

OREWA SLSC APRIL ROOKIE NEWS.

The 2010 - 11 season is almost over for most of you. There are still a few patrols over Easter.

It has been a long time since pre season training started in October 2010. The Jan / Feb / March period was very busy with carnivals and trainings. So it is time to relax and rest for a month or 2.

SURF LIFEGUARD AWARD EXAM:

Alexis and Cole, we have a Surf Life guard Award exam on May 22nd for you.

The rest of you will be invited to start training in Sept for an exam in Oct / Nov.

ROOKIE CHALLENGE March 20th RESULTS:

Teams

- Orewa Blue: Cameron Pearson, Kelsi Boocock, Tamsin Simpson, Alexis Wiseman, Cole Drinnan.
- Orewa / Bethells: Scott Meiklejohn, Ollie Anthony, Ashley and Maddison Hill and Hannah Shatwell from Bethells Beach.

Orewa Blue congratulations on your 2nd place with 187.8 pts.

Orewa White / Bethells: you finished 9th on 158.4 pts.

The interesting thing, is if one just looks at: Uniform, scenario, theory, CPR and Recovery position.

Surf Lifeguard Skills Scores:

TEAM	Uniform	Theory	CPR	Recovery	Scenario	TOTAL
White	20/20	18/20	24/30	21/25	29/30	112/125
Blue	20	19	24	21	27	111

The Blue team scored 111 pts and the White team 112/125.

The White / Bethells teams was 1 pt better for Lifeguard skills so overall, we are quite consistent as a whole group. (The winning Mairangi Bay team scored 122 pts)

Excellent work in the scenario White team, 29/30. Theory exam was done well by both teams, only 1 team got 20/20.

If we want to improve, it looks like we have to do more revision of the 'boring' CPR and Recovery position. The scenarios and theory seem more interesting and stimulating so are easier to teach and more fun to learn.

Unfortunately, if you want to become a Lifeguard you all have to do the CPR and Recovery Position for the Surf Lifeguard Award, and every year as part of the Refresher Exam.

Water & Beach Events Scores:

TEAM	Relay (run)	Surf Relay	Tube Relay	Board relay
Blue	20 (1 st)	17.8 (1 st)	20 (1 st)	19 (2 nd)
White / Bethells	14 (7 th)	10.4 (12 th)	8 (11 th)	14 (7 th)

So well done Blue team, you were the top 'Surf Sports' team.

Congratulations both teams for being disqualified. In the tube rescue relay final, only 3 teams officially finished. The 8th team to finish came 3rd.

I was very impressed with the attitude and enthusiasm of all the team members when we were at Omaha. I think it was the best I saw you all functioning all season. There was no time to get bored was there.

Orewa White / Bethells team, I apologise for your sudden call (and shortened lunch break) into the Board Rescue relay final. I was trying to keep up with the disqualifications, but I missed one. It was lucky we don't abide by the rule of 'no swimming for 60 mins after eating'.

Thanks to the parents for getting your children to all the patrols and Rookie Trainings throughout the season. It is quite a commitment to train during the week and have events / patrols at weekends.

ROOKIE AWARD CERTIFICATES & SENIOR PRIZE – GIVING:

These certificates will be available in a week or 2.

You have all been invited to the Senior Prize – Giving Fri May 6th. So if you attend, the Rookie Award Certificate will be given out. Otherwise I will post them out.

The Prize – Giving is generally a great, and not late evening, when the Seniors celebrate their successes in Surf Sports, Life guarding etc.

So, come along and see what you can become part of later this year when you get your Surf Lifesaving Award.

Rookies, Thanks again for the great day at Omaha at the Rookie Challenge.

Mark Johnston.

Rookie Coordinator

April 2011.