



Papamoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

30th March 2023



KIDS LOVE BEACH ED

Close to 1400 school kids will have been to the Pāpāmoa Surf Club this summer to learn essential water safety messages from our fully qualified lifeguards. Local schools can book students in for these interactive sessions which are a fun way for our kids to learn how to be safe in and around the ocean, as well as learn how to spot and escape from rip currents.



It's not only the children that benefit from these sessions, the parent helpers that come along are often surprised by how much they learn, particularly around spotting rips. It's great to hear that kids are also passing this knowledge on to other family members.

New Zealand has the ninth longest coastline of any nation in the world at nearly 15,000km in length. During the last 10 years, New Zealand has had a 44% higher beach and coastal drowning rate per capita, compared to Australia. Sadly, over the last 10 years, 38% of beach and coastal drownings occurred at a surf beach in NZ. Nearly three in 10 kiwis cannot swim or float in the ocean for more than a few minutes.



We can help to reverse these trends by teaching our kids as early as possible about the dangers of the water and how to be safe at the beach and around rivers and lakes.

Beach Ed is booked through Surf Life Saving New Zealand (SLSNZ) and they are accepting bookings for next summer now, so make sure your school is taking up this opportunity.

[CLICK HERE](#) for more information or email education.eastern@surflifesaving.org.nz

YOUNG LIFEGUARDS STEP UP

Three of our young lifeguards – Sam Clark, Ryan Teixeira and Hannah Edwards – were put to the test last week while on school camp in Whangamata.

The group were kayaking between Whenuakura and Hauturu Islands when Pāpāmoa College Deputy Principal Jane Townsend says she spotted a man in the water who didn't appear to be able to swim and was separated from his kayak. Jane explains what happened:

“Ryan and Sam were in a double kayak and they raced towards the man while I retrieved his kayak. Ryan got in the water and held him up while Luke MacFarlane (another teacher) and Sam pulled him onto the double kayak with him. Sam then paddled the tourist to safety with Ryan in support in the man's kayak. Lifeguard Hannah Edwards also assisted by leading the rest of the class to the island as they were confused and thought we were racing as they hadn't seen the man and his companions in trouble. The other paddlers with the man were too weak to paddle, so I towed them into shore and phoned the kayak company. I was extremely proud of these students!”

The Pāpāmoa Surf Lifesaving Club is also very proud of these young lifeguards who really stepped up when it counted.



Lifeguards Sam Clark (left) and Ryan Teixeira helped a kayaker in trouble while on school camp.



Lifeguard Hannah Edwards took charge of the school group while the boys were rescuing the tourist.

LIFEGUARDING



End of Season Get Together Monday 10th April at 4.30pm

Lifeguards, Patrol Support and Rookies are invited to come along to the club and celebrate the season with your fellow clubbies.

***Please bring your uniform with you for an end of season photograph.*



Event Guarding Opportunity

We are looking for Lifeguards for a paid event.

Event: Generation Homes Ocean Swim

Location: Mount Maunganui Main Beach

Date: Saturday 8th April (Easter Saturday)

Time Required: 8.15am – 2pm approx. (times to be confirmed)

Roles Required: 8 IRB Drivers, 8 IRB Crew, 1 RWC, 16 Board Paddlers

Please email robynne.cabusao@surflifesaving.org.nz by 5pm Sunday 2nd April if you are interested.

Please note that you need to be available for the whole event. Registering your interest does not guarantee you a position.

ROOKIES

Congratulations to all our 11 Rookies who performed fantastically well at the recent Rookie Championships and did Pāpāmoa SLSC proud. You all have the makings of becoming fantastic lifeguards.



Well done to the Pāpāmoa Hurricanes team (Lockie Cairns, James Whitaker, Sean Leach, Thomas Magill and Georgia Pipe) who took out 2nd place in the teams category. Both of our teams of five had excellent feedback from the examiners in the patrol scenario for how they worked together quickly noticing a 'swimmer' needing to be rescued, performing a tube rescue, providing first aid, setting up a patrol area and remaining calm in extremely challenging conditions.



Congratulations to James Whitaker for his 2nd place achievement in the male category.



James Whitaker demonstrating resuscitation at the Rookie Championships.



Ellie Davis (behind) and Brooke Jackson in the board rescue which forms part of the Rookie Championships.

Thank you to Emily Mardon, Sophie Bowling and Gracie Jackson for providing water safety and to Radleigh Cairns, Robynne Cabusao, Poppy Crouch, Steve Law and Georgia Elridge for examining.



Thank you to our wonderful Rookies sponsor Eves – we couldn't do this without you!

SENIOR SURF SPORTS

Our Senior Athletes wrapped up the season with a fun day along the coast at Omanu for the rearranged Ian Porteous Carnival. The chance of some cash prizes ramped the competitiveness level up and drew some of the bigger names in the sport in the U19 and Open categories which made for some great racing. The main event was an arduous Ironman event that took some competitors 40 minutes to finish and really tested the endurance of everyone. Well done to those that completed the race with some outstanding performances from our young team racing against much older athletes.

The Seniors now take a break before winter training begins in April. Winter training is the perfect time to join the team for those who have taken a break from racing or have not done much competitive racing before. Training consists of both land based and water based activities giving an opportunity for those who need it to ease themselves in prior to the summer. If you're interested or would like more information please contact our Senior Coach Jake Cowdrey at coach@papamoalifeguards.co.nz [CLICK HERE](#) to take a look at our website for more details.



THE AUSSIES '24

Make sure you add **CASINO NIGHT** to your diaries on **27th May**. It's set to be a huge night of fun and fundraising hosted by our Senior Surf Sports team. This will be the first fundraiser in planning their journey to the Australian National Championships on the Sunshine Coast in April 2024.

Those newer to the club may not be aware that Pāpāmoa has a rich and proud history of competing on the international stage including winning the 2014 World Interclub Champs in France and multiple trips to the "Aussies", as they are affectionately known.

The team has been starved of competition over the last few years but had a fantastic season performing strongly at the Whangamata Classic, Owen Chapman, Eastern Region and National events. This has been possible thanks to the awesome work our Oceans Coach Jack Bullock and Senior Coach Jake Cowdrey have done in bringing through our junior athletes into the senior team and lifeguarding over the last few years.

The Aussies will be a big step up for our young team with places in finals at a premium, but the team will be keen to do their best and provide a platform for the club to build on into the future.

SUPPORT THE TEAM - tickets for the Casino Night go on sale in April.

JUNIOR SURF SPORTS



March has been a time to have some fun in the waves with training taking on a much more casual vibe. Our U13s have also been picking up a new skill as they take on learning the basics of ski through the beginner programme. March/April is a perfect time for this with the water still warm and calmer conditions allowing them to find their feet in what is a difficult craft to get the hang of.

Dust Off Your Winter Wetsuit

Sunday Funday will continue throughout the winter for those who are keen can keep their hand in. Just head down to the club between 2-3pm on a Sunday afternoon. We would encourage all those looking to take part in Oceans or Oceans Development next season to come to the Sunday sessions if it works and have a play. You don't need to come every week.



Junior Surf Prizegiving was a great end point to the season - well done to all those who received a trophy or medal and also to all those who trained hard and attended carnivals throughout the season. Whether making podiums or simply improving your skills and getting out there and competing, you guys should be very proud of what you've achieved this season!

CONGRATULATIONS to the winners of our Special Awards:



Cooper Taylor-Jonsson receiving the Riddells Family Cup for Under 10 Most Improved Sportsperson.



William Magill receiving the Fenton McFadden Cup for Under 11/12 Most Improved Sportsperson.



James Whitaker receiving the McCashin Memorial Award for Under 14 Most Improved Sportsperson.



Lachlann Cairns receiving the Helen Walsh Memorial Cup for Best Overall Under 14 for Attitude, Effort and Attendance.

JUNIOR SURF



Congratulations to all our JS Prize Winners

It was wonderful to see our Junior Surf families gather at the club last Sunday for our annual prize giving. All the results and photos from the day will be posted onto the [Junior Surf Facebook Page](#) soon.

That's a wrap for our Junior Surf season for this summer. We'd like to say a big **THANK YOU** to all our coaches and committee members who volunteered their precious time throughout the season. We couldn't do this without you. A special mention to those who have been part of the Junior Surf family for many years and are now moving on from coaching. Thank you for your ongoing support and commitment to the club.

That leads nicely on to requesting that all those parents and caregivers who have been thinking about stepping up, we'd love to hear from you. Whether it's coaching an age group, joining the committee or helping with the BBQ, there are many ways to help and you don't need to commit to every session. So if you're interested in finding out more about what you could do to support, please email juniorsurf@papamoalifeguards.co.nz

For those people who love to plan ahead, here are some key dates that are already locked in for next season...



2023/2024 JUNIOR SURF SEASON DATES



Registrations Open	TBC	Visit www.papamoalifeguards.co.nz/register to register online
Registration & Uniform Collection Days	TBC	<ul style="list-style-type: none">• Register for the season• Collect your child's uniform ready for the season ahead• At the Pāpāmoa Surf Club – downstairs in the training room
First session of the season	Sunday 5 th November 9.30am start	<ul style="list-style-type: none">• Welcome to the new season
Last session for 2023	Sunday 10 th December 9.30am start	<ul style="list-style-type: none">• Santa will arrive in style!
First session for 2024	Sunday 14 th January 9.30am start	<ul style="list-style-type: none">• Welcome back to the beach
Pāpāmoa Junior Surf Club Championships & Last session of the season	Sunday 3 rd March 9.30am start	<ul style="list-style-type: none">• A highlight of the season for our Nippers to earn medals and showcase what they've learnt throughout the season• For all participants, under 6 and above

Remember for those who want to continue training through the winter, our [Pool Rescue Programme](#) will start up again in a few months. Keep an eye out for more details to come on the [Oceans Facebook page](#) and in the meantime...



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

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