



# Papamoa

SURF LIFE SAVING CLUB

## PSLSC MEMBER NEWSLETTER

May 2022

### CONGRATULATIONS!

“On behalf of the Board and the wider Club we would like to **congratulate** the recipients of this year's Club Awards. The awards evening was a fantastic event to celebrate our Club, its members and the community service that we provide. It has been a challenging season with everything that Covid has thrown at us, so it was really special to gather as a group and celebrate our members, their efforts and the 2021-2022 season.” **Jim Pearson, Acting Club Chairperson.**

### PĀPĀMOA'S NATALIE PEAT HEADING TO THE WORLDS



PSLSC member and lifeguard Natalie Peat says she is super excited to get together with her teammates and take on the rest of the world at the 2022 Lifesaving World Championships later this year.

"I'm excited to be back racing after a long few years of Covid," she says. "I have been racing for the Blackfins team since 2014 and have raced at numerous world champs. Unfortunately, with Covid we haven't been able to race since 2019."

The New Zealand team consists of 12 athletes who will compete across more than 40 events.

"My role in the team will be covering as many events to a world class standard supporting my teammates and contributing as best as I can to the overall win," says Natalie.

Natalie was able to post times in the pool over the past 12 months which showed she can still mix it with the best in the world. Across her years of racing for the NZ Team, Natalie has been part of two world champ teams and has picked up an individual world title, relay world titles and a relay world record.

The team are currently putting together their campaign plan, then it will be onto training and racing as much as possible before departing for Italy at the start of September.



**The 2022 Lifesaving World Championships take place in Riccione, Italy from 18th September to 3rd October 2022.**

## **HAVE YOUR SAY - a call out to all our dedicated volunteers!**

The Surf Life Saving New Zealand Volunteer Survey 2022 is now open! From parent helpers and committee members, to lifeguards and surf officials and everything in between, we want all our members to tell us about their experiences as a volunteer so we can create a new strategy that better reflects our makeup.

**[CLICK HERE](#) to take the SLSNZ Volunteer Survey**

**Survey Closes 15th May 2022**



## YOUNG ATHLETES PADDLE AROUND THE MOUNT



It was a stunning evening for our under 13 and 14 athletes to achieve their goal of paddling surf skis around the Mount. This was the conclusion of a seven week beginner surf ski course that saw the entire team go from total beginners to successfully completing the challenging paddle from Pilot Bay, around the Mount and into Shark Ally.

The programme started with the team getting their balance in the flat calm water of Pilot Bay. Once the team got their balance sorted, they progressed to refining their paddling technique while increasing the distance they paddled to build strength.

Everyone was rewarded with a massive sense of achievement and a clear view of their personal growth.

***Coach Jack Bullock would like to thank everyone involved in making this programme happen - without the assistance of parent helpers, this programme would not have been possible.***



# LIFEGUARDING



## IRB Crew and Driver Winter Training

Our winter IRB training is starting this weekend. First up will be a crewperson course then straight into driver training. The courses are for any lifeguard, it doesn't matter if you have never touched an IRB before. We train in a safe, fun and no pressure environment.

You will need to complete an online module prior to the crewperson course. Please [click here](#) to visit the website for more details on how to complete the online module.

## IRB Crewperson Module

Learn the skills required to setup an IRB from scratch, health and safety when operating IRBs, loading and unloading an IRB from the trailer, crewperson skills in the surf, how to rescue a patient, cleanup and care for the IRB after use. Attendees must be 14 years or over with a refreshed Surf Lifeguard Award.

## IRB Driver Award

Learn about the IRB engines, engine reinstatement, pre-use checks of the engine and IRB hull, fuel, launching an IRB, returning to shore, driving skills in the surf, throttle control, solo driving, parallel running, patient rescues and more. Attendees must be 16 years or over with refreshed Surf Lifeguard Award and IRB crew person award.



**The next IRB course starts on Sunday 8th May at 9am at the Pāpāmoa SLSC.  
Visit the [Lifeguard Facebook page](#) for ongoing updates.**

# WINTER SURF SPORTS

## POOL RESCUE

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. But remember - Pool Rescue is not just for Juniors, it is open to all members.

**Who:** for all members aged 10 year or above as of 30th September - Junior Surf, Ocean Athletes, Seniors and Masters.

**When:** 11th June – 9th October 2022

**Where:** training is either at Baywave or Bartlett Swim School



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

## 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.

## EVENTS

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

### **Rotorua Mock Racing Day**

When: TBC

Where: Rotorua Aquatic Centre

*Jump in a 50m pool to try each individual race in the training environment before doing them on race day.*

### **Eastern Region Pool Rescue Championships**

When: 10th-11th September

Where: Water World Hamilton

*A regional event which encourages all abilities to give it a go in the lead up to Nationals.*

### **National Pool Rescue Championships**

When: 7th-9th of October

Where: AUT Millennium Auckland

*Race your fellow surf life saving peers in an inclusive environment for the title of best in the country. No qualifying times are required, all abilities welcome.*

## MORE INFORMATION

Details of when and how to sign up to the Pool Rescue Programme will be coming out soon so keep an eye on the Facebook pages for more information. In the meantime if you have any questions, please email Coach Jack Bullock via [oceans@papamoalifeguards.co.nz](mailto:oceans@papamoalifeguards.co.nz).

## SUNDAY FUNDAY



For our hardy junior athletes who want to keep heading into the ocean during winter, they should come along to **Sunday Funday**.

This takes place every Sunday between 2pm-3pm. So grab your wetsuit and come along with your mates for some fun playtime in the surf.

*\*These sessions are weather and condition dependent - cancellations will be posted on the [Oceans Facebook page](#).*

## WINTER SENIOR SURF SPORTS

Our senior surf sports winter training programme kicked off last week and it's great to see so many clubbies continuing their training through the winter months. This includes our under 14s who will be transitioning to senior surf sports this coming summer season.

### Block 1 runs from 3rd May - 23rd July

Please sign up to the [Senior Surf Sports Facebook page](#) for ongoing updates. More details can also be found on our website – [click here](#). If you have any questions, please contact coach Jake Cowdrey at [coach@papamoalifeguards.co.nz](mailto:coach@papamoalifeguards.co.nz).



## SAVE THE DATE!

Winter Series Cambridge to Hamilton Paddle

Saturday 10th & Sunday 11th September 2022

*An epic two day adventure to remember!*



## JUNIOR SURF

Thank you to everyone who completed the recent Junior Surf survey – we value your feedback.

During the off-season, the Junior Surf committee are still holding regular meetings to plan for next season. We're using your feedback as part of the planning and we are currently working through start and finish dates, open days, coaches training, and the Pāpāmoa Carnival.

If you'd like to have a direct influence on how Junior Surf is run this year, then why not step into a role on the committee. Three members are leaving the committee this year due to their children moving through to Oceans or Senior Surf Sports, so we really need more people to jump on board. If you are interested in joining the committee please contact Steph at [juniorsurf@papamoalifeguards.co.nz](mailto:juniorsurf@papamoalifeguards.co.nz)

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