



SURF LIFE SAVING
C A N T E R B U R Y

Programme

of

Activity

2008-2009 Season

In it for life



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Canterbury



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www.surfcantebury.org.nz

**Make sure you check the website News Page
for regular updates during the season!**

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For full details of each event please check following pages.

Directory

Surf Lifesaving Canterbury Direct Contacts:

Level 2, 151 Worcester Street
P O Box 22 528
Christchurch

Ph: 03 366 5591
Fax: 03 366 5603
email: info@surfcanterbury.org.nz

District Manager:

Grant Lewis, Mobile 021 400 201
email: glewis@surfcanterbury.org.nz

Life Saving Manager:

Dougal Holmes, Mobile 027 601 2006
email: dholmes@surfcanterbury.org.nz

Surf Sports Development Manager:

Fraser Bickley, Mobile 0275 501 106
email: fbickley@surfcanterbury.org.nz

BeachEd Manager:

Dougal Holmes

Surf Sports Events Manager: Bruce Lomax 027 422 1647/Craig Todd 027 642 1075

Junior Surf Carnival Controller: Scott Roberts, Ph 388 9170, Mobile 021 726 358

Equipment Manager: Chris McConney, Ph 388 2459, Mobile 027 298 0727 (tbc)

Officers:

	Address	Home Ph	Email
Patron Cyril O'Neill (QSM)	67 Cygnet Street Nth New Brighton, Christchurch	388 9221	
President Stephen Johnston	5 Westburn Terrace Burnside, Christchurch	358 7642	Jh@burnside.school.nz
Board of Directors: Chairman Wally Wilson	103A Rockinghorse Rd South Shore, Christchurch	388 9493	wajm.wilson@woosh.co.nz
Directors Ben Quane	226B England St Avonside, Christchurch	981 8834	benquane@paradise.net.nz
John Freeman	54 Scarborough Rd Sumner, Christchurch	326 4992	r.john.freeman@xtra.co.nz
Simon Duncan	54 Regents Park Drive Casebrook, Christchurch	354 5446	simonduncan@xtra.co.nz
Deborah Bowry	14 Strathmore Gardens Shirley, Christchurch	385 6502	family.bowry@xtra.co.nz
Committee Chairs: Competition	Vacant		
Lifeguard Luke Parsons	14 Englefield Rd Belfast, Christchurch	323 7297	parsnipl@xtra.co.nz
Honours and Awards Allen Lee	59A Hillsborough Tce St Martins, Christchurch	332 6954	allen.lee@clear.net.nz

Club	Clubhouse	Contact	email
Taylor's Mistake SLSC PO Box 1120 Christchurch	326 6771	Dee McCarthy 326 7024	ren-dee@xtra.co.nz
Sumner SLSC PO Box 17 527 Christchurch	326 6737	Blair Quane 326 5660	quaneb@yahoo.com
South Brighton SLSC P O Box 18504 Christchurch	388 2020	Phil Johns 360 3133	philjohns@xtra.co.nz
New Brighton SLSC P O Box 13 Christchurch	388 9919	Sue Gaskell 981 0602	gaskell.suke@paradise.net.nz
North Beach SLSC P O Box 1288 Christchurch	388 1045	Diane Wakefield	northbeachslsc@hotmail.com
Waimairi SLSC P O Box 1007 Christchurch	388 9234	Mark Lawrence 355 1850	info@waimairisurf.org.nz
Spencer Park SLSC P O Box 13251 Christchurch	329 8767	Grant Edwards 329 8102	circus5@xtra.co.nz
Waikuku Beach SLSC PO Box 3160 Waikuku Beach	03 312 7663	Lichelle Guyan 03 312 7040	wbslsc@xtra.co.nz
Rarangi SLSC PO Box 421 Blenheim	03 570 5757	Bronwyn Hamilton 03 579 3186	Bronwyn.Hamilton@nmhs.govt.nz
Nelson SLSC P O Box 753 Nelson	03 548 8179	Geri Sheppard 03 546 8850	gerisheppard@paradise.net.nz
Buller Surf Rescue PO Box 204 Westport		John Menzies ph/fax 03 789 6984 025 622 9701	j.d.menzies@xtra.co.nz
Kotuku SLSC c/- 120 Marsden Road Greymouth		Jo Spargo 03 7680714	jo_spargo@hotmail.com

Member Development Programmes

Please Note: Pre registration for all courses is required.

Surf Lifeguard Award Exams

Chief Examiner: David Pontin, Ph 382 8091, 027 415 6489, email: pontind2@lincoln.ac.nz

Please contact David with all questions relating to examinations.

There are four scheduled throughout the season. They will be split into to parts:

1. Theory, Resuscitation and Radio—Thursday night at the SLSC Club
2. Practical/Water component—Saturday at the SLS Club.

Candidates must complete the 400m swim prior to attending the theory exam and present evidence of such. Candidates must also bring a copy of their membership form to verify their date of birth. Clubs are required to send Instructors along with their candidates. **This will be strictly enforced.**

The dates are as follows:

SLA Exam #1	Thursday 13 th November Waimairi, 6pm Saturday 15 th November Waimairi, 9am
SLA Exam #2	Thursday 4 th December South Brighton, 6pm Saturday 6 th December South Brighton, 9am
SLA Exam #3	Thursday 22 nd January Taylors Mistake, 6pm Saturday 24 th January Taylors Mistake, 9am
SLA Exam #4	Thursday 12 th February New Brighton, 6pm Saturday 14 th February New Brighton, 9am

Surf Life Saving Certificate (12-14 years)

All candidates for this award may be examined by any certified Examiner. There will also be two exams as part of the Freemasons Rookie Programme:

- 29 November, Waimairi SLSC, 10am start
- 1 February, Waimairi SLSC, 10am start

SLSNZ Senior Lifeguard Schools

14-16 November	Whiritoa
21-23 November	Riversdale
12-14 Dec	Muriwai

Prerequisites:	- SLSNZ Member	- Surf Lifeguard Award Refreshed
	- 17years of age	- At least three seasons active patrolling
	- IRB Drivers Awards	- First Aid NZQA Units 6400, 6401 & 6402, and 14470 (current)
		- Marine VHF Radio Operators qualification
		- 800 metre pool swim in under fourteen minutes

Applications must be made through the District Office by 3 October. Places are limited.

BP IRB Drivers Examination

Sat 8—Sun 9 November IRB Drivers Exam Greymouth cost: \$50

An end-of-season exam may take place if there is sufficient demand.

VHF Radio Operators Course

Will be scheduled and run on a needs basis.

Canterbury Patrol Teams Competition

Saturday 17 January Taylors Mistake

Canterbury clubs will this year be joined by club teams from Otago. This competition is designed to test club members' lifeguarding and rescue skills. With the added incentive of a substantial prize and "Club of the Year" points at stake, a good turnout is expected.

The winning team will travel to the SLSNZ Patrol Teams Championships on 4-5 April.

Lifeguard Incentive Weekend

Sat 31 Jan-Sun 1 February Bay of Plenty cost: \$150/person

Scheduled this year to take advantage of peak summer conditions. Clubs are invited to select one club member to travel to BOP to experience lifeguarding on these demanding beaches.

IRB Maintenance Workshop

Sat 10 January 9am—4.30pm venue TBC

SLSNZ Power Craft Officer Dave Hickey will provide instruction on how to maintain club engines and hulls.

Freemasons Rookie Lifeguard Programme

Starts Saturday 18 November. Club Coordinators will be contacted before this to nominate their cadets for the programme. Clubs will provide mentors for their cadets who will be put through a 15 week programme of training and patrolling. Surf Life Saving Canterbury will provide uniforms and work books.

Sat 21 March *Rookie Teams Challenge, Waimairi, 9am-3pm*
Mon 23 March *Rookie Lifeguard of the Year Competition, QE2, 6pm*



Coach & Official Development

Contact Fraser Bickley (Surf Sports Development Manager): 366 5591
0275 501 106

Surf Officials Level One Course

Saturday 18 October 9.30am North Beach SLSC

A preseason refresher for Surf Officials working through the new formatted Officials Course. Relevant issues will be discussed along with beach management for the season. Morning tea will be provided. Clubs will also be asked to send at least one Junior Surf Official along to this course.

Introduction to Surf Coaching Course

Saturday 1 November 9.30am Venue TBC cost: \$25/person

A course aimed at parents and those that coach junior surf to further their skills at coaching children in the 5 – 14 age group.

Developing Surf Coaches Course

Sunday 9 November 9.30am Venue & Cost TBC

A full days programme with expert instructors and based on the SLSNZ curriculum will be delivered.

Canterbury High Performance Programme

The overall aim of the Canterbury High Performance Programme (CHPP) is to identify and develop those athletes who show the potential of achieving top results at Surf league.

A High Performance Manager (Jonelle Quane) has been appointed to work with athlete's selected for the programme.

Coaching Resources

The Surf Life Saving Canterbury website will have coaching programmes available to use for Ski, Board, Beach, Swim, IRB, Boats and Canoe. The information will be updated regularly during the season so every club has the option to deliver a top level programme for their athletes. Coaching programmes and information will be found under Surf Sports/Coaching.

IRB Development & Events

Canterbury Development IRB Racing Events

Event #1	Event #2
Date: 22 nd November 2008 Venue: New Brighton Registration: 8:30am Start: 9am Tube Rescue, Mass Rescue, Single, Teams.	Date: 13 th December 2008 Venue: Waimairi Registration: 8:30am Start: 9am Tube Rescue, Assembly, Single, Teams

Canterbury IRB Racing Events

Event #3	Canterbury Championships
Date: 24 th January 2009 Venue: Spencer Park Registration: 8:30am Start: 9am	Date: 21 – 22 February 2009 Venue: New Brighton Registration: 8:30am Start: 9am

Southern IRB Racing Events

Southern Event #1	Southern Event #2
Date: 31 st January 2009 (tbc) Venue: North Beach - Canterbury Registration: 8:30am Start: 9am	Date: 14 February 2009 (tbc) Venue: Dunedin Registration: 8:30am Start: 9am

South Island and National IRB Championships

South Island IRB Championships	New Zealand IRB Championships
Date: 7—8 March 2009 Venue: Dunedin	Date: 28-29 th March 2009 Venue: Oakura, Taranaki.

IRB Coaching

A pool of experienced IRB coach's will be available for club's to call upon from time to time to help teach both crew and club coach's on IRB racing. To book in a coach for your club please contact Fraser Bickley fbickley@surfcantebury.org.nz.

Surf Sports Events Programme



Preseason Series



Event Controller: Fraser Bickley

Surf Ski, Multi-sport kayak, Surf Boat and Surf Canoe series in Lyttelton Harbour over September - November. There will also be Board races and an early season long distance open water swim. This will be a great way to kick off your season with some long hard racing ready to hit the summer feeling fit.

The Ski Series will have prizes based on sponsorship received. SLSC will provide prizes for the Taylors to Sumner Race.

Race One: Quail Island—Sunday 28 September (Low Tide 0921)
Venue: Lyttelton Boat Ramp, Naval Point
Disciplines: Ski, Surf Boat, Canoe
Register: 8.30am **Start:** 9am

Race Two: Apex Course—Sunday 12 October (Low Tide 0754)
Venue: Lyttelton Boat Ramp, Naval Point
Disciplines: Ski, Surf Boat, Canoe, add Board
Register: 8.30am **Start:** 9am

Race Three: M Course—Sunday 2 November (High Tide 0723)
Venue: Lyttelton Boat Ramp, Naval Point
Disciplines: Ski, Surf Boat, Canoe, Board
Register: 8.30am **Start:** 9am

Race Four: Corsair Bay—Sunday 9 November (Low Tide 0626)
Venue: Corsair Bay
Disciplines: Ski, Surf Boat, Canoe, Board, add Swim
Register: 8.30am **Start:** 9am

Taylors to Sumner Ocean Race Sunday 7 December (High Tide 1116)
Venue: Taylors Mistake
Disciplines: Ski, Surf Boat, Canoe, Board, Swim
Register: 1pm **Start:** 1.30pm

Note: U14 Competitors must have a 200m swim badge.

Ski Series Points Scoring

Race points will be accumulated from the four races for an overall score. Competitors must compete in 3 out of the 4 events to be eligible for prizes. The overall score will be calculated on the best three results.

TM-Sum Prize Giving

Will be at Sumner SLSC. This includes a BBQ and drinks. Prizes will be awarded for top 3 placings.

District Competition Series

Surf Sports Events Manager: Bruce Lomax

Chief Referees: David Price & David East

Clubs hosting the competition will be responsible for:

- Making their facilities available for use by all club members
- Providing an IRB crew **and** safety boat
- After Match Function (at the clubs discretion)

Points to Note:

1. **Athlete Numbering:** Every competitor will receive a number that they must compete with during the season. Please write your number on both lower legs before every competition. *Note that this will be used for Canterbury Championships only*, as no results will be taken for the District Competitions.
2. **Dress Standards:** As per SLSNZ Competition Manual. Note that the Competition Committee has approved the wearing of wetsuits for all carnivals before Christmas. After this, the decision will be made by the Event Controller after consultation with clubs and officials.
3. **Club Safety Boats & Crews.** The Competition Committee wish to emphasize the following:
 - Clubs need to ensure that their crew has sufficient experience to cope with surf conditions on the day.
 - The crew needs to be on the beach, ready to go at least half an hour before the first event.
 - Surf Life Saving Canterbury will provide instruction and guidance to crews before and during the competition.
 - Surf Life Saving Canterbury will be asking clubs on the Thursday before the event who their safety crew will be.
4. **Qualified Cadets** can only compete in carnivals 3 and 4. Otherwise they must compete in the Junior Surf Carnivals.
5. **Arenas.** A male and female arena will be operating this season, along with a tube/board rescue arena when these disciplines are introduced.
6. **Marshalling Pen.** Will be in operation for the series. Athletes will be required to be in the pen when called and remain there until the start of their race. This will ensure that races are started and completed in a timely and efficient manner.

District Competition #1—Sunday 23 November, New Brighton SLSC (tbc)

Low Tide: 6.54am
 Managers/Officials Meeting: 8.30am
 Carnival Start: 9.00am

Male Arena	Female Arena	Beach Arena	Boat Arena
Open Run-Ski-Run	Open Run-Ski-Run	U16M Flags	Surf Boat 1
U19 Run-Ski-Run	U19 Run-Ski-Run	U16W Flags	
U16 Run-Ski-Run	U16 Run-Ski-Run	U19M Flags	
Open Run-Board-Run	Open Run-Board-Run	U19W Flags	Canoe 1
U19 Run-Board-Run	U19 Run-Board-Run	OM Flags	
U16 Run-Board-Run	U16 Run-Board-Run	OW Flags	
Open Run-Swim-Run	Open Run-Swim-Run	U16M Sprints	Surf Boat 2
U19 Run-Swim-Run	U19 Run-Swim-Run	U16W Sprints	
U16 Run-Swim-Run	U16 Run-Swim-Run	U19M Sprints	
Open Ski Relay	Open Ski Relay	U19W Sprints	Canoe 2
Open Board Relay	Open Board Relay	OM Sprints	
Open Ironman	Open Ironwoman	OW Sprints	
U19 Ironman	U19 Ironwoman	U19M 200m Sprint	Surf Boat 3
U16 Diamond	U16 Diamond	U19W 200m Sprint	
Open 3 Person Taplin	Open 3 Person Taplin	OM 200m Sprint	
		OW 200m Sprint	Canoe 3

District Competition #2—Sunday 18 January, Waimairi SLSC

High Tide: 10.23am
 Managers/Officials Meeting: 8.30am
 Carnival Start: 9.00am

Male/Swim Arena	Female Arena	Beach Arena	Boat Arena
Open Run-Swim-Run	Open Run-Swim-Run	U16M Flags	Surf Boat 1
U19 Run-Swim-Run	U19 Run-Swim-Run	U16W Flags	
U16 Run-Swim-Run	U16 Run-Swim-Run	U19M Flags	
OM Tube Rescue		U19W Flags	Canoe 1
OW Tube Rescue		OM Flags	
U19M Tube Rescue		OW Flags	
U19W Tube Rescue		U16M Sprint	Surf Boat 2
U16M Tube Rescue		U16W Sprint	
U16W Tube Rescue		U19M Sprint	
OM Board Rescue		U19W Sprint	Canoe 2
OW Board Rescue		OM Sprint	
U19M Board Rescue		OW Sprint	
U19W Board Rescue		U19 200m Beach Relay	Surf Boat 3
U16M Board Rescue		Open 200m Beach Relay	
U16W Board Rescue			
Open Run-Ski-Run	Open Run-Ski-Run		
U19 Run-Ski-Run	U19 Run-Ski-Run		
U16 Run-Ski-Run	U16 Run-Ski-Run		
Open Run-Board-Run	Open Run-Board-Run		
U19 Run-Board-Run	U19 Run-Board-Run		
U16 Run-Board-Run	U16 Run-Board-Run		
Open Mens Double Ski			
Open Womens Double Ski			
Open Ironman	Open Ironwoman		
U19 Ironman	U19 Ironwoman		
U16 Diamond	U16 Diamond		

District Competition #3—Sunday 8 February, North Beach SLSC

Low Tide: 9.01 am
 Managers/Officials Meeting: 8.30 am
 Carnival Start: 9.00 am

Male/Swim Arena	Female Arena	Beach Arena	Boat Arena
Open Run-Swim-Run	Open Run-Swim-Run	U16M Flags	Surf Boat 1
U19 Run-Swim-Run	U19 Run-Swim-Run	U16W Flags	
U16 Run-Swim-Run	U16 Run-Swim-Run	U19M Flags	
OM Tube Rescue		U19W Flags	Canoe 1
OW Tube Rescue		OM Flags	
U19M Tube Rescue		OW Flags	
U19W Tube Rescue		U16M Sprint	Surf Boat 2
U16M Tube Rescue		U16W Sprint	
U16W Tube Rescue		U19M Sprint	
OM Board Rescue		U19W Sprint	Canoe 2
OW Board Rescue		OM Sprint	
U19M Board Rescue		OW Sprint	
U19W Board Rescue		U16M Beach Relay	Surf Boat 3
U16M Board Rescue		U16W Beach Relay	
U16W Board Rescue		U19M Beach Relay	
Open Ski Race	Open Ski-Race	U19W Beach Relay	
U19 Ski-Race	U19 Ski-Race	OM Beach Relay	
U16 Ski-Race	U16 Ski-Race	OW Beach Relay	
Open Board-Race	Open Board-Race		
U19 Board-Race	U19 Board-Race		
U16 Board-Race	U16 Board-Race		
Cadet Board Race	Cadet Board Race		
Open Surf Race	Open Surf Race		
U19 Surf Race	U19 Surf Race		
U16 Surf Race	U16 Surf Race		
Cadet Surf Race	Cadet Surf Race		
Open Mens Double Ski			
Open Womens Double Ski			
Open Board Relay	Open Board Relay		
Open Ski Relay	Open Ski Relay		
Open Ironman	Open Ironwoman		
U19 Ironman	U19 Ironwoman		
U16 Diamond	U16 Diamond		
Cadet Diamond	Cadet Diamond		

District Competition #4—Sunday 1 March, South Brighton SLSC

High Tide: 7.28 am
 Managers/Officials Meeting: 8.30 am
 Carnival Start: 9.00 am

*Format same as District Competition #3

Junior Surf Events Programme



Carnival Controller: Scott Roberts, Phone 388 9170, Mobile 027 583 5867

General Competition Programme

Sun 21 st December	Carnival #1	Waikuku Beach
Sun 18 th January	Carnival #2	Waimairi
Sat/Sun 14/15 th Feb	Southern Ocean Athlete (tbc)	
Sat/Sun 7/8 th March	Canterbury Champs	New Brighton

8.30am: Managers Meeting, 9am: Cadets, 9.30am: other age groups

Notes

Events—details will be emailed to Junior Surf Coordinators before each event.

Uniforms—will be strictly enforced for both competition and prize-giving's. Incorrect dress will mean the member will not be allowed to compete or receive their prize.

Numbering—all competitors must have a number before competing. Please write the number on both lower legs.

Age Groups—as per SLSNZ rules, the minimum age for competing is 7 years. For the purpose of determining an age group, all competitors will have a common birth date calculated as at midnight on 30 September, and the age at that date in the season shall determine their age for events that season. Note that a member may compete when they turn 7 years old during the season.

Infinity Investment Group Twilight Series (10-13 year olds)

Thu 11 December	Carnival #1	Sumner Beach
Thu 22 January	Carnival #2	Waimari
Thu 5 February	Carnival #3	Spencer Park
Thu 19 February	Carnival #4	Taylor's Mistake

Carnivals 1 & 3

Run Swim Run
Board race
Diamond
Surf Relay

Carnival 2

Run Swim Run
Tube rescue 12-13 yr
Board rescue 12-13 yr
Board Race 10-11 yrs
Tube race 10-11 yr

Carnival 4

Run Swim Run
Board Race
Diamond
Taplin

Beach events will run according to conditions and time (notified on the night).

Carnivals 1 & 2: 6pm start. Register at 5.45pm.
Carnivals 3 & 4: 6.15pm start. Register 6.00pm

Junior Surf Coaching Day



Sunday 7 December, Sumner SLSC, starts 10am

Other Events



THE LION
FOUNDATION

Southern
Surf League

Sunday 11 January, New Brighton SLSC

Low Tide: 10.16am

Managers Meeting: 9am

Start Time: 10am

This is a forerunner to the New Zealand Surf League and involves club and rep teams competing for prize money and the Lion Foundation Trophy. More details will be forwarded to clubs before Xmas.

Likely teams are:

Otago Open Team, Otago U19 Team, New Brighton, South Brighton, Taylors Mistake, Waimairi, North Beach, All Stars.

Events (and order) as follows:

- | | |
|---------------------------------|---------------------------------|
| 1. Beach Relay | 9. Mixed Tube Rescue |
| 2. IRB Single Rescue | 10. Mens & Womens Board Race |
| 3. Mens & Womens Ski Race | 11. IRB Assembly Rescue |
| 4. Mens Surf Race (2 males) | 12. Womens Beach Flags |
| 5. Womens Surf Race (2 females) | 13. Mens Beach Flags |
| 6. Canoe Race | 14. Womens Ironman (one female) |
| 7. Womens Beach Sprint | 15. Mens Ironman (one male) |
| 8. Mens Beach Sprint | 16. Ironman Relay |

- For safety, Ironman order would be swim-board-ski.
- Points calculated as per NZ Surf League.
- SLSC will provide bibs for club teams.
- Club teams are 13 people max.
- BBQ/prizegiving afterwards.
- **All Stars team.** Will be made up of members from smaller clubs and members left over from other clubs. If you are interested in making this team please contact Fraser Bickley.

K Day

Sunday 14 December, Taylors Mistake SLSC

High Tide: 5.14am **Start:** 9am

The event this year will be team based with the best team of six winning the Oliver Turpin Trophy.

Teams: 6 Person teams. Clubs are encouraged to enter as many teams as possible. Note there is one grade—Open le. Team members may be any age (no cadets).

Events:

- 6 person 200m Beach Relay Heats
- Ski Relay Heats – 2 person with one male, one female
- Black and White Swim Relay 4x person swim relay.
- 4 person Beach Relay Heats (must include a Master 40+)
- Beach flags – Female (one person per team)
- Beach flags – Male (one person per team)
- Tube Rescue Heats– 1x female and 1x male (must include a Master 40+)
- Board Relay Heats – 1x female, 1x male
- Ski Relay Final
- 200m Beach Relay Final
- Tube Rescue Final
- Board Relay Final
- Womens Diamond Race
- Ironman – 1x male
- 4 person Beach Relay Final
- Kesteven Cup Ironman Relay, 400m run, Swim leg , Board leg, Ski leg, sprint finish (double points).

Notes

1. Points are awarded for top eight places—8 points for 1st down to 1 point for 8th.
2. All teams and team members must be registered at the Manager's Meeting.
3. Each team must be clearly identified with club caps and markings ie. A, B or C if a club has more than one team.

2009 NZ Community Trust Canterbury Championships

Weekend 21/22 February, New Brighton SLSC

Tides: Saturday Low 0801. Sunday Low 0846



The programme will follow that of the NZ Champs. Details and entry forms will be circulated in December.

Notes

- **IRB's:** will be on Saturday only starting 8am. IRB prize-giving will follow at Saturday lunchtime.
- Main carnival 9.30am start both days.
- The following events for *Masters Canterbury titles* will be available:

Surf Race, Board Race, Ski Race, Beach Sprint, Beach Flags

Grades will be male and female, 30-39 years, 40-49 years, 50-59 years, 60 years and over.

