



# Papamoa

SURF LIFE SAVING CLUB

## PSLSC MEMBER NEWSLETTER

13th April 2023

### GREAT CLUB, GREAT PEOPLE



“The greatest gift our volunteers can give is their time and it was wonderful to come together to celebrate this on Monday with our end of season Volunteer Dinner. Once again, we have looked after our community by ensuring people safely enjoy our beautiful coastline, and there is much to be proud of:

- Almost **900** members
- Over **5,000** volunteer hours
- Over **130** lifeguards and patrol support personnel
- Over **25** Junior Surf coaches and helpers
- Almost **400** nippers involved in our Junior Surf programme
- Over **1,400** primary school students attended beach education at our Club
- Over **1,000** preventative actions

**And most importantly no one has drowned on our beach, under our watch.**

On behalf of the Board, thank you to everyone who makes this a great Club, with great people, doing great things.”

**Jim Pearson, Chairperson**



## NATALIE DOES IT AGAIN

With 10 Black Fins caps already under her belt, Pāpāmoa’s Natalie Peat has been chosen once again to be part of the [SLSNZ High Performance Squad](#).

The NZ teams for a number of international events will be picked from this squad over the rest of 2023.

Natalie says she is so excited to be selected for another year.

“Racing for the NZ Black Fins is such an honour, and I am really grateful to be a part of the programme.”

Natalie has been selected for the High Performance Squad an amazing 14 times. She raced for the NZ Youth Team from 2011-2012 and made her first Open Black Fins Team in 2013.

“My goal is to be selected for the World Champs team in 2024 and improve on my racing and positions from the previous Worlds. A big thank you to my Pāpāmoa family as I wouldn’t be where I am today without this awesome club behind me.”

**Congratulations Natalie** – we wish you all the best for your training and look forward to following your progress this year.



*Natalie pictured centre with other members of this year's High Performance Squad.*



## TROPHIES TO BE RETURNED

It's that time again to check your trophy cabinet for any Pāpāmoa SLSNZ ones. Please return them to the Club asap so we can get them ready for our Club Awards Evening being held on 6th May.

## LIFEGUARDING

Thank you once again to all our 130+ lifeguards and patrol support who give up their time week after week to keep our Pāpāmoa community safe on the beach. We hope you will all be back next season! Please feel free to chat to our committee members or email Lifeguard Chair Ailsa Cowdrey via [saltwater6@xtra.co.nz](mailto:saltwater6@xtra.co.nz) with any constructive ideas for next season.



### IRB Crew and Driver Training

Our winter IRB training is starting this weekend with an IRB crewperson course. Full details are on our [Lifeguarding Facebook Group page](#). An IRB driver training course will follow with a start date to be announced.



### IRB Crewperson Module

Learn about the design and features of the IRB and how to setup an IRB for patrol. Train and develop your skills in the IRB to launch and operate in the surf, and how to rescue a patient as a crewperson.



### IRB Drivers Course

Learn how to safely and confidently operate an IRB in the surf zone as a driver. This course will see you develop your skills over several months and train you into a competent driver. This course is theory and practical based learning which includes learning about the engines, fuel, driving in small to difficult surf conditions, maritime rules and regulations, engine reinstatement, as well as giving you the skills to respond in rescue situations as an IRB driver.

**First Aid Courses – don't let yours expire!**



Confirmations of the upcoming first aid courses have been sent out so please check your emails. Please note if you have a current first aid qualification then we will put you on the next course when your certificate is due to expire. You can check your expiry date on the SLSNZ Member Portal. Any questions please email [info@papamoalifeguards.co.nz](mailto:info@papamoalifeguards.co.nz)

## ROOKIES

Our Pāpāmoa Rookies finished off the season recently with the popular Raft Building Challenge. Rules for the raft race were simple - Rookies needed to bring along items to make their raft, assemble their raft and be on the beach within 60 minutes. Rookies could use paddles, fins or wind to power their raft, but needed to have at least half their body on their raft while racing.



The race placings were only one of the factors for determining the winner - they were also judged on teamwork, raft robustness, innovation/creativity, and use of sustainable materials.

While the judges were open to bribery and corruption (aka chocolate and chips) the overall Rookie Raft Race Winners for 2023 were Jesse and Ben, closely followed by William and Thomas (who may want to rethink running in fins next time!).



# SENIOR SURF SPORTS



## Working Bee

**Saturday 29th April 9am**

Can you spare a few hours on Saturday 29th April? With the end of the competitive season, it's time to check over our gear and clean up the gear sheds prior to winter. Many hands make light work so it would be great to see as many of the Surf Sports team and families as possible to help out. Lunch will be provided and if the waves look good there'll likely be a bit of fun in the water too!



## Senior Winter Training Programme Meeting

**Monday 24th April 4:30pm**

We will kick off our winter training programme with a fun games session and meeting to launch the season. Please come along to the meeting if you intend to participate in the programme or you are interested in joining the team for the winter. This includes U14s transitioning to Seniors over next season and those currently doing the Beginner Ski Programme. We'll play games between 4.30-5.30pm and the meeting starts at 5.30pm.

## Senior Winter Training Programme Starts 24th April

**24th April - 9th October 2023**

*\*NO training on Tues 25th April ANZAC Day*

Monday - Ski - 4.30pm-5.30pm (Beginner/Intermediate & Advanced Groups)

Tuesday - Dry land - 5pm-6pm (Everyone)

Wednesday - Ski - 4.30pm-5.30pm (Beginner/Intermediate & Advanced Groups)

Thursday - Dry land - 5pm-6pm (Everyone)

Saturday - Ski - 9am-10.30am (Beginner & Advanced Groups)

If you have any questions on our senior programme, don't hesitate to contact our Senior Coach Jake Cowdrey via [coach@papamoalifeguards.co.nz](mailto:coach@papamoalifeguards.co.nz) or take a look at our website for more details [CLICK HERE](#)



## Pool Rescue – not just for the kids!

Calling all Masters!! After a hugely successful pool rescue season last year, the Surf Sports Team are keen to support our Masters to get involved over winter. We are looking to build our Pool Rescue team as well as providing some options to give ski a go over the winter months. More information on this will follow soon so keep an eye out on the [Masters Facebook Page](#).



### Casino Night 27th May

Tickets go on sale next week! Don't miss out, keep an eye on Facebook for all the details. This is the first fundraiser on our Senior Team's Road to the Aussies so make sure you support the cause. There will be some great prizes for those that make the most chips over the night!

## JUNIOR SURF SPORTS

Our summer Junior Surf Sports season has come to an end but there are still opportunities to get involved over the winter months.



### Beginners Ski Around The Mount

Our under 13s and 14s love being out in the water on the surf skis and have gone from complete beginners to paddling all the way around the Mount last week - what an achievement! And it's not just the kids jumping in and giving it a go, we have 4 adults learning the new skill.



Thank you to Mackay Strathnaver Trust who helped us buy our new trailer – it really makes towing, loading and unloading the skis so much easier.

A huge thank you to all our parents who are helping every week with towing the trailer and supporting the kids with loading the skis. We couldn't run this programme without you.



## Pool Rescue Coming Soon

Our Pool Rescue Programme will start up again in June and runs through to the big finale in October – the National Pool Rescue Championships.

Keep an eye out for more details to come on the [Oceans Facebook page](#) and our [website](#).

## Tell Us What You Think

Just a reminder for our Oceans parents to fill out the feedback survey that was posted on Facebook - [CLICK HERE](#). Your feedback really does make a difference to how the programme is run so make sure you have your say.

SLSNZ has also posted out a survey on Oceans 2023 so don't miss out on giving your feedback – [CLICK HERE](#). This survey closes on 16th April.

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

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

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