



Papamoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

28th October 2022

WELCOME TO THE 2022/2023 SEASON

A warm welcome to our new members and families who have joined up for the 2022/2023 season and welcome back to our existing clubbies. If you have not signed up yet, please [CLICK HERE](#) to register on our website.

Our volunteer lifeguards are back on the beach and making the most of the top-class facilities as we launch into the second season in our wonderful clubhouse. This weekend is your opportunity to come along and take a look inside the clubhouse - talk to some lifeguards, club members and athletes about what it's like to be part of the club. **So don't miss out, head along any time between 1pm-3pm this Sunday 30th October.** Thank you to everyone who attended the beach blessing with Nga Potiki last Saturday to officially launch the new summer season. We're all looking forward to an awesome lockdown-free season – see you on the beach!

**HAVE YOU SEEN INSIDE
YOUR LOCAL SURF CLUB YET?**



OPEN DAY

Sunday 30th October 2022 1pm - 3pm

JUNIOR SURF

Beach Games
Registration Desk
Gold Coin Donation BBQ

LIFEGUARDS

Patient Rescue Displays
Lifeguard Tower Viewings
Sign up to be a Lifeguard

**COMMUNITY
MEMBERSHIP**

Support the Club
and become a member

SENIOR SURF

Board & Ski Demos
Surf Sport Displays
Talk to an Athlete

VENUE HIRE

Wedding Displays
Kitchen Viewings
Bar Viewings

ROOKIES

Chat with a Rookie
Rookie Training Displays
Sign up to be a Rookie



CONGRATULATIONS NATALIE

What an epic result for New Zealand last month with SILVER for both the Black Fins and Junior Black Fins at the World Lifesaving Championships in Italy. We were super proud to have one of our clubbies - **Natalie Peat** - representing New Zealand on the International Stage and inspiring our Senior and Junior athletes on what's possible.

Natalie had an awesome competition, making a number of finals and helping the Women's 4 x 50 Obstacle team to a silver medal, as well as narrowly missing out on the podium in the Tube Rescue event.

[CLICK HERE](#) for more information on the event.

PROMOTING SURF LIFESAVING AT CHRISTMAS



Pāpāmoa SLSC has been invited by Tauranga City Council to help decorate one of their community Christmas trees and we need your help.

On **Sunday 6th November**, head down to the Pāpāmoa Surf Club between 3pm-5pm, bring the family and help decorate the disks that will be added to the tree.

Our tree will be featured in 'Christmas in the Village' at the Historic Village Tauranga from 26th November until early in the New Year.

Since 2018 The Incubator Creative Hub has worked with Tauranga City Council to deliver the Christmas Tree Project where the community comes together to participate and celebrate creativity and showcase their organisations. These huge distinctive trees have been designed by Māori Artist Ashleigh Luckman-Taupaki with kowhai patterns representing the Pohutukawa New Zealand Christmas tree.

WELLBEING IN SURF

With mental health and wellbeing at the top of the agenda for many people, a new workshop held earlier this month proved popular with everyone who attended. Many people said how helpful it was, not just for the surf environment, but for their everyday lives and their jobs.



Around 20 PSLSC members attended the Wellbeing in Surf Workshop hosted by Ari Peach, the SLSNZ Wellbeing Lead, a Paramedic Mental Health Lecturer at AUT and a lifeguard at Whangarei Heads.

The workshop covered topics such as mental health and wellbeing, supporting yourself and others, traumatic stress and critical incident support, bullying and inclusion, and the wellbeing support available to club members.

Peer Support Available to all Members

We'd like to remind all members that peer support is available to everyone. Peer Supporter Ailsa Cowdrey says it doesn't have to be related to surf.

"Any time you want an ear, get in touch," she says. "It doesn't have to just be after a critical surf event."

We have three Peer Supporters at our club: Ailsa Cowdry, Shaun Smith and Kathryn Stewart. Peer Supporters are specially trained SLSNZ members who can provide support to their fellow members on a range of issues including mental health concerns, bullying, stress and traumatic lifesaving incidents. Peer Supporters play an important role in post-incident support and may be called on to attend post-incident debriefs and assist with following up members that have been involved in traumatic incidents. A crucial part of the peer support role is to be able to link members with the support they need to manage their wellbeing.

If you would like to talk to one of our Peer Supporters, here are their details:

Ailsa Cowdry 027 324 5097

Shaun Smith 027 542 1134

Kathryn Stewart 027 359 3900

SLSNZ Counselling Support

In addition to our club's Peer Supporters, members can contact Benestar, the counselling and wellbeing provider for SLSNZ members. All active lifeguards and current member volunteers (and their immediate families) have access to fully funded counselling and wellbeing resources through Benestar. This includes patrolling members, committee members, officials and coaches. Benestar have counsellors throughout New Zealand who can be selected and booked online by the user. They also can be booked by phone.

To access Benestar counselling either head to www.benestar.com/breg/xerocustomer or call **0800 360 364**. State you are from Surf Lifesaving and accessing as part of the Xero Assistance Programme.

POOL RESCUE CELEBRATION

We'd like to invite all our Pool Rescue participants – juniors, seniors and masters – to Club Night on **Friday 4th November** from 6.45pm onwards. This will be an opportunity for an end of season get together with some presentations.



LIFEGUARDING

All 16 of our new recruits came well under the 8-minute mark at the first Lifeguard Award training of the season. Taking on the run-swim-run, everyone gave it their all with positivity and supported each other.

Of the 16 candidates, some have moved up from Rookies, others are parents of Junior Surf kids, and some are new members interested in volunteering and giving back to our community.

The 7-session course is a mixture of theory and practical, and candidates have already covered DRABCD, communication, and surf awareness. We are working from a new training manual put together by SLSNZ, which is a fantastic resource with video clips – thank you SLSNZ.

Also a huge thank you and welcome to the team to our new training instructors - Radleigh Cairns, Caitlin Harris, Marama Mateparae, Matt Daveron and Karyn Leach.

If you've not completed your refresher yet, put **Saturday 12th November** in your diary for the next opportunity. This will be a wet and dry refresher so bring fins and a wetsuit. Meet at 9.45am for a 10am start including tube rescue, run-swim-run followed by CPR and theory.

ROOKIES

It's great to see the number of young clubbies who have already signed up for our Rookies programme starting on **13th November 2022**.

It's not too late to join up. Check out the website for all the details of the programme - [CLICK HERE](#), and make sure you sign up to the [Rookies Facebook group page](#) for regular updates throughout the season.

DON'T FORGET to complete your 200m safety badge if you've not already done so. [CLICK HERE](#) for more information.



SENIOR SURF SPORTS

Last weekend saw our senior team head to the Mount for the first of the two Spring Series races. It was a stunning day and really felt like summer had arrived!



The training race was an enduro involving a 6km ski paddle followed by a 3km board paddle and was a great hit out for those looking to compete at the Mount Monster in December. The second race, taking place this weekend, is likely to be a down-winder from Omanu to Pāpāmoa and will test the speed and endurance of the team.

Good luck to everyone who is taking part!



JUNIOR SURF

2022/2023 SEASON

Sunday mornings from 9.30am

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.

Uniform Collection Dates

If you have already ordered your uniform please collect it from the Club on the following dates:

Sunday 30th October between 1pm-3pm
Tuesday 1st November between 4pm-6pm
Thursday 10th November between 4pm-6pm

Please note there are NO sales on the day. All uniforms must be ordered online prior to coming in, so please [CLICK HERE](#) to log in and place your order.



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.



200m Safety Badge Testing

6th & 27th November 2022

2-3pm

Bartlett's Swim School, 15 Market Place, Pāpāmoa

No need to book – just turn up during these times.

All under 9 and above Junior Surf participants who wish to paddle foam boards (also called knee boards) are required to complete a 200m safety badge test before the start of the season.

PLEASE NOTE: this needs to be completed every season.

To complete the badge, participants must swim 200m in a pool unaided in under 7 minutes, followed by 1 minute of treading water unaided. [CLICK HERE](#) for more information.

Members of either Bartlett's Swim School or the Pāpāmoa Swimming Club can ask their instructor to assess them and give them a certificate of completion. A scanned or photographed copy of this can be emailed to admin@papamoalifeguards.co.nz.

Gaining Confidence in the Pool

Our 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.



Well done to all our kids who attended the first Board Fundamentals session at the Pāpāmoa Pool.



The programme is proving so popular we've had to add more session times. So for those attending, make sure you check your email to see which group you're in.



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.

IT'S NOT TOO LATE

The 2022/23 season has officially started but it's not too late to join one of our programmes...



Lifeguarding

Help keep your community safe on the beach whilst learning essential life skills and having fun with your friends. Must be over 14 years old.



Rookie Junior Lifeguarding

An educational programme for kids aged 13 and above looking to become a lifeguard.



Senior Surf Sport

For athletes 14 years and above, our Senior Surf Sport Programme keeps our lifeguards fit all year-round.



Ocean Athletes

For our under 11 – under 14 year old kids who want to compete at regional and national events.



Ocean Development

An extension of the skills learnt at Junior Surf for our under 9 and above kids wanting to get into surf sports.



Junior Surf

For all kids aged 5 – 14 years old to have fun with friends on the beach and learn how to be safe on the beach and in the ocean.

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

G.J. Gardner.
HOMES

www.gjgardner.co.nz

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