



Papamoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

May 2023

CELEBRATING SUCCESS

We are looking forward to clubbies coming together on Saturday for our annual Club Awards Evening. We have had another hugely successful season, so this is a great opportunity for everyone to get together to celebrate our lifeguards and senior athletes. The bar opens at 5.30pm and the award ceremony will start at 6pm.

LOOK AFTER YOUR CLUB



We'd like to remind all our members to please look after the clubhouse and clean up after yourselves. Our clubhouse has been open for 18 months now and if everyone does their bit, we can keep it looking as good as new for as long as possible. If you use a space at the club, please leave it in the same way you found it. This includes sweeping the floors and wiping down surfaces. In the upstairs kitchenette area, please leave it clean and tidy, put your dishes in the dishwasher, and rubbish in the bins. **Thank you for your support.**

SPONSOR ON SHOW THIS WEEKEND

If you're heading to the Tauranga Home Show this weekend (5th - 7th May), make sure to say hi to the team at **GJ Gardner Tauranga**. We are proud to be sponsored by New Zealand's most trusted home builder.



"Whether you are currently looking to build, want to stay in touch, or are just curious, we're happy to help you out! Drop by to have a chat, grab some of our informative brochures and see why more New Zealanders trust G.J. Gardner to build their homes year after year."

[CLICK HERE](#) for more info on the Home Show.

WINTER TRAINING OPPORTUNITIES



Have you been thinking of getting more involved at the club, or want to try something new next season? Now is the time to start planning.

It's during the quieter winter months that many of our courses take place. It's a great time to brush up on your skills and knowledge or learn a new skill. Below are some dates of upcoming courses to pop in your calendars. Registrations are not open yet, so keep an eye out for more details to follow:

- Sunday 11th June - Wahine on Water - Waihi SLSC
- Sunday 16th July - Surf Official Level 1- Pāpāmoa SLSC
- Saturday 22nd July – Instructor Training course – Mount Maunganui LS
- Sunday 13th August - Patrol Captains course - Whakatane SLSC
- Sunday 20th August - Surf Official L1 - Waihi SLSC
- Saturday 16th September – Intro to Junior Surf Coaching – Waihi SLSC
- Sunday 17th September – Intro to Junior Surf Coaching – Omanu SLSC
- Saturday 14th October – Patrol Captains course – Maketu SLSC
- Tuesday 17th October 7pm – Junior Surf pre-season briefing – ONLINE

Thursday 19th October 7pm – Rookies pre-season briefing - ONLINE

JETSKI AVAILABLE TO BUY

The Board would like to invite any current club members to lodge an expression of interest to submit a bid to purchase the club RWC (rescue water craft/jetski). We are in the process of purchasing a new RWC for next season and rather than trade in, we would like to offer the opportunity to club members to purchase via a sealed bid.

If you are interested in making a sealed bid, please express your interest to info@papamoalifeguards.co.nz by 25th May 2023.



Model - **Sea-Doo GTi 130**

Model year - **2020**

Running hours - **115**

Service by Action Sports Direct - **completed on 02.05.23**

Starting bid price - **\$11,000.00**

Please note: the trailer is NOT included and all club branding will be removed before purchase.

BEHIND THE SCENES

A lot of work goes on behind the scenes to keep the club running throughout the year. Some club members may not know that there are five people who are employed by the club and work in the office. Here's a quick snapshot of who they are and what they do...



Nikki Heatley – Administration and Funding Manager

"I have been working for Pāpāmoa SLSC for 4 years now and am in the office four days a week Monday – Thursday. My role is varied as I am responsible for overseeing the daily running of the club, including membership invoicing and event management. Part of my role is to source funding for the club through grants and sponsorships. I also volunteer as the Junior Surf Committee Chairperson, a Junior Surf coach/lifeguard on Sundays and a team manager at carnivals."



Stephanie Mardon – Administration Assistant

"I work part time in the office Tuesdays - Fridays. I oversee the upkeep of the facilities and ensure that the place is kept in tip top condition for when our members or guests come in. I keep the bar well stocked to ensure that all our functions and club nights run without a hitch, and liaise with contractors and suppliers as required. I also show people around our beautiful club for weddings and support our daytime corporate events. I can help with any aspect of club membership, so if you have any issues with PAM, E-TrainU or uniforms please get in touch - admin@papamoallifeguards.co.nz. During the summer I volunteer as Patrol Support and a Surf Official at events."



Rebecca Silvester – Communications Officer

"I work part time and am in the office on Tuesdays and Thursdays. One of the main aspects of my role is writing and sending out this newsletter! I look after the club website, Facebook pages and Instagram. I also help the team with other comms work which can include anything from posters and presentations to producing our Annual Report. My eldest daughter Charlotte is part of the Oceans team, so I also spend many hours on the beach and at the pool supporting her and being an age group manager at carnivals.

I'd love to hear from any club member who has a story to share, or information you'd like other club members to know, so please get in touch - comms@papamoallifeguards.co.nz"



Jake Cowdrey – Senior Surf Sports Coach, Facilities Maintenance and Function Support Manager

"I oversee the Senior Surf Sports Programme. This includes hands-on coaching throughout the week, as well as planning and organising trainings, camps and competitions. Working with the athletes to help them to become fitter, faster lifeguards. I also look after our clubhouse during the day, dealing with sub-contractors, and fixing and maintaining all aspects of the building to keep it looking good and functional. I also help with the practical side of functions, setting up and packing down and helping out throughout the meetings and events."



Jack Bullock – Junior Head Coach

As the Junior Head Coach, my primary responsibility is to oversee all sports-related activities for children aged 10-13 at the club. This mainly includes planning and coaching the Ocean Athletes and Ocean Development programmes. Off the beach, I'm also responsible for the club's Pool Rescue Programme which includes a wide range of club members from our most junior U10s to our adult Masters.

LIFEGUARDING



IRB Long Haul – 13th May

This year's BOP IRB Long Haul is extra special as it's the 10 year anniversary of the event. Pāpāmoa is one of 25 teams racing from Ohope to the Mount, stopping at clubs along the way to complete a series of challenges. Our team is James Kerr-Kerr, Jamie Cabusao and Poppy Crouch. Why not come down to the club and show them your support. The teams will start the race at Ohope at 9am, and whilst it's hard to know exact timings, they should be at Pāpāmoa just before midday.

The organisers are also calling for some help to run the Pāpāmoa section of the event, so if you are able to help, please email robynne.cabusao@surflifesaving.org.nz . **[CLICK HERE](#)** for more details.

Intermediate Lifeguard School

Young lifeguard Zac Cairns was one of several Pāpāmoa clubbies who attended the recent Intermediate Lifeguard School in Gisborne. He learnt how important it is to have the right technique and timing to stay safe in high-pressure situations.

"I really enjoyed the rock rescue module where we learnt how to navigate our way onto and off rocks in big swells during a rescue scenario," he says.

It's a great opportunity for our lifeguards who have patrolled for a couple of years to enhance their knowledge and skills in a fun environment.

"I enjoyed meeting other lifeguards from around the Eastern region," says Hannah Edwards. "I'm looking forward to the opportunity to patrol with them one day. It was an awesome experience, and I would definitely recommend anyone who is given the opportunity to take it!"

The course provides junior lifeguards with a combination of theory and practical based sessions that include board and rock modules as well as first aid based scenarios, an introduction to search and rescue and much more. The next Intermediate Lifeguard School is going to be held at Pāpāmoa from 27th - 29th October so look out for more details to follow on that.



Pāpāmoa Lifeguards who attended the Intermediate Lifeguard School: Ryan Bevin, Fergus McHardy, Hannah Edwards, Jess Pillbrow and Zac Cairns.

POOL RESCUE 2023 Winter Season 11th June - 1st October 2023



Our summer season may have come to an end, but building lifesaving skills and confidence in the water is not limited to the ocean.

Our Pool Rescue Programme is for all members aged 10 years or above as of 30th September 2023 - Junior Surf and Junior Surf parents, Ocean Athletes, Seniors and Masters.



Pool Rescue participants learn a variety of skills from tube rescue and underwater swimming to swimming with obstacles and fins.

Participants must have a competent base level of swimming ability and the programme should be complemented by an external swim programme such as squad swimming at a local swim club. Seniors and Masters do not have to be lifeguards to take part.



Pool Rescue is not just for Juniors and Seniors

A small but enthusiastic team of Pāpāmoa Masters have competed over recent seasons and we are keen to see this continue this year. Masters compete in 5 year age groups and do most of the same races that the Seniors do. The focus for Masters training is on picking up the skills needed and having a lot of fun. Karyn Leach was a first time Masters competitor last year: "It was great training alongside the surf sports teams and getting an appreciation for the hard work they put in. It certainly helps to keep you fit for lifeguarding but was a lot of fun at the same time."

Details are still being finalised but training will take place weekly on either a Saturday or Sunday at either Baywave or Fultons (previously Bartletts).



Dates for the season's events have been released:

16th July - **BOP Pool Rescue Day at Baywave**

5th August - **Mock Racing Day at Rotorua Aquatic Centre**

26th-27th August - **Eastern Region Pool Rescue Championships at the Kiwa Pools, Gisborne**

29th Sept-1st Oct - **National Pool Rescue Championships at the Sir Owen Glenn National Aquatic Centre, Auckland**

Registrations for Pool Rescue will be sent out next week so keep an eye on your emails. In the meantime for more information, [CLICK HERE](#) to visit our Pool Rescue website or email Jack via oceans@papamoalifeguards.co.nz If you are interested in signing up, please make sure you [CLICK HERE](#) to fill out the expression of interest survey.

SENIOR SURF SPORTS



Winter Training Underway

A large and enthusiastic group of seniors have joined the winter training programme which kicked off last week. Although conditions have been poor for getting out on the water, the team have been enjoying the new gym equipment in the training room and the land-based activities that our Senior Head Coach Jake has planned.

"Winter is a time to build a strong base for the summer and it's fantastic to have a group who are so passionate and eager to do that," says Jake. "It's especially important this year with the team heading to the Australian Nationals in April 2024."

Along with Pool Rescue, the senior team will take part in some local winter events. These will likely include an enduro event using both skis and kneeboards and a downwind paddle along the coast. The annual Cambridge to Hamilton paddle race along the Waikato river is always a hit and is taking place on 24th September this year, so save the date in your calendars.

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



When The Chips Are Down

Tickets have gone on sale for the senior squads first fundraiser supporting their 'Road to the Aussies'. On the 27th May you will see the club turned into a Casino for the night with authentic casino tables as well as few slightly different games available. Everyone will be given a starting number of chips and have the opportunity to try and grow the biggest "pot" they can. The top players over the night will then get to play off against each other in a final game of roulette for prizes. The format allows for players to move around the different tables as well as enjoy a drink and some quality food provided by our surf sports team. It's sure to be a lot of fun and is supporting the team as they work towards this big challenge.

The team would like to thank [EVES](#), [RV Mega](#) and [DMS Progrowers](#) who have come on board to sponsor tables on the night.

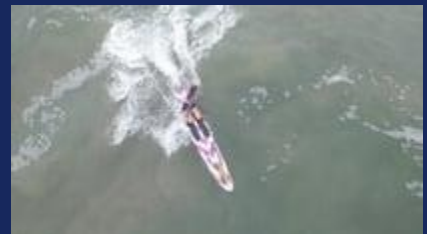
DON'T MISS OUT – [CLICK HERE](#) TO BUY YOUR TICKETS NOW!

JUNIOR SURF SPORTS



Come Along to Sunday Funday

Sunday Funday continues throughout the winter for those keen to keep up their ocean skills. We would encourage all those looking to take part in Ocean Athletes or Ocean Development next season to come to the Sunday sessions. It's a great opportunity to have a play around in the waves in a casual environment and test out new skills. Just head on down to the club between 2-3pm. You don't need to come every week.



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



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