



# Papamoa

SURF LIFE SAVING CLUB

## PSLSC MEMBER NEWSLETTER

16th October 2023

### 5 SLEEPS TO GO !

In just five days our lifeguards will be back on the beach, and with the promise of some warmer weather on the way, we can't wait!



Our weekend volunteer lifeguards will be back patrolling our beautiful Pāpāmoa Beach on Saturday 21st October between 11am – 4pm.

On this day there will be a beach blessing at 7.30am hosted by members of our local iwi [Nga Potiki](#) to officially launch our 2023/24 patrol season.



### THIS IS YOUR CLUB

It's been great to see our members taking advantage of the club facilities as we head towards our busy summer season.

Remember that if your kids are training on the beach, you are welcome to use the little kitchenette in the upstairs club room to grab a glass of water, or make a tea/coffee and relax in the comfy chairs.

### Here are few housekeeping points to remember please:

- Clean up after yourselves so the area is ready for the next person to enjoy.
- Ideally, we want to keep sand out of the upstairs club rooms, so please make sure your kids clean off or shower downstairs in the changing rooms before coming upstairs.
- Please ask your kids to be respectful of their surroundings and the furniture, and to NOT use the lift.
- On Club Nights, please remember we are a club not a pub, so please help out by clearing up your glasses and rubbish and if you're still here at the end of the night, packing chairs away etc.
- When the function centre end of the club is in use for a paid event, please be respectful to guests and be aware of noise levels.

We are so lucky to have this wonderful facility, let's keep it in the best shape possible for years to come.

## CLUB NIGHT DATE CHANGES

There have been a few changes to club nights dates - see below. The bar opens at 5pm with club price drinks and don't forget we have dinner sorted for you and the kids with meal options available.

### 2023 CLUB NIGHTS

20th October – Veggie Curry or Fish and Chips

10th November – Hotdog and Chips or Pulled Pork Burger and Chips

17th November (PLUS Race Night) - Fish and Chips or Nachos

1st December (PLUS Race Night) - Beef Burger and Chips or Mac n Cheese

8th December - Butter Chicken or Chicken and Chips

*\$10 for an adult portion and \$7 for a smaller kids portion*



## 200M SAFETY BADGE UPDATE

**25th November 2-3pm at Fulton Swim School**

We've decided to move the second 200m safety badge session to late in November to cater for those kids who come along to Junior Surf for a few sessions at the start of the season, then feel confident to take the test and start progressing towards knee boarding. As before, there is no need to book, just turn up sometime during the hour. [CLICK HERE](#) for more information.

## POOL RESCUE



We ended our Pool Rescue season on a high last month at the National Pool Rescue Championships in Auckland.

### Highlights

- We dominated the Master's Division with a staggering **216 points** and won the Masters's trophy.
- In the highly competitive Junior-Senior Division, we secured the **7th spot with 41 points**. Fantastic effort Juniors and Seniors!
- Our team set **multiple New Zealand records**, showcasing our commitment to excellence.
- Countless **personal bests** (PBs) were achieved, reflecting the hard work and dedication of each and every member.
- When both divisions (Masters, Juniors and Seniors) were combined, we emerged as the **highest-scoring club**, with more podium finishes than any other club.

These results were a team effort that saw our junior members, committee members, board members, lifeguards, junior surf coaches, officials, age group managers, and parents contribute to this success.

**CONGRATULATIONS TO YOU ALL!**





## LIFEGUARDING

It was wonderful to see so many lifeguards and patrol support at yesterday's get together. We appreciate everyone taking the time out of your day to ensure we maintain a high standard and expectations on patrol. The dry refresher was followed by some socialising in the clubhouse so people could meet other patrol members.

Please make sure you complete your online theory asap before you start on patrol. We will be running a wet refresher during this Saturday morning after the beach blessing and breakfast, and depending on numbers, we can do another dry refresher so come along if you've not completed yours yet. We'd also love to hear from any lifeguards from back in the day who are keen to refresh and join a patrol this season. Please contact Alisa Cowdrey for a chat on [027 324 5097](tel:0273245097).



### Back on the Beach

Our weekend patrols start up again this Saturday 21st October at 11am. The draft roster was posted to the [lifeguarding facebook page](#) and once finalised, will be available on our website under lifeguarding - [www.papamoalifeguards.co.nz/lifeguarding](http://www.papamoalifeguards.co.nz/lifeguarding)



### Good Luck

Our lifeguard award courses are underway - good luck to everyone sitting their exam on 4th November. Our next award training starts on 29th October and we have spots available so [CLICK HERE](#) to register online.



### Armistice Day – can you help?

At 11am on 11th November at the Pāpāmoa War Memorial, the Pāpāmoa community will be commemorating the end of World War 1. We have been asked to help provide a first aid presence which would include 3 or 4 lifeguards to volunteer some time for a couple of hours. If you are able to help please email the office [comms@papamoalifeguards.co.nz](mailto:comms@papamoalifeguards.co.nz)

Make sure you sign up to the [Lifeguarding Facebook Group Page](#) for regular updates.

## SENIOR SURF SPORTS



### Spring Series #1 Complete

The first of the 2023 Bay of Plenty Spring Series took place on Sunday and was a great opportunity for our senior athletes (U15 – Masters) to test their winter training ahead of the carnival season. The downwinder from Omanu to Pāpāmoa saw over 50 clubbies from across the region take to the sea to either ski 7.5km or board 5km along the coastline.

Next up is the second race in the series taking place on 4th November, starting at Mount Main Beach.



### IRB Racing

The IRB racing season is fast approaching so if you're interested in taking your IRB skills to the next level, come along to a casual meeting/catch up to find out more about what's involved and the plan for the season.

**Wednesday 25th October at 6.30pm** upstairs in the clubhouse. All IRB drivers, crew and lifeguards welcome.

In the meantime, if you have any questions, email Jake [coach@papamoallifeguards.co.nz](mailto:coach@papamoallifeguards.co.nz)



### Are you interested in paddling a canoe this summer?

We have just taken delivery of a brand new canoe thanks to ongoing support from our valued sponsors [GJ Gardner](#). With three canoes now at the club, we need some teams to train and race through the season. With ERCs and Nationals both at The Mount this summer, why not jump on board and give it a go!

For those who are keen to find out more, come down to the club this **Friday 20th October at 4.30pm**. Bring your wet gear and if the conditions allow, we will get the canoes in the water, followed by a drink and casual chat at Club Night in the bar afterwards.

## JUNIOR SURF SPORTS



For our older juniors, their Ocean Athletes training is underway, but there is still time for our younger ones aged 8 and above to sign up to the Ocean Development Programme. This is a great programme for those kids who are doing Junior Surf and want to start training more throughout the week and compete at a regional and national level.





During Ocean Development, kids learn a variety of skills primarily focused on board paddling, safely moving in and out of the surf and an introduction to board racing, as well as elements of beach skills and surf swimming when the conditions allow. [CLICK HERE](#) to register your child now. The programme starts on 31st October.

## JUNIOR SURF



### Uniform Collection

We're only 3 weeks away from the start of our Junior Surf season so don't forget to order your kids rash top online. Tops can be collected either tomorrow, **Tuesday 17th October** or **Thursday 26th October between 4pm – 6pm**. We will be in the training room, downstairs to the right of the clubhouse in the Junior Surf area.



You **MUST** collect your uniform on one of these dates. We will not be distributing uniforms on Sundays. Also please note that all your fees must be pre-paid and all uniforms must be ordered in advance online. For more information [CLICK HERE](#) to go to our website. You need to log in to order uniform. Once logged in click on the Menu and then Purchase Merchandise.



### Coaches Briefing

Whether you have signed up to be a coach or want to find out a bit more about what is involved, please come and join us for our pre-season coaches briefing at **5.30pm on Thursday 2nd November**. We will run over H&S, tips and tricks, meet the other coaches in your age group and give out the coaches tops for the season. We would love to see as many of you there as possible. We will be meeting upstairs at the Club.

As a thank you for attending and volunteering to coach - the Junior Surf Committee will be shouting you a drink at the bar afterwards. See you all there!



Have you got your costume ready for the **Junior Surf Spooky Disco on 28th October**? All JS members should have received an invitation so please **RSVP** so we can get an idea of catering.

Dress up, have some fun, dance and play games, while also supporting our athletes on their Road to the Aussies next year. It's a great opportunity for our JS families to get together before the start of the season



and have some Halloween fun! The club end of the clubhouse will be open (including the bar) for parents to chill out, relax and chat with other JS parents.

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

<div>  <div> <b>2023/2024</b>  <b>JUNIOR SURF SEASON DATES</b> </div>  </div>		
<b>Registrations Open</b>	<b>Friday 1<sup>st</sup> September</b>	Visit <a href="http://www.papamoalifeguards.co.nz/register">www.papamoalifeguards.co.nz/register</a> to register online
<b>Registration &amp; Uniform Collection Days</b>	<b>Tues 17<sup>th</sup> &amp; Thurs 26<sup>th</sup> October</b> 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>
<b>First session of the season</b>	<b>Sunday 5<sup>th</sup> November</b> 9.30am start	<ul style="list-style-type: none"> <li>• Welcome to the new season</li> </ul>
<b>Last session for 2023</b>	<b>Sunday 10<sup>th</sup> December</b> 9.30am start	<ul style="list-style-type: none"> <li>• Santa will arrive in style!</li> </ul>
<b>First session for 2024</b>	<b>Sunday 14<sup>th</sup> January</b> 9.30am start	<ul style="list-style-type: none"> <li>• Welcome back to the beach</li> </ul>
<b>Pāpāmoa Junior Surf Club Championships &amp; Last session of the season</b>	<b>Sunday 3<sup>rd</sup> March</b> 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>



# 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.**



[www.gjgardner.co.nz](http://www.gjgardner.co.nz)



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