



Hi Surf Sports Athletes,

Firstly, I must give a big congratulations to the 19 athletes that attended the recent SLSNZ pool championships in Wellington. Your efforts and successes are nothing short of amazing and your commitment towards reaching your goals and competitive drive this winter has been incredible. It is a real reflection of the talent pool we have in our junior ranks. I suggest you all have a look at www.surflifesaving.org.nz for a full list of results. I would like to give a special mention to Mason Pickering for his three National Title gold medals, a bronze medal and domination in the Under 16 Male Events and to Natalie Peat for her superiority in the Under 16 Female Events obtaining two National Title golds and 3 silver medals.

It has been awesome to see so many athletes making the most of the winter coaching program and been very pleasing to see so many of you committing to running, pool swimming training and paddling... and its been fantastic to see such a large number of you fronting up and racing in the pre season competitions.

Papamoa Surf Life Saving Club 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 lifeguards, we actively recruit, educate, train and retain young people to compete in the Junior Surf section of our club and in the national Ocean Athletes competition that is for 10 – 14 year olds. This challenge of the surf and the prospect of becoming an ocean athlete competitor/champion provide the initial motivation that then leads individuals to become volunteer lifeguards and competitive Surf Sports Athletes.

Please see included in this newsletter the weekly structure and program timetable for the summer coaching program set to commence Monday 11th October and which will run until March 2011. The structure of the program is developed to cater for all Surf Sports competitors within our club from age 10 onwards. The program is specifically designed with a three 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. Swim Events - R-S-R, Surf Race, Tube rescue, Board rescue.

The surf boat, canoe, and IRB (Inflatable Rescue Boat) disciplines have separate training sessions that are tailored specifically for those crews. This is why training sessions for these disciplines are not outlined in the weekly timetable below. Your coach will be in contact with you about your weekly timetable.

Surf Sports Program goal:

“To provide a structured and skill specific surf sports training program that caters for all competitive members of the Papamoa Surf Life Saving Club.”

Program Concept:

The summer surf sports program is designed to cater for all members of the club across all age groups, level of competency and disciplines that will create pathways to achieving both the clubs and individuals social and competitive needs. The program is progressive throughout the 25 weekly cycles and will flow from season to season, with the focus on fostering the growth and development of the athletes involved in the program both competitively and socially to help reach the Papamoa Surf Life Saving Clubs goal of becoming the club of choice in the bay of Plenty.

SURF SPORTS COACHING PROGRAM 10 / 11

Weekly Time Table

BEGINNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Session	Ski	Board	Tube Rescue	Board	Ski	
Time	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	
Program Coach	Matt Strange	Arna Wright	Matt Pickering	Arna Wright	Matt Strange	
Session	Surf Skills	Beach		Beach		
Time	4:00pm	4:00pm		4:00pm		
Program Coach	Natalie Peat	Briar Merrett		Briar Merrett		

INTERMEDIATE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Session	Ski	Board	Iron Person	Board	Ski	Ski / Board
Time	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	10:00am
Program Coach	Kurt Wilson	Katrina Madill	Katrina Madill	Katrina Madill	Kurt Wilson	Kurt Wilson
Session					Surf Skills	Iron Person
Time					4:00pm	3:00pm
Program Coach						Kurt 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	Beach	Beach		Iron Person
Time	4:00pm	5:30pm	4:00pm	5:30pm		3:00pm
Program Coach	Arna Wright	Kurt Wilson	Arna Wright	Kurt Wilson		Kurt Wilson

Director of Sport	Matt Cowley	0276989548	Team Manager	Ross Edwards	
Head Coach	Kurt Wilson	0275561569	Administrator	Nikki Pol	0212424242