



PIHA SURF LIFE SAVING CLUB INC.

PIHA SURF LIFE SAVING CLUB

Senior Competition Booklet

(Senior Surf Program – over 14)



2010 / 11 Season



DISCOVER AND DELIVER

Welcome to the 2010/11 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+ a week)
- Will compete at all carnivals possible
- Will compete at a min of: Auckland Champs, NRCs, and Nationals

How the Competition Squad Will Work:

- The Head Coach will head this squad.
- 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).

Contacts:

Head Coach	Carl Newman	021839776	carlnewman@orcon.net.nz
Manager	Debi Jacka	0272922509	john.jacka@xtra.co.nz
Gear Steward	David Loughlin	4460252	theloughlins@clear.net.nz

Age groups (ages calculated as at midnight 30 September 2010)

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

Summer Training Sessions:

(Starts 18th October – over 14s)

Monday	Board	6pm	Takapuna
Tuesday	Beach Series (Ski, Swim, Run)	6pm (Starts 2 nd Nov)	Takapuna
Wednesday	Board / Ski Beach (Bring your running shoes to every session)	6pm 6pm	Takapuna / Piha Takapuna
Thursday	Swim	7:00pm	Kelston
Saturday	Ski	8am	Piha / Takapuna (Depending on conditions)
Sunday	Wave Skills	9am	Piha (Athletes take this session – no coach)

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.

Tuesday will be board / ski training at Takapuna - 6pm until Beach Series starts on 2nd Nov

Wednesday night training will alternate between Takapuna and Piha (see training dates below):

Takapuna Days: 20/10, 27/10, 10/11, 24/11, 8/12, 19/01, 9/02, 23/02

Piha Days: 3/11, 17/11, 1/12, 15/12, 12/01, 26/01, 16/02, 2/03, 9/03

Christmas Break: There will be no training from 23th Dec 2009 – 10th Jan 2010

No Wednesday training on 2nd February

Beach Series Info:

This year we will again 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 a number of disciplines kicking off simultaneously for 16 Tuesday evenings over the summer months. Disciplines are a 1km ocean swim, 5km beach run, 5km surf ski paddle, and 3km board paddle.

Costs:

Junior (under 18 as at 1 Jan 2010) will be \$128 for all 16 races.

Open will be \$189 for all 16 races.

By purchasing a 8,12,16 event pass you will need to pay a \$25 refundable deposit for a timing chip that is yours for the duration of the events that you have paid for. At the completion of your race pass (or the season) you must return the timing chip and collect your \$25 deposit.

There are other registration options e.g. 4 race or 8 race entry

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

Race Schedule:

Event 1	2 November 2010		Registration 4:30 - 6:00pm, race start 6:15pm
Event 2	9 November 2010	1500m swim night	Junior Swim registration 5:00-5:30, race start 5:45pm General registration 5:00 - 6:00pm, race start 6:15pm
Event 3	16 November 2010		
Event 4	23 November 2010	1500m swim night	
Event 5	30 November 2010		
Event 6	7 December 2010		
Event 7	14 December 2010	1500m swim night	
Event 8	21 December 2010		

Christmas Break

Event 9	25 January 2011	1500m swim night	Junior Swim registration 5:00-5:30, race start 5:45pm General registration 5:00 - 6:00pm, race start 6:15pm
Event 10	1 February 2011		
Event 11	8 February 2011		
Event 12	15 February 2011		
Event 13	22 February 2011	1500m swim night	
Event 14	1 March 2011		
Event 15	8 March 2011	1500m swim night	
Event 16	15 March 2011		

Calendar of Events:

NOVEMBER 2010

28th Sunday Surf Sports Inter-Club #1, Muriwai / Omaha – Start 9am

DECEMBER 2010

19th Sunday Surf Sports, Inter-Club #2, Whangamata - Start 9am

JANUARY 2011

29th-30th Saturday-Sunday NRC's, Mt Maunganui

FEBRUARY 2011

19th-20th Saturday-Sunday Trillian Trust District Championships, Ruakaka

MARCH 2011

11th-13th Friday - Sunday NZCT Surf Life Saving Championships, Christchurch

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 condition's permit, carnivals will be held at the West Coast/surf beach option.

SLSNR Representative Team Selection:

The 2011 Northern Region Representative Teams will be announced in January 2011. Athletes are encouraged to attend all SLSNR Surf Sports carnivals prior to this to have a chance of being selected in these teams.



Away Carnivals:

The following carnivals will be away trips and the club will provide accommodation on the proviso that members have contributed to fundraising activities

Inter Club Carnival 1– Whangamata:

- Transport - Athletes must find their own transport. Club will help with finding transport if needed.
- Accommodation - The club will provide athletes with accommodation in Whangamata.
- Food - Food will be provided on the Saturday night (BBQ) also Lunch on the Sunday.

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 & Sunday night (BBQ)

Auckland Champs - Ruakaka:

- Transport - Athletes 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 - Christchurch:

- Accommodation - The club will provide athletes with accommodation in Christchurch
- Food - All meals will be provided except breakfast
- Transport - You will need to book your own flights to Christchurch. You will need to be in Christchurch on Thursday 10th March 2011

Please send your flight details (arrival & departure times) to: Debi Jacka john.jacka@xtra.co.nz so she can organise transport to and from the airport.

Please indication A.S.A.P if you are interested in attend any of the above events.
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 the coach 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 contact Debi Jacka.

Fundraising

To enable the club to pay for your accommodation and entry fees at each carnival, we need to help the club raise these funds, so each team member is responsible for doing a certain amount of fundraising. The fundraising committee organise various events so please make sure you help out at as many of these as possible. We can't have any free loaders; it just isn't fair on the rest of the squad. We compete as a team so let's fundraise as a team.



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, if space is permitting).
- 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

RISK ANALYSIS AND MANAGEMENT SYSTEM

Activity: Training Session - Board/Ski/Swim **Safety Officer:** C Newman

Instructors: Carl Newman **Date's:** Tue, 18/10/10 to 13/3/11

Group: Piha Competition Squad **Location:** Takapuna-Beach

Risks (potential losses)

- | | |
|-------------------|-----------------|
| 1. Death Drowning | 4. Lost Person |
| 2. Hypothermia | 5. Minor Injury |
| 3. Serious Injury | |

	Causal Factors (things that could go wrong)	Risk Reduction Strategies
People <small>Skills, attitudes, age, fitness. Ratios, experience, health etc</small>	<ol style="list-style-type: none"> 1. Person going in the wrong direction taking wrong course. 2. Participant's unwell, medical conditions. 3. Collisions in the water. 4. Injuries 	<ol style="list-style-type: none"> 1. Clear instructions on the land. 2. Have participant's medical conditions. 3. Explain potential hazards with boats in and out of the boat ramp or kite surfers. Stress that personal safety paramount. 4. Sufficient warm-up completed
Equipment <small>Clothing, shelter, transport, activity specific gear, safety gear etc</small>	<ol style="list-style-type: none"> 1. Athlete running over other athletes (board). 2. Equipment failure ie Strap on board breaking. 3. Rashes and injury though inappropriate clothing for the activity. 	<ol style="list-style-type: none"> 1. Explain importance of looking where they are going. 2. Athletes are to check equipment before starting including straps and wax. 3. No restrictive or dangerous clothing.
Environment <small>Weather, Terrain, water, season etc</small>	<ol style="list-style-type: none"> 1. Cold water and wind chill 2. Wave Chop, currents and wind. 3. Jelly Fish Sting 4. Cuts from sharp objects on beach 	<ol style="list-style-type: none"> 1. Ensure athletes have correct thermal and wind proof clothing. 2. Explain currents and wave chop. Dangers associated with wind further out to sea. 3. Have first aid kit available 4. Clear objects from training area. Make athletes aware of shells on beach.

RISK ANALYSIS AND MANAGEMENT SYSTEM

Activity: Training Session - Ski

Safety Officer: Carl Newman

Instructors: Carl Newman

Date's: Sat 18/10/10 - 13/03/11

Group: Piha Competition Squad

Location: Takapuna-Beach

Risks (potential losses)

- | | |
|-------------------|-----------------|
| 1. Death Drowning | 4. Lost Person |
| 2. Hypothermia | 5. Minor Injury |
| 3. Serious Injury | |

	Causal Factors (things that could go wrong)	Risk Reduction Strategies
People Skills, attitudes, age, fitness. Ratios, experience, health etc	5. Person going in the wrong direction taking wrong course. 6. Participant is unwell, medical conditions. 7. Collisions in the water. 8. Injuries	5. Clear instructions on the land. 6. Have participant's medical conditions. 7. Explain potential hazards with boats in and out of the boat ramp and kite surfers. Stress that personal safety paramount. 8. Sufficient warm-up completed
Equipment Clothing, shelter, transport, activity specific gear, safety gear etc	4. Athlete running over other athletes (Ski). 5. Equipment failure ie rudder on ski breaking. 6. Rashes and injury though inappropriate clothing for the activity.	4. Explain importance of looking where they are going. 5. Athletes are to check equipment before starting including bung and wax. 6. No restrictive or dangerous clothing.
Environment Weather, Terrain, water, season etc	5. Cold water and wind chill 6. Wave Chop, currents and wind. 7. Cuts from sharp objects on beach	5. Ensure athletes have correct thermal and wind proof clothing. 6. Explain currents and wave chop. Dangers associated with wind further out to sea. 7. Clear objects from training area. Make athletes aware of shells on beach.

RISK ANALYSIS AND MANAGEMENT SYSTEM

Activity: Training Session - Board/Ski/Swim **Safety Officer:** C Newman

Instructors: Carl Newman **Date's:** Wed/Sat/Sun 18/10/10 - 13/3/11

Group: Piha Competition Squad **Location:** Piha-Beach

Risks (potential losses)

- | | |
|-------------------|-----------------|
| 1. Death Drowning | 4. Lost Person |
| 2. Hypothermia | 5. Minor Injury |
| 3. Serious Injury | |

	Causal Factors (things that could go wrong)	Risk Reduction Strategies
People Skills, attitudes, age, fitness. Ratios, experience, health etc	9. Person going in the wrong direction taking wrong course. 10. Participant is unwell, medical conditions. 11. Collisions in the water. 12. Injuries 13. Person missing	9. Clear instructions on the land. 10. Have participant's medical conditions. 11. Explain potential hazards with other craft e.g. surfers, IRBs. Stress that personal safety paramount. 12. Sufficient warm-up completed 13. Buddy system in surf
Equipment Clothing, shelter, transport, activity specific gear, safety gear etc	7. Athlete running over other athletes (Ski). 8. Equipment failure ie rudder on ski breaking. 9. Rashes and injury though inappropriate clothing for the activity.	7. Explain importance of looking where they are going. 8. Athletes are to check equipment before starting including bung and wax. 9. No restrictive or dangerous clothing.
Environment Weather, Terrain, water, season etc	8. Cold water and wind chill 9. Wave Chop, currents and wind. 10. Rocks and headlands 11. Cuts from sharp objects on beach	8. Ensure athletes have correct thermal and wind proof clothing. 9. Explain currents and wave chop. Dangers associated with wind further out to sea. 10. Be aware of being swept onto rocks, take note of where you are at all times. 11. Clear objects from training area. Make athletes aware of shells on beach.

RISK ANALYSIS AND MANAGEMENT SYSTEM

Activity: Training Session - Swim

Safety Officer: Carl Newman

Instructors: Carl Newman

Date's: Thur, 18/10/10 to 13/3/11

Group: Piha Surf Club

Location: Kelston GHS

Risks (potential losses)

1. Death Drowning
2. Minor Injury
3. Serious Injury

	Causal Factors (things that could go wrong)	Risk Reduction Strategies
People Skills, attitudes, age, fitness, Ratios, experience, health etc	14. Person going in the wrong direction. 15. Participant is unwell, medical conditions. 16. Injuries	14. Clear instructions on pool side; ensure they swim in the right direction. 15. Have participant's medical conditions. 16. Sufficient warm-up completed
Equipment Clothing, shelter, transport, activity specific gear, safety gear etc	10. Rashes and injury though inappropriate clothing / equipment for the activity.	1. No restrictive or dangerous clothing and correct goggles.
Environment Weather, Terrain, water, season etc	1. Cuts from sharp objects around pool	12. Clear sharp objects from training area. Make athletes aware of sharp edges.