

# Waihi Beach

LIFEGUARD SERVICES INC

Guide to



Oceans



Building tomorrow's surf lifeguards



## **'Oceans is the Under-14 New Zealand Surf Lifesaving event to be held at Mt Maunganui in February each year.**

'Oceans is the pinnacle Junior event during the summer of surf sport. It is well attended by Surf Life Saving Clubs from all over New Zealand and is the largest event on the Surf Life Saving New Zealand calendar! It provides a fantastic opportunity for Waihi Beach Junior Surf athletes to showcase their skills on the national stage, and to gain confidence in their athletic abilities.



### **Who is eligible?**

Anyone aged 10 to 13 as at the 1st October the year prior is eligible to participate provided they:

- Are current and financial members of Waihi Beach Lifeguard Services
- Have successfully completed their 200m Safety Badge
- Made the commitment to the Junior Surf Sport training programme

Whilst all 10-13 years olds are eligible, the Club needs to be comfortable that the athletes can handle the requirements of this challenging and long event. Therefore, the athletes should:

- Show enthusiasm and commitment to surf sport
- Have a high attendance at surf carnivals during the season
- Be committed to attending additional Oceans squad trainings



### **How do I enter and what does it cost?**

First, complete the Junior Surf Supplementary Training Programme form online. All athletes entering Oceans are invited to attend a training camp during the season before the end of the school holidays. This cost of the camp will be invoiced before the camp, and payment is required within 10 days unless a prior arrangement is made.

Once entries are confirmed for Oceans, and the close-off date has passed, Surf Life Saving New Zealand will not provide any refund on cancellations or accept any additional entries.

### **How do I join the Oceans training squad? Do I have to know right at the start of the season if I want to enter Oceans? What does the training involve?**

Once the season has started, an Oceans training squad will be established for those children who competed in Oceans the previous year. All new Junior Surf athletes, plus this season's 10 year olds will start the season in our 10+ squad.

Our goal is to offer as much time and support as possible to enable all athletes to build the confidence they need to master the various components of surf sport.

The Coach may suggest when new or younger athletes have gained sufficient skill & abilities to attend additional Ocean Squad training sessions.

The aim of the Oceans training squad is to build strength, skill, endurance and competitive advantage so the Waihi Beach Oceans team can perform to the best of their ability at all competitions, but with the end goal of Oceans!

By the time enrolment for the Oceans training camp is due, all athletes should know whether they are entering to compete at Oceans.

You can expect the schedule of training for the Oceans squad to increase as the season progresses towards February. The training programme timetable will be communicated in advance as coaches and specialists are arranged.

## **How are the teams decided for the relays and other team events?**

The teams will be selected by the Coach in discussion with the Assistant Coach, based on performance and achievement in trials and competitions leading up to Oceans. Team selection will be based on the ability to give the greatest chance of achieving podium finishes. Athletes and parents will be notified of team selection as early as possible before Oceans.



## **What is expected of the athletes in the Oceans squad?**

- Commit to attending as many squad trainings as possible
- Be ready to start training at the designated time with the appropriate equipment, including a full water bottle for every session
- Work hard during training sessions, respecting the rules set by the coach
- Treat all gear with respect; carry it properly, wash it down and store it after use
- Have a positive attitude at trainings and competitions
- Treat all fellow athletes with courtesy and respect at all times
- Respect fellow competitors, coaches, parents and officials
- Abide by the rules of competitions
- Attend a minimum of three local surf carnivals, including the Eastern Regional Champs, BOP Champs and, if possible, the Whiritoa Junior Carnival. Or at the Coach's discretion.



## **What is expected of the parents of Oceans athletes?**

Throughout the season:

- Ensure your child is on time for all training sessions and has the necessary gear specified by the coach, plus a full drink bottle for every session
- Encourage your child to be a supportive and positive member of the team
- Volunteer as an age group team manager at carnivals – try to do this at least once
- Volunteer as a helper at surf carnivals
- Behave appropriately at surf carnivals

## **For Oceans, we need volunteers:**

- An age group manager for each age group is required.
- To assist the Junior Surf Equipment Officers with the gear requirements for the team
- Support the Oceans camp as part of the Camp sub-committee
- Help with organising and collating Oceans team uniform items and orders
- To assist athletes and coaches with loading the trailer before the event
- To put up and pack up the tent(s) before and after the event
- To tow the board trailer to and from the event
- To generally assist with the smooth running of the team – closing up the tent each day, disposing of rubbish, ensuring boards are tied onto the trailer, etc.
- An official photographer for the event
- Other tasks to assist with the smooth-running of the event for our team

## **How does the Oceans event work?**

Oceans will be held over 4 days in Mount Maunganui. The event is generally structured along the following lines:

**Initial setup** – On the Tuesday prior to the event, the trailer is loaded by parents and children in the team under the guidance of the Junior Surf Equipment Officers; the board trailer is then taken to the designated area at Mount Maunganui and the Waihi Beach tent is put up on the Wednesday. SLSNZ provides security for the event so tents and trailers remain on the beach for the duration of the competition.

For most events, there are usually three separate arenas operational at the same time, and each arena generally has a large marshalling tent where competitors are assembled and sorted into heats. The competitors then wait in the shade of the marshalling tent until called for their heat. Age group managers can briefly go into marshalling tents (e.g. to get towels), but parents are not permitted.

### **How does each day of the Oceans event flow?**

The days are long, and conditions can be varied so you need to be well prepared and bring:

- Chairs – there is quite a bit of waiting time, so chairs are necessary. At the end of each day chairs can be collapsed and left in the tent.
- Plenty of food and water – the days are long and the competitors need to be well-nourished and well hydrated
- Warm clothing and spare towels – conditions can change from mid-summer to wet and wintry in a single day
- Hats and lots of sunblock
- Parents need to ensure their child(ren) always maintain contact with their age-group manager and coach during the competition and must not leave the beach unless pre-arranged and agreed with the age-group manager.

Daily (and as requested) the Waihi Beach Team Manager will attend a managers' briefing with event officials. Information from these briefings will then be passed to the age group managers and competitors.

For the competitors, each day starts with a team talk and warm-up prior to the first event. The Coach and Team Manager will communicate the times for these meetings.

It is important that competitors and parents keep track of their belongings and also ensure that fibreglass boards are either kept out of the sun or are covered with a light-coloured towel or cover.



At the end of each day the tent needs to be closed by collapsing chairs, removing rubbish and generally ensuring everything is ready for an early start the next day.



Boards are generally left on the trailer when not in use and must be secured when on the trailer.

### **Where do I stay?**

Staying in Mt Maunganui for the duration of the event is recommended, as you need to be on the beach early each day and the days can be long. Individuals will need to organise their own accommodation. You may wish to talk to other families about sharing accommodation bookings.

We recommend that you arrange your accommodation early as this is a large event with a lot of people who attend from out-of-town. Also be aware that parking can be difficult so accommodation within walking/biking distance of the main beach is ideal.

### **What do I wear?**



Competitors must wear the Club skull cap, Waihi Beach Club-branded hi-visibility, fluoro safety vest for all water events. It is encouraged for athletes to wear Club-branded swimwear to support our sponsors but not compulsory. For any medal ceremonies, athletes must either wear their full racing kit or their Club-branded swimwear or Oceans t-shirt. Teams must all wear the same uniform.

## Communication:

The primary means of communication will be via email prior to the event and by Heja APP during the event. Please ensure that you print your email and cell phone number clearly to ensure that you receive all communications.



Some notices will also be posted to the Waihi Beach Junior Surf Facebook page, but once the event is underway, most notifications, particularly if involving a change of programme or location, will be via the Heja APP.

In addition to this, notices will be placed on the notice board at the Club. It is important that you regularly check your emails, Facebook and the notice board so you don't miss out on important information.

## Any more questions?

If you have further questions, talk to our Junior Surf Co-ordinators.

Also, consider talking to someone who has attended this event previously as either a competitor, or a supporter. They will all tell you it is a fabulous event - well organised, very professional, and lots of fun for the competitors and their supporters.

You can also keep track of information regarding Oceans on the SLSNZ website.

