



# Papamoa

**SURF LIFE SAVING CLUB**

## PSLSC MEMBER NEWSLETTER

September 2022

### THE COUNTDOWN BEGINS!

Despite the current cold snap, spring is officially here and as we start to look forward towards summer and the better weather, we can hopefully leave the challenges of Covid and the winter flu behind us. Our lifeguards are back on the beach in just over 6 weeks (Labour Weekend 22nd October 2022), registrations for our Junior Surf season are open and starting to flood in, and we have lots of exciting regional and national surf sport events lined up. Thank you to all our committees and volunteers who are busy getting ready for the season ahead – **we can't wait!**

### FIRST CLUB NIGHT OF THE SEASON

To celebrate daylight savings and the start of the longer (hopefully warmer!) evenings, the club is holding a **Club Night on Friday 23rd September**. The bar opens at **5.30pm** and you are welcome to bring your own food. So grab your surf club mates and come and enjoy the best view in town.

### GOOD LUCK TO OUR POOL RESCUE TEAM

The winter season isn't over yet, and we'd like to wish all our Pool Rescue participants the best of luck as they head to the Eastern Region Pool Rescue Championships in Hamilton this weekend.



We have 47 athletes attending out of 226 from 17 clubs across the region.



Athletes aged 10 and above, as well as our seniors and masters will be racing individually and in teams.



**GOOD LUCK EVERYONE!**



If you'd like to follow the progress of the teams on the day, [CLICK HERE](#) to go to our website and view the live results on the SLSNZ Waves system.

## Thank You...

...to our wonderful pool rescue sponsors **Bartlett Swim School** who provide a venue for our athletes to train throughout the season.

Bartlett Swim School offers learn to swim and squad swimming lessons which are ideal for athletes to attend alongside our surf club programmes. [CLICK HERE](#) for more information.



## GOLD SPONSOR SHINES

Our young surf sports athletes are loving their winter training sessions on these brand new skis as they train hard to become fitter, faster lifeguards.

For those who become lifeguards they will use the invaluable lifeguard vehicle – the ATV. This All Terrain Vehicle is used by lifeguards throughout the summer to patrol our 14km stretch of coastline.



It's thanks to the support of one of our long standing sponsors – **Classic Builders** - that our members have access to this top quality equipment.

Thank you Classic Builders – we couldn't be happier to continue our relationship of supporting the Pāpāmoa community together, and to show off our latest surf sport equipment.

## LIFEGUARDING

Thank you to those lifeguards who have already registered for the season on Friendly Manager. Our lifeguard committee are working on patrols and rosters, so please let us know asap if you are keen to join us to "save lives" this season. [CLICK HERE](#) to register through our website. If you have any questions don't hesitate to contact one of the team or email Nikki in the office [info@papamoalifeguards.co.nz](mailto:info@papamoalifeguards.co.nz)

We have a great bunch joining our Lifeguarding Committee this season with a lot of energy and enthusiasm. Welcome to our new members Sandi, Karyn, Marama and Jamie who have stepped up to support Matt, Shaun, Ryan, Ailsa and Dave.



## Get Ready for the Season

All lifeguards must complete a refresher each season to make sure we are up to date, to refresh our memory and learn about any changes. This includes both theory and practical courses. [CLICK HERE](#) to go to the SLSNZ member portal, log in and click on online learning to complete the online refresher. Practical refreshers will be held in October for CPR, first aid, run-swim-run and tube rescue. Our committee are also planning lifeguarding courses for the season and working on further IRB training opportunities. Keep an eye on the [Lifeguarding Facebook group page](#) for more information and updates.

## IRB Training Underway



IRB training has been happening most Sundays over the winter months.



Shaun and Ryan have been sharing their skills with the lifeguards.



They are looking forward to some challenging surf for our lifeguards to polish up their skills before they sit their exam.

## Get Your Thinking Caps On

This year, each patrol captain will be provided with a fund of \$200. As a patrol you can decide what to spend this money on - it might be a Christmas dinner for the team, a patrol lunch each patrol day, iceblocks for the freezer, or anything else you can think of. So start having a think and once the patrols are finalised you can decide together.





## ROOKIES

Registrations for this year's Rookies programme are open! So if you have a child who is 13 years old (or turning 13 during the 2022/2023 season) please talk to them about signing up. The programme runs throughout the summer season and includes the opportunity to join a number of weekend lifeguard patrols. It's a great way to learn new life skills whilst having fun with your surf club friends. There is no charge for this programme.

**[CLICK HERE](#) to register for Rookies.**



## Rookies Pre-requisites

- Be a member of Pāpāmoa SLSC
- Be able to swim 200m in a pool in under 4mins 50secs (or committed to reaching this goal during the season)
- Be able to participate in four weekend patrols to accumulate at least 12 hours of lifeguarding experience

## Save the Dates!

**Tuesday 18th October at 7pm** - an introduction/registration meeting will be held to start planning for the season.

**Sunday 6th November at 10am** – the Rookies season kicks off with instructors Marama Mateparae and Andrew King.

**[CLICK HERE](#)** to go to our website for more information on the Rookies Programme. You can also find more details on the Rookies programme on the Surf Life Saving NZ website – **[CLICK HERE](#)**.

## SENIOR SURF SPORTS



### IRB Racing - Don't Miss the Boat!

It's great to see IRB racing getting up and running and we're always looking for more lifeguards to join the team.

If you are a lifeguard and would like to know more or get involved please email Jake [coach@papamoalifeguards.co.nz](mailto:coach@papamoalifeguards.co.nz).

## Pre-season Fast Approaching

The winter squad has been clocking up the k's and training hard come rain, hail or shine. Our busy pre-season is fast approaching and kicks off with a paddle down the Waikato river from Cambridge to Hamilton. Registrations for this are now open so check your email for your invitation. If you'd like more information please email Jake coach@papamoalifeguards.co.nz.

**Registrations close 12th September.**



## WELCOME BACK TO JUNIOR SURF

### 2022/2023 SEASON

Sunday mornings

13th November - 18th December 2022

8th January - 5th March 2023

Thank you to everyone who has already registered for the upcoming Junior Surf season. If you have not done so yet, [CLICK HERE](#) to register.

The Junior Surf committee are busy getting ready and are excited to be planning for a lockdown-free season where all our surf club families can come together on a Sunday morning. We are always looking for volunteers to coach (no experience necessary, training and support will be provided), help with the BBQ and to join the committee. If you would like to volunteer or find out more about what is involved, please email [juniorsurf@papamoalifeguards.co.nz](mailto:juniorsurf@papamoalifeguards.co.nz)



## 2022/2023

### JUNIOR SURF SEASON DATES



Registrations Open	1st September 2022	Visit <a href="http://www.papamoalifeguards.co.nz/register">www.papamoalifeguards.co.nz/register</a> to register online
Registration & Uniform Collection Days	Tuesday 1st November & Thursday 10th November 4-6pm	<ul style="list-style-type: none"><li>At the Pāpāmoa Surf Club</li><li>Register for the season</li><li>Collect your kids uniform ready for the season ahead</li></ul>
First session of the season	Sunday 13th November 9.30am start	<ul style="list-style-type: none"><li>Welcome to the new season</li></ul>
Last session for 2022	Sunday 18th December 9.30am start	<ul style="list-style-type: none"><li>Santa will arrive in style!</li></ul>
First session for 2023	Sunday 8th January 9.30am start	<ul style="list-style-type: none"><li>Welcome back to the beach</li></ul>
Pāpāmoa Junior Surf Club Championships & Last session of the season	Sunday 5th March 9.30am start	<ul style="list-style-type: none"><li>A highlight of the season for our Nippers to earn medals and showcase what they've learnt throughout the season</li><li>For all participants, under 6 and above</li></ul>



## Board Fundamentals

The Board Fundamentals Programme runs before the start of the Junior Surf season in a swimming pool environment to give our under 9 and above athletes the fundamental skills to enjoyably engage in board-related activities later in the season.

There are three Sunday sessions - **23rd October, 30th October and 6th November.**

Board Fundamentals is an ideal pathway for those under 9 and under 10 athletes who wish to transition into surf sports and the Ocean Development Programme.

**Registrations for the Board Fundamentals Programme are now open**  
**[CLICK HERE](#) for more information.**



## Keep Up To Date

Once you've registered for Junior Surf, make sure you sign up to the **[Papamoa SLSC Junior Surf Facebook Group Page](#)** for regular updates and cancellations.

## Thank You

As we head towards a brand new season, we'd like to say a huge thank you to our valued sponsors **[Body In Motion](#)**, who continue to provide funding and support to our Junior Surf Programme.



# JUNIOR SURF SPORTS

For those children who want to take Junior Surf to the next level, they can get involved in surf sports. This can lead children into Rookies and ultimately becoming a fully qualified lifeguard.

## Ocean Development

This programme is an extension of the skills learnt at Junior Surf for our under 9 and above kids. The sessions primarily focus on board paddling but also include beach skills and surf swimming when the conditions allow. It runs twice a week throughout the season and is an ideal stepping stone into the Ocean Athletes Programme. **[CLICK HERE](#)** for more information.



## Ocean Athletes

Ocean Athletes is for our under 11 - under 14 kids looking to move into surf sports and compete at regional and national surf events. Skills taught include board paddling, surf swimming, tube rescue and board rescue. The goal is to compete at the National Junior Surf Lifesaving Event - Oceans 2023. Ocean Athletes starts in the school holidays on Monday 3rd October. **[CLICK HERE](#)** for more information.



## DONT FORGET ...

... if you're shopping at **Torpedo 7** during September to use the code **PAPSURF22** and support this great fundraising opportunity.

# Torpedo7

Support Papamoa SLSC and gear up for adventure

## UP TO 40% OFF

Our huge range of gear



REDEEM NATIONWIDE 1ST AUGUST - 30TH SEPTEMBER 2022

### HOW TO REDEEM

**ONLINE:** enter "PAPSURF22" in the promo code field during checkout at **WWW.TORPEDO7.CO.NZ** - remember you can select click and collect to skip the queues and pick up local.

**INSTORE:** show this flyer printed or on your device to one of our great instore staff.



2% OF TOTAL SALES WILL BE  
DONATED TO PAPAMOA SLSC

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

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