



PIHA SURF LIFE SAVING CLUB

Senior Competition Booklet (*Senior Surf Program – over 14*)



2008 / 09 Season



Welcome to the 2008/09 Competition Season!!!

Competition Squad:

Purpose: To provide a squad for members who:

- Want to put in a high level of commitment for competition
- Want / will train numerous times a week (min of 3 x week, recommended 5 x week)
- Will compete at all carnivals possible
- Will compete at a min of: Auckland Champs, NRCs, and Nationals

How Competition Squad Will Work:

- The Head Coach will head this squad up helped by the Assistant Coach.
- Some individuals will be allocated gear to use during session e.g. boards / ski's etc...
- We will promote this squad to top athletes that are prepared to train hard and race for the club.

(Some Competition Squad members will also participate in other sports training e.g. swimming, kayaking, running etc... These sessions will be monitored by the Head Coach in conjunction with the coach or parents of the other sport).

Head Coach	Carl Newman	021 839776	carlnewman@slingshot.co.nz
Assistant Coach	Daniel Grant	0275 257101	dangrant@ihug.co.nz

Manager	Fiona Lawton	0272747702	fiona@lawtons.co.nz
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Age groups (ages calculated as at midnight 30 September, 2008)

U/16	All events (except girls have diamond Lady (no ski) not Ironman)
U/19	All events
Open	All events

Summer Training Sessions:

(Starts 20th October – over 14s)

Monday	Board	6pm	Takapuna
Tuesday	Beach Series (Ski, Swim, Run)	6pm (Starts 4 th Nov)	Takapuna
Wednesday	Beach Board	6pm 6pm	Takapuna
Thursday	Swim	6pm (Change to 7pm 6 th Nov)	Kelston
Saturday	Ski Beach	8am 8am (Depending on conditions)	Piha / Takapuna Piha / Takapuna
Sunday	Wave Skills	11am	Piha

If a carnival is on there is no training, please see the "Calendar of Events" for carnival dates.

Training starts at time stated in schedule regardless of weather, unless otherwise advised. Please be on time.

*****Christmas Break: There will be no training from 24th Dec 2008 – 11th Jan 2009**



Beach Series Info:

This year we will be using the North Shore Beach Series as one of our training sessions. This will give athletes a great chance to practice racing every week. There are races for ski paddlers, swimmers, and runners. Athletes must register to race in the series (see info / costs below).

What is the North Shore City Beach Series?

The North Shore City Beach Series is a unique event. It has three main disciplines kicking off simultaneously for 16 Tuesday evenings over the summer months. The three disciplines are a 1km ocean swim, a 5km beach run and a 5km surf ski paddle.

We will get a group discount if 10 or more people from the club (proof of club membership required) turn up to the pre season registration on Thursday 30th Oct.

Costs:

Junior (under 18 as at 1 Jan 2009) will be \$95 at rego night (\$105 normally) for all 16 races.

Open will be \$135 at rego night (normally \$155) for all 16 races.

Additional to the above registration athletes will need to purchase a swim cap or vest (must be worn when racing). Cost \$10.

You can register and find more info on line at: www.beachseries.co.nz

Race Schedule:

Thursday October 30, 2008	Sign Up Night - Takapuna Boat Club 4.30 - 8pm
Tuesday November 4,	Race 1: Rego 4:30 -6pm Start 6:15pm
Tuesday November 11	Race 2: Rego 5:00-6pm Start 6:15pm
Tuesday November 18	Race 3: Rego 5:00-6pm Start 6:15pm
Tuesday November 25	Race 4: Rego 5:00-6pm Start 6:15pm
Tuesday December 2	Race 5: Rego 5:00-6pm Start 6:15pm
Tuesday December 9	Race 6: Rego 5:00-6pm Start 6:15pm
Tuesday December 16	Race 7: Rego 5:00-6pm Start 6:15pm
Christmas Break	
Tuesday January 20, 2009	Race 8: Rego 5:00-6pm Start 6:15pm
Tuesday January 27	Race 9: Rego 5:00-6pm Start 6:15pm
Tuesday February 3	Race 10: Rego 5:00-6pm Start 6:15pm
Tuesday February 10	Race 11: Rego 5:00-6pm Start 6:15pm
Tuesday February 17	Race 12: Rego 5:00-6pm Start 6:15pm
Tuesday February 24	Race 13: Rego 5:00-6pm Start 6:15pm
Tuesday March 3	Race 14: Rego 5:00-6pm Start 6:15pm
Tuesday March 10	Not Racing – Tapering for NZ Champs
Tuesday March 17	Race 16: Rego 5:00-6pm Start 6:15pm
Wednesday March 25	Awards Night and Drinks - R'toto Beach Club

Calendar of Events:

NOVEMBER 2008

12th Wednesday Surf Sports Twilight Event #1, Orewa - Start 6pm
23rd Sunday Surf Sports Inter-Club #1, Muriwai/Omaha – Start 9am

DECEMBER 2008

3rd Wednesday Surf Sports Twilight Event #2, Red Beach - Start 6pm
14th Sunday Surf Sports Inter-Club #2, UNP/Omaha – Start 9am

JANUARY 2009

4th- 9th Sunday - Friday H.P Camp, Gisborne (invite only – limited space)
10th Saturday Owen Chapman Cup, Red Beach – Start 8:30am
24th-25th Saturday-Sunday NRC's, Mt Maunganui
31st – 1st Saturday-Sunday Inter-District Championships, Mt Maunganui (Auck Team)

FEBRUARY 2009

7th – 8th Saturday-Sunday Lion Foundation Surf League, Mt Maunganui (Auck Team)
14th-15th Saturday-Sunday Trillian Trust District Championships, Ruakaka

MARCH 2009

13th-15th Friday - Sunday NZCT Surf Life Saving Championships, Gisborne

Please Note: Where there are two venues stated clubs will be contacted two days prior to the event with the final decision of where the carnival is going to be hosted. Where conditions permit, carnivals will be held at the West Coast/surf beach option.



Away Carnivals:

The following carnivals will be away trips and the club will provide accommodation and sometimes transport and food.

N.R.Cs – Mount Maunganui:

- Transport - Athletes must find their own transport. Club will help with finding transport if needed. Most people travel Friday afternoon and return Monday morning.
- Accommodation - The club will provide athletes with accommodation in Tauranga.
- Food - Food will be provided on the Saturday night (BBQ).

Auckland Champs - Ruakaka:

- Transport - Athletes must find their own transport. Club will help with finding transport if needed. Most people travel Saturday morning and return Sunday afternoon.
- Accommodation - The club will provide athletes with accommodation in Whangarei.
- Food - Food will be provided on the Saturday night (BBQ).

Nationals - Gisborne:

- Transport - We will be taking a large bus to Gisborne leaving on Thursday morning.
- Accommodation - The club will provide athletes with accommodation in Gisborne
- Food - All meals will be provided except breakfast.

Parents (and Guardians / Caregivers):

Spectators

It is always a pleasure to see families encouraging and supporting club members as they train and compete. At all times, please ensure your behaviour and language are appropriate and that your encouragement is positive and in the spirit of fair play. Any concerns can be discussed with the coach.

Parent Helpers

Your help during carnivals is always required and appreciated by the coaches and management, whether setting up equipment, cleaning and packing away the gear, helping on the beach.

Officials

Each club must provide a proportionate number of certified Surf Officials at carnivals to supervise and judge events. Piha is in need of qualified officials. Please consider attending a 1 day Surf Officials course, see Vanessa Nicholson for more information.

Uniforms

At all competitions athletes are required to be in the Piha Uniform, club togs, beanie and sometimes rash shirts (team events). If you need club gear please see Fiona. Please write your name on all your gear in permanent ink.



Piha Surf Lifesaving Club Competition and Accommodation Policy

The following is the Club Policy for anyone competing and / or using accommodation organised by the club.

- 1 - Only members that are competing at the carnival be provided with accommodation by the club (family members can be included in accommodation, parents welcomed / encouraged to travel with team).
- 2 - No member under the age of 18 years shall be permitted to consume alcohol while away with the club. This will mean from the time they leave their home to the time they return.
- 3 - Members over the age of 18 are to abide to the club code of conduct in regard to consuming alcohol. They are asked to remember when away, they are there to compete (race in competition) and act as role models and ambassadors to the club.
- 4 - Failure to abide by these rules will mean the individual or group will not compete for Piha SLSC for a period decided by the Piha Judicial Committee.

The clubs reasoning behind this policy is as follows:

- 1 - Will protect the club from bad publicity which could jeopardise potential or current sponsors.
- 2 - Will reassure parents that steps have been put in place to keep members safe.
- 3 - Promote good discipline within the club.
- 4 - Give serious competitive members the best chance to perform to the best of their ability.
- 5 - Promote the club as a serious surf sports club and therefore encourage other serious surf sport competitors to come to Piha.
- 6 - Will protect club members / contractors.

Thank you in advance for your cooperation.

Board
Piha Surf lifesaving Club



PIHA SURF LIFE SAVING CLUB INC.



DISCOVER AND DELIVER



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