



OMANU BEACH SLSC

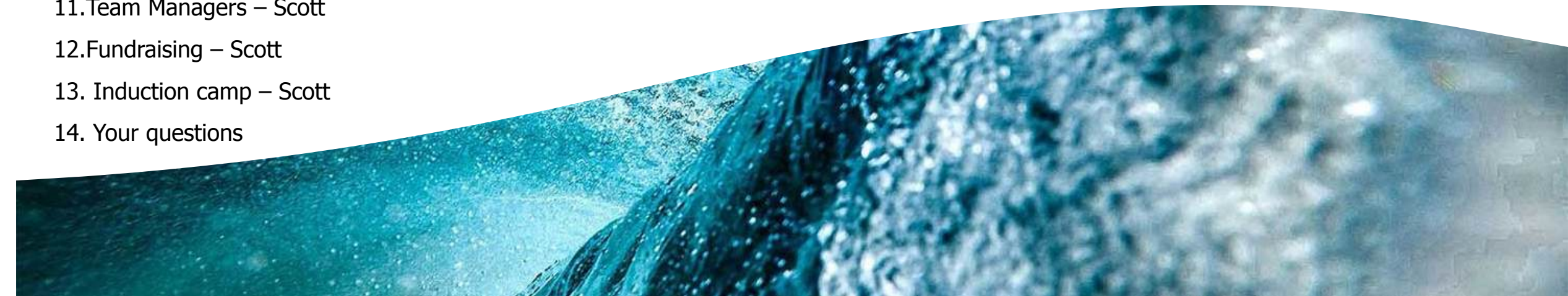
Oceans/Seniors Induction – October 11th, 2024



Tonight's Agenda



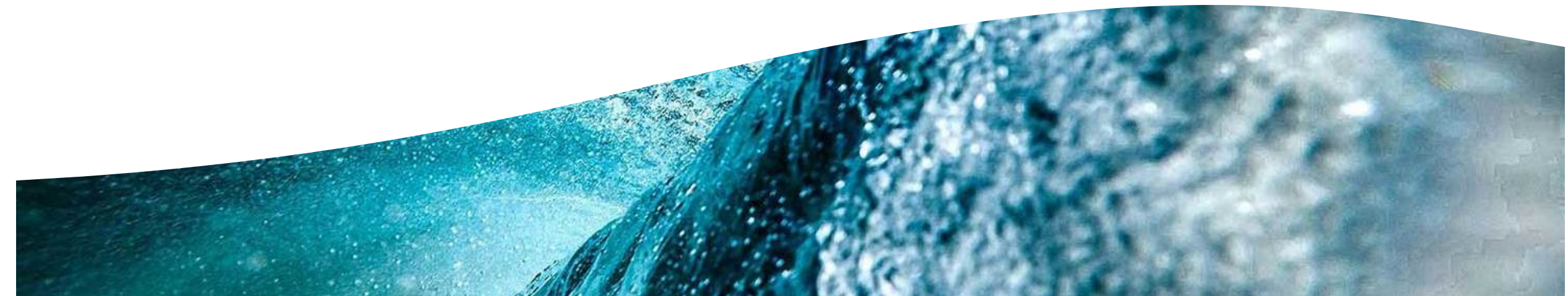
1. Welcome and introductions – Scott
2. Our club culture and expectations – Dan
3. Season Plan – Dannielle
4. What to bring to training – Danielle
5. Breakfast Club – Scott
6. Communication – Scott/Danielle
7. Teamwear and Uniform – Scott
8. Board Allocation process and timing – Scott
9. Team/Relay Selection – Scott and Dan
10. Ding Repair Policy – Scott
11. Team Managers – Scott
12. Fundraising – Scott
13. Induction camp – Scott
14. Your questions



Our club and culture



- We are a family club
- We value everyone, we all have a place here at Omanu
- We rely on parents chipping in and helping where they can– BBQ/Trailers/Management
- Athlete behavior will be managed
- Sideline behavior is very important to us



Season Planning – Monday 14th October- December 21st

Ocean Athletes



Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM Oceans		Oceans (Under 11 and 12) 4.00pm-5.00pm	Oceans (Under 13 and 14's) 4.00pm-5.00pm	Oceans (Under 13 and 14) 4.00pm-5.00pm	Oceans Under 11 and 12 4.00pm-5.00pm	8am-9.30am- Seniors 8.30am-9.30am- Oceans (Everyone) 9.30am-10am- Breakfast club	Sprint/Flags 9am-10am At Omanu Beach
Running		Sprint/Flags 4.15pm-5.15pm Mt College Gym		Sprint/Flags 4.15pm-5.15pm Mt College Gym			



Season Planning – Monday 14th October- December 21st

Seniors



Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		SKI 6am at the club	Running 6am at Banks ave boardwalk	Ski 6am at the club		8am-9.30am Senior Ironman 9.30am-10am- Breakfast club	Sprint/Flags 10am-11.30am At Omanu Beach
PM	4.45pm Ski	4.45pm Board Sprint/Flags 5pm at Mt College School	4.45pm Ironman	4.45pm Ski Sprint/Flags 5pm at Mt College School	4.45pm Board		



What to bring to training?

- Hi Vis vest
- Togs
- Full wetsuit
- Wetsuit pants
- Wetsuit Top
- Wetsuit shorts
- Running shorts & shirt
- Water bottle
- If a cold day – warm clothes for after training



Communication



We have two ways that our Coach and Administration team will communicate with Athletes and Parents.

They are:

- Email - via our database system Friendly Manager, this is more general comms, competition entries & planning.
- HEJA - this is more for day-to-day scheduling, carpooling, etc

The Heja App: Codes are-

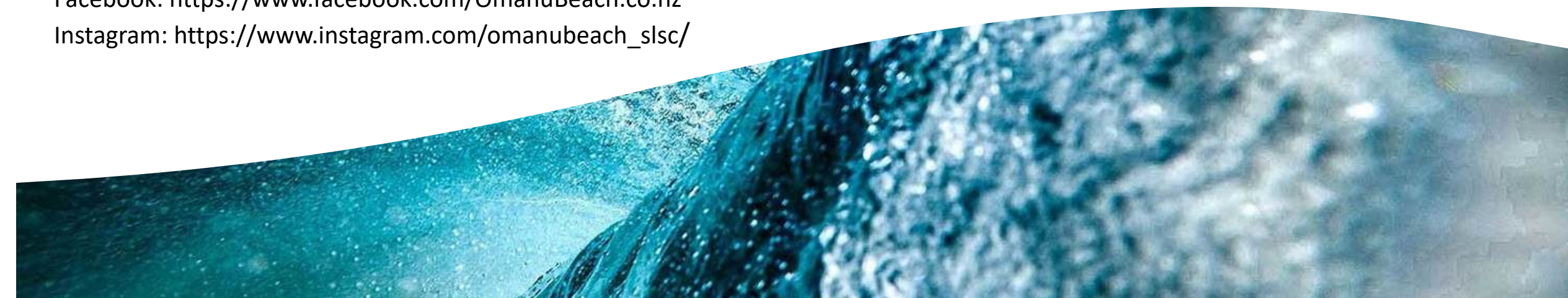
- OCEANS ATHLETES **QG-830832**
- SENIOR/MASTERS **PW-805982**

Additionally, we will post dates and information on both our Facebook and Insta accounts:

They are:

Facebook: <https://www.facebook.com/OmanuBeach.co.nz>

Instagram: https://www.instagram.com/omanubeach_slsc/



This is an example of how competition and/or other events like camps, meetings etc will be sent out. Then over to you guys to click the green or red buttons as per below, which makes everything much more efficient.

Hi Gillian

Omanu Beach Surf Life Saving Club has invited Harlow to **Ocean Athletes Pre-season Overview Meeting.**

When: Tuesday 3rd October, **6:00pm to 6:45pm**

Where: Omanu Beach SLSC

FOR ATHLETES AND PARENTS

Attending

Not Attending

Kind Regards,

Gillian Horn | Junior Surf & Sport Co-ordinator

E: jss@omanubeach.co.nz

Breakfast club- Saturday mornings



This year we having a breakfast club after training on Saturday mornings.

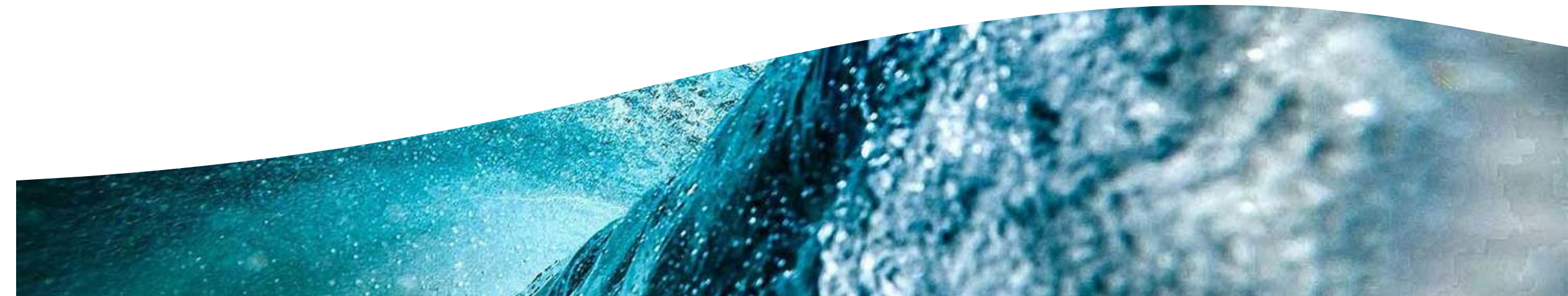
This will encourage all children to attend Saturday morning training and then have a meal after they have finished.

The cost is \$2 per athlete each week.

Breakfast will be a combination of Cereals, toast, some hot dishes like Spaghetti on toast and Juice. Sometimes BBQ

The club will run from 9.30am-10am each Saturday.

Starts Saturday 26th October



Team Wear Policy at Carnivals



Last season we have accepted a new uniform policy for all carnivals, this looks like the following:

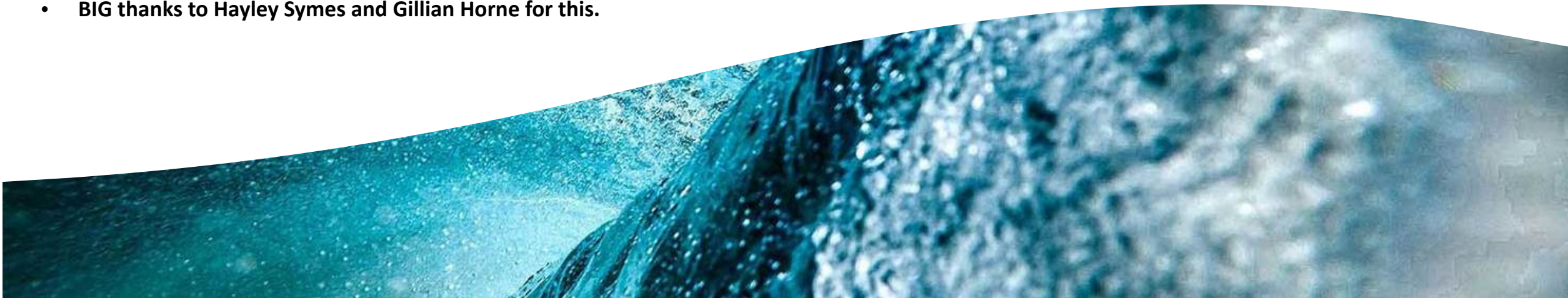
Medal Presentations on the beach: High Vis Vest (new red), black togs, racing beanie

Athletes Uniform: Black & White Stripe Tee, Black Shorts, Trucker, Engine or Tsunami Team Jacket

Supporters Uniform: Various, including some new introductions to range

Formal Shirt: Linen short sleeve shirt, potentially women's long sleeve – these will be special order

- Our Club shop is located here at the Surf Club. Opening hours will be published shortly
- Should be easy to find now with new signage on the gate and door.
- BIG thanks to Hayley Symes and Gillian Horne for this.



MEDAL PRESENTATIONS





OMANU★



ATHLETES TEAM APPAREL





FRONT



BACK



FRONT



BACK



FRONT



BACK



BACK



BACK



SUPPORTERS



BACK



FRONT



1805c
RED

WHERE'S MY COACH/MANAGER TEES



Board Allocation for Season 2023/2024



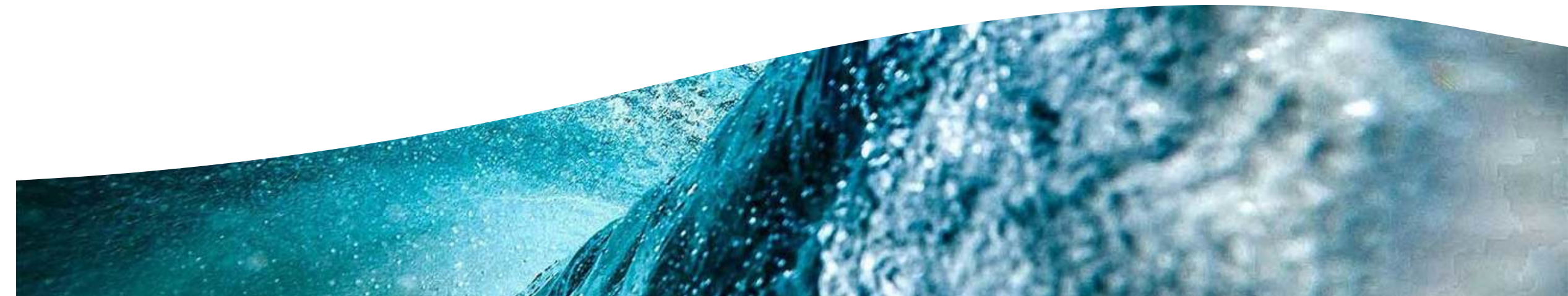
Gear allocation to take place the week starting Monday 7th October through to Wednesday 16th

All gear will be allocated a number and an athlete.

This means it is important registrations are up to date as that is the list we are working from.

These details will be written on the white board downstairs in the gear shed.

The cost of a board allocation for the season is \$110.00 per person



Ding Repair Policy



Unfortunately, ding or damage will happen to boards and skis throughout the season whether it be in training or racing. The most important thing here is getting it repaired urgently so further damage doesn't happen and the time off the gear is minimal.

As an athlete here is what you need to do:

- Once you know your allocated gear is damaged, advise our Lead Coach Cory so he is aware of it.
- Place your board in the rack upside down with the fin facing up. Ski's as per normal.
- At the white board where the allocated names are listed, take a Ding repair sheet and fill out the details. Then tape the repair sheet on the board with the masking tape supplied.
- Advise Cory so he can then organize a replacement general use board to be used for training.

Repairs

- The club will cover the first ding repair if it's done in Club structured training sessions or at competitions.
- The club will not cover dings or damage outside of these times.

Allocated gear

- If your gear is damaged and being repaired do not take someone else's allocated gear.

Tail taping

- All boards need to be taped around the tail so to prevent wearing down of the fiberglass. Scott and Cory to show athletes how to do this. Parents and athletes will need to check this every few weeks to make sure it hasn't worn through. The cost to repair holes in the board from dragging it on the sand without tape will be passed back to the athlete.



Target Carnivals

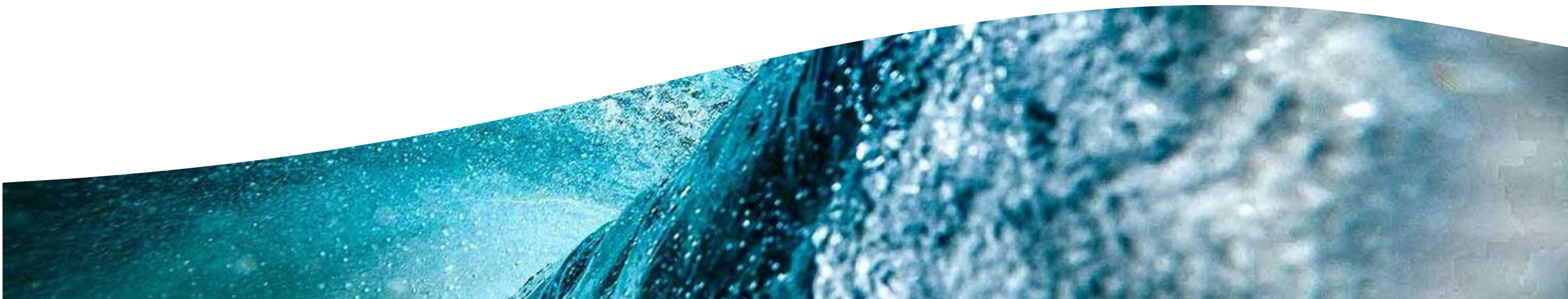
Oceans:

- **BOP Junior Carnival:** 5th January Papamoa Beach
- **Eastern Region Junior Carnival:** February 1st and 2nd Ohope Beach Whakatane
- **Ocean Athletes:** February 20th-23rd , Mount Maunganui Beach

Seniors:

See Selection policy

There may be other carnivals we chose to go to during the season

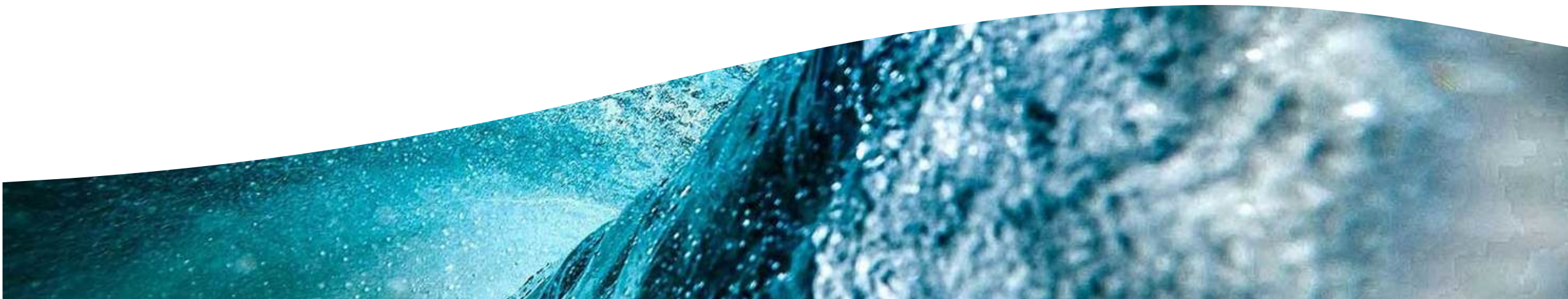


Team Managers for age groups



- We need assistance for age group managers.
- Looking to appoint age group managers before Xmas
- Its not hard and we will train and support you.
- Tee-shirt & Cap/Hat provided

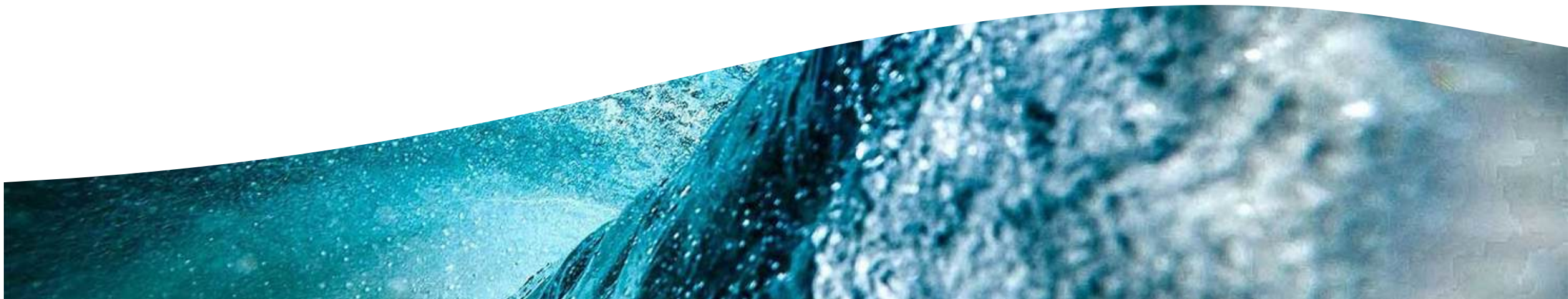
Please email Sarah at admin@omanubeach.co.nz to express your interest.



Oceans Induction Weekend – Team Camp!

We are working on an overnight date that will suit everyone.

Please watch this space.





Questions

