

Summer Training / Competition Programme

October 24th 2011 - March 18th 2012



Omanu Beach Surf Life Saving Club

Hello Everyone

Welcome to the 2011/2012 summer season at Omanu Beach. We have a very exciting season ahead after so many great performances throughout the age groups last season.

We have have had a great winter training programme and a big *thank you* from all the coaches for those athletes who have found the time amongst all the other winter sports and commitments to attend our trainings.

I am sure the athletes would join me in a big *thank you* to all the coaches who have helped make our winter training so successful, and have provided them with a great fitness base to take into the summer programme. Brad, Mike, Ty, Hamish, Denny, Jon, Val, and all the parents that have helped along the way.

Swimming:

Omanu has taken over the Mt College pool for the summer. Brad Murdoch will be running swim squad sessions five mornings a week, and Dannielle Oconnor will be taking Junior swim squad on Tuesday and Thursday afternoon. For more details check on the Omanu Beach Website.

Exciting news for the Ocean Athletes:

We have secured the coaching services Brooklyn Reardon for the Ocean Athletes group. Brooklyn is a very experienced athlete, and her experience will be invaluable for the development of our Junior competition squads. Denny will be running the Academy sessions, looking to progress those new to board paddling up to the OA squads.

Senior competition squad:

We have catered to all disciplines, Swim /Board / Ski / Sprint, and have top coaches in each discipline.

Sprint : Pat Wigley (CNS High Performance) and Corey Rikihana will work with the Sprinters to develop Speed, Strength, and Technique

Ski: Thomas Yule will be on the beach for the ski sessions to coach the athletes and develop their full potential.

Board: Mark Inglis

We are still looking for U16, U19, Open, Male and Female Canoe Crews and any interested Boat rowers.

Please have a read and feel free to contact me with any questions you may have.

Good luck to both our Junior and Senior clubs for the coming summer.

Yours in surf

Mark Inglis
Coach Co-Coordinator

Senior Weekly Training Schedule

Coach Coordinator / Head Coach: Mark Inglis
Swim Coach: Brad Murdoch
Ski Coach: Thomas Yule / Hamish Reid
Sprint Coach: Corey Rikihana / Pat Wigley (CNS High Performance)

Time AM	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6.00 - 7.30	Swim Mt College	Swim Mt College Club Lifeguards and Masters	Swim Mt College	Swim Mt College Club Lifeguards and Masters	Swim Mt College	9.00 Iron Man Transition 9.00am Boxing with Denny	Flags/Sprint 12-1pm Corey
Time PM	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:00 – 5:00	Sprint training Brooklyn						
5:00pm	Senior Competition Team Meeting						
5:30pm -7:00pm Coach	Board Session -Mark	Ski Session -TY	*Club Run Swim Run Session Open to all lifeguards -Brad	Ski or Board session -TY & Mark	Run Board Run Race Series 5:30 start		

*** All Patrolling Lifeguards - The Wednesday Club Run-Swim-Run session will be open to all patrolling lifeguards and competition team members. This session will work on ocean swimming skills and rescue techniques and will accommodate all levels of swimmer. We would like as many club members as possible to attend, and benefit from the increase in swim fitness / rescue skill levels.**

We realise that the water temperature and sea conditions may not be too attractive early season, so we have booked the Mt College pool and will be taking any 'inclement weather' sessions there.

SURF ROAD

PO BOX 4257

MOUNT MAUNGANUI

PHONE 07 575 4805



Senior Carnivals

Event	Date
NZ Pool Champs	October 28 th (5:30 to 9:30), 29 th , 30 th - Hamilton
BOP Carnival # 1	November 5th – Omanu beach
BOP Carnival # 2	November 26 th – Mt Maunganui Beach
Eastern / Northern Carnival	December 17th – Whangamata Beach
Ian Porteous (Omanu Classic)	December 31 st – Omanu Beach (Compulsory attendance)
Eastern Regional Masters Champs	January 8 th - Omanu Beach
BOP Rescue Twilight	January 11 th - Papamoa (Board and Tube Rescue events)
BOP Afternoon Carnival # 3	January 14 th - Papamoa
Gizzy Champs	January 21/22nd - Midway
Eastern Regional Senior Champs	January 28 th /29 th Jan. Mt LGS (no IRB's)
Patrol Team Championships	January 30th – Mount Maunganui LGS
NZ Surf League	February 9 th / 10 th U14 and U16 February 11 th / 12 th U19 and Open, Mt LGS
Northern Regional Championships NRC's	February 18 th /19 th - Ruakaka
BOP Carnival # 4	March 4th - Whakatane
Senior Club Champs	March 10th - Omanu Beach
Open National Championships	March 15th-18th March - Midway

Other Key Dates for the diary

Event	Date
Senior High Performance Training Camp	December 10 th to 16th
Hell Week	January 9 th to 15 th
Spew Ironman	January 15 th
Omanu Gold Ironman	February 4 th - 3pm start at club
Jandal Day Mid Week Collections	Mid week door knocks - Nov 28 th Public Venues - Friday Dec 2 nd

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Ocean Athletes Training Schedule



Photo : Jamie Troughton @ Dscribe Journalism

Coach Coordinator: Brooklyn Reardon-Nikara

Assistant Coaches: Dannielle, Nate, Dan, Jess, Jack, Alex, Siobhan, Adam, Campbell,

Academy Coaches: Denny Enright, Jono York, Anthony Gadsby.

Time AM	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6.00 - 7.30		Swim Mt College		Swim Mt College		Board/surf skills 10:00 - 11:30	Flags/ Sprint 12-1pm Corey
Time PM	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4.00 - 5.15	Sprint Session @Omanu	Board/ Transition	Swim and surf Skills Session @ Omanu	Board/ Transition	FUN - Run Board Run Race Series		
5.00 - 6.00		Academy Session Mt College Pool			Academy Session		

** Please note that we have the Mt College pool available Tuesday / Wednesday / Thursday afternoons in the event that the conditions are too rough at the beach.

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PO BOX 4257

MOUNT MAUNGANUI

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Junior Carnivals

Event	Date
Junior Twilight Carnival # 1	16 th November- Papamoa Beach
Junior Carnival # 1	27 th November - Mount Maunganui LGS
Junior Twilight Carnival # 2	7 th December - Omanu
Whangamata Junior Carnival	18 th December - Whangamata Beach
Harris Cup	7 th January – Pukehina Beach
Junior Carnival # 2	14 th January – Papamoa Beach
Top Rookie	15 th January – Waihi Beach
Papamoa Junior Carnival	21 st January – Papamoa Beach
Junior Eastern Regional Championships	February 4 th /5 th – Whakatane Beach
NZ Surf League U14	February 9th and 10th , Mount Maunganui LGS
Nationals Championships - Ocean Athletes	February 23 th -26th – Mount Maunganui LGS

Running Squad

Coaches: Pat W (CNS + High Performance Centre) & Cory Rikihiana

Wednesday	Sunday
Tuesday 10am (During school holidays) Pat Wigley	12-1pm Sprinting / Flags Technique Corey Rikihana

Runners Targeted Carnivals

Event	Date
BOP Carnival # 1	November 5th – Omanu beach
BOP Carnival # 2	November 26 th – Mt Maunganui Beach
Eastern / Northern Carnival	December 17th – Whangamata Beach
Eastern Regional Masters Champs	January 8 th - Omanu Beach
BOP Afternoon Carnival # 3	January 14 th - Papamoa
Gizzy Champs	January 21 st 22 nd - Midway
Eastern Regional Senior Champs	January 28 th /29 th Jan. Mount Manganui LGS
NZ Surf League	February 11 th and 12 th , Mount Manganui LGS
Northern Regional Championships NRC's	February 18 th /19 th - Ruakaka
BOP Carnival # 4	March 4th - Whakatane
Senior Club Champs	March 10 th - Omanu Beach
Open National Championships	March 15th-18th March - Midway

Friday Night: Run-Board (or Ski) -Run Series and Team Races

This year the Friday night Races will be a Run-Board (or Ski)-Run format (or a shorter Teams Rescue event if there is a competition the following day) . It will be an age group event, There will be a points ladder where each athlete will score points for their finish (down to 10th place), this points ladder will be placed on the club notice board for everyone to see. The series starts and finishes with the dates below:

Series	Discipline	Date
Trial Race	Run-Board (or Ski) -Run	18 th November
Trial Race	Team's Rescue Race	25 th November
1 st Round of series	Run-Board (or Ski) -Run	2 nd December
2 nd Round of series	Run-Board (or Ski) -Run	9 th December
3 rd Round of series	Team's Rescue Race	16 th December
4 th Round of series	Run-Board (or Ski) -Run	23 rd December
5 th Round of series	Team's Rescue Race	30 th December
6 th Round of series	Run-Board (or Ski) -Run	6 th January
7 th Round of series	Run-Board (or Ski) -Run	13 th January
Rest	Rest weekend	20 th January (away at Gisborne)
8 th Round of series	Team's Rescue Race	27 th January
9 th Round of series	Run-Board (or Ski) -Run	3 rd February
10 th Round of series	Team's Rescue Race	10 th February
11 th Round of series	Team's Rescue Race	17 th February
Rest	Rest weekend	24 th February (Surf League)
12 th Round of series	Run-Board (or Ski) -Run	3 rd March

Masters Carnivals 2011/2012

Want to be part of this winning team



National Champions 2012 at Midway Beach Gisborne

Masters Carnivals for 2011/2012

1. Masters Twilight Carnival- 30th December at ? TBA
2. Eastern Masters Champs- 8th January at Omanu Beach
3. Senior Club Champs- 10th March at Omanu Beach
4. Open National Championships 15th March at Midway Beach Gisborne