



Papamoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

3rd March 2023

BUSY END TO THE SEASON

We'd like to thank all our lifeguarding teams for their resilience and commitment to what has been a challenging summer. With some good weather arriving over the last week or so, SLSNZ decided to extend the regional lifeguard patrols though to the end of this week. Today (Friday) is the last week day that our lifeguards will be on patrol. Our weekend volunteer guards will continue to patrol on Saturdays and Sundays between 10am-5pm through until Easter, so if you are heading to the beach during these times, please swim between the flags.

This is one of the busiest times of the year for our surf sports teams with our two big national events for juniors and seniors, as well as our very own Junior Surf Club Champs taking place this Sunday. Read on for more details....

**SAVE
THE
DATE!**

With our season coming to a close we are starting to plan our awards ceremonies. Here are the dates for your calendars:

Junior Surf Prize Giving – Sunday 26th March at 2pm

Club Awards Evening – Saturday 6th May at 6pm



MEMBER HIGHLIGHT

A huge shout out and CONGRATULATIONS to one of our biggest volunteers and supporters – Radleigh Cairns.

The surf lifesaving value of 'In it for Life' and Pāpāmoa's culture of, have **fun**, **encourage** and **respect** each other, demonstrate **commitment** and always strive for **excellence**, is reflected in all that Radleigh does.

Radleigh has three children fully involved in the club. Zac and Lockie are qualified lifeguards and train and race with the senior surf sports squad, along with daughter Charlotte who trains and races with the Ocean Athletes.

Radleigh's qualifications to date: crew set up and pack down team, age group manager, Official at surf carnivals, Surf Sports Committee member, IRB crewman and driver, and this season he has qualified as a Lifeguard Instructor.

But wait, there's more. Over the last few months Radleigh has shadowed and examined Lifeguard candidates. On Thursday night he officially became one of the dark blue shirt brigade. **Radleigh is now a qualified Lifeguard Examiner.**

PSLSC is tremendously thankful for all that Radleigh does for us. Well done and thank you Radleigh.

LIFEGUARDING

**SAVE
THE
DATE!**

As we head towards the end of the season put **Monday 10th April** in your calendars for a thank you get together at the club.

Starting at **3.30pm** all Lifeguards, Patrol Support and Rookies are invited to come along and celebrate the season with your fellow clubbies.

Congratulations

It's wonderful to see more and more clubbies stepping up into different lifeguarding roles. Thanks to Sandy Boubee for leading our five newly qualified Lifeguarding Instructors - Matt Davoren, Karyn Leach, Radleigh Cairns, Marama Mateparae and Caitlin Harris. Congratulations to you all.

Since the beginning of the 2023 we have had a group of Junior Surf parents training to become lifeguards. Congratulations to Danielle Petricevich, Cheryl Jensen, Johan Kachelhoffer, Ziggy Archer and Karoline Jonsson who recently gained their Patrol Support awards and will aim to complete their lifeguard award later

in the year. Our parents bring a lot of life skills with them but it's usually the swimming side which can be the most challenging part of the lifeguard exam. If you're thinking about becoming a lifeguard next season, we recommend you use the winter to brush up on your swimming skills in readiness for our lifeguard training programme.



Welcome New Lifeguards

More of our young members are also joining the lifeguarding team – congratulations to Sean Leach and Triton Dickens (pictured) who attained their Lifeguard award last month. We look forward to patrolling with you.



IRB Maintenance

Thanks to our new power craft maintenance person Nathan Smith, we have all our IRB motors working. Please do not tinker with motors and gear unless you have communicated with Nathan. If a motor is not working, please put an 'out of order' sign on it, write what is wrong on the white board in the gear shed, and advise Nathan by text - his contact details are on the white board.



IRB Crew

We will be calling for expressions of interest for lifeguards to become IRB crew members soon. Details of the course dates and locations will be posted on the [Lifeguarding Facebook page](#) in the coming weeks so please keep an eye out if you are interested.

ROOKIES

Make sure you say hi to our team of Rookies who will be busy helping out at this Sunday's Junior Surf Club Champs. In between distributing food to officials, they will be doing some CPR and first aid practice as well as a run-swim-run and tube rescue.

The group are then off to join the Maketu Rookies on Monday for an educational session with the Coastguard to learn about the valuable service that they offer.

Rookie Challenge

The 2022/2023 Eastern Region Rookie Championships is coming up on Sunday 19th March at Mount Maunganui. Teams of 5 take on challenges to demonstrate both the practical physical skills associated with surf rescue patrol and theoretical knowledge around racing, rescues and/or first aid situations.

Trophies will be awarded to the Top Rookie Team and Top Individual Rookies who finish first, second and third. We wish all our Rookies the best of luck!

Pictured below - members of last year's Rookies at the Rookie Challenge.



SENIOR SURF SPORTS



The countdown to Nationals is on!

This will be the first full senior Nationals event for three years for our young, enthusiastic and growing team. The anticipation is building, especially since they've been joined by our lifeguard qualified under 14s who are doubling up from an awesome Oceans '23. We wish them all the best for next week as they head down south to New Brighton, Christchurch for an epic four days of racing.

JUNIOR SURF SPORTS



Pāpāmoa Takes Silver

Congratulations to the Pāpāmoa Oceans Team on their outstanding performance at the Oceans '23 Festival of Junior Surf Lifesaving. We are extremely proud of placing 2nd out of 44 clubs, which is a testament to the hard work and dedication of each and every team member. Our team of 40 plus athletes smashed it both in the water and on the beach making multiple finals and bagging a heap of individual and team medals along the way. In some challenging conditions with a massive shore break at the Mount, everyone did themselves, their families and the club proud, showing courage, talent and team spirit.



It's easy to forget after a couple of years without one, how electric the atmosphere can be at a National event. The final day was full of team events which really got the crowds buzzing. The final two events were the Grand Cameron for under 14s and under 12s, with almost our entire team involved in the six leg races of two swimmers, two boarders, and two runners. The support from the crowd was amazing and Pāpāmoa taking home a gold and a bronze was a fantastic way to finish.



Congratulations also to our Junior Head Coach Jack Bullock for his support and encouragement to the team throughout the year. Thank you to all those who helped and supported our Oceans programme this year including the set up and pack down crews, age group managers, officials and water safety volunteers, and our Senior Head Coach Jake Cowdrey. We would also like to express our sincere gratitude to our parents, supporters, committee members, and fellow team members for their unwavering support and encouragement throughout this journey. Your dedication and commitment to our team have been instrumental in our success, and we could not have done it without you.

With our best result in eight years, we can't wait to see what the future holds and it's safe to say the team can't wait for Oceans '24!



A special mention for Pāpāmoa clubbie Kathryn Stewart who, having competed at Oceans in her junior days, became the youngest Event Referee of a National event.

Pictured from left: Deputy Event Referee Jo Miller, Event Referee Kathryn Stewart and Deputy Event Referee Simone Spencer.

Thanks as always goes to our valued sponsors:

[Mitre 10 Pāpāmoa](#)

[CMT Excavations Ltd](#)

[PAK'nSAVE Pāpāmoa](#)

[EVES Real Estate Bay of Plenty](#)

And a final thank you to Kate Magill and Clare Pepers for being our official Oceans photographers.

JUNIOR SURF

Omanu Carnival

A massive **CONGRATULATIONS** to all our Junior Surf nippers who took part in the Omanu Carnival last month. The sun finally came out for this fun 'teams' event making it a great day for spectators and athletes. With the biggest number of entrants, everyone raced hard doing themselves and the club proud and we had lots of podium finishes.

Thank you to **Omanu Beach SLSC** for running a great day for our young nippers to get in some fun racing practice – building future lifeguards and lifelong friendships.



Photo courtesy of Kerry Hawken



Photo courtesy of Kerry Hawken



Photo courtesy of Kerry Hawken



Photo courtesy of Amy Lewin



Photo courtesy of Amy Lewin



Photo courtesy of Amy Lewin



Photo courtesy of Louise Mora



Photo courtesy of Louise Mora



Photo courtesy of Louise Mora



Junior Surf Club Champs

Our big season finale is taking place this Sunday 5th March and the forecast is looking good!

We encourage everyone to come along and give it a go, even if you haven't registered. Every participant who completes a run-wade-run or a run-swim-run will be awarded a finishers medal.

Set up helpers: meet at 8am

Competition running helpers: meet at 9am

All competitors: meet on cobbles at the front of club at 9.20am

Parade to the beach: starts at 9.30am (kids will be led by their coaches down to a parent arch on the beach)

Events: Run swim run/run wade run, board race/boogie board race, beach flags, beach sprints, diamond

Prize Giving: following the conclusion of each age group racing at the BBQ area

Sausage Sizzle: \$2

Twilight End of Season Fun Night

Friday 10th March, 4:30 - 6:00pm



With such a disrupted summer of weather-related cancellations, we'd like to wrap up our season with a fun Junior Surf session for kids and parents.

Free pizza and hot chips will be on offer afterwards in the club, and the bar will be open for parents to purchase drinks. We look forward to a fun, social evening for all our Junior Surf families.



Trophies to be Returned

We still have many trophies from last season to be returned to the club so please check if you have one (or more!) and return them to the upstairs office during week days 8.30am-2.30pm or bring to Junior Surf on Sunday and hand in at the BBQ area.

THANK YOU to our wonderful Junior Surf sponsors who make it all possible - we really appreciate all your support....



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

www.gjgardner.co.nz



www.mitre10.co.nz



www.paknsave.co.nz



www.bodyinmotion.co.nz



www.classicbuilders.co.nz



www.barretthomes.co.nz



www.guildspence.co.nz



www.bartlettswimschool.co.nz



www.nutrikiwi.com



www.cmtexcavations.co.nz



www.palmsprings.co.nz



www.palmers.co.nz