

# St Clair Surf Lifesaving Club Newsletter



## Message from the Chair

Kia Ora everyone,

With the days becoming longer and the water becoming warmer we are beginning to get ready for another busy Surf Lifesaving season. Fingers are crossed for a less disrupted season and hopefully we can continue to improve the enjoyment for our members and uphold our top-quality service to the community.

There are a few changes to the club this season as we welcome Mark Christmas Oliver, Niam Chronican, Joel Tyndall, Di Robertson and Jon Richardson to the committee as we farewell and thank Brent, Chris, Kris and Bridget for their mahi over many seasons.

As you will see further down in this newsletter the surf calendar is already filling up so, please take note of the dates already locked in. We have observed over the past few seasons members ability to patrol at different times of the season is changing. To ensure we can get our patrol roster as accurate as possible please communicate your availability with Niam so we can ensure our patrol roster works for the majority of our members.

We always welcome new members so if you know someone who wants to become a lifeguard, be involved in junior surf or simply just wants to know more about Surf Lifesaving then please put them in touch.

## Lifeguarding

As noted in the calendar there are a number of upcoming courses which enable our guards to up skill or gain pre-requisites for other courses. If you have any interest in completing a Surf qualification then please don't hesitate to get in contact with Niam, Scoob or Isaac.

Members should have received a link from surf lifesaving NZ around completing the theory component of the refresher online. If you are yet to receive this link, please reach out however if you have then it would be great if you were able to complete this before the season kicks off.

We intend to have a PC meeting on the 14th of October to go over the season ahead with patrols starting on the 5th of November.

Finally, as noted above we are in the final stages of completing the 2022/2023 patrol roster. If there are periods of the season you are unable to patrol or have any feedback from previous seasons, then please pass this on.

## Skill development

Skill development/sport training is going to look a bit different this season especially for sand sports with Isaac working out of town and other personnel changes. You can find a summary of the senior sport training plan here: [St Clair training plan.pdf](#) and the Junior sport training plan will be communicated shortly in another newsletter.

As we develop the IRB racing training plan for the upcoming season, we note that we are keen for new crews to be part of this team so if you have every had any interest in IRB racing or want to know more, please reach out to Scoob and Isaac.

With the White Island race less than a month away it's a good time to start heading down to the Marina and get some distance paddles in. There is regular paddling on weekends – keep an eye on Facebook for times.

## Junior Surf

We are going to host an Open Day / social event on Saturday October 30th at 4:00pm for junior families and any new families that want to join up. We'll have the bar open and a BBQ going.

Continuing on from last season we keep our Junior surf sessions on a Sunday morning from 9am. The feedback was members enjoyed this and often the weather was better than a Saturday afternoon. Beach sessions will kick off on the 6th of November however in the meantime you can head up to Moana Pool and

get that swimming fitness up or simply learn some technique to make swimming more enjoyable.

Sessions are on a Wednesday night from 6pm and it only costs \$2 to enter the pool – far cheaper than normal rates so make the most of this!

## White Island Race

The annual White Island race is locked in for the 22nd of October. Due to tides, there will be a 9am start for all craft with swimmers starting at 8.30am. Post the event there will be a prizegiving upstairs at the club where there are donated refreshments and the annual prizes handed out

## Whats on?

You can find the most up to date SLSNZ Otago/Southland calendar here: <https://teamup.com/ksvwj5e27534jdjdf> and key St Clair dates here: [Dates.pdf](#)

You will note in the calendar there have been some changes to the events in November and December with a focus on longer course/endurance events for Seniors and fun combined club days for juniors. Locally we are driving an initiative to encourage members to attend all events.

To do this we are running a raffle style event at the end of the season. Each competition an athlete, official or event guard attends will result in one entry into the season ending raffle draw. The draw will occur at the Otago/Southland Awards of Excellence with people needing to be in attendance to win the prizes. There is over a \$1,000 of prizes up for grabs including new wetsuits, apparel and technology. More information can be found here: [Otago-Southland Prizes.pdf](#)

## Shout out

At the SLSNZ Awards of Excellence over the weekend Murray Wilson was awarded his 50 year badge for 50 years service to the organisation and Brent Matehaere a national service award for his mahi over the many years he's been involved. Well done on behalf of the club team.

Cam Burrow was also voted onto the Surf Lifesaving NZ board at the AGM. This will require him to stand down as Co-Chairman of the club. The club is seeking expressions of interest from people interested in stepping up to the Co-Chair role.

If you are not yet on the patrol roster and you want to be or you are interested in becoming a Lifeguard get in touch with us today at [stclairslsc@xtra.co.nz](mailto:stclairslsc@xtra.co.nz)

