



August 2008

Hi everyone

I think we are all well and truly over the wet weather we have been having lately – roll on summer!! The days are definitely getting noticeably longer now and it is only a week until the official start of spring so let's hope for lots of sunshine in the near future.

This is the first newsletter since the Annual General Meeting which was held at the end of July. Thank you to those members that attended the meeting and well done to those keen souls that braved the conditions during one of the stormiest weekends of the year and participated in the mid-winter swim – great to see this becoming an annual tradition of the Papamoa Surf Lifesaving Club.

We would like to welcome back and thank those members of the Board who have chosen to continue their commitment to making PSLSC the club of choice in the Bay and to welcome and thank those that have accepted their new roles as Board members. With this strong team we can continue to take on the challenge of ensuring that Papamoa is a force to be reckoned with. Congratulations also to Matt Pickering for being elected on to the Board of Directors of Surf Life Saving Bay of Plenty.

The 2008-2009 PSLSC Board of Directors

- ✉ Steve Lake – Chairman
- ✉ Dave Cowdrey – Director of Lifeguarding
- ✉ Shane Smith – Director of Surf Sports
- ✉ Shaun Smith – Director of Assets
- ✉ Christ Hunt – Director of Junior Surf
- ✉ Ange Johnston – Director of Memberships

Thanks to outgoing members Jim & Maryanna Casey (Memberships), Stephen Law (Lifeguarding) and Helen Webb (Junior Surf) for their great work during the past year. Officer positions for the current year are currently being finalised and we would again like to thank those returning for another year and to welcome those taking on new roles.

The 2008-2009 PSLSC Officers

- ✉ President - Matthew Pickering
- ✉ Club Captain - Shaun Smith
- ✉ Women's Club Captain - Ailsa Cowdrey
- ✉ Lifeguard Development Officer - Jim Casey
- ✉ Powercraft Officer - Brian & Troy Walsh
- ✉ Junior Surf co-ordinators – Josh & Delwynne Hahunga
- ✉ Media Officer – **vacant**
- ✉ Sponsorship & Marketing Officer – **vacant**
- ✉ Building Maintenance Officer - **vacant**

As you can see we still have some situations vacant so if you are interested in becoming involved, either in one of the vacant Officer positions or on a sub-committee, please contact Kurt Wilson (Operations Manager) and I will happily discuss options with you and work out where your talents will be best utilised.

Papamoa Surf Lifesaving Club would like to thank TECT for their contribution towards a new computer for the office. Database entry, record keeping, communications and all aspects of administration have been improved by this.



PRE-SEASON WORKING BEE - SUNDAY 5th OCTOBER

Attention ALL members – all hands on deck for a pre-season working bee at the club. We want a club we can all be proud of so come and give us a hand to give it a lick and a promise before the start of the season. It would be great to have some new faces helping out (of course we want the old faces there too!) ☐

Where: Papamoa Surf Club

When: Sunday 5 October 9.30am

Bring: Weed eaters/ shovels/
water-blasters anything that will help

Junior Surf

Chris and his team are very busy getting ready for another successful Junior Surf season. Winter sports are coming to an end and summer is just around the corner so it's time to note that Junior Surf will be kicking off on Sunday 2nd November. If you know of any keen kids aged 5-14 that would like to become involved in this active and fun pastime please pass on registration details to them. Anybody that would like to coach or help the coaches with the Junior Surf programme this year please contact Chris Hunt or Kurt Wilson and let them know your preferred age group as soon as possible.

Dates to diarise for Junior Surf are as follows:

October 14 & 15	Registration 4-7pm Papamoa Surf Club (please note evenings now)
November 2	Junior Surf commences 10am-12noon every Sunday @ Papamoa Surf Club
December 21	Last Junior Surf before Xmas/New Year breaks
January 11	Junior Surf recommences
March 29	Club Champs –Junior Surf Finishes



HELP.... Junior Surf parents – volunteers are required to help with the following activities:

- *Registration evenings* – helping on the registration tables or as clothing helpers
- *Registrations on the first few Sunday mornings* – half an hour prior to Junior Surf commencing
- *Sunday morning Sausage Sizzle* – each Sunday a different age group will be responsible for running the BBQ. A representative from each age group is required to organise a team of helpers for 'their' day.

All help is greatly appreciated. Let's try to make the saying 'many hands make light work' ring true at PSLSC.



Papamoa Hills Fun Run/Walk – Sunday 19th October

In conjunction with Sport Bay of Plenty's 'Live to Play' month, Papamoa Surf Lifesaving Club with support from Environment BOP and Fulton Hogan are hosting a fun run in the Papamoa Hills. Meet at Papamoa Hills Farm Park at 10am for registration if you are keen to join in.

We will need at least 6-7 marshals plus helpers for the registration desk and sausage sizzle. Also required is at least one level 2 first aider that can drive the quad bike. If you can help with this please contact Nikki on 542 2122 or info@papamoalifeguards.co.nz

Membership

This year we are going to trial a new registration format and have set **two week day evenings this year**, rather than one morning for this. These registration sessions are aimed at new members to the club but if you are looking at ordering clothing you can come down during these times also. All members enrolled last year will have received an invoice sent directly to their home address, for membership fees and surf sports levies if applicable, prior to the registration days. Invoices are due for payment BEFORE 31st October 2008 and must be paid before any equipment is used. Please advise ASAP if you have moved so we can adjust our records and keep in touch with you. PSLSC membership forms need to be completed annually by all members however any new members are also required to officially join SLSNZ. These forms can be completed online at <http://www.slsnz.org.nz> or please contact Nikki on 542 2122 or at info@papamoalifeguards.co.nz. It is imperative that your contact details are correct for obvious reasons. Please ensure you complete the membership forms accurately and completely and advise your preferred method of communication.

2008-2009 Membership Fees

We are aware of increasing financial pressure on families due to soaring fuel/food prices and are happy to announce that our fees for 2008-2009 will remain the same as last year. The Surf Sports levy is \$150 and is payable by all members that wish to partake in the PSLSC coaching program and race at local Surf Sports competitions, Ocean Athletes and Surf Life Saving Nationals. The \$150 Surf Sports Levy contributes towards the cost of entries to SLSBOP approved competitions and SLSNZ approved events. The Surf Sports Levy also contributes towards recuperating a minimal amount of the cost for providing the comprehensive coaching program available at our club.

<u>Category:</u>	<u>Membership Fee:</u>
Junior Surf (5 -14) - includes Ocean Athletes	\$35
Lifeguard (competitive & non-competitive)	\$35
Associate/Social	\$15
Surf Sports Levy (see above for details)	\$150

**Papamoa Surf Lifesaving Club is pleased to offer a 10% discount to families with 3 or more financial members from the same family.
(Please note this does not include the surf sports levy portion)**

☞ PAYMENTS: We would also like to offer the opportunity for members to make 2-3 partial monthly payments if preferred. If you choose this option and are making direct credit transfers via internet please quote your invoice number and surname as a reference.

Please note that our bank details have changed so if you have previously made internet transfers and saved our details these will need amending. Our new bank details are printed on every invoice.

Breast Cancer Awareness Beach Walk - Sunday 12th October

There will be a fundraising walk along Papamoa Beach on this day as part of Breast Cancer Awareness Month. Anyone wishing to participate should meet at the Domain car park prior to 11am (walk is approximately 1 hour). If anyone would like to help with this (particularly as a First Aider or Marshall) please contact Fran Fuller on 542 0840 or 0210 620 288

Lifeguards - 2008/2009 Season

Over the next few weeks we will be contacting all lifeguards that patrolled last year to see if they are willing to patrol again this season. Please contact Dave or Ailsa Cowdrey on 542 3734 or saltwater6@xtra.co.nz if we miss you or if you did not patrol last season but would like to this year. If you are over 14 and would like to become a lifeguard, the first Academy will start on the first weekend in November. Please contact Dave Cowdrey (as above) or Kurt Wilson on 542 2122 or kurt@papamoolifeguards.co.nz if you are interested in this.

CASINO NIGHT - 23 October 2008

Put this on your calendar now! A fun night for all (over 18s) is being planned as a fundraiser for PSLSC. As our first social event of the year (and a great way to make some money at the same time) we will be having a Casino Night at Rain Bar in Fashion Island, Papamoa. Tickets will be \$25 (\$40 per double) – and for this you will get \$1,000,000 in casino chips and your choice of blackjack, roulette and other gaming tables. There will be fabulous prizes for the biggest earners of the night and other opportunities to win big. The famous 'TUI' girls will be there and a DJ afterwards to help the night flow nicely! More details on this to follow.

Sportsworld in CentaMax (next to Fashion Island) would like to offer PSLSC members a 10% discount on any water sports equipment – just mention you are a club member to Glenn prior to purchase. Support Papamoa businesses - keep it local!

Skills & Awards

During a recent upgrade of the SLSNZ database a number of older skill & awards qualifications (from more than 5 years ago) were not carried across. On your annual membership application form please note any skills or qualifications that you have gained in the past in order to allow each individual to be cross checked. All skills and qualifications are still valid but we would like to ensure that your records are personally recognised on the database. A number of you also have first aid qualifications that have expired. These are valid for two years only. A full list of all courses still available this year can be viewed on the SLSBOP website. There are currently no more First Aid Level 1 courses scheduled this year however please contact Nikki on info@papamoalifeguards.co.nz if you have lapsed or would still like to gain this qualification. If we get enough interested participants they may consider scheduling another date.

Surf Sports

Papamoa Surf Lifesaving Club (PSLSC) is well recognised throughout the Bay of Plenty and New Zealand for its achievements, in particular our recent achievements in the Surf Sports arena. To ensure that we have an increasing pool of Surf Sports Athletes and volunteer life guards, we actively recruit, educate, train and retain young people to complete as Ocean Athletes. This challenge, of the surf and the prospect of becoming an ocean athlete provide the initial motivation that then leads individuals to become a volunteer life guard and a Surf Sports Athlete.

Therefore the ability to design and implement effective coaching programmes that develop ocean athletes into qualified lifeguards and elite Surf Sports Athletes is an integral part of my role as the Head Coach and the Operations Manager.

The 07 / 08 season was extremely successful across all facets of our membership and the continued development of our club is truly inspiring to all that are involved.

This season I would like to invite you to become a member of the PSLSC Surf Sports Team. Your acceptance of this opportunity will mean you will become part of the most comprehensive and advanced Surf Sports Coaching Program in New Zealand. As a Surf Sports Team Member you will receive continued personal training and development weekly from the some of the best coaches in New Zealand and Australia.

Please see included in this newsletter the weekly structure and program time table for the summer coaching program set to commence Monday 13th October and run till March 2009. The structure of the program is designed to cater for all club members with a 3 level split of ability broken down into the categories of:

1. Beginner
2. Intermediate
3. Advanced

while incorporating the five major surf sports disciplines of:

1. Board Paddling
2. Ski Paddling
3. Beach events, Beach Sprint & Beach Flags
4. Iron Person
5. Run-Swim-Run

For any further information on the fast approaching surf sports season or if you're unsure what level of the program you fit into please contact Kurt on 5422122 or email kurt@papamoalifeguards.co.nz

Surf Sports equipment - if you wish to purchase a 10ft 6 Paddle Board this season contact Kurt ASAP as we will be placing an order very soon.

SURF SPORTS COACHING PROGRAM 08 / 09

Weekly Time Table

BEGINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Session	Ski	Board	Run-Swim-Run	Board	Ski	
Time	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	
Program Coach	Tim Johns	Blair Dunn	Matthew Pickering	Blair Dunn	Tim Johns	
Assistant Coach	Troy Walsh		Logan Walsh		Troy Walsh	

INTERMEDIATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Session	Ski	Board	Iron Person	Board	Ski	Iron Person
Time	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	3:00pm
Program Coach	Kurt Wilson	Kurt Wilson	Kurt Wilson	Kurt Wilson	Kurt Wilson	Kurt Wilson

Session	Run-Swim-Run	Beach		Beach	Run-Swim-Run	
Time	4:00pm	4:00pm		4:00pm	4:00pm	
Program Coach	Paul Kayes	Ben Oldham		Ben Oldham	Paul Kayes	
Assistant Coach	Brad Wilson	Briar Merrett		Briar Merrett	Brad Wilson	

ADVANCED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Session	Ski	Board	Iron Person	Board	Ski	Ski
Time	5:30pm	5:30pm	5:30pm	5:30pm	5:30pm	8:00am
Program Coach	Kurt Wilson	Kurt Wilson	Kurt Wilson	Kurt Wilson	Kurt Wilson	Kurt Wilson

Session		Beach		Beach		Iron Person
Time		5:30pm		5:30pm		3:00pm
Program Coach		Holly		Holly		Kurt Wilson

Program Dates

PROGRAMS	START DATE	TIME	DAY OF SESSION	FINISH DATE	COACH
BEGINNER BOARD	13.10.08	4:00PM	TUESDAY & THURSDAY	12.03.09	BLAIR DUNN
INTERMEDIATE BOARD	13.10.08	4:00PM	TUESDAY & THURSDAY	12.03.09	KURT WILSON
ADVANCED BOARD	13.10.08	5:30PM	TUESDAY & THURSDAY	12.03.09	KURT WILSON
BEGINNER SKI	13.10.08	4:00PM	MONDAY & FRIDAY	12.03.09	TIM JOHNS & TROY WALSH
INTERMEDIATE SKI	13.10.08	4:00PM	MONDAY & FRIDAY	12.03.09	KURT WILSON
ADVANCED SKI	13.10.08	5:30PM	MONDAY & FRIDAY	12.03.09	KURT WILSON
		8:30AM	SATURDAY	12.03.09	
INTERMEDIATE IRON PERSON	13.10.08	4:00PM	WEDNESDAY	12.03.09	KURT WILSON
		3:00PM	SATURDAY	12.03.09	
ADVANCED IRON PERSON	13.10.08	5:30PM	WEDNESDAY	12.03.09	KURT WILSON
		3:00PM	SATURDAY	12.03.09	
INTERMEDIATE BEACH	13.10.08	4:00PM	TUESDAY & THURSDAY	12.03.09	BEN OLDHAM & BRIAR MERRETT
ADVANCED BEACH	13.10.08	5:30PM	TUESDAY & THURSDAY	12.03.09	HOLLY MOCZYDLOWSKI
BEGINNER R-S-R (OA'S)	13.10.08	4:00PM	WEDNESDAY	12.03.09	MATTHEW PICKERING & LOGAN WALSH
INTERMEDIATE R-S-R (OA'S)	13.10.08	4:00PM	MONDAY & FRIDAY	12.03.09	PAUL KAYES & BRAD WILSON

Papamoa Surf Lifesaving Club Calendar of Events 2008-2009

OCTOBER 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5 Working Bee 9.30am PSLSC
6	7	8	9	10	11	12
13	14 Registration 4-7pm	15 Registration 4-7pm	16	17	18	19
20	21	22	23 Casino Night 7.30pm Rain Bar	24	25 Labour w'end Patrol Captains Day	26 Labour w'end 1 st Patrol of Season
27 Labour Day	28	29	30	31		

NOVEMBER 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 Junior Surf starts
3	4	5	6 Sponsors Evening	7	8 200m Swim Testing Papamoa Pool	9 Pre-season Carnival 12y+ Omanu
10	11	12	13	14 Social BBQ PSLSC 5pm	15	16
17	18	19 Twilight Carnival 12y+ Mt Maunganui	20	21	22	23
24	25	26	27	28 Social BBQ PSLSC 5pm	29 Battle of the Bays - Midway Gisborne	30 Battle of the Bays - Midway Gisborne

DECEMBER 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jandal Day Collecting	2 Jandal Day Collecting	3 Jandal Day Collecting	4 Jandal Day Collecting	5 JANDAL DAY	6 Jandal Day Junior Surf Coaches Course	7 Jandal Day Collecting
8	9	10	11	12	13 SLSBOP Senior Surf Carnival Waihi	14 SLSBOP Junior Surf Carnival Waihi
15	16	17	18 12y+ Twilight Carnival Papamoa	19 Xmas BBQ PSLSC 5pm	20	21 Last Junior Surf day before Xmas
22	23	24	25 Xmas Day	26 Boxing Day	27	28 Ian Porteous Carnival Omanu
29	30	31				

JANUARY 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 New Years Day	2	3	4
5	6	7	8	9	10	11 Junior Surf Recommences
12	13	14	15	16 Rookie Teams Comp Waihi	17	18 SLSBOP District Patrol Teams Comp
19	20	21	22	23 Social BBQ PSLSC 5pm	24 Senior NRCs Mt Maunganui	25 Senior NRCs Mt Maunganui
26 Junior NRCs Papamoa	27	28	29	30	31 Interdistricts Mt Maunganui	

FEBRUARY 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Interdistricts Mt Maunganui
2	3	4	5	6 Social BBQ PSLSC 5pm	7 Surf League Mt Maunganui NI Surf Boat Champs Waihi	8 Surf League Mt Maunganui NI Surf Boat Champs Waihi
9	10	11	12	13	14	15 SLSBOP Junior Champs Whakatane
16	17	18	19	20	21 SLSBOP Senior Champs Whakatane	22 SLSBOP Senior Champs Whakatane
23	24	25	26	27 Ocean Athletes Mt Maunganui	28 Ocean Athletes Mt Maunganui	

MARCH 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Ocean Athletes Mt Maunganui
2	3	4	5	6 Social BBQ PSLSC 5pm	7	8
9	10	11	12 SLSNZ National Champs Gisborne	13 SLSNZ National Champs Gisborne	14 SLSNZ National Champs Gisborne	15 SLSNZ National Champs Gisborne
16	17	18	19	20 Social BBQ PSLSC 5pm	21	22
23	24	25	26	27	28	29 PSLSC Club Champs Last Junior Surf
30	31				4 April Club Prizegiving	

Board of Directors & Officer Contacts

President	Matthew Pickering	574 2633	Club Captain	Shaun Smith	542 1134
Chairman	Steve Lake	542 3533	Women's Club Captain	Ailsa Cowdrey	542 3734
Director of Lifeguarding	Dave Cowdrey	542 3734	Lifeguard Development	Jim Casey	543 3555
Director Assets	Shaun Smith	542 1134	Building Maintenance	vacant	
Director of Membership	Ange Johnston	542 5253	Powercraft Officer	Brian & Troy Walsh	542 1457
Director of Sport	Shane Smith	542 1057	Media Officer	vacant	
Director Junior Surf	Chris Hunt	542 2781	Sponsorship & Marketing	vacant	
Administrator	Nikki Pol	542 2122	Junior Surf Officers	Josh Hahunga	
Operations Manager	Kurt Wilson	542 2122	Head Coach	Kurt Wilson	5422122

PAPAMOA SURF LIFE SAVING CLUB SPONSOR FAMILY

The operation of our club is dependent on the generous support of our sponsors.

The below businesses have helped us and we are grateful for this support.

It would be appreciated if all members could please support them whenever possible by purchasing their products or by utilising their services.



Papamoa realty ltd MREINZ

Jims Mowing Service
Kiwifruit Coast Lifeguard Foundation
LMW Insurance
Perry Foundation
Rain Bar – Papamoa
Total Computer Services Ltd

New Zealand Community Trust
Scotwood Group
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Bay Trust
MacKay Strathnaver Trust



"Our Time, Your Life"