



WHANGAMATA SURF LIFE SAVING CLUB

LIFE SAVING SPORT HANDBOOK 2023/24



WHANGAMATA SURF LIFE SAVING CLUB
Cnr Lowe and Esplanade Streets, Whangamata
Phone: 07 8658401
Website: www.whangamatasurf.co.nz
Facebook: WSLSC Lifesaving Sports

Haere mai, Welcome to your club

Lifeguards have been patrolling the waters of Whangamata for over 70 years with many wonderful lifeguard volunteers donating their time to keep the people who recreate at our magnificent beach, safe. Many of these guards choose to participate in the Surf Life Saving Sports programme, which hones their skills and strength and grows strong and highly skilled lifesavers.

This handbook holds all the information you will need as the parent or caregiver of a Surf Life Saving Sport athlete.



In it for life

Table of Contents

LIFE SAVING SPORT HANDBOOK 2023/24	1
KEY CONTACTS	3
SPORTS FEES.....	4
SECONDARY CLUB MEMBERS OR VISITING CLUBS	5
TRAINING INFORMATION	5
ATHLETE EXPECTATIONS.....	6
SENIOR SQUAD INFORMATION.....	6
SENIOR COMPETITION DATES.....	7
OCEAN SQUAD INFORMATION	8
OCEAN COMPETITION DATES	8
UNIFORM	9
THE ROLE OF PARENTS/CAREGIVERS AT TRAINING.....	9
FAIRPLAY CODE OF CONDUCT	11
GEAR AND EQUIPMENT POLICY	12

KEY CONTACTS

Committee Chair

Nova Robinson	027 5218200	novarobinson75@gmail.com
---------------	-------------	--

Senior Squad Team Manager

Jodi Milne	021 415200	jodimilne@thephysioroom.co.nz
------------	------------	--

Oceans Squad Team Manager

Sarah Freemantle	021 367072	sarahandcraig@slingshot.co.nz
------------------	------------	--

Gear Steward

Mark Wood	027 4140005	mark@woodcom.co.nz
-----------	-------------	--

Director of Sport

Peter Gilbert	029 2013947	peter.gilbert51@gmail.com
---------------	-------------	--

Coaches

Harry Dufaur	021 647617
Hunter Robinson	027 4543815

Question? Please direct to the following:

- Overall program – Nova Robinson
- Gear storage, performance, damage – Mark Wood
- Events and athlete administrative queries – Jodi (Seniors), Sarah (Oceans)
- Technical coaching, training plan queries – Peter Gilbert, Harry, or Hunter

SPORTS FEES

Fee Type	Amount	Details
Club membership	\$65 <14 (Junior) \$50 >14 Lifeguard	<p>Membership fee to club, must be paid prior to any events being entered.</p> <p>To pay subs please go to: www.whangamatasurf.co.nz/Our-Club/Join-Us complete the online form and pay required amount to the account detailed within the link.</p>
Sport fee	\$175	Contribution to professional coaching costs. Payable on invoice from the club.
Gear fee	\$200	<p>Covers lease of club board and/or ski. Payable on invoice from the club.</p> <p>Please Note: If club gear is damaged during the season either at training or if using in own time the lessee is responsible for all repairs. Please refer to EQUIPMENT below.</p> <p>If gear is damaged racing at a carnival, the club will cover this repair cost.</p>
Pool fee	\$165 Seniors \$125 Oceans	<p>Contribution to professional coaching costs and pool entry fee. Payable on invoice from the club. Pool training is optional.</p> <p>Please Note: A season pass already held for pool entry fees is not a substitute for this fee.</p> <p>Peak season pool training will be for primary WSLSC squad members only who have paid full season fees. Unfortunately, due to the size of our squads we are unable to offer this to secondary club members or short-term visitors.</p>
Carnival fees		<p>Subject to the entry fee of the carnival and are payable on invoice from the club, throughout the season. Persistent delays in payment may result in individuals being denied entry to additional events. All coaching/gear fees must be paid in full prior to high-season carnival entries.</p> <p>Please Note: If a competitor has entered an event, cannot attend the event, and did not cancel before the closing date, they will be liable for the entry fee.</p> <p>For any late entries (when applicable) there will be a late entry fee applied as stipulated in the event circular.</p>

SECONDARY CLUB MEMBERS OR VISITING CLUBS

Training with WSLSC during peak training times in Summer will incur a fee of \$50 per person per week towards coaching costs and will be invoiced upon sign up. For those attending our Surf Life Saving Sports Programme for 3 weeks or longer full coaching fees will apply.

Eligibility:

- Verification of 200m badge
- Have own equipment (note the club does not have the space to store personal gear)
- Abide by the clubs' rules & regulations

Please prepay your fee into account 02 1254 0027806 000 with your Surname & Sport Visitor as the reference.

TRAINING INFORMATION

During peak season, the week's training schedule will be available from the Coaches every Sunday; it will also be posted on the WSLSC Life Saving Sport Facebook page.

Please request to join if you are not already part of this group.

The training programme for the season is split into three parts:

Pre Season

Trainings pre-Christmas will be held in Whangamata on the weekends. Keep an eye in the Facebook page for details each weekend.

Peak Season

Trainings will be held daily (except 1 day off TBC) in Whangamata from 4th December through to 4th February.

Whangamata Real Estate Community Pool Sessions are Monday, Tuesday & Thursday mornings.

Seniors 9 weeks beginning 4 Dec '23 - 1 Feb '24

- Dec 4, 5, 7 7am to 8:30am
- Dec 11 - 21 Monday & Tuesday 6:30 - 8am, Thursday 7am - 8:30am

Oceans 8 weeks beginning 11 Dec '23 - 1 Feb '24

- 11 - 21 Dec Monday and Tuesday 8am - 9am, Thursday 8:30am - 9:30am

From 28 Dec all training times will be:

Seniors 6:30am - 8am & Oceans 8 am-9am Mon, Tues, Thurs. NO SWIM Training on Public Holidays December 25/26, January 1/2/29

Post Peak Season

After the Summer holidays we revert to the early season training program.

ATHLETE EXPECTATIONS

Athletes will attend the appropriate number of training sessions to meet/exceed their goals and

- Will be at training 15 minutes before start time to get organised
- Have all gear ready (on the beach if required)
- Treat gear with respect, carry it properly, wash it down and store it correctly in your allocated space
- Live our WhangaFam values and be a positive role model
- Respect the coach, fellow competitors, parents, team members and officials
- Abide by the rules of the club

GEAR REQUIRED

Please ensure the following gear is brought to all training sessions:

- Swimwear
- Goggles
- Towel
- Hi Viz Vest
- Water Bottle
- Running shoes
- General exercise gear
- Fins required for rescue sessions only

SENIOR SQUAD INFORMATION

Eligibility:

- Be a qualified **and** refreshed lifeguard
- Hold a current financial membership of Whangamata SLSC
- Actively promote and support Whanga Week Activities & the Annual Collection
- Have paid all relevant sport, gear, and pool fees
- Attend regular trainings and work with coach to set season goals and a plan to achieve those goals

Senior Athlete LG Volunteer Hours

- 20 hours minimum voluntary hours
- 2 Senior Sports teams patrol weekends. **28/29 October** and **23/24 December**. These weekends will be compulsory and will be inclusive of your 20 hours. With our senior numbers, some flexibility will be available regarding who patrols when on these weekends.
- Surf Life Saving athletes also play a crucial role in performing event safety for the WSLSC Classic Harbour Swim which is on 29 December 2023 this season.

Important Notes:

- Participation at Regional and National events require significant planning to ensure our athletes can perform to the best of their ability. Communication about events will be done via email and on the WSLSC Life Saving Sport FB page. Please ensure

you express your interest to the Team Manager or Coach within the timeframes provided or you might miss out.

- **Trailer Loading** it is the athlete's responsibility (not the coach or managers). If you are unable to be there in person to load your gear onto the trailer for a competition, please ensure you organise with a friend to have your gear tied onto the trailer.
- For all **Competitions** you are required to wear your club cap and hi viz vest. When accepting medals SLSNZ requires club cap and WSLSC uniform.

SENIOR COMPETITION DATES

Date	Event	Location	
December			
9	Whangamata Classic	Whangamata	Regional
10	The Invitational & U17 Regional Challenge	Whangamata	Invite Only
16	Mount Monster	Mount Maunganui	Independent event
23-24	Senior Squad Patrol Weekend	Whangamata	
January			
6	BOP Champs	Papamoa	Regional
13-14	Central Regional Champs	Fitzroy, Taranaki	Regional
26-28	Eastern Regional Champs	Mount Maunganui	Regional
February			
17-18	Northern Region Champs	Whangamata	Regional
March			
14-17	Nationals	Mount Maunganui	

If attending an event, please make sure you book accommodation early as demand will be high.

All event details will be posted on the Facebook page as they come available. The event calendar can be found at <https://www.surflifesaving.org.nz/calendar>

OCEAN SQUAD INFORMATION

The Ocean Athletes (10 – 14 years) are our next generation of sports stars. Athletes in this programme receive professional coaching in the best possible environment to develop and grow, with the aim to compete at the annual Oceans athlete carnival.

Criteria & Eligibility:

- Hold a current financial membership of Whangamata SLSC
- Attend trainings and work with coach to set season goals and a plan to achieve
- Able to commit to competing at 2 local or Regional Carnivals
- Commit to compete in Oceans '24 held at Mount Maunganui 23-26 Feb 2024
- Have paid all relevant sport coaching, gear, and pool fees
- Aged between 10 and 13 years of age as of 30 September 2023
- Actively promote and support Whanga Week Activities & the Annual Collection
- Successfully completed 200m Safety Badge swim. Note this needs to be passed **each year** and is not a one-off qualification.

Important Notes:

- For Health & Safety and wellbeing of the individual and fellow athletes a coach may refuse entry into Oceans Squad if more water-based skills/board technique is required.
- Participation at Regional and National events require significant planning to ensure our athletes can perform to the best of their ability. All event details will be advised via email and on the Life Saving Sport Facebook page 'WSLSC Life Saving Sports'. Please ensure you express your interest to the Team Manager or Coach within the timeframes provided via Facebook or you might miss out.
- **Trailer Loading** is the athlete's responsibility (not the coach or managers). If you are unable to be there in person, please have a friend make sure your gear is loaded and accounted for.

OCEAN COMPETITION DATES

Date	Event	Location	
November			
25	NR Junior All In	Omaha Beach	Regional
December			
15-16	Mini Mount Monster	Mount Maunganui	Independent Event
17	Coastal Challenge	Mount Maunganui	Regional
January			
7	BOP Champs	Papamoa	Regional
10	Coromandel Cup	Whangamata	Local
12	Central Region Champs	Fitzroy, Taranaki	Regional
February			
3 - 4	Northern Region Champs	Orewa	Regional
10 -11	Eastern Region Champs	Whangamata	Regional
22 -28	Oceans'24	Mount Maunganui	National

If attending an event, please make sure you book accommodation early as demand will be high. The SLSNZ event calendar can be found at <https://www.surflifesaving.org.nz/calendar>

UNIFORM

Club uniform is required for all carnivals, club cap (skull cap) and Hi Viz vest. These can be purchased from the Annex uniform shop. Labour weekend & peak season holiday is the best time to stock up, the shop is run by volunteers and not always open. It is the athlete's responsibility (not managers or coaches) to make sure they have all the appropriate gear required to compete. WSLSC hoodie or t-shirt, and black togs preferred.

Please remember club cap & club kit when accepting medals on the dais.

Link for purchasing club gear [here](#)

Link for Jolyn swimwear [here](#)

WSLSC Pink Vest are limited see Age Group Team Manager. Use them for competition only.

THE ROLE OF PARENTS/CAREGIVERS AT TRAINING

Parents are welcome to attend all training sessions however **please do not** interrupt the sessions or approach the Coach when he is focused on the session unless it is an emergency. If you have any concerns, please contact our Coaching Director Peter Gilbert.

Parents play a huge role in all areas of the club, and we encourage all parents and caregivers to become actively involved in/or at the carnivals where parent help is crucial.

With a ratio of 10:1 for athletes to surf officials provided by the clubs it is imperative that we have a large number of qualified officials to ensure that our athletes can compete and that we share the load amongst a number of people rather than relying on a small group. If you are interested in becoming a qualified surf official, please contact Sarah Freemantle.

Some of the ways you can help at carnivals are:

- Setting up equipment prior to sessions
- Washing down gear and packing away
- Helping on the beach
- Being involved in the water
- Helping with sausage sizzles
- Being a water/sunscreen go to person
- Helping put up the tent and sort gear

Have a chat with either the Coach, Committee Chair, or Team Managers on the day to see if they need any additional help - every little bit helps lighten the load.

Please help! We are really keen to get help from parents on the following weekends.

This is a fantastic opportunity for us to fundraise for both our Squads. If any parents feel they have the expertise to help organise/run any fundraising activities on the above dates please let a committee member know. No idea is a silly one!

- Whangamata Classic 9, 10 December 2023. Junior team & parents-led BBQ also a few runners required
- Coro Cup 10 January 2024. Full Team Support! Seniors – water safety, Parents - Age Group TM, Arena supervisors. A list will be put out by Junior Surf let's help get some more nippers stoked on Surf Sport.

- Junior ERC's 11-12 Feb. Full Team Support required as we are the host club
- NRC's Whangamata 18-19 Feb. Another fundraising opportunity – BBQ etc

USEFUL LINKS

Whangamata Life Saving Sports Facebook [WSLSC Facebook page](#)

SLSNZ Sport Facebook [page](#)

Waves [Results](#)



Why We Do What We Do:

A key factor in the club being able to deliver on its objective, or promise, of promoting, developing and delivering surf lifesaving patrol and education to the public as a charitable service is having a healthy surf life saving sports programme, culture and the equipment required to run it. Only then is the club enabled to attract and retain members and grow strong lifeguards – and life saving sport athletes are arguably the strongest. A strong surf life saving sports programme ensures that we have physically fit, mentally strong, motivated and rescue ready lifeguards to patrol our beach and coastline and keep our waters safe.

WSLSC is proud of all its surf life saving athletes whose commitment to the programme has seen the teams build and go from strength to strength winning national awards with members in the NZ development squad, a past Head Coach working with the NZ Black Fins and a clubbie representing New Zealand in that national squad.

Whangamata Surf Life Saving Club holds a special place to all of us involved, our summers are filled with many memories because of our time spent here. Every member of WSLSC plays a part in making it what it is today.

Thank you!

FAIRPLAY CODE OF CONDUCT

Members' and Competitors' Code of Conduct

- Respect and co-operate with teammates, officials, coaches, and opponents.
- Accept rules and decisions of officials, without them there would be no competition.
- Do not use bad language or insult opponents, coaches, officials, or spectators.
- Have a good knowledge of the rules, play by the letter and the spirit of the rules.
- Have a desire to compete to your best ability, enjoy the competition and develop your skills while accepting your limitations.

Coaches' Code of Conduct

- Teach the values of fair play, practice them, and expect your club members and competitors to respect these values.
- Respect and treat club members and competitors as individuals, recognising their different levels of ability.
- Never ridicule other club members or competitors, use only constructive feedback, and encourage them to be disciplined and honest.
- Discourage a 'win at all costs' attitude.

Spectators' Code of Conduct

- Show equal respect to competitors, club members and officials.
- Do not ridicule competitors or members.
- Never criticise the decisions of coaches/managers or officials.
- Give teams and competitors positive support.



GEAR AND EQUIPMENT POLICY

Please read to ensure you have clarity of this policy which has been updated for the 2023 2024 season.

The Whangamata SLSC invests significant amounts of money each year via fundraising to ensure it has the gear required for life saving athletes to train and compete on and it is important that this equipment is treated with respect and care.

- Upon paying your \$200 gear fee you will be allocated skis and or boards by the gear steward.
- Upon receiving this gear please check for any dings and report these to the gear steward as you will need to return your gear in the same condition you receive it.
- If gear is damaged during training please:
 - Stop using immediately.
 - Drain water out.
 - Write your name on repair list in shed and let your coach / the gear steward know ASAP.
 - It is then up to the athlete/parent to get your gear fixed **by an approved repairer.**
- If your gear is damaged in a competition, you still organise the repair however the club will pay for it to be fixed.

Please contact someone from the Life Saving Sports Committee if you have any questions or concerns.

Repair Providers:

Ding King in Auckland

Ph: 021 892 086

E: bryce@dingking.co.nz

Address: 28 Anvil Road, Silverdale, Auckland, New Zealand

South Pacific Board Repairs

Ph: 0276456959

E: trav@southpacificsurf.co.nz

Address: 79 Newton Street, Mount Maunganui, New Zealand

