

The Ripple

Orewa Surf Life Saving Club Newsletter

October 2017

If you believe the calendars summer is nearly here however when we look out the window it is hard to actually believe it.

As we look toward the summer then of course we all begin to think about our patrol commitments and it is timely that we remind everyone as to our requirements in this area. Our overarching identity is as a surf life saving organisation and as such must be prepared to allocate the time required to fulfil our obligations. To accomplish this we need to ensure we are available to patrol when rostered and if not to have a substitute that has been notified to our patrol captains.

Another part of this obligation is to present in a physical condition where by we have the ability to achieve the refresher targets. It is imperative that we get fit and get in the pool to ensure we are swim fit prior to the season commencing. Remember for some of us there is the added requirement of being fit for a sporting summer as well. We are looking forward to catching up with everyone and seeing the presence on the beach.

As part of this message it is pertinent to remind everyone of the clubs commitment to the rules and regulations of Surf Life Saving New Zealand. Part of that commitment is to wear a high-viz vest when training or competing. It is pleasing to see Zac's squad have embraced this requirement however on the other hand it is disappointing to see the majority of our boat crews neglecting to follow this requirement. Remember people this rule is not negotiable and is quite simple wear the vest or don't train. We don't see any of the crews refusing to wear vests when competing so there can be no excuse when training.



The closing portion of the editor's ramble is the request for someone to volunteer to take over the delivery of the Ripple on a monthly basis. The assistance provided by the committee heads makes the role easier and gives the individual the ability to contribute to the club in a positive manner. Any volunteers can speak to Trevor Keinzley.

The Editor.

Upcoming events

October 13th Surf Life Saving Pool Champs Senior/ Junior and Masters

**Patrol Start October 21st
Patrol 1 on Saturday
Patrol 2 on Sunday
Patrol 3 on Monday**

October 21st Lifesaving Search and Rescue Training 1pm—3pm.

**Junior Info Day
October 29 at Silverdale School 10am**

November 4th is the first Senior interclub carnival

18th November is the second senior interclub carnival

November Summer Sounds our biggest fundraiser of the year

FIGHT FOR LIFE

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'Family means everything especially when your name is Jonathon Copeland'

On Friday night Jon did what most of us would fear and that is to get into the ring and box for what we believe in. It doesn't really matter whether we believe in fighting it is the reason behind this effort. Jon a long standing member of our club both as an athlete in the senior boat crew and as a Surf Life Guard has sought a means to help children with disabilities. Jon and Myka have had the challenge of working through the emotional ups and downs of dealing with the frailties of children with a disability. Corin has been on the receiving end of a condition that may close the valves of the heart without warning. Doctors don't understand why and need to research the condition to help Corin and the very few other children with the same complaint.

Jon and Myka could have wrapped him in cotton wool but have chosen to encourage him to do what he wants like any other young boy and he has excelled in all facets of sport. Player of the day at rugby and constantly up the front within surf lifesaving showing that life is normal regardless of your condition.

Jon (aka Goldie) decided to do something about it and signed up for Fight For Life in an effort to generate fund and awareness of Corin's condition. Months of training went into the venture that culminated with 6 minutes of pure adrenalin pumping action on Friday night the 13th October. He was drawn to fight a man a lot bigger than himself although a little older. It was all go from the start with Goldie boxing and his opponent looking for the killer blow. The support from his followers was loud however it was his courage and determination to help his son and others with the same condition that drove him through to victory.



You are both
Champions

In our eyes , keep up
the good work you
have our support for
life

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LIFESAVING

Over the past few weeks a number of our newer seniors have been completing their IRB crewman and operator training culminating in the exam on Saturday the 30/09/2017. From all accounts the day was a great success with all our people passing the exam and providing a greater pool of operators and crewman for the coming season.



As seen above it is not just our people that are trained by our club trainers but a number of candidates from other clubs. The other really positive outcome was the new instructors that have been identified by the club. We can never deliver on the club mission without the dedication of these people to give up there time so that others can develop so a big thankyou to you all.

MEMBERSHIP

It has been a busy time for the membership committee with the development of the REAL set of values. As this edition goes to press many of you will have seen the REAL poster around the club, the coasters in the bar and some may have seen the draft of the values statements. These initiatives are critical in developing our identity for todays environment. As our beach visitors change so do our internal requirements and it is important that we recognise the need to change at the right time so that we can meet the challenges delivered by this changing world.

For those who have not be introduced to REAL we would strongly recommend that you ask the question of the management committees in your area and make yourselves familiar with these values as this is the over arching direction we wish to be identified with.

The uniform committee have almost put together a package that will enhance our identity within the wider community and is of a standard that is cutting edge. Please watch for this uniform update and support the team in delivery of our image.

We are looking for some volunteers to assist with the enhancement of our image at public events. This maybe manning a pop-up giving out information pamphlets and talking to the public about our club and our direction. If you can spare a portion of a day here and there can you please contact Heather or Trevor.

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THE RATS TAIL

It is the belief of the Rat that a certain geriatric presidential birthday is to take place on Friday the 06/10/2017. This individual can be identified by their extreme age and grumpy disposition.

A certain boat crew (masters) have confided to the Rat that 90% of boasts discussed in the boat are exaggerated if true at all and that it takes almost a week to get a good story ready for the next training session.

The Rat happened to see two of our senior women's members going for a bike ride not so long ago. The major discussion was what direction to take so no one would recognise them. You did look professional ladies.

FUNDRAISING



Wanted new sponsors. Can you help? For \$300 per year you can help raise your company profile and help the club with the all important gear renewal program. Our Business House Sponsors are our backbone and can expect the following benefits: Social membership to the club bar and restaurant, Certificate of appreciation, Acknowledgement on the outside of the club house, Acknowledgement in the annual report, Acknowledgement in the Ripple news letter, acknowledgement on the website sponsors page and the opportunity to be in the draw to have your company name on a piece of equipment for the life of that piece of equipment.

If you can help please contact Andrea at fundraising@orewasurfclub.co.nz or go to the club page and hit the **SPONSOR NOW** link.

Please don't forget we have SUMMER SOUNDS coming next month. This is one of our major fundraising activities of the year and we need every person to pitch in and help as we have a multitude of tasks from bucket collections to carpark management, hospitality service and most of all club visibility.



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JUNIOR UPDATE

Welcome to all our new members that have taken the opportunity to register on line. The new season is about to kick off and here are some important dates to remember:

Saturday 15th October registration day at the Club between 9.30 am and 11.00 am.

Sunday 29th October our junior club information day to be held at Silverdale School between 10.00am and 12.00am. This is an opportunity for all new members to be introduced to our values and our ongoing development. It is also an opportunity to meet members of the board. As a club we strongly recommend that all new members come along and see what we have to offer.

Of course the biggest day of the new season is that first day on the beach. This year we see our junior season start on the **Sunday 04th November**. The requirement is for all children to be at the beach by 09.45 for registration with their manager and ready to start training at 10.00am. This timing is critical for your children as the coaches have developed a program that utilises the time effectively and if they have to keep going back to the start for late comers the experience for the children is not what it should be, so let's set those alarm clocks now so we won't be late.

A big part of junior surf is making the experience enjoyable for the children and assist them to learn new skills. At times our coaches and managers will change the program based on weather conditions. We respectfully request that all parents respect this as not all children maybe at the same level and may find conditions beyond their ability. Should we force these children out into these conditions they may not come back and we don't want that. For those children that wish to be pushed then we have midweek competitive training sessions and your coaches and managers will advise the days and times.

The last part of junior surf that we need to be aware of is that we need parental help if we are to deliver on our commitment to develop surf skills with the children. There is a requirement from NZ surf Lifesaving that we have a 5 -1 ratio of parents to children in the water so please don't wait to be asked volunteer your services and you may find you will get a lot out of helping all the children achieve.

Water safety is the key component for delivering an effective program to our children and all the help we can get will only improve the level of training delivered and will assist in making the children's experience positive. Forget the latte on Sunday morning and remember the wetsuit you'll need it more.



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The last reminder to all of our parents is that Junior Surf Life Saving is for the children to learn new skills and water confidence, it is not a high performance training squad. In Surf Life Saving we have many varied pathways for the children to follow and the key element is that the children discover which way they want to go whether it be lifesaving, sport or one of the many tem sports so please help the children have fun and make it a great experience for everyone.

As an organisation we rely on parental help during the season in many ways off the beach as on it. We will have a number of fund raising events throughout the year and would like you all to join us so that we can get to know each other in a friendly environment that will deliver the funds to supply the children with the best possible equipment to learn on.

Thanks Brenda Junior Chair Person.

Summer Sounds not to be missed!



The Club House Refurb:

Many of you will have noticed the work that has been done over the winter to make the club a better place to be. We have spent a great deal of time repainting and landscaping the club including the beer garden where a dedicated smokers area has been built. If you have looked inside you will notice how light and airy the club now appears with the new paint job. A big thank you needs to be shown to those that have worked on this project.

With a bit of luck we can dress up the operations side a bit before the major part of the season is upon us. Once this is done it will be the responsibility of every individual to ensure the club is kept in the best condition possible.

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Senior sports update

Northern Regional Champs had some 20 athletes competing to personal bests including a number of medals

Gold x 3

Silver x 3

Bronze x 3

‘We just missed the top spot by a few points. A group of our athletes decided to take on the best of the Eastern Region and can in a respectable 7th with only 8 competitors. These competitors returned with 2 silvers (1 each to Callum Stinson & Lyric Suá and a joint bronze to Kendra Stinson and Emma Sutherland). A great result.

Long Distance Carnival

Held on the 07th October at Reb Beach in extremely trying conditions. A north-easter decided to make this event a real trial of strength for athletes, officials and spectators. With a team of 14 individual athletes and one ladies open boat crew with Supa Mac on the sweep ore the team acquitted themselves extremely well. The team place well in the first event being the 2k beach run, a compulsory event for all. A great warm up before the main event.

Some really good results were achieved on the craft however everyone felt the conditions made the event seem twice as long as it was. Congratulations to you all.



Nice to see the hi-viz tops people.

National Pool Champs

Although we are not able to provide placing the club managed 3rd place overall however when you add the juniors, seniors and masters we were 100 points clear of everyone. Thanks to you all.

Northern Region High Performance Squad

Congratulations to Jemma Langman, Cayleen Bester, Harry Wenman, Kendra Stinson, Callum Stinson, Lyric Suá, Sam Reinen, Hamish Lockie, Annelise Lockie and Kees Ursem.

Business House Sponsors

Thank you for your support

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SupShed

Tailormade Computers

The Nautilus

Trevor Keinzley

Wade Motors

Wayne Franich Drainage Ltd

Junior National Pool Champs Update.

“The old adage that results are generated first by having fun was vindicated by our tea”.

Coming off the back of a successful campaign and a multitude of issues delivered through access to training facilities and equipment the team has performed at the highest levels with both the Junior team and the Masters teams winning their divisions and the open team coming in third. For many of our competitors this was a first pool champs which makes the results even more creditable.

Three national records plus an additional seven gold medals, thirteen silvers and eight bronze medals contributed to a very successful campaign from our 34 junior athletes. That’s almost a medal each. This result was achieved with a new coaching team and the values delivered by Northern Region Surf Life Saving for Good Sports Guidance. The camaraderie seen within the team speaks volumes for this initiative.

After all the 7am starts (note: this was before the birds were up) at Stanmore Bay Leisure Centre, sprinkled with the occasional session at the Millennium Pool the junior squad trained hard under the eagle eyed guidance of their coaches Tom Burgess, Curtiss King, Steve Brennan and Conan Willis while Tim Rogers Sandra Burrows and Vicki Cunningham ensured the athletes were able to concentrate on their training. Many of the coaching staff also competed delivering some good results including 2 world records.

“This is fun” was a comment heard on a regular basis for many of our 10—14 year old athletes. This attitude of fun is a summation of our goals for the year so that our children want to be at the beach having fun learning new skills and developing into top lifeguards.

With the junior squad ranging in age between 10—14 year we have seen a great deal of talent coming through and under the guidance of our coaching team we look forward to their continued growth within our Lifesaving Family at all our local, regional and national events coming up as this is where our athletes hone their skills so that they become great Lifeguards. Congratulations and thanks on a great weekend to our junior squad participants, coaches, managers and parents. Without your support we would not be able to deliver to the standard you have just experienced. A special mention must be made of our 3 National record holders

U12 50m swim with fins Liv Peebles 25.12; U1150m swim with obstacles Amelia Bray 35.70; and U12 50m swim with obstacles Liv Peebles 33.12:

A big congratulations to all and from what the editor has heard we have witnessed **REAL** in action.

Respect; Environment; Attitude; Leadership; See you next month.