



# Papamoa

SURF LIFE SAVING CLUB

## PSLSC MEMBER NEWSLETTER

September 2023

### COUNTDOWN TO SUMMER

1st September marks the official start of spring and as we look forward to the season ahead, we're hopeful for a better summer than last year!



Our lifeguards are back on the beach in just over 7 weeks (Labour Weekend 21st October 2023), registrations for our Junior Surf season are open and starting to flood in, and we have lots of exciting regional and national surf sport events lined up.

Thank you to all our committees and volunteers who are busy getting ready for the season ahead – **we can't wait!**

### CLUB NIGHTS ARE BACK!



During the warmer months, Friday nights are Club Night at the Pāpāmoa Surf Club and we'd love our members to make the most of the wonderful facilities and enjoy the best view in town. Club Nights will run fortnightly with the bar opening at 5.30pm. This season we are excited to announce that from 22nd September we will have catered food options available at Club Nights, so keep an eye out for more information.

If you can only make some of the Club Nights, we'd recommend the four Fridays throughout the season which will also include **RACE NIGHTS!**

Race Nights are held for our under 8 and above Junior Surf kids to give them a taste of racing and build up some friendly competition in the teams. We'd encourage all members to come along and support the kids as they battle it out in both beach and water events. It would be great to see families of our younger Junior Surf age groups coming along to not only enjoy Club Nights, but get a feel for what happens at Race Nights as your kids move towards those older age groups.



**FRIDAY NIGHT  
IS CLUB NIGHT**  
at the Pāpāmoa Surf Club

2023	2024
8th September	12th January
22nd September	2nd February
6th October	16th February
20th October	1st March
3rd November	22nd March
17th November	
1st December	
15th December	



**RACE NIGHTS**  
at the Pāpāmoa Surf Club

2023	2024
17th November	12th January
1st December	2nd February

## QUIZ NIGHT SET TO BE OUR BEST EVER

Our BIG annual Quiz Night is happening tomorrow from 5.30pm. There are some amazing items and experiences up for grabs in our live and silent auctions. There really is something for everyone from a round of golf at Te Puke Golf Club to a helicopter flight for 5 people!

Make sure you swat up on your general knowledge and just a reminder for those attending that the bar is card only, but you will need cash and gold coins for the raffles and other games throughout the night.

The Quiz Night is raising money for our senior surf athletes to attend the National Surf Life Saving Championships in Mount Maunganui in March 2024 and then the Australian Surf Life Saving Championships (The Aussies) in April 2024. We really appreciate all the support from our members who are attending this event and supporting other fundraising activities this year.

A massive **THANK YOU** also goes to all these local businesses who have donated prizes - we couldn't do this without you:

[Active Life Physio](#)  
[Barrio Brothers](#)  
[Barz Optics](#)  
[Beachkidz](#)  
[Blue-Bi-You](#)  
[Classic Flyers](#)  
[Comvita New Zealand](#)  
[Fulton Swim School Papamoa](#)

[Mac Engineering](#)  
[Mills Reef Winery](#)  
[Mitre 10 Papamoa](#)  
[Moksha Yoga](#)  
[My Ride Mount Maunganui](#)  
[NZ Windows](#)  
[Oceania Helicopters](#)  
[Pak N Save Papamoa](#)

[Rotorua Canopy Tours](#)  
[Sandbank](#)  
[Sunny's Te Puke](#)  
[Super Liquor Papamoa](#)  
[Tauranga Aero Club](#)  
[Te Puke Golf Club](#)  
[Teamline](#)  
[The Cave](#)

[Fusion Coffee](#)  
[Harbourside Restaurant](#)  
[Jarden](#)

[Palmers Bethlehem](#)  
[Redwoods Treewalk](#)

[The Island](#)  
[Tui Garden](#)

## KEEP UP TO DATE

As we head towards the start of our season, it's a good idea to make sure you are signed up to our social media pages, as this is where regular updates are posted.

### FACEBOOK

[Papamoa Surf Life Saving Club Facebook Page](#)

Facebook Group Pages:

[Papamoa SLSC Lifeguards](#)

[Papamoa SLSC Masters](#)

[Papamoa SLSC Senior Surf Sports](#)

[Papamoa SLSC Ocean Athletes](#) (Junior Surf Sports)

[Papamoa SLSC Junior Surf](#)

### INSTAGRAM

[Papamoa Surf Life Saving Club Instagram Page](#)

### WEBSITE

Our website is where you can find all the information you need to know about the surf club:

[Papamoa Surf Life Saving Club Website](#)



Here are some other useful links to save to your favourites:

[Surf Life Saving NZ - Calendar](#)

[SLSNZ Eastern Region Events Calendar](#)

Why not sign up to the SLSNZ email newsletter. If you're interested email [media@surflifesaving.org.nz](mailto:media@surflifesaving.org.nz)

For those really keen on the detail, check out SLSNZ's weekly [Operations Mail](#).



[www.safeswim.org.nz](http://www.safeswim.org.nz)

Safeswim gives you up to the minute information on water quality and swimming conditions at your favourite beaches around the country.



[Waves](#) allows you to view live results of an event currently taking place, or the results from previous surf lifesaving events.

## SURF CLUB POSITIVE ENVIRONMENT FOR KIDS

There are many different ways you can get more involved at the Pāpāmoa Surf Club this summer. Whether it's becoming a fully qualified lifeguard, or supporting the surf sports teams at carnivals and events as an age group manager or official. Another area where the club is always looking for parents and caregivers to help out is at Junior Surf and in the Oceans programmes. You don't need any previous experience and you have the opportunity to learn some essential life saving skills.



Tina Jackson decided to take the leap last summer to become a lifeguard, and is looking forward to helping out at Junior Surf this season.

"I became a lifeguard because I want to help the community and it combines my love for the beach with my love for helping people," says Tina. "I feel being involved in the surf club as a family provides a great experience. The skills the kids learn and the surf club environment is a safe place for our kids to grow and hang out especially in the teenage years. The friendships we have all made since being at the surf club have been amazing and it's such a positive environment for our kids."

Tina and her family have been members of the surf club for 3 years.

"Tony and I used to be scuba diving instructors in Australia in the Great Barrier Reef and we both love the ocean. Mason (12) and Summer (10) do Pool Rescue, Oceans and competitive swimming. Mikayla (8) is starting Junior Surf this year and Mason will start Rookies when he turns 13."

And it's not just the kids taking part, Tony competes for the team at Pool Rescue and is hoping to do his lifeguard training at the end of this year.

"Tony wants to learn to drive the IRBs!" says Tina. "I feel being a nurse I could be useful in the club if incidents happen. I also love meeting new people."

If you're interested in taking the leap like Tina, [CLICK HERE](#) to visit our website for more information on lifeguarding and all other opportunities available at the Pāpāmoa Surf Club.



## LIFEGUARDING

A group of approximately 15 people, mostly young adults, are posing for a group photo on a sandy beach. They are all wearing red life jackets and yellow helmets. In the foreground, there is a large orange inflatable boat with "BP SURF RESCUE" written on its side in green and white. A black Mercury outboard motor is visible on the right side of the boat. The background shows a clear blue sky, some trees, and the ocean. The text "papamoalifeguards.co.nz" is in the top left, "BECOME A LIFEGUARD SUMMER 23/24" is in the top right, and "REGISTRATIONS NOW OPEN" is in large white letters across the center. At the bottom, there are three red boxes with white checkmarks and text: "BE PART OF OUR AWESOME CLUB CULTURE", "MAKE LIFE-LONG FRIENDS", and "KEEP FIT & ACTIVE".

papamoalifeguards.co.nz

BECOME A  
LIFEGUARD  
SUMMER 23/24

REGISTRATIONS NOW OPEN

BP SURF RESCUE

MERCURY

BE PART OF OUR  
AWESOME CLUB  
CULTURE

MAKE LIFE-  
LONG FRIENDS

KEEP FIT &  
ACTIVE

Registrations for our summer season volunteer lifeguard positions are **NOW OPEN** so make sure you sign up and talk to your mates about joining our awesome club. [CLICK HERE](#) to go to our website for more details and to register.

The lifeguard committee are meeting next week to start putting our patrol roster together for the season. Don't hesitate to contact anyone on the committee for anything related to the 2023/2024 patrol rosters.

### Your 2023/2024 Lifeguard Committee Members are:

Ailsa Cowdrey – Chair  
Marama Mateparae - Vice Chair  
Matt Daveron – Board Rep  
Ryan Hohneck  
Sandy Boubee  
Dave Cowdrey  
Karyn Leach  
Jamie Mardon  
Mason Boulee (welcome to Mason who has joined for this season)



### IRB's Ready To Go

25 of our lifeguards know a whole lot more about IRB engines after the workshop held last month with Dave Hickey.

Huge thanks to Dave for sharing his knowledge and thanks to everyone who came along – our IRBs are now fully serviced and tuned up ready to go for the season ahead!



## ROOKIES

Do you have a child who is 13 years old or turning 13 before March 2024? Then now is the time to think about signing them up to our Rookies Programme. Rookies is a practical education programme which runs from October – March and prepares our younger kids for becoming lifeguards when they turn 14.

**Make friends, learn about our beach and ocean environment, develop the practical skills that will help you become a lifeguard, and provide service to your community.**



For Rookie lifeguard Jesse Cloke, surf lifesaving is in his blood, and he can't wait to become a fully qualified lifeguard when he turns 14 next year.

"My family has always been involved in surf lifesaving," he says. "Before I was born my Grandpa and Mum were members of North Haven Surf Life Saving Club in South Australia. When I turned 5, my Mum signed me up to Nippers and my 3 younger siblings followed. Our family have been at PSLSC ever since. I'm most looking forward to spending time at the beach and getting to help other people whilst hanging out with friends."

Jesse took part in the popular Rookies Programme last season.

"I really enjoyed the first aid aspect of Rookies," he says. "I found learning CPR and what to do in a case of a medical event very rewarding. I also learnt the importance of being a capable and confident swimmer."



One of the highlights of the Rookies programme for Jesse was the night they spent at the Kaituna Cut on the Coast Guard boat.

"It has made me think about volunteering my time there when I am old enough," he says.

Jesse says he would definitely recommend Rookies to anyone thinking about wanting to become a lifeguard.

"I really enjoyed patrolling on the beach, learning new skills and having fun with my friends."



Rookies take part in the popular raft building challenge each season.



One of the highlights of the programme is a tour of the TECT helicopter.



All our Rookies work towards The Rookie Challenge at the end of the season.



We are very lucky to have Jamie Mardon as our main Rookies Coach this year.

"I've been involved with Pāpāmoa Surf Life Saving Club for 10 years and been involved with coaching kid's sport for over 30 years as well," he says. "I've been a qualified lifeguard and IRB driver for the last couple of years and am a big believer in teamwork and patrol engagement. I am keen to see the Rookies get involved in lifeguarding patrols as much as possible."

We are very fortunate that Jamie will be joined by one of the top local instructors Ryan Hohneck. Ryan will join sessions when he isn't lifeguard instructing or on patrol.

### 200M BADGE TESTING SESSIONS

**Dates:** 23<sup>rd</sup> Sept or 29<sup>th</sup> Oct 2023

**Time:** 2pm - 3pm

**Location:** Fulton Swim School,  
15 Market Place, Pāpāmoa

*There is no need to book, just turn up during these times.*

### 200m Swim Badge Testing

All Rookies must complete a 200m safety test to take part in the water-based elements of the programme. If you'd like to talk to Jamie in person about the Rookies programme, he will be doing the 200m badge testing on 23<sup>rd</sup> September and would love to meet you and talk more about Rookies.

Rookies need to be able to swim 200m in a pool in **under 4mins 30secs followed by 1 minute of treading water unaided** (or committed to reaching this goal during the season).

**[CLICK HERE](#) for more information on Rookies and to register your child.**

## POOL RESCUE



## WE ARE THE CHAMPIONS!

We are thrilled to have taken **Gold** at the recent Eastern Region Pool Rescue Championships. This is the first time we have won the cup since 2014 so something to be very proud of.

In the Junior division, our large team of under 11, 12, 13, and 14 year olds scored an impressive 95 points, nearly double that of the next closest club. Our senior athletes scored a phenomenal 122 points, putting them on top in the Senior age groups by one point.

The icing on the cake was our outstanding performance in the Masters division, where we scored a remarkable 214 points. This extraordinary feat not only cemented our victory but is a testament to the size and diversity of our team. Our Masters featured Board members, Committee members, Lifeguards, Junior Surf Coaches, parents, Officials, Team Managers and other members from all areas of the club, showing the comradery and team spirit of the club.

**CONGRATULATIONS to everyone who took part!**



Some of our Masters team



Coach Jack Bullock with some of our under 12 crew



Coaches Jack Bullock and Jake Cowdrey with some of our senior athletes.





Thank you to all the volunteers who helped with water safety, time keeping, officiating, team managing and generally making sure everyone was in the right place at the right time.

Next up is the National Pool Rescue Championships in Auckland at the end of September. Good luck Team Pāpāmoa! Don't forget to keep an eye on the results through the [Waves](#) app.



A big thank you to [Fulton Swim School](#) who are generously letting us train in their pool throughout the season.

## SENIOR SURF SPORTS



Our Seniors are starting to ramp up their training as they come to the end of the winter season. The team is looking forward to a change of scenery at the annual Cambridge to Hamilton ski paddle taking place on 24th September. The friendly race is an opportunity to put their ski training into action as they paddle down the Waikato River for either 11kms or 25kms. If anyone is interested in taking part and hasn't signed up yet, please email Jake before 6th September [coach@papamoalifeguards.co.nz](mailto:coach@papamoalifeguards.co.nz)

## SAVE THE DATE!

Here's a reminder of the key Senior Surf carnivals and events taking place this season...

# 2023/2024



## SENIOR SURF SPORTS CARNIVALS & EVENTS

FOR UNDER 15 AND ABOVE ATHLETES

<b>Cambridge – Hamilton Paddle</b> Cambridge	Sunday 24 <sup>th</sup> September 2023	<ul style="list-style-type: none"> <li>Pre summer season long distance ski paddle down the Waikato River</li> </ul>
<b>BOP Spring Series #1</b> Mount Maunganui	TBC	<ul style="list-style-type: none"> <li>Two back-to-back medium distance surf sport events to test speed and endurance in the build up to the summer season</li> </ul>
<b>BOP Spring Series #2</b> Mount Maunganui	TBC	
<b>Gizzy Grinder</b> Gisborne	Friday 24 <sup>th</sup> – Sunday 26 <sup>th</sup> November 2023	<ul style="list-style-type: none"> <li>Pre-season hit out involving enduro, short sharp team races and a lot of fun</li> </ul>
<b>Whangamata Classic</b> Whangamata	Saturday 9 <sup>th</sup> & Sunday 10 <sup>th</sup> December 2023	<ul style="list-style-type: none"> <li>First normal distance races to blow off the cobwebs and get our minds into race mode</li> </ul>
<b>Mount Monster</b> Mount Maunganui	Saturday 16 <sup>th</sup> December 2023	<ul style="list-style-type: none"> <li>Massive enduro event to put all our hard long winter training on show</li> </ul>
<b>BOP Senior Carnival</b> Pāpāmoa	Saturday 6 <sup>th</sup> – Sunday 7 <sup>th</sup> January 2024	<ul style="list-style-type: none"> <li>A local event to kick start the year</li> </ul>
<b>Owen Chapman</b> Red Beach Auckland	Saturday 13 <sup>th</sup> January 2024	<ul style="list-style-type: none"> <li>Good hard racing against Northern Region Clubs</li> <li>A perfect big hit out after the Christmas break and leading into ERCs</li> </ul>
<b>Eastern Region Senior Championships</b> Mount Maunganui	Friday 26 <sup>th</sup> – Sunday 28 <sup>th</sup> January	<ul style="list-style-type: none"> <li>The main regional event of the season for our senior athletes</li> </ul>
<b>Northern Region Senior Championships</b> TBC	Saturday 17 <sup>th</sup> – Sunday 18 <sup>th</sup> February 2024	<ul style="list-style-type: none"> <li>A big regional comp to test ourselves against Northern clubs</li> <li>A great opportunity to keep up the racing between ERCs and Nationals</li> </ul>
<b>New Zealand Surf Life Saving Championships</b> Mount Maunganui	Thursday 14 <sup>th</sup> – Sunday 17 <sup>th</sup> March 2024	<ul style="list-style-type: none"> <li>The conclusion of the season for our senior athletes to showcase all they've learnt throughout the season</li> </ul>



**JUNIOR SURF** registrations are **NOW OPEN**



## 2023/2024 JUNIOR SURF SEASON DATES



Registrations Open	Friday 1 <sup>st</sup> September	Visit <a href="http://www.papamoalifeguards.co.nz/register">www.papamoalifeguards.co.nz/register</a> to register online
Registration & Uniform Collection Days	Tues 17 <sup>th</sup> & Thurs 26 <sup>th</sup> October 4pm - 6pm	<ul style="list-style-type: none"> <li>• Register for the season</li> <li>• Collect your child's uniform ready for the season ahead</li> <li>• At the Pāpāmoa Surf Club – downstairs in the training room</li> </ul>
First session of the season	Sunday 5 <sup>th</sup> November 9.30am start	<ul style="list-style-type: none"> <li>• Welcome to the new season</li> </ul>
Last session for 2023	Sunday 10 <sup>th</sup> December 9.30am start	<ul style="list-style-type: none"> <li>• Santa will arrive in style!</li> </ul>
First session for 2024	Sunday 14 <sup>th</sup> January 9.30am start	<ul style="list-style-type: none"> <li>• Welcome back to the beach</li> </ul>
Pāpāmoa Junior Surf Club Championships & Last session of the season	Sunday 3 <sup>rd</sup> March 9.30am start	<ul style="list-style-type: none"> <li>• A highlight of the season for our Nippers to earn medals and showcase what they've learnt throughout the season</li> <li>• For all participants, under 6 and above</li> </ul>



### Introducing our New Junior Surf Chairperson Danielle Petricevich

"Hi all, I am looking forward to a great season and getting to know all of our Junior Surf families. If you have any questions, anything you would like to raise to the Committee, or would just like to chat, feel free to catch me on the beach. I will mainly be down with the under 6 age group, or you can send me an email [juniorsurf@papamoalifeguards.co.nz](mailto:juniorsurf@papamoalifeguards.co.nz).

We would love to see a few new faces at committee meetings. Currently our numbers are very low and the bulk of us represent the older age groups. These meetings are pretty informal and are a way for us to ensure we offer the best experience for our Junior Surf families throughout the season. Our next meeting is at **7pm on 21st September** at the club. You don't need any experience to be on the committee. If you'd like to come along and see what it's all about, there is no pressure to join – we'd love to see you there. Cheers, Danielle."





### Junior Surf Coaches – WE NEED YOU!

To ensure we are all safe on the beach we have capped age group numbers this year. This is mainly due to the low number of people who have put their hands up to coach. If we get more coaches we can increase the number of kids in each group, so please consider getting involved. You don't need any previous experience, just a positive can-do attitude and willingness to work with the other coaches in your age group. We will always make sure you are supported in the coach role.

When you sign up your child for Junior Surf you will see in the registration process that there is an option to choose how you can help out. If you don't feel comfortable coaching there are other ways to get involved, e.g. being on the BBQ roster, an age group manager for carnivals and much more.

If you are interested in coaching, we'd highly recommend attending these two events...

#### Introduction to Junior Surf Coaching

**Where:** Omanu Surf Life Saving Club

**When:** Sunday 17th September @ 9am

[CLICK HERE](#) to register

[CLICK HERE](#) for more information

#### Junior Surf Coaches Forum

**Where:** The Rescue Centre, 64 Golf Road, Mount Maunganui

**When:** Sunday 8th October @ 9am

[CLICK HERE](#) to register

If you have any questions about either of these courses please contact Robynne Cabusao on 027 457 1019 or via email [robynne.cabusao@surflifesaving.org.nz](mailto:robynne.cabusao@surflifesaving.org.nz)



### Junior Surf Lifeguards – WE NEED YOU!

To run a safe Junior Surf programme we also need qualified lifeguards. If you currently have your lifeguard qualification or have previously held one and want to refresh it, we would love to hear from you. Please email [juniorsurf@papamoalifeguards.co.nz](mailto:juniorsurf@papamoalifeguards.co.nz) if you are available to help lifeguard during the Junior Surf season. If you've not done it before, [CLICK HERE](#) to find all the details on our website about becoming a lifeguard. Training starts in October.



Thank you to [Body In Motion Pāpāmoa](#) whose support of our club continues to add huge value to Junior Surf – we couldn't run such an awesome programme without your support.

## Registrations for Board Fundamentals are NOW OPEN



The Board Fundamentals Programme runs before the start of the Junior Surf season to give our under 9 and above athletes the fundamental skills to enjoyably engage in board-related activities later in the season. Whilst this programme is ideal for those under 9 and under 10 athletes who wish to join the Ocean Development Programme, it's also a great opportunity for beginners in the under 11 - under 14 age groups to learn some fundamental knee boarding skills before the start of the season.

### 200M BADGE TESTING SESSIONS

**Dates:** 23<sup>rd</sup> Sept or 29<sup>th</sup> Oct 2023

**Time:** 2pm - 3pm

**Location:** Fulton Swim School,  
15 Market Place, Pāpāmoa

*There is no need to book, just turn up during these times.*

### DON'T FORGET...

...that all under 9 and above Junior Surf participants who wish to paddle foam boards (also called knee boards) are required to complete a 200m safety badge test before the start of the season.

**THIS NEEDS TO BE COMPLETED EVERY SEASON.**

For those who do not have the badge, they can still partake in other water activities including body boarding. To complete the badge, participants must swim 200m in a pool unaided in under 7 minutes, followed by 1 minute of treading water unaided. [CLICK HERE](#) for more information.

## SAVE THE DATE!

Here's a reminder of the key Junior Surf carnivals and events taking place this season...



# 2023/2024



## JUNIOR SURF CARNIVALS & EVENTS FOR UNDER 6 – UNDER 14 ATHLETES

<b>Mini Mount Monster</b> Mount Maunganui	Saturday 16 <sup>th</sup> December 2023	<ul style="list-style-type: none"><li>• An awesome event to kick start the summer season</li><li>• Includes a 600m swim, 1200m board &amp; a 600m run</li><li>• For under 13 &amp; under 14s only</li></ul>
<b>Coastal Challenge</b> Mount Maunganui	Sunday 17 <sup>th</sup> December 2023	<ul style="list-style-type: none"><li>• A fun day of alternative individual races</li><li>• For under 11-14 Oceans members</li></ul>
<b>BOP Junior Surf Carnival</b> Pāpāmoa	Sunday 7 <sup>th</sup> January 2023	<ul style="list-style-type: none"><li>• Traditional style of racing featuring team and individual events</li><li>• For under 11-14 Oceans members</li></ul>
<b>Pāpāmoa Junior Surf Carnival</b> Pāpāmoa	Sunday 21 <sup>st</sup> January 2024	<ul style="list-style-type: none"><li>• Our opportunity to host a local carnival</li><li>• Team events only</li><li>• For under 8s and above</li></ul>
<b>Eastern Region Junior Carnival</b> Whangamata	Saturday 10 <sup>th</sup> & Sunday 11 <sup>th</sup> February 2024	<ul style="list-style-type: none"><li>• A big regional event for our junior athletes</li><li>• For under 11s and above</li></ul>
<b>Oceans Festival of Surf</b> Mount Maunganui	Thursday 22 <sup>nd</sup> – Sunday 25 <sup>th</sup> February 2024	<ul style="list-style-type: none"><li>• The largest Junior Surf Life Saving event in New Zealand for junior athletes</li><li>• For under 11s and above</li></ul>
<b>Pāpāmoa Junior Surf Club Champs</b> Pāpāmoa	Sunday 3 <sup>rd</sup> March 2024	<ul style="list-style-type: none"><li>• A highlight of the season for our nippers to earn medals and showcase what they've learnt throughout the season</li><li>• For all athletes, under 6 and above</li></ul>

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





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