



# Papamoa

SURF LIFE SAVING CLUB

## PSLSC MEMBER NEWSLETTER

20th January 2023

### HAPPY NEW YEAR TO YOU ALL

We hope you are enjoying a happy and healthy start to 2023. Despite the recent rough weather, our beaches have been busy over the holiday period. Storm events and large ocean swells have been a main feature, with the Pukehina wave buoy recording a massive 9.28m wave height on January 10th !!

Just a reminder that if you are heading down to the beach, please **swim between the flags**. Our lifeguards always have eyes on this area, so it is the safest place to swim. There are some more safety tips at the end of the newsletter.



If you are going away to another beach in New Zealand over the summer holidays, remember to check out the [Safeswim](#) website which provides live beach safety and patrol information for all 92 lifeguarded beaches across Aotearoa.

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

### RACE NIGHT IS BACK!

**Race Night** is back tonight so head on down to the club and support our under 8 – under 14 junior members. Our friends from Maranui Surf Club, located at the lovely Lyall Bay Beach in Wellington, will be joining us for some friendly racing, so let's make sure we make them very welcome.

Racing starts at 4.30pm, then our club bar will be open from 5.30pm for **Club Night**. Parents and family members are encouraged to attend, lend a helping hand, and enjoy a social drink at the Club Bar with their junior surf friends. Feel free to bring your own food.

Please remember that all club members who help out on the beach at Race Nights and in the bar on Club Nights are volunteers. We'd like to encourage all members to put your hand up to help on the beach and make sure you help tidy up the club area if you're using it.



Racing against Maranui Surf Club this time last year.



## LIFEGUARDING

### Keep Refreshed This Summer

We still have a number of lifeguards who need to complete their refreshers for the season. This is a critical part of our duty as lifeguards and being able to patrol Pāpāmoa Beach to best of our abilities, so please make this a priority if you haven't already done so. All refreshers **MUST** be completed by 30th January.

Ailsa Cowdrey will be available to help with this at 11am tomorrow (Saturday 21st January), or you can complete it on your next patrol. Please talk to your Patrol Captain in the first instance if need any further advise or help.

### Fitter Faster Lifeguards



Some of our senior lifeguards can be seen out on the water in the evenings on our GJ Gardner branded surf canoe. It's a great way to keep themselves fit and have some fun with their surf club mates.



Owners of Tauranga's GJ Gardner franchise, Shane and Kirsty McConnell are committed to keeping people safe on the beach and this is one of the ways we're working with them to keep our lifeguards engaged, as well as fit and strong.

A huge thank you to Shane and Kirsty and everyone at [GJ Gardner Tauranga](#).

## ROOKIES





We'd like to say a huge thank you to all the Rookies who helped out at the Pāpāmoa Junior Carnival last weekend. It gave them a good insight into what's involved in running an event and all the different roles required. The Rookies were on hand to supply our officials and water crew with food and drink as well as supporting the set up and pack down crew, and generally being available to help out the lifeguards where needed. We really appreciate your support.

## SENIOR SURF SPORTS



### Owen Chapman Cup

The senior team headed North last weekend for the 67<sup>th</sup> Edition of the Owen Chapman Cup hosted by Red Beach SLSC. Although a great chance for a road trip, it was serious stuff once racing began with cash prizes up for grabs and the eliminator event which consisted of six events in one. The race includes Swim, Wade, Board, Sprint and Ski "legs" where the number of competitors is cut at the end of each portion of the race until there are three competitors left to race off in the flags. Our team held their own and had some excellent results across the individual and team races. It was a brief trip with the team keen to head home and provide water safety for the up-and-coming groms at the Pāpāmoa Carnival the following day.



The teams focus now shifts to the Senior Eastern Region Champs held at Mount Maunganui on Anniversary weekend (27th-29th January). This is likely to be the biggest surf lifesaving event outside of Nationals this year, with a large contingent of athletes expected from across the country. It will really test our athletes' skills and training, providing a fantastic marker heading towards Nationals in Christchurch. If you're staying local for that weekend pop down to Main Beach to support the team and see the best surf athletes in the country going up against each other.



Our head coach Jake Cowdrey is again coaching Team Hart in the Invitational being held on the Monday's public holiday at Mount Main Beach. This event takes the cream of NZ surf sports talent and puts them head-to-head in a number of individual and team events showcasing their extraordinary surf skills. It will be a fantastic watch across the whole weekend. We'd like to thank our volunteer officials and water safety for their support in putting their hand up to help at the event. Our team could not race without you!

## JUNIOR SURF SPORTS

Our big contingent of Ocean Development and Ocean Athletes participants are enjoying one of the busiest times of the year with two-hour training sessions most days during the holidays. With a win for our U11 and above age groups in the Pāpāmoa Junior Surf Carnival under their belts, the focus now turns to the Junior Eastern Regional Championships (ERCs) taking place at Waihi Beach on 11th and 12th February. With last year's event reduced to one day with unfavourable surf conditions, we are looking forward to what will hopefully be a full weekend of racing. We're also focused on regaining the win from one of our closest rivals, Mount Maunganui, who pipped us at the post by 4 points at last year's Junior Day of Surf. **Good luck to everyone who is racing.**

For our U8s, 9s and 10s, their opportunity to get a taste for racing and competing will take place at Omanu Beach on 19th February at the Omanu Carnival. This is another teams only event and we wish all our athletes the **best of luck.**



## JUNIOR SURF

It was wonderful to be back hosting our popular 'teams' Pāpāmoa Junior Surf Carnival last weekend for our U11 and above kids. Going up against our biggest rivals – Mount Maunganui, Waihi Beach, Whakatane and Omanu is always a great challenge. Close to 300 young athletes from across the region filled Pāpāmoa Beach and enjoyed the racing with their team mates. Our carnival is one of the only local 'teams only' event for Junior Surf kids and the feedback we get is that they love it. The sportsmanship, camaraderie and friendships seen on the beach and in the water was heart-warming.

We'd like to say a massive **THANK YOU** to all the volunteers who made the day run so smoothly - lifeguards, rookies, water safety crew, officials, team managers, parents and kitchen helpers. We couldn't do it without you.

**THANK YOU** also to our wonderful sponsors who make it all possible - [Body In Motion Health](#), [Mitre 10 Pāpāmoa](#) and [PAK n SAVE Pāpāmoa](#). As well as [Pāpāmoa Rotary](#) who ran the BBQ for us. We really appreciate all your support.

And there's more! Our local [Tauranga City Council](#) played a big part in the carnival. With support from their Community Development Match Fund Grant, the kids loved the newly designed medals, and we were able to provide lunch packs for all our volunteer officials and lifeguards. We really appreciate the opportunity to apply for grants such as this and the difference it makes to our members and other Bay of Plenty club members – **THANK YOU** Tauranga City Council.



*Photo courtesy of Clare Pepers*



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*Photo courtesy of Kate Magill*



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Photo courtesy of Kerry Hawken



U8 Boys courtesy of Phillip Bond



U10 Boys courtesy of Karoline Jonsson



Photo courtesy of Amy Lewin



Photo courtesy of Kerry Hawken



Photo courtesy of Kerry Hawken



This Sunday we are back to our regular Junior Surf session with all age groups kicking off at 9.30am – see you there!



We still have more carnivals and events coming up so any parents, grandparents or caregivers who would like to get more involved please get in touch. We are always looking out for more officials – it's a quick and easy online course followed by some hands on experience at carnivals. For more information please email [info@papamoalifeguards.co.nz](mailto:info@papamoalifeguards.co.nz)

Now is also a good time to consider joining the Junior Surf Committee to see how the season runs and realise it's not too scary! This is your opportunity to have a say in how things are done. If you are interested to find out more, please email [juniorsurf@papamoalifeguards.co.nz](mailto:juniorsurf@papamoalifeguards.co.nz)

## Remember these key tips for keeping safe at the beach this summer

**Swim between the flags** – this is the safest place to swim and our lifeguards always have eyes on this area.

**Be aware of the dangers** – check for rips and currents, snags and rocks.

**Relax, Raise and Ride** - if you find yourself caught in a rip, **Relax** and float to conserve your energy, **Raise** your hand to signal for assistance, **Ride** the rip until it stops and you can make your way back to shore.

**Chat to lifeguards** - they're more than happy to point out dangers or give advice.

**Keep children within arm's reach when in the water** - adults, not older children or teenagers, should always supervise children around water.

**Know your limits** – don't overestimate your ability or under estimate the conditions - if in doubt, stay out.

**Don't swim alone** – remember you will never be able to swim in the ocean as well as in a pool and cold water will make you tired.

**Be sun smart** – and stay hydrated.

**Dial 111** – if in trouble and there are no lifeguards around, the Police have a direct line to call our lifeguard squads.

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

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

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