



Papamoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

3rd November 2023

WELCOME We have had many new families join us over recent weeks so a very warm welcome to all our new Pāpāmoa clubbies.



SUMMER IS ON THE WAY

Our patrol season kicked off with a beautiful Labour Weekend and lots of beach goers enjoying the warmer weather. It looks like the sun will be back again this weekend but the weather and sea conditions can be very unpredictable, especially during spring.

So if you're heading to the beach, please make sure you choose a lifeguarded beach and **SWIM BETWEEN THE FLAGS**.



SAFESWIM

Remember that you can visit the Safeswim website for live information on beaches and rivers across New Zealand. This includes the patrol hours for [Pāpāmoa Beach](#).



ACCESS TO PARKING

Those who have been to the club recently will know that a shared cycle/walking pathway has been developed along Pāpāmoa Beach Road. The pathway starts at the eastern end of the club and for the next two weeks or so you will not be able to drive into the car park at that entrance. You will need to come in at the Blue Bi You roundabout and drive round past the toilet block. This includes Junior Surf parking on Sunday.



NEW SEASON EQUIPMENT

Our surf sports athletes are excited to see new boards arriving for the season. These will be easy to spot on the beach and in the water in our bright yellow and blue Pāpāmoa colours. Thanks to the ongoing support of our sponsors which allows us to keep new equipment coming in as our membership grows. We couldn't do this without you.

Thanks to [Mitre 10 Pāpāmoa](#) [Pak n Save Pāpāmoa](#) [CMT Excavations](#) [EVES Real Estate Bay of Plenty](#) [GJ Gardner Homes NZ](#) [Guild & Spence Electrical](#)



RACE READY

For anyone who would like to order Pāpāmoa SLSC branded togs - including swimsuits and bikinis for the girls and jammers for the boys - we have set up an ordering system with Jolyn so you can buy directly from them. Whilst these are not compulsory it would be great to see our clubbies wearing the Pāpāmoa colours with pride.

[CLICK HERE](#) to check out the catalogue and get your kids race ready for the season.



PSLSC MERCHANDISE

If you're keen to start your Christmas shopping, why not check out the [PSLSC merchandise shop](#) for some great ideas, including clothing, drink bottles, mugs and hats.



PĀPĀMOA PROUD

Pāpāmoa clubbie Richard Williams is very proud to be a New Zealand record holder, and quite rightly so, as his achievements were against all the odds, including breaking his back and beating cancer.

At this year's Eastern Regional Pool Rescue Championships, Richard was sick with the flu, but he still raced and got some impressive times. As the Nationals approached, he was focused on a clear goal; he knew what he had to do.

"I knew the times I needed to beat, and I would plan as I watched the heats before mine," he says.



For the manikin tow event, he needed to shave off 8 seconds to beat the record. Richard had been chatting with Coach Jake Cowdrey, who gave him some valuable advice: "When you finish a race, you need to think to yourself, 'Did I put everything on the line in that race?'"



"I was visualising it in my head," says Richard. "I knew what I needed to do – kick my legs harder, stay streamlined, and not swim too deep. I could hear Jake's voice in my head, asking, 'Am I putting everything on the line?' I could feel my legs going faster than ever, and I ended up beating the record by 4 seconds – it was an amazing feeling!"



As well as securing 9 Gold Medals at the National Surf Life Saving Championships earlier this year, Richard now holds two individual New Zealand National Pool Rescue Titles - 50m Swim with Fins and 100m Manikin Tow with Fins. He also broke the NZ record in the 4 x 25m Manikin Relay with the help of his friends – Naomi Davoren, Sandra Boubbee, and Tony Jackson.

"We didn't even realise we had set a relay record until afterwards, so that was really exciting and definitely something to keep working towards next year," says Richard.

As he heads towards back surgery later this month, Richard is already looking beyond recovery, with hopes of returning to swim for the Masters team next year.

"I really got back into swimming after I broke my back to help with the recovery and ease some of the pain," he explains.

Richard trains with our coach, Jack Bullock, at the Mount Swim Club, and it was Jack who invited him to join the Pāpāmoa Masters team.

"I felt a bit alone to start with, as there weren't many Masters swimmers at the club, but there has been a significant influx this year, which is really exciting," he says. "The best part of it for me is being part of the team, everyone just giving it a go. We inspire each other."



The club is really excited at the growth we are seeing in the Masters area, and not just in Pool Rescue. We are seeing more and more parents of Junior Surf kids and surf sports athletes going from watching their kids on the sidelines to jumping in themselves, either in surf sports or becoming lifeguards and patrol support.

Richard's youngest daughter is participating in Junior Surf this year, and he is eager to refresh his lifeguard certification in the future. For now, his focus is on the 700+ kids at the school where he teaches – Te Akau Ki Pāpāmoa (TAKP).

"My colleague and I are running a beach education program for the first time this year at TAKP," he explains.

"We were concerned about the kids at the school living so close to the ocean without having the necessary knowledge of water safety. We hope this program will become a permanent part of the TAKP curriculum starting next year."

We wish Richard all the best with his upcoming back surgery and congratulations again on his outstanding achievements.

LIFEGUARDING

Refreshers

There's still time to refresh for the season so for those who haven't, please complete your online theory and get to patrol to refresh your CPR, run swim run and tube rescue.

Patrol Roster

The patrol roster is available on our website so if you are unsure of your schedule, [CLICK HERE](#) to visit our website.



Lifeguard and Patrol Support Awards

Best of luck to our candidates who have been working hard over the past 5 weeks to obtain their Surf Lifesaving Award and Patrol Support Award in Whakatane this Saturday. Our next training is underway with an exam due to take place in December. There are opportunities throughout the summer so if you're keen to jump onboard, [CLICK HERE](#) to visit our website for more information. Thanks to Sandy Boubee and Marama Mataparae who have made a fantastic resource kit for our lifeguard training.



First Aid

A special thank you to Tina Jackson and Ailsa Cowdrey for getting our trauma packs and bum bags checked and labelled. Also to Jake Cowdrey for all your support getting equipment ready for the season – please take time to refresh yourself on where to find everything. Jo Miller will join Tina as our first aid officers this year.



Congratulations

We are fortunate to have six more Patrol Captains who have recently completed the course. Also a big shout out to Jamie Wilson and Jamie Cabusao on achieving their IRB Drivers Award. These guys put in the hours training over winter and we can now celebrate their achievements - we look forward to seeing you in the boats over summer.

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

MASTERS SURF SPORTS



Our Masters canoe sessions have started off on Fridays at 4:30pm. Come along and have a go with the group if you're keen. Jump onto the [Masters Facebook Group Page](#) for updates prior to each session. As the water warms up, we will look to add a session earlier in the week where we'll have a go at some board, swim and beach sessions. We will be targeting the Canoe and Masters comps being held at Pāpāmoa between 5th-7th January 2024 as part of Bay of Plenty Champs.

If you are keen to take part in the competitions you must be a qualified and refreshed lifeguard. [CLICK HERE](#) to find out all the details of upcoming exams.

SENIOR SURF SPORTS

The seniors head to the Mount this weekend for the second event in this year's Spring Series. This is another opportunity to get some long distance ski or board paddling in a semi-competitive environment as they build towards the Whangamata Classic and Mount Monster this side of Christmas. The team held a "mini monster" training last weekend which saw them ski paddle 9km, run 3km, swim 800m and then board 3km all before some of them then went on patrol! At the end of the month they head to Gisborne for the Gizzy Grinder endurance event which has been a great road trip to kick off the summer the last couple of years.

It's been great to see some of our under 19 and open athletes back home and joining our recent training sessions. If you're thinking you wouldn't mind coming along for the odd session or two, or maybe even jumping in a canoe, contact Jake on coach@papamoa.lifeguards.co.nz

With all the major comps this year happening along our beaches, it's the perfect opportunity to grab a group of mates for some fun at Bay Champs or Canoe Eastern Regions!

JUNIOR SURF SPORTS



Look Out Ohope!

In a week's time our Oceans team will be heading to Ohope to have some serious fun at our annual Oceans Camp. A massive thank you to [One Foundation](#) who have provided funding for accommodation this year. The camp provides an opportunity for the team to get some training in different surf conditions as well as gel as a team as we head into the season. Thank you to all the parents and lifeguards that have put their hand up to come along and help out.



www.mountguardians.co.nz/tour-events/the-10th-anniversary-mount-monster

Pre-Christmas Events

In the run up to Christmas our older Oceans kids have the opportunity to showcase their spring training at a weekend of racing at the Mount. Firstly the Mini Mount Monster on Saturday 16th December followed by the Coastal Challenge the next day on Sunday 17th December. There are still spaces for the Mini Monster which is an awesome local event to kick start the season. [CLICK HERE](#) for more information and to register. Also keep an eye out for registration details for the Coastal Challenge coming soon.



LET'S GO!

Yay! The start of the Junior Surf Season is finally here. We are looking forward to seeing all of our Junior Surf families on the beach this Sunday.



Thank you to all of our volunteer coaches and lifeguards. As always we appreciate your support and couldn't run our programme without you.

Another big **thank you** to our Committee members. Behind the scenes this small group of parents are doing an amazing job getting everything organised and ready for the season.

Thank you to everyone who supported our Junior Surf Spooky Disco last weekend. What a great evening it was for the kids, as well as the parents who had the opportunity to catch up pre-season and get to know each other.

Make sure you keep an eye on our [Junior Surf Facebook Group](#) page as this is where cancellations and regular updates will be posted throughout the season. You can also [CLICK HERE](#) to visit the Junior Surf page on our website for everything you need to know about Junior Surf.

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



www.gjgardner.co.nz



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