



Hi everyone,

Firstly, a big thank you to you all for making the choice to rejoin or join this fantastic surf club and thank you for your continued dedication and service to our club and the greater Papamoa Community. Your efforts last season both in and out of the competitive arena are nothing short of amazing, your commitment towards me, the Surf Sports coaching program, Lifeguarding and Fundraising has been outstanding and a true reflection of the highly motivated individuals that you are. I look forward to working with you all again, this summer to continue the development of you all as surf sports athletes and the success of our club.

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 pool swimming training...fantastic job thus far! Papamoa athletes dominated the recent SLSBOP pool champs competition held in Hamilton which was fantastic.

Papamoa Surf Lifesaving 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 provides 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 12th October** and run until March 2010. 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.

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 Meeting: Monday 12th October 2009

For all athletes (and their parents) interested in participating in the surf sports coaching programme.
5pm @ the Clubrooms

Thanks, Kurt Wilson



SURF SPORTS COACHING PROGRAM 2009 / 2010



Weekly Time Table

<u>BEGINNER</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY
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Session	Ski	Board	Beach	Board	Ski
Time	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm
Program Coach	Blair Dunn	Blair Dunn	Briar Merrett	Blair Dunn	Blair Dunn

Session	Surf Skills				Beach	Surf Skills
Time	4:00pm				4:00pm	4:00pm
Program Coach	Paul / Matt				Briar Merrett	Paul / Matt

<u>INTERMEDIATE</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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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	Kurt Wilson	Kurt Wilson	Kurt Wilson	Kurt Wilson	Kurt Wilson

Session	Surf Skills	Beach		Beach	Surf Skills	Iron Person
Time	4:00pm	4:00pm		4:00pm	4:00pm	3:00pm
Program Coach	Katrina Madill	Arna Wright		Arna Wright	Katrina Madill	Kurt Wilson

<u>ADVANCED</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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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	Canoe	Beach		Beach	Canoe	Iron Person
Time	5:30pm	5:30pm		5:30pm	5:30pm	3:00pm
Program Coach	Kurt Wilson	Mike Lord		Mike Lord	Kurt Wilson	Kurt Wilson

2009-2010 Surf Sports Levy

The 2009-2010 surf season has officially commenced so membership subscriptions for the current year are now due. Invoices have been mailed to present members. These will have included the surf sports levy if this option has been selected in the past. If you are new to the coaching programme please adjust your invoice and payment accordingly. Membership and Surf Sports levy information is as follows:

2009 - 2010 Membership Subscriptions

Full (Lifeguard) Membership #	\$45
Junior Surf Membership 5-13 yrs #	\$45 (includes entry to 2 Junior Surf carnivals)
Associate Membership	\$15
Family Membership*	\$150

Prompt Payment Renewing Member Bonus -\$5 per person

*Does not apply to Associate Memberships. **Must be paid in full by 31 October 2009 or full fee applies.**
Only applies to renewing current members.*

Up to 6 members of the same family. Must reside at same address. **Must be paid by 31 October 2009 or not applicable.*

2009 – 2010 Surf Sports Levy

At this time there has been no increase in the Surf Sports Levy and it will remain \$150 per person. This fee is to be paid by any member participating and competing in any of the optional surf sports programmes the club offers i.e. beginners to advanced beach and surf sports: ski, board, canoe and surf boat. It does not apply to Junior Surf members only participating on Sunday mornings. The surf sports levy covers entry fees to all sanctioned SLSNZ and SLSBOP events, the use of club equipment and a structured coaching programme. More detail is listed in the Surf Sports section. This SSL must be paid by 31 October 2009 and no event may be entered until this has been paid.

ALL MEMBERSHIP SUBS AND SURF SPORTS LEVIES ARE DUE BY 31 OCTOBER 2009

MEMBERSHIP RENEWAL AND NEW REGISTRATION DATES

SATURDAY 10TH OCTOBER 10AM - 4PM

PAST MEMBERS ONLY OPEN DAY

THURSDAY 15TH OCTOBER 4.00-7PM

NEW REGISTRATIONS AND RENEWALS

FRIDAY 16TH OCTOBER 4.00 - 7PM

NEW REGISTRATIONS AND RENEWALS

All members are required to complete a membership renewal form annually.

*New this year is our **member's manual**, one of which will be given to each family once they have completed the renewal process. This includes a catalogue of apparel and accessories available in our expanded Papamoa SLSC range. The expanded clothing range will be launched on October 10th.*



Papamoa Surf Club now has a Facebook Page!

Become a fan today. Go to:

<http://www.facebook.com/pages/Papamoa-New-Zealand/Papamoa-Surf-Life-Saving-Club/137521697463>

www.papamoalifeguards.co.nz

Click to check out our website for regular updates of club information, pictures and more.
Thank you to Josh Hahunga and Ange Johnston for all their work keeping this updated

Bodyline Wetsuits

Bodyline is once again offering apparel exclusively to Surf Life Saving members (including a large range of wetsuits, surf fins, board bags etc) at very attractive prices. The full range and prices can be found at: <http://www.surfbop.org.nz/Resource.aspx?ID=12137>

For all enquiries please deal with Bodyline direct on 575 8518 or email matt@bodyline.co.nz

This year there you have a choice of 'SURF LIFEGUARD' OR 'PAPAMOA' printed on them. Children's sizes are also available. All are custom made individually to order.

**GREAT
OFFER!**

PSLSC Calendar of Events 2009-2010

October 2009

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
				SLSNZ POOL CHAMPS	SLSNZ POOL CHAMPS	SLSNZ POOL CHAMPS
5	6	7	8	9	10	11
					OPEN DAY CURRENT MEMBERS RENEWAL ONLY	FIRST AID L1&2 REFRESHER IRB RACING WORKSHOP BREAST CANCER BEACH WALK
					INTRO TO SURF COACHING COURSE 1 REGIONAL GUARD ASSESSMENT DAY	
12	13	14	15	16	17	18
			REGO DAY 4PM NEW & CURRENT MEMBERS	REGO DAY 4PM NEW & CURRENT MEMBERS	ROOKIE LG COURSE EXAM	PRE SEASON CARNIVAL MOUNT WORKING BEE
19	20	21	22	23	24	25
			CASINO NIGHT TWILIGHT IRB RACING 1 SHARK ALLEY			LIFEGUARD REFRESHER DAY
26	27	28	29	30	31	
FIRST PATROL LABOUR DAY					SUBS/LEVIES DUE LG ACADEMY 1 INTRO TO SURF COACHING COURSE	

November 2009

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
						LG ACADEMY 1 PRE-SEASON CARNIVAL OMANU DUATHLON 2
2	3	4	5	6	7	8
		TWILIGHT BEACH CARNIVAL 1 MT			FIRST AID L2 LG ACADEMY 1	JUNIOR SURF STARTS LG ACADEMY 1
				SENIOR GUARD SCHOOL WHIRITOA	SENIOR GUARD SCHOOL WHIRITOA	SENIOR GUARD SCHOOL WHIRITOA
9	10	11	12	13	14	15
			TWILIGHT IRB 2 WAIHI		INTRO TO SURF COACHING COURSE	PRE SEASON CARNIVAL PAP
16	17	18	19	20	21	22
		TWILIGHT BEACH CARNIVAL 2 MT		CLUB SOCIAL BBQ NITE	COMPETITIVE SURF COACH COURSE	COMPETITIVE SURF COACH COURSE
23	24	25	26	27	28	29
					FIRST AID L1&2 REFRESHER BATTLE OF BAYS MIDWAY SURF BOAT SERIES WLG	BATTLE OF BAYS MIDWAY SURF BOAT SERIES WLG

December 2009

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2 JANDAL DAY COLLECTION	3 JANDAL DAY COLLECTION	4 JANDAL DAY	5 INTRO TO SURF COACH COURSE REGIONAL GUARD TRAINING DAY	6
7	8	9	10 TWILIGHT IRB PAPAMOA	11 CLUB SOCIAL BBQ NITE XMAS SPECIAL	12 BATTLE OF BAYS WAIPATIKI BP SURF RESCUE NORTH ISLAND CHAMPS	13 SLSBOP JUNIOR CARNIVAL WAIHI NO JUNIOR SURF BATTLE OF BAYS WAIPATIKI BP IRB NI CHAMPS
14	15	16	17	18	19 SLSBOP SENIOR CARNIVAL WAIHI	20
21	22	23	24	25 CHRISTMAS	26	27 NO JUNIOR SURF XMAS BREAK IAN PORTEOUS CARNIVAL OMANU
28	29	30	31			

January 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2 SURF BOAT SERIES WHANGAMATA	3 NO JUNIOR SURF
4	5	6	7	8	9 HALF IRONMAN OWEN CHAPMAN	10 JUNIOR SURF STARTS MURRAY DINGLE BRIDGE TO BRIDGE SWIM
11	12	13	14 TWILIGHT IRB MAIN BCH MT	15	16 ACADEMY 2 BOP ROOKIE TEAMS CHALLENGE	17 ACADEMY 2 BOP PATROL TEAMS CHALLENGE ROUND MOUNT SWIM
18	19	20	21	22 CLUB SOCIAL BBQ NITE	23 ACADEMY 2	24 ACADEMY 2
25	26	27	28 TWILIGHT IRB MAIN BCH MT	29	30 NORTHERN REGIONAL CHAMPS MT	31 NORTHERN REGIONAL CHAMPS MT

February 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 JUNIOR NRC CARNIVAL ANNIVERSARY DAY	2	3	4	5 CLUB SOCIAL BBQ NITE	6 SURF BOAT SERIES WAIHI	7 NO JUNIOR SURF BOP JUNIOR CHAMPS SURF BOAT SERIES WAIHI
8	9	10	11	12	13 SURF LEAGUE MOUNT	14 SURF LEAGUE MOUNT
15	16	17	18	19	20 BOP SENIOR CHAMPS OHOPE SURF BOAT SERIES WAIHI	21 BOP SENIOR CHAMPS OHOPE SURF BOAT SERIES WAIHI
22	23	24	25	26 OCEAN ATHLETES MOUNT	27 OCEAN ATHLETES MOUNT	28 OCEAN ATHLETES MOUNT

March 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4 TWILIGHT IRB	5	6 IRONMAN	7
8	9	10	11 SLSNZ MASTERS SLSNZ PATROL CHAMPS	12 SLSNZ NATIONAL CHAMPS OHOPE	13 SLSNZ NATIONAL CHAMPS OHOPE	14 SLSNZ NATIONAL CHAMPS OHOPE
15	16	17	18 TWILIGHT IRB	19 CLUB SOCIAL BBQ NITE	20	21 LAST JUNIOR SURF CLUB CHAMPS
22	23	24	25	26 IRB SURF RESCUE CHAMPS WAIPU COVE	27 IRB SURF RESCUE CHAMPS WAIPU COVE	28 IRB SURF RESCUE CHAMPS WAIPU COVE
29	30	31 SECONDARY SCHOOL SURF CHAMPS SHARK ALLEY				

April 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2 GOOD FRIDAY	3	4 EASTER SUNDAY
5 LAST PATROL EASTER MONDAY	6	7	8	9	10 AWARDS NIGHT DATE TBC	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Contacts:

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Operations Manager	Kurt Wilson	Kurt@papamoalifeguards.co.nz	Head Coach	Kurt Wilson	0275561569

***The operation of our club is dependent on the generous support of our sponsors.
A massive thank you particularly to The Lion Foundation and Body in Motion for the support of our Surf Sports Program***



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