



With the recent boating disaster in Taranaki it's a timely reminder for everyone to make smart decisions around the water. We have a wild coast which should always be treated with respect. Regardless of your age, gender and fitness level think twice, take the necessary precautions, swim in safe areas and always wear a life jacket while boating.

Thank you to Sean Zieltjes, Rhys Clark, Nathan Zieltjes, Trent Cutts, Myken Hurley, Mike Melody & Lachie Stevens who were all involved with the search. Once again putting their lives in danger for others.

Years of patrolling, getting IRB qualifications and continuously upskilling themselves has allowed these guys to get out and do what they do for Taranaki, both in the water and helicopter. The entire Helicopter Marine Team and half of the Call Out Squad are NPOB Members. As a club we are very proud of this fact and would love to have some younger members coming through and learning from the ropes. If you would like to find out more about the rescue teams and what is involved please contact us.

Be smart and stay safe.

Thanks to Sam & Olly

Sam Dingle & Olly Spicer represented NPOB at the BP Waitara opening on Wednesday. Thanks guys. Both worked their charm well and filled their donation buckets! Thanks also to BP Waitara for the gift card.





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SLSNZ Courses

Anyone wanting to do any new courses, updating/refreshing contact Casey, 0273882368,

caseystevens@outlook.co.nz

Bronze course starting shortly, date to be confirmed.

Goal Setting

Contact Casey to arrange a time to meet to discuss your own personal, club/lifesaving goals for the season,

caseystevens@outlook.co.nz, 0273882368

Bell Block Pool Champs

Note in your diary, NPOB will be running the Bell Block Pool Champ training 18 Sept at 1.30pm. Club night as usual this Sunday (11/9), 5pm at the Aquatic Centre.

Interested in helping out with club fundraising?

Meeting Tuesday 13 Sept, 7pm at the club. First event to organise will be a black tie/auction night. Will be great to have as many people as we can helping out.

Many hands make light work!

Clubbie Profile - Ritchie Matheson

Nickname?

None I would want to promote the use of!

How old are you and when is your birthday?

38 years old

Who is in your family?

My wife Sara, two kids Brody 8 and Connie 5

Educational / work background?

Left school and went straight to a mechanical apprenticeship in an Oil Refinery in Scotland, then moved to offshore platforms. Moved to NZ in 2007 to work for STOS and still do.

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

Think this is my 4th year being involved with NPOB. Got started taking my kids along on a Sunday then completed my Bronze and do the odd patrol when req'd.

What is your embarrassing/funniest moment with your SLS?

I managed to flip an IRB at Fitzroy during driver training a few years ago. Myself, crewmen and two 'patients' all had a nice swim to shore.

Tell us about your debut boxing fight earlier this year against Ryan Cox?

I took part in a fight night in New Plymouth in April. I've trained at the Box Office for a few years and most of my training partners had done fights. I wanted to do it as a personal challenge. Probably one of the toughest things I have ever done in a sporting context, the most tiring 6 mins ever!

Anymore fights planned?

Nothing planned at the moment still training regularly and possibly will do another sometime. Definitely don't want to be going through a fight training camp over this summer though.

What is your diet like? Similar to Mohammed Ali's?

Not sure what Mohammed Ali' diet was like but I reckon mines pretty good, thanks mainly to Sara.

What is the best advice you have been given?

You can always push your body harder than you think

Do you have a role model?

I admire people like Stephen Adams, Usain Bolt and Joseph Parker who remain relatively normal and grounded despite being at the top of their respective games.

Training Schedule

Monday 12 September to Sunday 18 September

Monday	Run / Sprints (seniors) 5.30 Pukekura Park
Tuesday	Aquatic Centre 5.30-7am 7-8am Fitness @ Highlands - All welcome 5.30pm
Wednesday	Spin Class 5.30pm at Rampage Fitness All welcome (parents included)
Thursday	Aquatic Centre 5.30-7am 7-8am Beach Skills & Craft (juniors) 3.30pm Oakura Beach Craft (seniors)

4.30pm Oakura Beach

Friday

Run / Sprint / Craft

Saturday

9am Oakura Beach

All welcome

Sunday

Pool Champs Training

1.30pm Bell Block

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