

**PAUANUI  
SURF LIEFSAVING CLUB**

**OCTOBER 2009  
NEWSLETTER**

Hi all, welcome to the summer season 2009/10.



Summer is approaching fast, days at getting longer, which means it is time to start thinking about getting back to the beach and into the surf.



**EVERYBODY** please complete and send back the registration forms;

**LIFEGUARDS** please complete and send back registration AND patrol information for Allenie.



**JUNIOR SURF**



Firstly, to Crown Lift Trucks for their continued support. Without them, it would be so much harder to fund so much of the

development of our next generation of Lifeguards.



**JUNIOR SURF DATES**

For those planning your **SUMMER TIMETABLE** please be aware of the following dates. If you wish to participate, entries will be required and we can arrange this for you. There is usually a small entry fee of around \$5 per person, per competition, but you can enter as many events as you wish.

**DECEMBER 13<sup>TH</sup> JUNIOR SURF CARNIVAL AT WAIHI BEACH.**

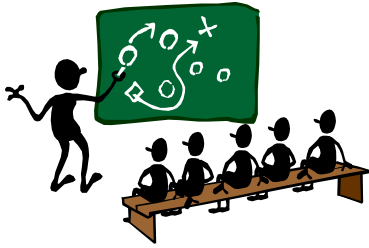
**JANUARY 16<sup>TH</sup> SLSBOP ROOKIE TEAMS CHALLENGE, (venue TOBA).**

**FEBRUARY 1<sup>ST</sup> JUNIOR NORTHERN REGIONAL COMPETITION, AT PAPAMOA.**

**FEBRUARY 7<sup>TH</sup> SLSBOP JUNIOR CHAMPS, AT MT MAUNGANUI.**

**FEBRUARY 26<sup>TH</sup>-28<sup>TH</sup> NNZU 14 OCEAN ATHLETE CHAMPS, AT MT MAUNGANUI.**

Details of these events are available on SLSBOP website,  
<http://www.surfbop.org.nz/Article.aspx?ID=2403>.



### COACHING

**COURSES:** There are also a number of days for instruction in Junior Surf Coaching. If any parents are interested in learning more, or wish to take part in a course, please contact Wayne on [activeair@xtra.co.nz](mailto:activeair@xtra.co.nz). We have been advised of the following dates for these courses at this stage.

10<sup>th</sup> OCTOBER at Waihi

31<sup>st</sup> OCTOBER at Whakatane

14<sup>th</sup> NOVEMBER at Papamoa

5<sup>th</sup> DECEMBER at Whangamata

Dates can be confirmed on SBOP website.



We would like to see all boys in appropriate swimwear this season, Speedos or swimming shorts, NOT board shorts, as these hamper their ability in some activities.

We have had a quote for \$30 for Speedos, plus screen-printing, but if ANYONE can get us a better price PLEASE let us know ASAP.



### REGISTRATION DAY.

Registration day for JUNIOR SURF will be at the TOWER on **SUNDAY 27<sup>th</sup> DECEMBER 2009** from 10am until 2pm. You may preregister with the ATTACHED REGISTRATION FORM (PREFERRED) or on the day. The programme will commence **MONDAY 28<sup>th</sup> DECEMBER** and continue on Wednesday and Friday of that week. We will look to run the programme each weekday on the week leading up to the CARNIVAL as long as there are adequate parent helpers.

We have limited stocks of size 8 rash shirts. These are quite a small sizing and would be suitable for younger siblings, who aren't eligible to participate, but want a rash-shirt like big brother/sister. These are available for \$20.

**IF ANY OF OUR MEMBERS HAVE CONTACTS WITH THE SWIMWEAR INDUSTRY EITHER HERE OR OVERSEAS WHO MAY BE ABLE TO OFFER US A BETTER COSTING FOR SWIMSUITS AND RASH-SHIRTS PLEASE LET ME KNOW ASAP.**

Gerry at [brettell@xtra.co.nz](mailto:brettell@xtra.co.nz).



**ANNUAL JUNIOR SURF CARNIVAL**  
will be held on

**FRIDAY JANUARY 8<sup>TH</sup>, 2010.**

Junior Surf Contacts for any  
queries you may have:

Wayne Cottam, [activeair@xtra.co.nz](mailto:activeair@xtra.co.nz)  
phone 021 830 837

Denise Bracken,  
[brackenbrood@xtra.co.nz](mailto:brackenbrood@xtra.co.nz),  
phone 0274 713 395



### **ROOKIE PROGRAMME**

This programme is designed for those 13 year olds who wish to find out what lifeguarding involves and intend to continue on and sit their lifeguard exam when they are eligible at age 14.

It covers the basic content of the lifeguard exam, along with swim requirements. The swim requirement to be met before a member can be a participant is 200 metre swim in 4.1/2 minutes. This is a safety requirement. This can be signed off by the lifeguard at your local pool prior to Christmas.

Participants in the **ROOKIE** programme are required to observe patrols for 16 hours and abide by **Surf Lifesaving Code of Conduct.**

If you are interested in this programme, or wish to discuss any aspects please email Denise at [brackenbrood@xtra.co.nz](mailto:brackenbrood@xtra.co.nz) or phone 0274 713 395, or 07 5765997.

We will require confirmed numbers to allocate uniforms.

Position for Rookies is weekdays from 26<sup>th</sup> December 2009 until 29<sup>th</sup> January 2010.



### **LAST YEARS ROOKIES!!!!!!**

We need your uniforms back for this season. Please deliver to the surf club at Labour Weekend, clean and clearly marked who they are from. If there is no one available at the tower, please contact Denise 0274 713 395.

For those 13 year olds who do not wish to participate in the Rookie Programme, you will be catered for in our Junior Surf Programme. A reminder to all our juniors, it is a good idea to do some **SWIM TRAINING** before you arrive at the beach for the summer.



**PLEASE** remember that you **MUST** bring a parent or caregiver with you when you come to Junior Surf. We need their help to run the programme and you need them in case you should be injured.

We would welcome any feedback from parents in respect to Junior Surf, and any ideas you think could be useful in the coming season. Please contact Wayne or Denise, [activeair@xtra.co.nz](mailto:activeair@xtra.co.nz) or [brackenbrood@xtra.co.nz](mailto:brackenbrood@xtra.co.nz).



### **LIFEGUARDING SWIMMING TRAINING.**

Any Lifeguards, Rookies, Cadets or Nippers are welcome to swimming training (parental supervision required for younger members).

**THURSDAYS** – turn up by 7pm at Mt Eden Pools on Belle Vue Road, Mt Eden, Auckland. (If another senior member is available on a different night we may be able to meet twice a week. Please let Allenie know if you are interested and she will keep you informed about developments.



**Buy your own 10 session pass (\$36) and if you manage to use the whole thing up and Allenie can confirm you have attended 10 training sessions, then you will be reimbursed for the 10 sessions. If you only buy single passes, then you will not be reimbursed as it is too much trouble and defeats the purpose of the training if you cannot commit on a regular basis. Having said that, all are welcome to join in when available at your own cost. We are not able to employ a swim coach this year sadly, however I will be bringing along training programmes and will be able to help out with basic technique issues.**



### **PATROL ROSTERS**

We will be running the same deal as last season. Please have a look at the patrol dates attached and pick a **PATROL TEAM** (patrol A, B, C or D) that is scheduled to patrol when you are most available. Text, call or email your preference to me by the **15<sup>th</sup> OCTOBER** please (first in first served).

**I REALLY NEED TO KNOW WHICH PATROL YOU WANT, SO THAT I DO NOT HAVE TO CHASE YOU UP!!!!**



When you have received a **CONFIRMED PATROL ROSTER** if you **CANNOT PATROL**, PLEASE ***FIND SOMEONE TO COVER FOR YOU!*** This is your responsibility, please do not leave it up to your patrol captain or Allenie., but do let your Patrol Captain know that you have found someone to cover for you.

### **LIFEGUARD DETAILS**

I have included a **PAUANUI LIFEGUARD DETAILS FORM** which I would like all Lifeguards to complete, which also includes your preferred patrols. This will help me stay on track as to what **AWARDS** you are interested in doing, so we can book the courses etc. Also we will be looking at getting some more **CLUB TOGS** made, but need to know what sizes to order. As with the patrol rosters please send this form back to Allenie by the 15 October.

**AGAIN IF ANY MEMBERS HAVE ANY CONTACTS WITH SWIMWEAR MANUFACTURERS PLEASE LET US KNOW ASAP**

[brettell@xtra.co.nz](mailto:brettell@xtra.co.nz)

**PLEASE FIND ENCLOSED THE MEMBERSHIP FORM FOR ALL MEMBERS OF THE PAUANUI SURF LIFESAVING CLUB.**



Thanks to Brian Plumridge and the team from Brokenshire & Ross for getting onto fixing the front of our tower. Hopefully the removal of the rusting flashing and the stainless steel replacement will ensure the building remains sound for a few more years.

Thanks to **CUE SPORTS TRUST** for the grant that has allowed us to purchase new radios. Whilst on radios, thanks to Brian P and the committee for the new radio bags for the new radios.



Antique Fair, yes it is on again, if you would/could help on the door and with the unloading and loading, please contact Gerry, [brettell@xtra.co.nz](mailto:brettell@xtra.co.nz)



**TO END CONGRATUALTIONS TO ISAAC BATES & HIS NEW FIANCE KARINA ON THEIR ENGAGEMENT.** Isaac is one of our Senior Lifeguards and has been a member since he was a Nipper. We wish them all the very best for the future.