

CADETS (CRUSADERS) U14-19

YOUTH PROGRAM COMPONENTS



There are four components to the Youth Program;



The Crusaders (Youth) Program is made up of both a structured courses/training/participation along with a social program with aim of allowing the participants to explore their own individual strengths and weakness, and challenge themselves via exposure to the four components of the Program.

It's about having a go and being exposed to all that Surf has to offer, along the surf pathways, for Member development which include: lifesaving, education, leadership and surf sports. It is the segue to becoming an active member of the club and a valuable member of the community.

From as young as 13 years (U14s), our youth members can become involved in patrolling our beaches; gaining more education awards; fundraising at events; acting as water safety personnel; competing at carnivals; involving themselves in personal training, assisting with nippers and much more. With a well-structured support system, the club gives youth members an opportunity to expand their knowledge and be more involved in a club whilst working towards a reward as recognition for their time and effort.

Participants of the program record their activities within each pathway. Their participation in activities gains points toward rewards which are awarded as such: 150 for BRONZE, 250 for SILVER and 400 for GOLD.

It's a bit like FLYBUYs – the more one participates the greater number of points that are gained. The award structure is designed to make each reward achievable over consecutive seasons. A participant joining the program, as an U14 should be able to achieve GOLD by the time they turn 18. Gold is the pinnacle reward with participants completing a project that improves member participation in the club – typically a community initiative.

The rewards are all about promoting participation and having a go. They are centred around the gaining of awards, completion of patrols, training (both education and surf sports), attending coaching programs, a leadership course, providing community support, running a program and involvement in club activities.

The Crusaders are supported to complete the activities that they have chosen. They are linked with mentors in the different areas of the club to assist with their progress. The mentors are typically our Directors, Life Members, Long Service Members, Patrol/Vice Captains, Trainers/Assessors, Coaches, Junior Club Captains, Committee Members as well as Parents and Peers.

So what's in it for the Participant?

Well apart from the reward – our BRONZE awardees are presented with a CRUSADERS Hoodie and a YIPs Certificate. Participants in the program attend the Crusaders Camp in February each year where they engage in team bonding and leadership exercises. The U14 group are also invited to attend as they enter the senior section of the club and progress to gaining their Bronze Medallions in the following season.

The Crusaders have the opportunity to participate in all aspects of surf lifesaving and are provided opportunities to experience many different roles that are important in running a club and being involved in a volunteer organisation. Additionally, the Crusaders are able to participate in activities such as paint-balling, sleep-overs, movie nights, visits to Rous Head (home of our Westpac Surf Lifesaving Helicopters). They will also have the opportunity to interact with other combat agencies such as the Water Police and local VMRs and they are invited to shadow Patrol Vice Captains (as a stepping stone to their own development towards Patrol Captain should they wish), trainers, coaches, club representatives in the community to name just a few

PROGRAM OVERVIEW

LIFESAVING		TRAINING		LEADERSHIP		SURF SPORTS	
AWARDS	Surf Rescue Certificate (13)	AWARDS	Assistant Age Group Manager (14)	AWARDS	Bronze/Silver/Gold Youth Leaders	AWARDS	Youth Official (13)
	Bronze Medallion (15)		Age Group Manager (14)		Youth Achiever Award (U14/U15)		Foundation Coach (16)
	Other SLS Awards (Optional)		Training Officer (16)		Youth Volunteer of the Year Award (U19)		
ACTIVITY	Patrol	ACTIVITIES	Assistant Age Group Manager	ACTIVITIES	Youth Leaders Program	ACTIVITIES	Recreation
			Assistant Training Officer		Teamwork & Problem Solving		Competition
				CAMPS	TOAD (U14 & U15)	SKILL DEVELOPMENT	Club-based coaching sessions
					Rise Up (U16 & U17)		

LIFESAVING

AGE GROUP	ACTIVITY	LEADER	DELIVERY
U14 & U15	SRC qualification (13 years)	Qualified Trainer	Outside Development Sessions
U16 & U17	Bronze qualification (15 years)	Qualified Trainer	Outside Development Sessions
U14-U17	Other awards (see below)	Qualified Trainer	Outside Development Sessions
U14-U17	Patrols	Patrol Captain	Outside Development Sessions
U14-U17	Patrol Workshops	Youth Manager	Incorporated In Development Sessions
U14-U17	First Aid Workshops	Youth Manager	Incorporated In Development Sessions

A key outcome of the Youth Program is to produce skilled and proficient on beach lifesavers. At the beginning of the season the focus of the program is to provide our Crusaders with the opportunity to gain their SRC (U14/15)/BNZ U16/17 or other lifesaving awards depending on the Crusader Goals. In addition to the below there is also the opportunity to become a Drone Operator at the age of 16.

AWARD	MINIMUM AGE REQUIREMENT
Radio Operators Certificate	13
Apply First Aid	14
Inflatable Rescue Boat (IRB) Crew Certificate	15
SurfCom Operator	15
Advanced Resuscitation Techniques Certificate (ARTC)	15
Spinal Management	16

For our U19s there are also the opportunities to become an Inflatable Rescue Boat Driver (IRBD) at 17, Silver Medallion Beach Management Course as part of their journey to become a patrol Captain and Rescue Water Craft Operator (RWC) at 18. While we can complete our Silver Medallion Beach Management Course at 17, our Crusaders work as a Vice Captain for a season prior to being appointed as a Patrol Captain at 18.

TRAINING

One of the pathways youth members can progress towards is that of training. Every club requires Trainers to teach Nippers, youth and adults the numerous SLS awards that can be gained by the membership. Many of our Crusaders are actively involved in Age Managing and in the mentoring of our Nippers which is very rewarding. For our under 14 and 15s many find this a very reward alternative to other Sunday Morning activities.

Our older Crusaders can gain their Training Officers Certificate at 16 years of age if they so choose and many also go on to become SRC, BNZ, and IRB Trainers.

AGE GROUP	ACTIVITY	LEADER	DELIVERY
U15 - U17	Assistant Age Group Manager (14 years)	Nipper Director/Coordinator	Outside Development Sessions
U16 & U17	Age Group Manager (15 years)	Nipper Director/Coordinator	Outside Development Sessions
U17	Training Officer (16 years)	Education Director/Coordinator	Outside Development Sessions
U14-U17	Assisting Age Group Manager	Youth Manager	Incorporated In Development Sessions
U14-U17	Assisting Training Officer	Youth Manager	Incorporated In Development Sessions

LEADERSHIP

Today's youth will be the future leaders of our great movement. We therefore need to develop the leadership potential of all our youth members. The program works to achieve this very important outcome through Team work, problem solving and activities that exploring and challenge our Crusaders as they sample each of the pathways.

AGE GROUP	ACTIVITY	LEADER	DELIVERY
U14 - U17	Youth Leaders Program	Youth Manager	Outside Development Sessions
U14-U15	Youth Achiever Award	Youth Manager	Outside Development Sessions
U19	Youth Volunteer of the Year Award SLSWA Awards of Excellence	Youth Manager	Outside Development Sessions
U14-U17	Teamwork and Problem Solving	Youth Manager	Incorporated In Development Sessions
U14-U15	T.O.A.D Camp	Youth Manager	Outside Development Sessions
U16-U17	Rise-Up Camp	Youth Manager	Outside Development Sessions

In addition to the Crusaders (Youth) Program, SLSWA has also developed a Youth Leaders Program (YLP), which provides an additional leadership pathway for those highly committed and engaged youth at your club. The YLP also acts as a youth retention tool. It is highly recommended that our Crusaders engage in this program.

Youth Achiever U14/15

Each season SLSWA has several recognition awards available to the youth membership. The Club nominates one U 14 or U15 member for the Youth Achiever Award, which is presented at the State Championships each year.

Youth Volunteer of the Year

The Youth Volunteer of the Year Award, which is presented at the A wards of Excellence, recognises one member under the age of 19 for their outstanding achievements during the season. Information about these awards, including closing dates for nominations, will come out via circular.

Leadership Camps

SLSWA also run two camps in the youth area during the season. The Teamwork, Opportunity and Development camp (T.O.A.D) caters for U14 and U15 youth members. The Rise-Up camp caters for U 16 and U 17 youth members. Information about these camps, including club quotas, travel subsidies and closing dates for nominations, is communicated from SLSWA via circular.

Our Crusaders also have the opportunity to be involved in a weekend Camp in Feb of each year where we take around 55 of us down south for a weekend of challenges and mateship. While the Camp does have some exercises for the Crusaders to participate in, it is a fitting reward for their efforts during the season

SURFSPORTS

Participation in Surf Sports is extremely important in our development as a lifesaver. The activities develop fitness and skills, which therefore improves our Lifesaving abilities. To help achieve this outcome we encourage the Crusaders to be involved in the follow activities on club Sunday mornings:

Recreation/modified sport activity - these activities aim to be fun, team orientated and inclusive, so all youth can participate.

Participate in scheduled club event - clubs generally have an event each week such as a swim. We recommend youth members participate in these events so they develop an understanding of the need to maintain fitness and stay healthy.

AGE GROUP	ACTIVITY	LEADER	DELIVERY
U14	Youth Official (13 years)	SLSWA Sport and Development Department	Outside Development Sessions
U17	Foundation Coach (16 years)	SLSWA Sport and Development Department	Outside Development Sessions
U14 - U17	Recreation/ Modified Sport	Youth Manager	Incorporated In Development Sessions
U14 - U17	Intra-club Competition	Youth Manager Surf Sports Manager	Incorporated In Development Sessions
U14 - U17	Inter-club Competition	SLSWA Sport and Development Department	Outside Development Sessions
U14 - U17	Coaching	Youth Manager	Incorporated In Development Sessions
U14 - U17	Officiating	Youth Manager	Incorporated In Development Sessions
U14 - U17	Skill Development	Accredited Surf Coach	Outside Development Sessions

The Director of Sports and his or her Team provide addition structured Coaching session in the surf sports disciplines for Iron person, Surf Ski, Boards, Beach work such as Flags, and Sprints

Youth Officials

Some of the youth members may be interested in officiating at inter-club Little Nipper or Nipper Carnivals. SLSWA have designed a Youth Officials course that anyone aged 13 and above can complete. Our Crusaders Mentors and Surf Sports Officials can assist with providing this opportunity to our Crusaders

Youth Coaches

Another area that some youth may be interested in is coaching. Again, Our Crusaders Mentors and Surf Sports Coaches can assist with providing this opportunity to our Crusaders in the delivery of their training sessions to develop the skills necessary to become a successful coach. Additionally, at 16years of age, interested youth can complete the Foundation Coach course.

Competition

Many of our Crusaders complete and will also want to get into competition. Again this is a very important part of the youth development as a lifesaver and is one of the keys to retention of our Crusaders. Our Crusaders Mentors and Surf Sports Director/Coaches and Officials can assist with providing this opportunity to our Crusaders. Competition Training and Competition Dates are available on the club planning calendar.

Competition Progression Example

