



Papamoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

July 2022

QUIZ NIGHT NEXT MONTH!



Our annual Quiz Night Fundraiser is coming up on August 13th. We are raising money for our Senior athletes to attend Nationals in Christchurch early next year.

There are only two tables left so get your team together and don't miss out.

Tables are made up of 8 people but if you don't have a team and would like to come, let us know and we can get you together with some other guests.

There are some amazing prizes to be won including a 6'6 Sonic foam board valued at \$569, a Weber BBQ valued at \$430 and a Rotorua Canopy Tours Experience for Two valued at \$318.

If anyone has anything you'd like to donate for a prize or to the raffle, no matter how small, it would be hugely appreciated.

[CLICK HERE](#) to register your team now!

Email Nikki at info@papamoalifeguards.co.nz if you'd like to donate a prize, join a team, or find out more about the night.

DON'T FORGET...

...to bring **cash and gold coins** for the Quiz Night. We have lots of activities planned for the evening including raffles, games and auctions, and you will even be able to buy the services of some of our athletes to help you during the quiz! We'd recommend between \$10-\$20 per person in cash to actively participate in the evening's festivities.

PARKING AT THE PĀPĀMOA SURF CLUB

The Club would like to request that when parking directly adjacent to the Club that all members remain conscious of the overhang of their vehicles onto the footpath and also out onto the road.



We have recently had feedback that the footpath overhang of some vehicles (i.e. with towbars and bull bars) can impede the use of the footpath by its users.

These car parks remain part of the Tauranga City Council Pāpāmoa Reserve and we appreciate your help in ensuring the safe use of these public car parks and the footpath.

WELCOME TO OUR NEW SPONSORS

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We'd like to give a very warm welcome to our newest sponsors **GJ Gardner** and **Guild and Spence**.

After much support for the building of our new clubhouse, GJ Gardner is now choosing to support the Pāpāmoa Surf Life Saving Club on an annual basis. Back in 2019 GJ Gardner teamed up with Terrace Views to build a

stunning charity build in Pāpāmoa East. All the proceeds from the sale of the house were donated to the Pāpāmoa Surf Life Saving Club and put towards the build of the club.

The Pāpāmoa Surf Life Saving Club is so grateful for people like Shane and Kirsty McConnell, owners of Tauranga's GJ Gardner franchise, for their ongoing support and generosity. They say actions speak louder than words and it's actions like this that really make a difference.

Guild and Spence are also coming onboard this year as one of our valued sponsors. Their commitment and generosity will provide our surf sports athletes with much needed training and racing equipment.

We look forward to a successful year ahead for our surf sport athletes and the support from all our sponsors.

UPSKILL BEFORE THE SUMMER

Winter is a great time to upskill before the busy summer season kicks in. There are lots of training courses taking place over the coming months to get ready for the season. These are not just for lifeguards, there are courses for Junior Surf and officials as well.

Dates and venues will be added to our [website](#) as well as our Facebook pages - [Lifeguards](#), [Senior Surf Sports](#), and [Junior Surf](#).

NEW ONLINE SYSTEM NOW LIVE

The new Learning Management System (LMS) **etrainu** went live on 1 July 2022.

[CLICK HERE](#) to visit the SLSNZ website for more details on the new system - you can watch videos and book into training sessions.



POOL RESCUE PROVES POPULAR



Our winter sports Pool Rescue Programme is well underway and the enthusiasm and keenness of our members to up-skill has seen over 60 athletes sign up and dive into the pool.

Built on the foundations of skill-based learning, our Pool Rescue Programme aims to instruct practical lifeguarding skills, like tube rescue, swimming with fins and object recovery.

Heading into the season, our team is well on the way to mastering these skills and will be demonstrating their proficiency at the upcoming BOP Pool Rescue Day. This local event is a welcome addition to the Pool Rescue calendar and will be a great opportunity for the team to practice their racing skills. **Good luck to everyone who is taking part.**



[CLICK HERE](#) to go to our website for all the details on upcoming Pool Rescue sessions and events.

If you have any questions, please email Coach Jack Bullock
oceans@papamoalifeguards.co.nz.



JUNIOR SURF BEHIND THE SCENES

A lot of work goes on in the background to run Junior Surf for our kids every Sunday. Much of the planning is taking place during the winter months in preparation for the summer season. We spoke to **Junior Surf Committee Chair Stephanie Mardon** to find out more about what's involved in running Junior Surf.

What does the Junior Surf Committee do?

Behind the scenes and during the off-season, we are planning for the months ahead. Coaching sessions, repairs to gear, stocktaking, health & safety, making sure we have sufficient refreshed or new lifeguards, planning uniforms, as well as events like registration days, school visits and Santa's visit. During the season, it's about the running of the day and getting ready for our Pāpāmoa Junior Surf Carnival and Club Champs.



How often does the committee meet?

We meet once a month, currently the first Thursday of every month. Sometimes when we are about to hold an event like the Carnival or Santa's visit we may have an extra meeting to make sure we have all aspects of that event covered. Some members of the committee may do extra hours outside of the meetings like preparing food, health & safety plans and prep for events.

What can parents/caregivers do to help with Junior Surf? Either on the Sundays or at other times?

On the beach parents can become a coach, lifeguard support or a parent helper – kids love it when their parents get involved. There is a lot of ongoing support for coaches including information and learning sessions in the run up to the start of the season. We want to make sure every coach is fully equipped with everything they need to run fun and informative sessions for the kids. [CLICK HERE](#) to find out more about what learning courses are on offer. With our new clubhouse function venue up and running, many of the committee members and JS coaches/parents also help behind the bar for functions and events. These are paid roles and profits go directly to fundraising and repairs for gear.



What was the overall feedback from the recent Junior Surf survey?

The survey was so, so positive. It's always daunting when you change things up like we had to for Covid. It showed that our coaches are loved and they do such great work on the beach with the kids. The parents shared how much their kids loved it. That shows we are on the right track.

Following the recent Junior Surf survey, is there anything you are considering doing differently next season?

People shared that they missed the sense of community because we couldn't run the BBQ and also the limitations around access to the Club facilities under the Covid Protection Framework. We plan on changing that this season and we'd love our families to stay behind after each session to socialise and enjoy the BBQ.



What about carnivals and events? Who is involved in organising these?

Carnivals involve more than just our committee and coaches. We have a planning sub-committee and we also engage with our lifeguarding committee, water safety crew, event managers and officials. The committee complete the plans for Council, plan food, set up and pack down crews, and liaise with other clubs who are attending.

Anything else you'd like to share about Junior Surf?

I came on to the committee to see what it's like behind the scenes. The first year I learnt so much from this amazing committee who were so efficient and slick. I was on carparking and rubbish for the first carnival - and that was fine!! Being on the committee for a couple of years has made me feel like I'm contributing to something bigger and that just feels good.



OPENING FOR JUNIOR SURF CHAIRPERSON ROLE

Stephanie is stepping down as Chair of the Junior Surf Committee this year and we are seeking interest from people who would like to step into the role. There will be a comprehensive handover and Steph will be available for help and guidance. The experience in the existing committee is strong with Matthew Strange coordinating the Sunday sessions. For more information or to put yourself forward contact Stephanie via juniorsurf@papamoalifeguards.co.nz



SPOTLIGHT ON ROOKIES

Rookies is the programme that transitions our kids from Junior Surf through to lifeguarding.

Rookie Lifeguard Oliver Pepers (pictured) tells us what it's like to be a Rookie and why it's an important step on the journey to becoming a lifeguard.

What was the best thing about being a Rookie last season?

Doing fun training challenges that made us see things from someone else's position, for example what it feels like to be a patient.

What was one big thing you learnt during the training?

The main big thing I learnt during training was how to do CPR.

What are looking forward to most about becoming a lifeguard?

What I'm looking forward to is making people feel safe at the beach and making sure they aren't in danger.

What would you say to a friend if they asked whether you'd recommend the Rookie programme?

I would definitely tell them to do it because it's a good life experience and you learn lots of cool things and life lessons, and you can hang out with your surf club buddies.

Anything else you'd like to share about Rookies?

I'd like to say that it is worth giving a go because of the cool friends you make and how awesome the coaches are. Also how nice the surf club is and all the amazing things you learn.

PĀPĀMOA SHINES AT ROOKIE CHALLENGE



At the end of the season a Rookie Challenge is held to test the Rookies on what they've learnt over the season. The challenge includes a quiz, a resuscitation on a manikin, putting someone's arm in a sling, a swim race and a rescue relay.

Pāpāmoa did really well overall this year with Oliver taking 2nd place out of approximately 45 Rookies from across the Eastern Region. **CONGRATULATIONS OLIVER!**



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

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