to raise money for the Pāpāmoa Surf Club.

As a studio they will be donating \$20 for every 20km rowed by their members and coaches. In addition, anyone can go along to the session between 7am and 7pm and pay \$10 to join in, which will come directly back to the surf club.

If you're keen to support them and get involved, head on down to their gym at Reynolds Place or contact Mia Cameron at mcameron@f45training.co.nz if you have any questions.

Let's all get behind this very generous fundraising event and help raise some \$\$\$\$ for the club.

LIFEGUARDING

Good luck to the next recruitment of Lifeguards who are sitting their Lifeguard Awards on 18th March.

If you have registered for upcoming first aid courses, here is a reminder of the dates:

Surf First Aid (Level 1 and 2)
8th and 10th April

Advanced Surf First Aid (Level 3)
22nd - 24th April



If you have any questions, please contact Nikki at info@papamoalifeguards.co.nz.

END OF SEASON HIT OUT FOR SENIOR ATHLETES



Good luck to our team of senior athletes who are heading to Gisborne tomorrow for the Senior Surf Nationals Alternative event.

Gisborne will welcome Eastern Region clubs for a weekend of connection, competition and celebration. The purpose of the alternative to Nationals is to provide an opportunity for senior sport athletes, officials, event water safety and members to come together to test skills, connect and have fun.

GOOD LUCK TEAM!



ROOKIES END SEASON ON A HIGH



Our 2021/2022 Rookies have some exciting sessions coming up as they head towards the end of their season. This Sunday they will take part in a variety of activities including learning how Emergency Services teams support lifeguards as well as the role that our club SAR (Search and Rescue) team play. Following this a Rescue Helicopter Paramedic will demonstrate how to prep and clear a beach for landing a helicopter, including letting off coloured flares.

We will be hosting Rookies from the Omanu and Mount Maunganui Clubs so it will be great for our team to work alongside their fellow future lifeguards.



On Sunday 27th March, the Rookies will be snorkeling at Leisure (Moturiki) and Rabbit (Moturoa) Islands and exploring our underwater marine environment. Parents will be providing water safety on kayaks/SUP and Mount Maunganui club is providing an IRB. If you would like to join this session, please feel free to contact Marama at marama.mateparae@xtra.co.nz or Andrew at andrew@oropi.school.nz.

2022 COASTAL CHALLENGE



The Oceans team put the disappointment of a cancelled national event to one side and headed down to the Mount Main Beach for the Coastal Challenge.

It was great to see our athletes putting their all into the day, including some race formats they hadn't done before, like the 'winner takes all' swim race and a combined sprints/flags race.

The conditions were certainly tough, especially for our U11/12s who showed a lot of grit and determination just to complete some challenging courses. As a group they all rose to the challenge, showing the skills developed over a season's training, with some outstanding results along the way. The rough conditions worsened throughout the day and so not all got to compete in their water events, but everyone had a great experience to round out what has been a tough season of event changes and cancellations.

Well done to all those who competed. We hope to see everyone back for next season with another fantastic Oceans camp and fingers crossed for Oceans 23!



JUNIOR SURF CLUB CHAMPS



CONGRATUALTIONS to all our Junior Surf athletes who took part in the Club Championships at the weekend.

It was definitely a day of two halves. The morning conditions made for an exciting start to the day for our younger ones who had to contend with strong currents and large swells. When it came time for the beach events, the incoming tide resulted in a race against time to get the sprints and flags completed before the beach disappeared. There was lots of fun and laughter from the kids doing flags who were getting a face full of water before jumping up for their race!



By the time the younger ones had finished, the swell had increased even more and the sets just kept rolling in. Our experienced older age groups, the under 13s and 14s, managed to complete their water events, but not without a few dings and knocks, so the decision was made to postpone the rest of the day for the disappointed under 11s and 12s. They are now looking forward to completing their Club Champs over the next few weeks – details below.

A huge thank you to all our volunteers who helped out on the day - coaches, organisers, support crews and lifeguards. We can't run these events without you and you did an awesome job of running the day and keeping our kids safe.

Also a big thank you to our parents and caregivers who jumped in to help run the events – again we couldn't run days like this without your support.





JUNIOR SURF CLUB CHAMPS FINAL RACE DAYS

Our U10s, 11s, 12s, 13s and 14s didn't get to complete their Club Champs last weekend so here are the details of their upcoming race days.

Sunday 13th March **Under 10s** **8.30am start**

All competitors will do flags and sprints. Those with a 200m badge can add a surf (swim) race, knee board race and diamond.

For those who don't have their 200m badge, there will be a run-wade-run and a body board race.



Sunday 20th March **Under 11s/12s and Under 13s/14s** **11am start**

Under 11/12s

Surf race, board race and then diamond followed by beach events. A run-swim-run was the only race completed on the original date.

Under 13s/U14s

U13 females/U14 males - surf race, board race and then diamond followed by beach events. The water events will be run with the U11/12s.

U13 males/U14 females - beach events only, flags and sprints. These competitors got through their water races last weekend.



Keep an eye on your emails and our [**JS Facebook page**](#) for ongoing updates.

COVID IN OUR COMMUNITY

We'd like to thank all our coaches, parents and caregivers for your ongoing support in these challenging times. Please remember:

- If you or any member of your family are unwell, please stay away from the club and all club activities.
- If you are a household contact, please complete your full isolation period (as per the government guidelines) before returning to any club activities.



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