



June Newsletter

CLUB UPGRADE

We are very close to starting our renovations! Within the next month we hope to see some action. Although we are a little behind our anticipated start date of the beginning of May we are still confident that the majority of the work will be completed in time for the start of the season and any continued work will be done with little disruption. Unfortunately we have had to cut back in some areas due to the increased cost of earthquake strengthening, building code and the like, however we will continue to work hard to fundraise for a great end product. If you think you are able to assist in anyway with the finishing touches please let us know.

WINTER TRAINING

We have started up a winter training group. This is open to our Rookies and Cadets (U11-U14) and seniors/masters. The training is based at Ngamotu and will be a combination of water/beach and team building activities. This is not just for people that actively compete. I encourage anyone who is in these age groups to join in. This is a great opportunity to keep fit and healthy over the winter, learn some new skills and have some fun at the same time!! Sessions will be held at 3.30pm every Sunday.

We are in the process of getting a shipping container at Ngamotu to store gear over the winter. Due to the cost associated with this we are asking each member who is interested in attending to contribute \$50.00 towards the cost. This can be paid into the club account 15-3942-0000833-00 with your name and winter training as reference.

Taranaki Awards of Excellence 2015

Rosanne Wilson presenting Vaughan Garrett with Volunteer of the Year Award. A very worthy recipient for this very prestigious award.



Upcoming Events

Annual General Meeting
NPOB Clubrooms, 26 July, 11am

Winter Training
Every Sunday, Ngamotu Beach.
Under 11's and older.

Fitness Training
Every Tuesday night, 5.30 at
Highlands Intermediate School.
Gold coin donation.

Aqua Teets
Swimming training, Mon-Fri
5.30-6.30am and Saturdays 7-
8am. Possible lunch-time
sessions to start, if you are keen
please email
npobsurfclub@xtra.co.nz

If you are interested and do not currently receive texts about training please email npobsurfclub@extra.co.nz with your name and cellphone number to ensure you are included.

TUESDAY NIGHT FITNESS SESSIONS

Fitness sessions have been running for 5 weeks now and the positive results are already beginning to show. We have been building from a solid group of 8-10 and peaked last week with 17 members showing up, ranging from parents, senior members, returning members, oceans and masters.

This is a great way to get involved, meet other club members, stay fit over winter, begin to get fit over winter or set a solid platform for the surf season ahead. The sessions are varied and adjusted to suit fitness levels. Most of the exercises are body weight and have modifications to make them easier as you are beginning.

It would be great to get more along to the sessions, they are lots of fun, plenty of hard work and very supportive.

Look forward to seeing you next Tuesday 5:30pm at Highlands Intermediate, meet at main office carpark.

Any questions text Rhys on 0211548774

NPOB MEMBER PROFILE

Name?

Sean Zieltjes

Age / Birthday?

29 / 25 October 1985.

Family?

1 x Boss – Jenna.

2 x Lucky Bamboo – Unnamed.

Mum - Jude, Dad - Rog, 1 x brother – Stretch and 1 x sister – Lisa. All at NPOB.

Educational Background?

Formative years — Roger Zieltjes School of Common Sense School — FDMC



Undergrad — Massey University
Postgrad — University of Auckland

What got you started is SLS, how many years have you been involved?

When we moved to the coast our neighbours were members of NPOB. We tagged along with them. 16 Seasons I think – something like that.

What is your biggest / best accomplishment in SLS?

Biggest — Opunake Cup – Top Senior IRB Crew in New Zealand. Can't recall what year we won, Jared and I won at nationals at Oakura Beach. Pretty cool to win at home.

Best 1 — Working with Drew Whitehead and Daniel Charteris the year they became the youngest ever winners of the Top U21 IRB Crew in New Zealand. Can't recall what year that was either but they were a couple of scrawny 17 year olds. Always awesome to see people achieve some of their potential. Hard case pair of larrikins too.

Best 2/Most Satisfying — Giving people a hand when things don't go quite right for them in the ocean, either with the Taranaki Rescue Helicopter or the Hurworth Trust Taranaki Callout Squad.

Favourite part of surf club?

Team trips especially 90 Mile Classic. Always good fun. Anything done as a group. Patrol Baking competitions against Eilish Hurley. I'm still winning. All of the opportunities to do things which are outside of what other people get to do. Helicopter stuff etc.

Least favourite part of surf club?

Sand traps. Cleaning up after New Years' Day Night — particularly when East End characters turn up.

Do you have an off-season training programme for yourself?

Yes. Swimming 5-6 times a week, gym work, occasional run with Stretchy. Will start IRBs when Jared finishes rugby.

What is your diet like?

Improving with age. The Boss and I are into a few new things like Kombucha. John Hurley and I swap bliss ball recipes. It's too confusing these days with all the different and contradictory ideas out there.

Piece Clarke is a vegan, it made him shrink so I'm going to stay away from that philosophy.

What is the best advice you have been given?

TBC. Probably something Mum said.

Do you have a role model?

Numerous.

Clive Wheeler – First swim coach, absolute champion.

Pharma Goodwin – Attitude to Surf Lifesaving as a movement.

Bruce Macdonald – Bagpipes and BigMac dance mentor. 90 Mile Classic survivor.

Do you have a favourite saying / motto?

Any Vince Lombardi quote about teamwork and training hard.

Favourite animal?

Sharks and Eels. Love shark week on discovery. Fascinating animals.

Eels because they have a pretty unique life cycle and do some pretty extraordinary things.

What do you like to do in your down time?

Getting over to Mahia and catch up with east coast family.

Watching NRL and am on the Blackcaps bandwagon now as well.