



Papamoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

15th February 2024

MOUNT EVEREST CHALLENGE



There's still time to sign up for the Mount Everest Challenge which is running NOW until 1st April 2024.

This year is the 10th Anniversary of the challenge, and the exciting news is that all the money raised will be split between the three Surf Life Saving Clubs along our coastline – The Mount, Omanu and Pāpāmoa.

It might sound quite daunting to climb the Mount 38 times so get your mates together and do it as a team. The more of you, the less times you have to do it!!

If you can't complete the challenge yourself, why not head to the Give a Little page and make a donation.

[CLICK HERE](#) for more information.

PĀPĀMOA SURF LIFEGUARDS IN ACTION



Image: The four Pāpāmoa Regional Surf Lifeguard's who helped saved a surfer's life after he collapsed close to the surf club. From left: Liam Davoren, Angus Porter, Nathan Smith and Mitch Cowdrey.

Pāpāmoa Regional Surf Lifeguard Mitch Cowdrey stresses the importance of learning how to do CPR and knowing where your nearest AED defibrillation unit is located.

Long standing Pāpāmoa surf lifeguard Mitch Cowdrey says saving the life of a 70-year-old local surfer was a real community effort.

"It was the other surfers there, the off-duty firefighters and members of the public knowing to start CPR immediately that saved his life," says Mitch.

The man had been out surfing but collapsed when he got back to the car park. Without the speed of response from the members of the public and the surf lifeguards, he would not have survived the heart attack. Having been kept alive by the surf lifeguards and then the paramedics, he was flown to Waikato Hospital for further treatment.

Mitch has been a Regional Surf Lifeguard for eight years and has not been involved in a resuscitation like this before, but he knew exactly what to do, took control of the situation and ran the scene until the paramedics arrived.

"It feels great to be part of this community that I grew up in, knowing we have the skills and experience in our team to save a life," says Mitch. "The public need to know that they can rely on us in a crisis situation."

This event highlights the massive importance of the regular training, upskilling and drills that our surf lifeguards do on a weekly basis. Every Wednesday morning before patrol, our Regional Surf Lifeguards get together with the Mount Maunganui Lifeguard Service and Omanu Surf Life Saving Club in competition for the Frank Peir Cup. The Frank Peir Cup has a long-standing tradition of putting professional surf lifeguards to the test and the Pāpāmoa team has just won the cup for the sixth year in a row.

"Each week we do a series of challenges including mock rescues on Inflatable Rescue Boats (IRBs) and boards, as well as tube rescues," says Mitch. "We also make sure we know our equipment inside out by doing exercises like unpacking the trauma packs and putting them back together within a certain time. This was critical in the real-life situation that took place last week."

Mitch says the team would like to thank the public for all the support they give to the club. Much of the equipment they use is bought using donations, including a defibrillator unit located on the side of the Surf Life Saving Club building.

"A member of the public knew the unit was there and they grabbed it and brought it over to us," he says. "Although we didn't end up using that one, it's reassuring that people know it's there."

Also at the scene was Pāpāmoa Regional Surf Lifeguard of 17 years Nathan Smith, who said this highlighted the importance of the 10 Surf Safety Rules, one of them being 'never surf alone'.

"The man was one of the founders of the Pāpāmoa Board Riders Club who all look out for each other," says Nathan. "It was the friend he was with who started CPR."

Both Mitch and Nathan want to highlight the Surf Life Saving New Zealand's tagline "In It For Life". They have both been part of the Pāpāmoa Surf Life Saving Club community most of their lives, starting at Junior Surf, through to Oceans, Rookies and into Lifeguarding.

"We feel fortunate to be able to look after our community," says Mitch. "We've got to know many of the surfers and regulars on the beach and it's a good feeling to be able to give back in such a positive way."

There were two other Pāpāmoa Regional Surf Lifeguard's in the response team - Angus Porter and Liam Davoren who have both been Regional Surf Lifeguards for five years, as well as off-duty volunteer surf lifeguard Karoline Jonsson who was passing by.

"With the two off-duty firefighters, the local police officer, and surf lifeguards being available to respond so quickly - we were all part of saving the man's life," says Mitch.



AED defibrillation units are accessible by the public at various locations throughout the community, including this one at the Pāpāmoa Surf Life Saving Club.



It is visible from the road as you drive up to the surf club, located at the Mount/Northern end at ground level next to the garages.



These units are designed to be operated by people with no first aid knowledge, and members of the public can dial 111 to get an access code.

DUKE OF EDINBURGH AWARD



Did you know that the Pāpāmoa Surf Life Saving Club is an official Award Unit of The Duke of Edinburgh's International Award Aotearoa New Zealand? The Award is for those aged between 14 and 24 years old (or turning 14 this year).

Qualified surf lifeguard Jamie Mardon is registered as a Certified Award Leader. Jamie says it's a great opportunity to meet new people, have some amazing adventures and learn some valuable life-long skills. "You'll find yourself helping people and the community, getting fitter, developing skills and going on an exciting journey," he says. "At Gold level you get to take part in a residential activity."

The programme consists of three progressive levels which, when successfully completed, lead to a Bronze, Silver or Gold Award.

"Because the programme is all about getting out there, having fun and self-development, everyone can achieve something," says Jamie. "Surf Lifesaving New Zealand have made it a straightforward process to be involved and lots of the day-to-day activities that our athletes, lifeguards and patrol supports carry out, can all help towards achieving the awards."

Any activities done before being registered don't count towards the awards so if you are keen and have upcoming first aid or IRB crew training, don't wait too long to register. If you are currently doing the award through your school or elsewhere, be sure to check out how SLSNZ activities can benefit your current award attainment.

If you are keen for more information or to sign up [CLICK HERE](#) and speak to Jamie Mardon via email rookies@papamoalifeguards.co.nz or phone 021 595 521.

LIFEGUARDING



Good Luck Future Lifeguards

We have a number of candidates taking their lifeguard exam on Saturday 17th February at Omanu Surf Club, so we wish them all the **BEST OF LUCK!**

Rescue Ready

Our Pāpāmoa Regional Surf Lifeguards have once again won the Frank Peir Cup for the sixth year in a row, proving their skill and professionalism in keeping our community safe over the summer season.



The guards undergo lifeguarding competencies and often gut reaching eating challenges, all to build operational skills and team culture.

A huge **WELL DONE** to Pāpāmoa's Mitch Cowdrey, Liam Daveron, Nathan Smith, Angus Porter, Ryan Hohneck, Paterson Kelly, Jake Corney, Jamie Cabusao, Az Cabusao and Fergus McHardy.

Image: From left Liam Davoren. Jake Corney, Angus Porter, Mitch Cowdrey.



It's Not Over Yet!

It may have cooled down a bit, but the summer is still going strong and our surf lifeguards continue to look after beach goers on a daily basis.

The Regional Guard Service, which runs on weekdays, will continue to raise the flags until Friday 23rd February. Our volunteer service is running at weekends all the way through until Easter Monday.

[CLICK HERE](#) to keep up to date with all the patrol hours on Pāpāmoa Beach and across New Zealand.

ROOKIES



Please be aware that there will be **NO ROOKIES TRAINING** on Sunday 25th February as our coaches Jamie and Ryan will be volunteering at the Oceans '24 Junior Surf Carnival. Why not head down to the Mount Main Beach and cheer on the Pāpāmoa team as they go head to head with athletes from across New Zealand.

Make sure you keep an eye on the [Rookies Facebook Page](#) as this is where any changes, cancellations and updates are posted each week.

MASTERS SURF SPORTS



Richard Williams - 2nd Overall in 35-39 Males



Jamie Wilson - 3rd Overall in 35-39 Males

Our Masters team had a blast at the Senior & Masters Eastern Region Championships last month. They achieved some fantastic results which included a 2nd and 3rd in the 35-39 Male age group for Richard Williams and Jamie Wilson respectively, plus two 3rd placings for our Male Canoe Team. Our Female Canoe Team achieved a 3rd and a 1st place. What made the canoe results even more impressive was that our teams competed in the Open division.



Female Canoe Team

Front from left: Tracey Mano & Rebecca Raymond

Front from left: Ailsa Cowdrey & Jane Townsend



Male Canoe Team

Front from left: Jamie Wilson & Dave Cowdrey

Back from left: Matt Davoren & Rob Pepers



Attention now turns to Nationals on March 14 at The Mount Main Beach. The team have started some swim, board and ski training on Tuesday evenings in the lead up to Nationals and the Canoe teams continue to train on Friday evenings. We would love to take as big a team as possible and there's still time to jump onboard, so if you are interested in taking part, please contact Radleigh Cairns via email surfsports@papamoallifeguards.co.nz You must be a refreshed lifeguard to race.



Thank you to our Masters sponsor [GJ Gardner Homes](#) for your ongoing valued support.

Photo credits: Clare Pepers and Barbz Snapz

SENIOR SURF SPORTS



Anniversary Weekend saw our Senior Team head to the Mount for the Senior Eastern Region Championships. Two and a half days of hard racing resulted in a host of podium and top 10 finishes. The Mount shore break provided some exciting racing at times and some "heart in mouth" moments as athletes, equipment and handlers negotiated the conditions.

The team came 4th in the Eastern Region and 7th overall which are fantastic results given the club does not currently have any U19 or Open athletes. The weekend was a great step up from BoP Champs as the team prepare for the rest of their season. A big thank you to all the volunteers from the club who helped out by being officials, first aid or water safety at the event.



GOOD LUCK to the team heading to Whangamata for the Northern Regional Champs this weekend in what will be their final hit out before Nationals, and **THANK YOU** to our valued sponsors:

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[Pak N Save Pāpāmoa](#)
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[Sonic Surf Craft NZ](#)

Photo credit: Clare Pepers

JUNIOR SURF SPORTS



We Are The Champions!

A massive **CONGRATULATIONS** to the Oceans team as well as coach Jack Bullock for winning the Junior Eastern Region Championships last weekend. With an epic 51 medals, there were some amazing individual and team results that helped them go one better than last year and claim the cup!

Day one saw some challenging conditions for our young athletes who swam, boarded and ran their hearts out. The second day saw the conditions improve for the team events and it was great to see friends and teammates coming together for relays and the exciting big finale of the Grand Cameron with 2 runners, 2 swimmers and 2 board paddlers in each team. Congratulations to everyone who played their part in making it happen.





A big thank you to all the parents, grandparents, siblings, aunts and uncles for all your cheering, carrying of gear, reapplying sunblock and keeping the kids topped up with food and water. As well as all the volunteer officials, water safety and event crew.

There's no rest for the team as they continue their training for the big national event - Oceans '24 - taking place over four days at the Mount Main Beach (22nd-25th February). This national Junior Surf carnival usually sees over 700 athletes competing to be crowned the top club in the country. Head down to the Mount Beach on any of the days and cheer on our Pāpāmoa clubbies.



We'd like to give a big SHOUT OUT to [Grass Roots Trust](#) for their ongoing support of our young surf sports athletes. Their recent fund donation goes towards entry fees for our juniors to attend local and regional carnivals. Entry fees for these events can cost upwards of \$120 per athlete so with the donation these awesome events become accessible for all our families – thank you [Grass Roots Trust](#).



Thank you also to our regular sponsors....

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[Pak N Save Pāpāmoa](#)
[EVES Real Estate Bay of Plenty](#)
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Junior Surf Trophies

Can you believe we are coming towards the end of the season already! Please can anyone who has a club trophy return it to the upstairs office at the club by next Friday 23rd February so we can get them ready for this year's awards. The office is open on weekdays between 9am-2pm - thank you.

Details of the Junior Surf Awards Ceremony will be released soon so watch this space...

Photo Comp Winner

A big CONGRATULATIONS to our under 7 age group whose creative idea to spell out PSLSC on the beach with the whole group of kids caught the eye of the judges! Everyone in that age group received an iceblock for winning.





Club Champs Coming Up

There are only two sessions of Junior Surf left before our Club Championships on March 3rd.

This is an awesome day of fun races for all our Junior Surf kids. It's the chance they've been waiting for to show off the skills they've learnt throughout the season. It's always an awesome day for the whole family so make sure you come along and support them. Look out for an email invitation to the Club Champs coming soon so we can get an idea of numbers.



HAVE FUN!

Our under 8, 9 and 10 Junior Surf kids are heading to Omanu Surf Life Saving Club on Sunday for their teams carnival.

We wish everyone attending the very best of luck and **HAVE FUN!!**



THANK YOU to our valued Junior Surf sponsor [Body In Motion](#).

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



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