



# Papamoa

**SURF LIFE SAVING CLUB**

## PSLSC MEMBER NEWSLETTER

20th December 2022

### MERRY CHRISTMAS AND A HAPPY NEW YEAR

On behalf of the Board we would like to wish our members, supporters and sponsors a very happy holiday season. It has been a great year and it is such a joy to see lifeguards patrolling, nippers learning and having fun, and athletes training and competing. Thank you all for your support and the volunteering that makes us such an awesome community organisation. Stay safe this holiday season and remember to swim between the flags!

### KEY DATES

**Admin Office Closed** – Wednesday 21st December 2022 – Sunday 8th January 2023

**First Junior Surf session for 2023** – Sunday 8th January

**Pāpāmoa Junior Surf Carnival for under 8s and above** – Sunday 15th January 2023 (no JS for U6s and U7s)

**Second Race Night for under 8s and above** – Friday 20th January 2023 4.30pm – 6.30pm



**SAFESWIM**

### CHOOSE A LIFEGUARDED BEACH

If you are heading away for the summer holidays please check the new [Safeswim](https://www.safeswim.co.nz/) website which is now live across New Zealand.



Safeswim provides real time beach safety and patrol information for all 92 lifeguarded beaches across Aotearoa. So if you are going to the beach – choose a lifeguarded one and swim between the flags.

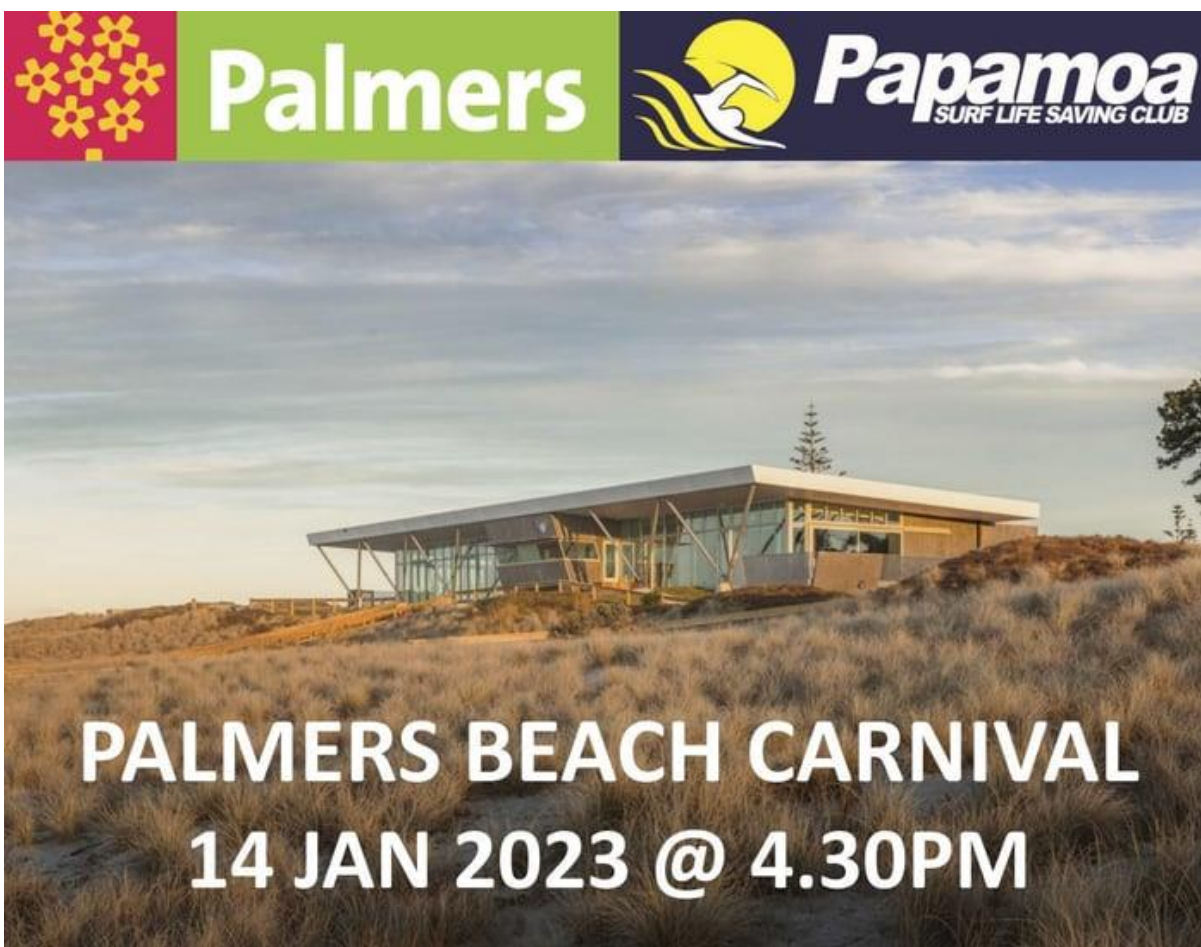
**[CLICK HERE](#)** to visit our website for all the details of when our lifeguards are patrolling over the summer.



## WELLBEING SUPPORT

As the busiest part of the season approaches, it is an important time to spread the word about the wellbeing support that is available to our members. SLSNZ encourages members to proactively use the free counselling support and peer support available.

For more information, check out this video by Ari Peach, the National Wellbeing Lead for SLSNZ - <https://youtu.be/sqlc7T2R00M> and visit the website - [www.surflifesaving.org.nz/wellbeing](http://www.surflifesaving.org.nz/wellbeing).



New Zealand's only beach-only event is back on 14th January at Pāpāmoa Beach - entries are NOW OPEN!

[CLICK HERE](#) for more details.

## LIFEGUARDING

*By Marama Mateparae*

"Forget Netflix – the recent Lifeguard Award Exam had all the elements required for a great drama series with plenty of tension, injury and close calls.

The first part of the exam was held at Mount Maunganui College where our five candidates met to undertake theory, 400m swim, tows, releases, radio, and signs and signals testing. Jim Pearson provided incentive for Oliver Pepers to perform well in his theory exam with the promise of a free McDonald's lunch if Oliver beat his theory test score. At the end of the evening Oliver was delighted to hear that he had an 88% pass rate and had beaten Jim's 76%. But the Instructor team weren't convinced – Jim is extremely knowledgeable and well prepared! A call by examiner Sandy Boubee the next morning to check his results revealed the truth. Instead of 38 out of 50, Jim's score was actually 48 out of 50 (96%). Sorry Oliver!



The hero of the evening though was Michael Leach (pictured), who has put in a huge effort in over the past six months, working with swim coach Sheryl McLay, to make the 400m swim time and move from Patrol Support to Lifeguard. With wife, Karyn, and daughter, Eden, already Lifeguards, Michaels' goal was to qualify before his son, Sean (who turns 14 later this month).

Tensions were running high as Michael started his swim. He began well, pacing his speed to complete the swim well within the time limit. All was going to plan until the last 33m when he slowed enough to cause a few on the sidelines to jump up and start yelling at him. Michael's determination didn't fail him though, and there was plenty of cheering and smiles when he finished with seconds to spare.



The following day the weather brought 6-9 foot waves and torrential rain. A decision was made to hold the open water exam components at Pilot Bay rather than at Omanu beach, much to the relief of all.

Lars Herber, David Cox, Michael and Oliver were all going well in the run-swim-run until the last turn of the final run when Michael was beset by cramp. He finished the run with plenty of time to spare but looking to be in considerable pain. Would he be able to complete the tube rescue? Of course, he did!

After the beach testing was completed, it was off to Mount Maunganui Surf Lifesaving Club to escape the teeming rain, and to complete CPR and first aid testing. Before it could get started though it was obvious that Lars wasn't well. He was pale and said he was feeling lightheaded and dizzy. Lying Lars on the floor with his legs raised on a chair brought some colour back to his cheeks but it wasn't until he'd had a snack and some sweets that he began to feel well again - **a reminder to all lifeguards that they need to eat to keep their energy levels up.**



Seeing Lars, David, Michael and Oliver in their lifeguard uniforms and Jim in his Patrol Support uniform was a great way to finish the evening. Congratulations to them all. Be sure to say hi when you see them out patrolling and working with Junior Surf this summer."



## ROOKIES



Over the last six weeks it's been a steep learning curve for our Rookies, who have been learning about what it takes to be a junior lifeguard and gaining some essential basic lifeguarding skills. The group has already covered how to set up a patrol, being sun smart, hypothermia, swimming in surf, how to tie a tube, tube rescues, CPR, radios, signals, signs, waves and rips, DRSABCD, and more.

Most of our Rookies are new to surf lifesaving and swimming in the surf, so it's been great to see their confidence in the water and surf grow. They have been sent out in some challenging conditions and have really pushed themselves out of their comfort zone.

Last week, our Rookies had a go at flipping an IRB, which is not easy if you are a light weight! It required them working as a team, helping each other get into the IRB from the water and using their combined weight to flip the IRB against the breeze.

Part of being a Rookie is giving back to the club and community and our Rookies are starting to put in some hours as volunteers on patrols. They will also be helping out at our Junior Surf Carnival on 15<sup>th</sup> January.

Thank you to our Rookies sponsor [Eves](#) for your ongoing support of our future lifeguards.

## SENIOR SURF SPORTS

It has been a very busy month in the surf sports calendar with the seniors taking on the BOP Senior Carnival, the Whangamata Classic and the Mount Monster. And it doesn't end there with many more events taking place in the New Year.

The Senior Team had a fantastic day in testing conditions at the Whangamata Classic. A large field of competitors in all age groups provided some intense racing, with some much-needed learning that will set them up for the carnivals to come.



The annual Mount Monster celebrated its 10th year with some of our best athletes taking on this massive challenge, either individually or in teams. Congratulations to everyone who completed the event comprising four stages – a 12km ski paddle, a 5km soft sand run, a jump off the 'blowhole' on Moturiki Island, ending with a 6km board. An amazing achievement by everyone!



## JUNIOR SURF SPORTS

Our Junior Surf Sports Team have also managed to tackle some big challenges this month with the BOP Junior Champs, the Coastal Challenge and the Mount Mini Monster.

The Coastal challenge saw a small team gain some big results with many podium finishes. Well done to everyone who took part – you did the club proud.



The Mini Mount Monster was a taste of things to come for our older Ocean Athletes who took on the 600m swim, 1200m board and 600m run. The conditions were challenging so it was a great result for everyone who competed.







## JUNIOR SURF

That's a wrap for Junior Surf for 2022. We'd like to wish all our Junior Surf families a very Merry Christmas and we can't wait to see you all back on the beach on Sunday 8th January 2023.

Everyone had so much fun at our last Junior Surf session of the year on Sunday. Santa and his elf were a big hit and made a special guest appearance in all the age group photos.

### Photo Competition

Congratulations to our winners in the annual Junior Surf Group Photo Competition, which this year had to include Santa! We also asked parents to share some action shots from the day.



**Joe McPhee** won a \$40 club bar tab for his amazing array of photos from across the age groups.



Thanks Joe for sharing these wonderful moments.





**1st place in the Santa Group Photo** was our wonderful **under 7 kids** for their Candy Cane Lane photo. Everyone gets a free sausage and iceblock at our first session back in January.



**2nd place in the Santa Group Photo** went to the **under 10 age** group with their Santa and Elf pyramid – these guys will also get free iceblocks.





And we couldn't go past the photo that got the most likes on Facebook - our **under 11 and above age groups** for their perfectly staged group photo of everyone on their boards!! Iceblocks for you guys too.



Well done to everyone who took part and an extra special **thank you to Santa and his elf** for taking the time to spend with the kids throughout the day.



### THANK YOU...

...to our Junior Surf sponsor **Body In Motion** for your ongoing support – we couldn't run this awesome programme for our Pāpāmoa kids without your help.



### THANK YOU...

...to **Palm Springs** whose jetski got Santa and his elf safely to the beach!



## THANK YOU

to **Mitre 10** for sponsoring our brand new Junior Surf swim bags that were given out to our kids on Sunday.

## Pāpāmoa Junior Surf Carnival

Don't forget our popular JS Carnival will be back on 15th January at 9am on Pāpāmoa Beach. It's a teams-based event for our under 8 - under 14 kids so make sure it's in your diary!

**MERRY CHRISTMAS & HAVE A HAPPY & HEALTHY 2023**

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

**G.J. Gardner.**  
**HOMES**

[www.gjgardner.co.nz](http://www.gjgardner.co.nz)

**MITRE 10**

**PAPAMOA**

[www.mitre10.co.nz](http://www.mitre10.co.nz)

**PAKŋSAVE**

**PAPAMOA**

[www.paknsave.co.nz](http://www.paknsave.co.nz)





[www.bodyinmotion.co.nz](http://www.bodyinmotion.co.nz)



[www.classicbuilders.co.nz](http://www.classicbuilders.co.nz)



[www.barretthomes.co.nz](http://www.barretthomes.co.nz)



A DIVISION OF GUILD & SPENCE ELECTRICAL LIMITED

[www.guildspence.co.nz](http://www.guildspence.co.nz)



GET THE EDGE

[www.dimond.co.nz](http://www.dimond.co.nz)



[www.bartlettswimschool.co.nz](http://www.bartlettswimschool.co.nz)



[www.nutrikiwi.com](http://www.nutrikiwi.com)



[www.cmtexcavations.co.nz](http://www.cmtexcavations.co.nz)



[www.palmsprings.co.nz](http://www.palmsprings.co.nz)



[www.palmers.co.nz](http://www.palmers.co.nz)