



# December News



## Mt Monster

NZ's most exciting surfsports event, an endurance Ironman event on Saturday December 19. Run approx. 5km, Run jump swim approx. 1.2km, Ski approx. 12km, Board approx. 6km

Good luck to Jenna Barrett (individual), Jack Spicer & Max Hardie-Boys (team entry), Mitch Owen, Isaac Owen, Lachie Stevens & Jack Dingle (team entry).

## Whangamata Classic

Great start from the seniors that travelled over to Whangamata, finished up with some excellent results.

## Trainings

With both the senior and oceans trainings up and running there has been some keen interest in some of juniors wanting to attend some extra trainings, (oceans to seniors) or younger members joining in with the oceans group. If this is something you are interested in please contact me on 0274 718 101 or [deannik@xtra.co.nz](mailto:deannik@xtra.co.nz). Please remember these are extra trainings over and above what is already being offered, they are not alternative sessions. The expectation is you attend the ones currently on offer in the first instance.

To be considered you must have a minimum of your 200 metre badge. There will be consultation with the coaches/managers Mitch, Ross and Dean to assess the capabilities of the person and to ensure they are placed in the right group and are able to manage the sessions.

In fairness to our oceans age group, they will be given priority over equipment and coaching. There will also be an expectation that if younger members are attending then



parents must remain on the beach and be available to assist with water safety. There may be times that if the group is too big we may have to ask the younger ones not to participate as we have water ratios we must adhere to.

A reminder that we will be running a development group in January as we did last year so there will be some coaching opportunity available.

Thanks, Nicky Spicer

### Coach Update

Coaching is well under way now with some good numbers turning up to both oceans and senior sessions, which should look to increase following the end of the exam period and school. At the moment there is 3 sessions a week on offer to our oceans athletes, Wednesday and Friday nights at 4.30 and on Sunday at junior surf. Senior training is held every night at 5.30 and on Saturdays at 10.30. There are also swimming sessions available in the mornings at 5.30 with Sean or 6.45 with myself. In the coming week or two as people begin to finish school/exams I will start to offer some midday sessions as an extra session to seniors and some oceans kids so keep an eye out for those in the training schedule and via txt. For those seniors that haven't been training and would like to start send me a text on 0278453793 and I can start sending you out training texts regarding each session.

Cheers, Mitch

### Lifeguard Course

We will be running a surf lifeguard course in January. Can you please let us know if you are keen and roughly when in January suits you. We encourage everyone to give it a go, 14yrs and over, parents included.

The course covers the following :

Qualifying as a Surf Lifeguard

To be a qualified lifeguard you must be 14 years or older and pass your Surf Lifeguard Award exam. The exam comprises:

- 400m pool swim in under 9 minutes
- run/swim/run in the surf
- resuscitation test
- rescue test
- theory questions
- practical surf knowledge test.

Each season active Surf Lifeguards must perform a refresher test. This includes a swim, resuscitation test and first aid questions. It is not designed to fail people but to ensure their fitness and knowledge is up to the required standard.



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### Upcoming Events

#### **Mount Monster**

Saturday 19 Dec

#### **Junior Surf Carnival**

Fitzroy Surf Club

Saturday 19 Dec

#### **Surf Camp**

Thursday 7 Jan -

Sunday 10 Jan

#### **Fitness Training**

Tuesday nights,

5.30pm

Highland Intermediate

Gold coin donation

#### **Aquateets**

Swimming

Mon-Fri 5.30am or 7am



## NPOB Ocean Athletes & Nationals Surf Camp

Eat, Sleep, Breath Surf Life Saving with Four Days of Training, Skills, Competition and Fun

This year we will arrive on the morning of Thursday 7<sup>th</sup> January, after breakfast, and settle into the Club house for the next four days and three nights. The camp will finish with Junior Club Day on Sunday 10<sup>th</sup> January.

We are looking for a great turn out of our Oceans 16 and Senior Athletes and we are planning to equip you with skills, strategies and techniques to really enjoy National Events and to compete to the best of your ability for yourself and for our Club.

To register your interest please email Mark Dingle, by the 1st of December, on [mark.dingle@wells.co.nz](mailto:mark.dingle@wells.co.nz)

We will ask for a contribution from each athlete to cover the cost of the camp which we will keep to a minimum. When numbers are confirmed you will be informed of a budget estimate of this cost, which is expected to be about \$60.00 per person.

### Clubbie Profile

Jared Coster, somewhere in his 30's

IRB

Family?

Beautiful partner Courtney and three kids Mason, Reeve and Edison

Educational Background?

Went to the great Francis Douglas Memorial College, Then I did two years of teachers college then decided to go back to a trade and now an Engineer at Connett Engineering.

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

I got started in SLS because of my mates and never looked back been in the club for 16 odd years.

What is your biggest / best accomplishment in SLS?

Being part of the club when we took out top club at nationals. Medals in canoe. Also top senior crew at IRB nationals

Best memory in the IRB?

Taking out top senior crew at our home beach with Sean putting us up in the Premier division. Two golds and two bronze.

Any secrets you can share from your patrol team (current team or from previous years)?

Katy Dingle can make a mean brownie

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

Play rugby

What is your diet like?

I treat my body like a temple ha ha

What is the best advice you have been given?

no pain no gain

Do you have a favourite saying / motto?

Keep calm and say 'ARR I'm a Pirate'



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