



Papamoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

25th March 2022

THANK YOU LIFEGUARDS

This Sunday 27th March will be the last patrol of the season for our lifeguards. As we reflect on the challenges we've faced this summer, including cyclones, Covid and large numbers of beach goers, we can be proud that the first season in our new clubhouse has been one to celebrate.

With this in mind, the lifeguard committee would like to thank everyone for their dedication and efforts over the season. Now is the time to rest up before we kick into the winter season and start offering courses including IRB crew and IRB drivers.



CONGRATULATIONS!

As we come to the end of the summer, four of our young members have been busy training and recently achieved their Surf Lifeguard Awards - Lucyhana Edwards, Himawari Taweerat, Sam Clark and Ryan Teixeira. **Congratulations** to everyone who put in a massive effort throughout the courses and can now celebrate this awesome achievement.

See you all on the beach next season!



CONGRATULATIONS new lifeguards Lucyhana Edwards (left) and Himawari Taweerat



CONGRATULATIONS new lifeguards Sam Clark (left) and Ryan Teixeira

OBITUARY - LYNDA RIDDELL

Valued past Pāpāmoa SLSC member Lynda Riddell passed away on Friday 18th March. Lynda was a wonderful club member through the 1990s and a superb Club Secretary for a number of years. Lynda was the first Club Administrator, competed in Masters events and enjoyed her swimming. Her husband Bryan and her sons were all heavily involved in the club: patrolling, competing and on the committee.

Lynda will be sadly missed and our thoughts are with Lynda's family and friends in the surf lifesaving community.



SENIOR PRIZE GIVING

On Saturday 30th April we will come together as a club to celebrate our lifeguards and all our wonderful volunteers throughout the club.

More information on this will follow soon.

SAVE
THE
DATE!

SENIORS WEEKEND IN GISBORNE

Nationals may have been cancelled for our senior athletes, but the alternative event in Gisborne from 11th-13th March didn't disappoint. The team not only raced very well, it's clear that the group is growing an awesome team culture.

With a series of untraditional events, including a railway bridge jump, the weekend proved to be fun and unique and just what the team needed at the end of a challenging season of changes and cancellations.

Friday started big with an endurance event including a run along Waikanae and alongside the river heading to the railway bridge, which became a jumping platform. After jumping off the bridge the athletes made their way down the river back to Waikanae. They then jumped onto their boards and made their way to midway, where they jumped on skis and paddled out to entrance buoys and back to Waikanae.

Saturday morning saw the boys start with an Ironman eliminator and the girls with flags, followed by a series of 6 person mixed team races. The surf was big and stormy on the Sunday, but that didn't dampen spirits as the weekend was topped off with a surf competition.

Well done to the whole team for what proved to be an epic weekend.



PROUD ROOKIES IMPRESS PEERS



Our Rookies have had a busy few weeks training hard for the upcoming Rookies Challenge. Joining with their friends from local clubs The Mount and Omanu, the team were proud to show off our new clubhouse and facilities. Our Rookies also demonstrated some great technology at a mock Rookies Challenge at Omanu Club last week. They took along manikins which use an online app to show the right tempo and depth when performing CPR. Both Mount and Omanu were very impressed.

The big finale of the season for our Rookies is the Rookie Challenge on Saturday 2nd April at Waihi Surf Life Saving Club, where we will go up against other Rookies in the Eastern Region. The Rookies will take part in individual events, and we hope to enter two teams in the Teams Championships. The team events are divided into five sections: surf teams; tube/board rescue relay; theory test; resuscitation/recovery; and rookie teams scenario.

If the weather is good this weekend, the last Rookies session will be snorkelling out around Moturoa (Rabbit Island) with the Mount Rookies. Anyone is welcome to come along and join in. Please contact Marama Mateparae or Andrew King for more details.



JUNIOR SURF

CONGRATULATIONS to all our Junior Surf Prize Winners for the 2021/2022 season. It was great to see an excited group of kids and their parents get together last weekend to celebrate the success of our juniors - from the youngest 5 year olds to our oldest juniors who are now qualified lifeguards ready to patrol our beaches next season.

Our comprehensive Junior Surf Programme is critical to growing our future lifeguards so we'd like to extend a huge thank you to our volunteer committee members, coaches and lifeguards who have embraced the ongoing challenges and worked hard to make sure this Junior Surf season could go ahead.

We'd also like to thank our Junior Surf sponsors - [Body in Motion](#), [Pak n Save Pāpāmoa](#) and [Bartletts Swim School](#). Their continued support allows us to provide all the gear for our kids to use during the season.

We'd love to see more parents jump in and join the Junior Surf committee for the 2022/2023 season. If you'd like more information, or would like to register your interest, please email Steph at juniorsurf@papamoalifeguards.co.nz.

Thanks again everyone for a successful season and we look forward to seeing you all again later in the year!

MISSING JUNIOR SURF ALREADY?

Our Sunday Junior Surf season has come to an end, but do you have a child aged 10 years or above who would like to develop their skills beyond Junior Surf and keep training through the winter? Then joining the Pool Rescue Programme might be for them. Our Pool Rescue Programme is for 10-14 year olds and runs from June to October.



Building lifesaving skills and confidence in the water is not an activity limited to the ocean.
As the ocean gets colder we jump in the pool!

SKILLS DEVELOPMENT

Participants learn the following skills during the season's training:

- Tube Rescue
- Object Recovery
- Underwater Swimming
- Swimming with Obstacles
- Swimming with Fins





EVENTS

Pool Rescue participants compete in regional events throughout winter with the goal of attending the National Pool Rescue Championships at the end of the season.

POOL RESCUE CRITERIA

- Participants must have a competent base level of swimming ability.
- A 200m badge is recommended but not required.
- This programme should be complimented by an external swim programme such as squad swimming at a local swim club.



SUNDAY FUNDAY - STARTS SOON!

For those athletes who want to continue their time in the ocean during the winter, Sunday Funday is when the team get together for some fun playtime in the surf. This is an opportunity to refine skills learnt during the summer season. These sessions are classed as 'free play' rather than training, so a base level of competency in the water is required to take part.

Sunday Funday will start in the next few weeks so keep an eye on the [Oceans Facebook page](#) for more details.

MORE INFORMATION

The Pool Rescue season starts in June so make a note in your diary to check our website for full details - [click here](#) - this will be updated nearer the time with training days and session times. In the meantime if you have any questions, or would like to find out more information now, please email Coach Jack Bullock via oceans@papamoalifeguards.co.nz.

Make sure you sign up to the Oceans Facebook page for regular season updates - [Papamoa SLSC Ocean Athletes](#).

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