

Waihi Beach

LIFEGUARD SERVICES INC

Oceans

27 Feb - 1 March '20



Mt Maunganui



'Oceans' is the Under-14 New Zealand Surf Life Savings Championships (Junior National Champs) held at Mount Maunganui over 4 days in late February/early March each year.

'Oceans' is the New Zealand Under-14 Surf Life Saving Championships, held annually over 4 days. This season it will be held at Mt Maunganui, 27 February - 1 March 2020.

'Oceans' is the pinnacle 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 2019 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 Sport Programme form and pass this to the coach or office. All athletes entering Oceans are invited to attend a training camp during the season, before the end of the school holidays. The entry fee for Oceans is included in the camp fee. This fee will be invoiced before the camp and payment is required within 10 days, unless a prior arrangement is made.

Once entries are confirmed 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 '18. All new Junior Surf athletes, plus this season's 10 year olds will start the season in our 10+ Development Squad.

The purpose of the Development Squad is to provide training in all aspects of surf sport, to develop specific skills that are new to athletes, e.g. kneeboarding for new members or younger athletes. 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 Head Coach may move athletes from the Development Squad to the Oceans Squad and some members might train with the Oceans Squad for specific disciplines, e.g. beach events. Likewise, some Oceans Squad members may be asked to train with the Development Squad for extra training support.

The aim of the Oceans training squad is to build strength, skill, endurance and competitive advantage so the Waihi Oceans team can perform to the best of their ability at all competitions, but with the end goal of Oceans '20!

By the time enrolment for the Oceans training camp is due, all athletes should know whether they are entering to compete at Oceans '20.

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 Head Coach in discussion with the Beach Coach and Assistant Coach, based on performance and achievement in trials and competitions leading up to Oceans. Team selection will be based on ability to give the greatest chance of achieving podium finishes. Athletes and parents will be notified of team selection as early as possible prior to 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 after use
- Have a positive attitude at trainings and competitions
- Treat all fellow athletes with courtesy and respect at all times
- If part of the Oceans Leadership Programme, to provide mentoring and assistance during Sunday Junior Surf sessions, plus set an example for younger Junior Surf members of how to act
- 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

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 in an appropriate manner 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 '20 team uniform items and orders
- To assist athletes and coaches with loading the trailer prior to the event
- To put up and pack up the tent(s) prior to 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 on to 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 '20 will be held over 4 days in Mt Maunganui. The event is generally structured along the following lines:

- Initial setup – On the Tuesday or Wednesday 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 Mt Maunganui and the Waihi Beach tent is put up on the Wednesday evening. SLSNZ provides security for the event so tents and trailers remain on the beach for the duration of the competition.
- Day 1 (Thursday) – Competition starts late morning and goes until the programme is complete, or the event management team decide to stop.
- Day 2 (Friday) – Full day's competition. This generally means being on the beach for team warm-up by 7:00am and not leaving until the day's

programme is complete. On a perfect day this may mean leaving the beach before 5:00pm, but the nature of surf competitions means the timing is very dependent upon the conditions and the programme often changes to suit the changing conditions. Friday is dedicated to all beach (track and flags) events; however, this can change if beach conditions require the programme to be adjusted. It is possible that some events will be curtailed or cut altogether if either the conditions are considered unsafe or the event is running too late in the day.

- Day 3 (Saturday) - Full day competing.
- Day 4 (Sunday) - Full day competing. Occasionally the start time is brought forward if the event is running behind time. As this is the last day, the tent must be packed away and the board trailer loaded once the final event is complete.

For most events there are usually 3 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) maintain contact with their age-group manager and coach at all times 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 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 Head 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 up 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, Club-branded or royal blue swimwear for every event and the Waihi Beach Club-branded hi-visibility, fluoro safety vest for all water events. For any medal ceremonies, athletes must either wear their full racing kit or their Club-branded, Oceans t-shirt, royal blue shorts or tracksuit trousers. Teams must all wear the same uniform.



Communication:



The primary means of communication will be via email prior to the event and by mobile phone/text alert 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 be 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 by text.

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 Competitions Co-ordinators.

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

You can also keep track of information regarding Oceans '20 on the SLSNZ website.

