



# Ocean Athletes Programme 2025/2026

## Programme Overview

The Ocean Athletes Programme is designed for young surf lifesavers aged **10 to 13 (or 14)** and bridges the gap between **Junior Surf** and more advanced surf sports or **lifeguarding roles**.

### Key Features:

- Focus on **core surf skills**:
    - Board paddling
    - Surf swimming
    - Rescue scenarios (tube and board)
    - Beach sprints, beach flags, and team relays
  - Emphasis on **club values**:
    - Fun, Respect, Excellence, Encouragement, Commitment
  - Athletes can train **up to 6 times a week** and compete regionally throughout the summer. There is no commitment to attend every session as kids have lots of other sports that can take priority. The program repeats so kids don't miss out.
  - Entry requirement: **200m surf swim** and a **trial session** to assess fitness and readiness.
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## Competition Format

Athletes compete in the **Oceans Festival**—a full carnival-style surf lifesaving event.

### Event Categories:

- **Water Events**:
  - Surf swim races
  - Board races
  - Diamond race
- **Rescue Simulations**:
  - Tube rescue
  - Board rescue
- **Beach Events**:
  - Beach sprint
  - Beach flags
  - Distance runs
- **Team Relays**:
  - Beach, Board and Cameron relays

These events are age-appropriate but reflect the structure and excitement of senior surf lifesaving disciplines.

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## Why It Matters

- **Skill Development**: Provides structured training in essential surf and rescue skills.
- **Pathways**: Builds a foundation for future involvement in surf sports and patrolling.
- **Community Engagement**: Encourages teamwork and bonding among clubs nationwide.
- **Lifeguard Pipeline**: Many Ocean Athletes transition into volunteer and professional lifeguard roles—this is often where a lifelong passion begins.

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## Surf Lifesaving Pathway in NZ

- **Surf Lifesaving New Zealand (SLSNZ)** supports over **74 clubs** across the country.
  - The development pathway includes:
    - **Junior Surf (Nippers):** Ages 5–14 – focuses on beach and water safety.
    - **Ocean Athletes / Oceans Festival:** Ages 10–14 – introduces competitive surf sport.
    - **Surf Lifeguard Award:** From age 14 – qualifies athletes for volunteer patrolling and senior events.
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### Oceans Event Calendar 2025/2026

Date	Event	Location	Target Event
Sat 25th Oct 2025	Practice event (9:00 AM – 11:00 AM)	Main Beach, Mt Maunganui	
Sat 16th Nov 2025	Practice event (9:00 AM – 11:00 AM)	Main Beach, Mt Maunganui	
Sat 29th Nov 2025	Competition Event (1:00 PM – 3:30 PM)	Main Beach, Mt Maunganui	YES
Sat 13th Dec 2025	Practice Event (All-day event)	Papamoa	
Sat 20th Dec 2025	Practice event (9:00 AM – 11:00 AM)	Main Beach, Mt Maunganui	
Sun 11th Jan 2026	BOP Junior Champs	Whakatāne	YES
Sat 31st – Sun 1st Feb 2026	ERC's Juniors	Gisborne / Midway Beach	YES
Thurs 19th – Sun 22nd 2026	SLSNZ Oceans Festival (4-day flagship event)	Main Beach, Mt Maunganui	YES

### Oceans Training Programme

**Start Date:** Monday, 6th October 2025

**End Date:** Sunday, 22nd February 2026

**Duration:** 20 weeks

### Weekly Training Schedule (Term 4 & 1)

- **Monday to Friday:** 4:15 PM – 5:30 PM
- **Saturday:** 9:00 AM – 11:00 AM

### Summer Holiday Schedule

- **To Be Confirmed** – pending confirmation of coach availability.

*For further questions regarding registration or costs, and how to get involved, including a free trial session for your child, email [info@mountlifeguards.co.nz](mailto:info@mountlifeguards.co.nz)*