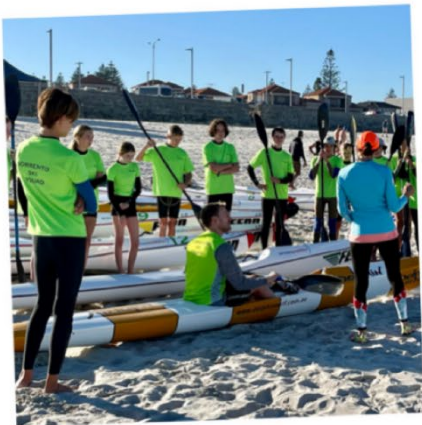




SORRENTO SLSC YOUTH HANDBOOK 2023/2024



Sorrento SLSC Youth Program 2023



Welcome to the 2023/2024 season.

Youth are those members aged from 13 to 18 years of age. These youth are categorised in the following age groups as at 1st of October 2023.

U14s (13 years of age as at 1st of October 2023)

U15s (14 years of age as at 1st of October 2023)

U17s (15 or 16 years of age as at 1st of October 2023)

U19s (17 or 18 years of age as at 1st of October 2023)

Last season Sorrento had 202 Active Youth Members.

On any given weekend during our summer season our youth are spread across our beaches patrolling, competing, participating in our club swims and Sunday sessions; helping with Juniors as age manager assistants, trainers, assistant coaches, officials; training for competitions, training for fitness, volunteering on fundraising activities and just using the chance to catch up and hang out with their friends.

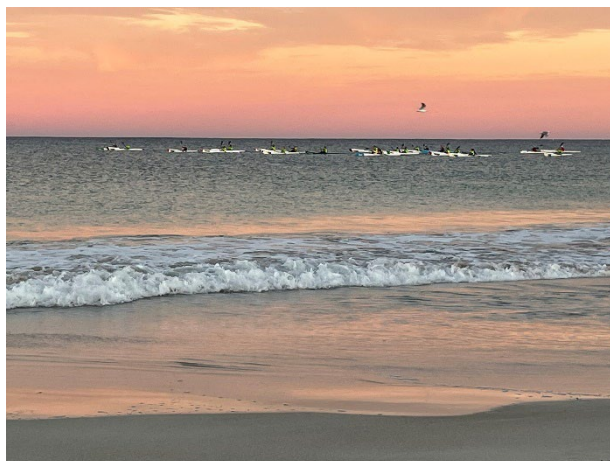
Youth are vital to the future of our club. Our culture is based on inclusivity across our youth age groups, respect, mateship, and participation at all levels. We seek to provide an environment that is safe and supports our youth, challenges them no matter what their skill, competency or fitness level is.

The main objectives of our Youth Program are:

1. Lifesaving: Transition our nippers into patrolling lifesaver members, as well as retaining and developing Youth into more competent and capable lifesavers as they move from SRC to Bronze qualifications as well as other more advanced qualifications.
2. Surf Sports / Competition: The development of surf sports skills necessary for lifesaving and the lifeguard pathway; To encourage competition, build greater numbers competing, work towards more competition success and team spirit.
3. Camaraderie: Provide the opportunity for the Youth to develop and continue friendships within the Sorrento Youth community in a safe environment and to continue involvement with the Club and the broader community.

The aim of this booklet is to introduce you to the Youth Development Team, provide an overview for the season and outline the different activities, surf sport disciplines, camps, carnivals, pathways, and courses available to undertake as a Youth member at Sorrento.

SORRENTO YOUTH 2023/24 CALENDAR: Visit Youth Page on Sorrento SLSC website.



The Youth Development Team:

Youth Development Director

Greg Belmont m: 0459 193 182 | e: clubdevelopmentdirector@sorrentoslsc.org.au;
greg.belmont@gmail.com

Youth Development Officer

Jeff Baxter m: 0400 320 514 | e: youth@sorrentoslsc.org.au

Youth Senior Age Manager(s)

Jeff, Tim, Darren, Mick and Jules

Competition Liaison

Rhian Chin m: 0448 414 712 e: rhian.chin@gmail.com

Youth YIP / YLP Program Managers

Debra Tasker / Nicole Hughes e: yip@sorrentoslsc.org.au

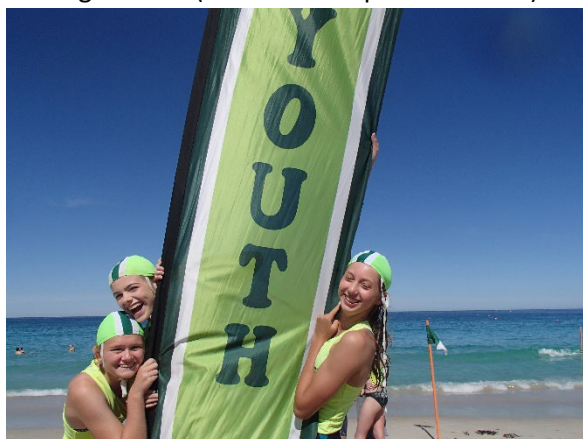
Youth Social Committee

Currently looking for Parents that are keen to help with the Social Committee. For any parents interested please message or text Jeff Baxter.

Coaches & Club Captains

Please refer to the Sorrento SLSC website www.soslsc.com Surf Sports tab for the further information on the Coaches and Club Captains. The Captains have overall responsibility for their individual discipline including equipment. The Coaching Coordinator is responsible for providing leadership and guidance to club appointed coaches across all disciplines. Youth and parents are welcome to watch or attend any of the training sessions and introduce themselves to the coach at the end of the session to discuss training options that are available.

Any feedback or questions that you have and are unsure who to direct this to please send it through to Jeff (Youth Development Officer) and



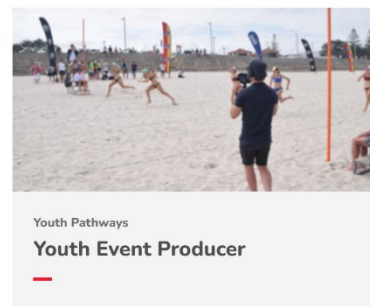
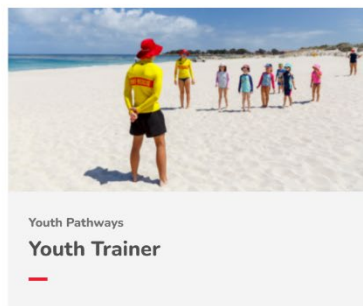
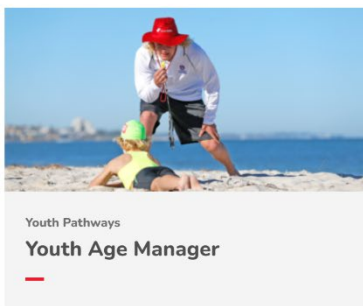
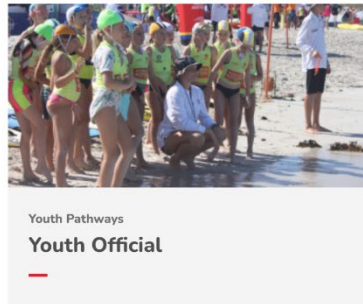
he will make sure that the right person helps you.

We are always looking for parents that want to be actively involved with youth and appreciate any help we can get on Sunday sessions, fundraising and social activities. No experience needed!

Youth Program Pathways

Sorrento Youth have many different pathways available to them as they transition as Youth to Senior Members. The program allows our youth to choose their own pathway within the program. The four core elements of the program are: Lifesaving, Training, Leadership and Surf Sports. Our Youth Development Team is there to answer any questions and to help you pursue a pathway that you are interested in and would like to commit to.

This program provides recognition to our Youth as they obtain the qualifications on offer in their chosen pathway.



Sorrento's Youth Development team will discuss these options with you at the start of the season and then help you progress through these programs throughout the season. More detailed information on these programs can be found on the Sorrento SLSC Youth Website Page.

This also includes further information on Development Camps and Awards that are available to our youth.

Youth Leaders Program (YLP)

As part of the Youth Program, members may wish to opt into SLSWA's Youth Leaders Program (YLP). YLP gives youth members the opportunity to keep a record of the activities and courses they undertake in the areas of Lifesaving, Training, Leadership and Surf Sports.

There are three levels to the Youth Leaders Program for you to work towards achieving – Bronze, Silver and Gold. Each level has specific requirements and involvement in various roles associated with the surf lifesaving components of Lifesaving, Training and Surf Sports.

To achieve the various levels: - Bronze: A minimum of 60 hours in total and must include at least four hours across each of the program's components: Lifesaving, Surf Sports and Training. - Silver: After attaining bronze level. A minimum of 80 hours in total and must include at least six hours across each of the program's components: Lifesaving, Surf Sports and Training. - Gold: After attaining bronze and silver levels. A minimum of 90 hours in total and must include at least eight hours across each of the program's components: Lifesaving, Surf Sports and Training. This represents the highest level of achievement within the program and may take two years or more to achieve.

If you are interested in **YLP** please speak to Deb, Nicole and Jeff. SLSWA and Sorrento SLSC will be offering YLP / Pathway information sessions at the start of the season and during the season to give the Youth and Parents the opportunity to learn more about what is on offer. These sessions will be published on the Youth Development Facebook Page and Newsletter.

Youth Program Pathways

LIFESAVING		TRAINING		LEADERSHIP		SURF SPORTS	
AWARDS	Surf Rescue Certificate (min 13yrs)	AWARDS	Youth Trainer (min 13yrs)	AWARDS	Bronze/Silver/Gold Youth Leaders Program (min 13yrs)	AWARDS	Youth Official (min 13yrs)
	Bronze Medallion (min 15yrs)		Training Officer (min 16yrs)		Youth Age Manager (min 13yrs)		Youth Coach (min 13yrs)
	Other SLS Awards (Optional)				Age Manager (min 15yrs with mentor, 18yrs without)		Core Official (min 16yrs)
							Foundation Coach (min 16yrs)
ACTIVITY	Patrol	ACTIVITIES	Assisting Training Officer	ACTIVITIES	Youth Leaders Program	ACTIVITIES	Recreation
			Assisting Age Manager				Teamwork & Problem Solving
			Delivering Training				
							Officiating
				DEVELOPMENT CAMPS	TOAD (U14 & U15)	SKILL DEVELOPMENT	Club-based coaching sessions
					Rise Up (U16 & U17)		SLSWA development clinics

A key outcome of the youth program is to produce skilled and proficient lifesavers. Youth will develop the necessary skills through gaining either a Surf Rescue Certificate at 13 years or Bronze Medallion at 15 years. They can then contribute to Surf Life Saving’s core business of lifesaving through patrolling and ensuring our beaches and community stay safe.

The lifesaving pathway can lead to other [Lifesaving Services](#) such as drone patrol, lifeguarding and jet ski operations. Check out our [Lifeguard Academy](#) for information about Lifesaving pathways, including the [Rookie Lifeguard Program](#).



SLSWA Annual Youth Camp Opportunities:

Run over the summer school holidays, SLSWA's hugely successful **Rise-Up** and **T.O.A.D.** camps are important in building inter-club youth friendships. They also provide opportunities for participants to develop leadership and interpersonal skills, essential to not only their success in surf lifesaving but also in day-to-day life. Sorrento SLSC funds sending its selected participants to these camps. In 2022/23 season we were able to send 3 Youth to RiseUp and 4 Youth to T.O.A.D camp.

Rise-Up Camp

Rise-Up Camp caters for U17 youth members (those aged 15 and 16-years). This camp provides an opportunity for members to participate in a wide range of physical and social activities that will develop personal leadership skills.

DATE: Wednesday 3 January – Saturday 6 January 2024

LOCATION: @ The New - SLSWA Development Centre, Margaret River

Teamwork, Opportunities and Development (T.O.A.D.) Camp

T.O.A.D. Camp is a development program open to U14 & U15 youth members. The camp is designed to expose participants to a variety of skills and activities that will enhance and encourage their development within our organisation.

DATE: Monday 8 January – Thursday 11 January 2024

LOCATION: @ The NEW - SLSWA Development Centre, Margaret River



More information: <https://www.mybeach.com.au/news-events/annual-youth-camps/>

Sorrento Youth can apply to be considered for the relevant camp by submitting a written/email including: Name / Age Group; What personal leadership attributes you bring to Sorrento SLSC and SLSWA; Include examples of leadership or team participation you have displayed around the club over the last 12 months; Include any courses, competition, patrols or volunteering you did; Discuss the leadership opportunities you will be delivering over the next 12 months;

**** There is a 300-word limit. We will be sending out a request for Applications in October once the season starts.**
















SLSA eLearning Opportunities:

Once Youth have attained their SRC / Bronze certificate and become a CADET (SRC) or ACTIVE (Bronze) member they will have access to the SLSA eLearning portal.

Surf Life Saving Australia (SLSA) has several online courses available to support members in completing their SLSA education awards in a more flexible manner. The courses are designed to provide interactive learning opportunities at a time and pace to suit you, as well as allow for more hands-on practical experience during face-to-face training sessions. As an active member of a Surf Life Saving club, you can access online courses at any time to reinforce the theory components of your training. These courses can also be completed multiple times should you choose to do so.

Start your learning journey!

Course Categories

 <p>2023 Skills Maintenance</p> VIEW COURSES	 <p>SLS - Aquatic Rescue</p> VIEW COURSES	 <p>SLS - Emergency Care</p> VIEW COURSES	 <p>SLS - Coaching</p> VIEW COURSES
 <p>SLS - Performance Sports Courses</p> VIEW COURSES	 <p>SLS - Officiating</p> VIEW COURSES	 <p>SLS - Safety and Wellbeing</p> VIEW COURSES	 <p>SLS - Age Managers</p> VIEW COURSES
 <p>SLS - Surf Risk Rating</p> VIEW COURSES	 <p>SLS - Radio</p> VIEW COURSES	 <p>SLS - Inclusive Beaches</p> VIEW COURSES	 <p>SLS - Mentors Access Only</p> VIEW COURSES
 <p>Senior Official Enrolment</p> VIEW COURSES	 <p>SLS - Silver Medallion Patrol Captain</p> VIEW COURSES	 <p>Let's Talk Disability</p> VIEW COURSES	

Online Course Examples:

Coaching: SLS – Foundation Coach; SLS – Development Coach

Aquatic Rescue: SRC; Bronze; Silver Medallion; SLS – Radio Operators Certificate

Officiating: SLS – Core Official; SLS – Technical Official

Age Managers: SLS – Child Safe Awareness; SLS – Age Managers

Sorrento Youth Incentive Program (YIP)

YIP is the Youth Incentive Program. This Sorrento SLSC program rewards and recognises our Youth members for various activities undertaken at the club. You earn points that can be redeemed for great merchandise at the end of the season, such as the latest Engine jackets, Engine backpacks, SLSA merchandise etc.,

This year our program runs from 1 April 2023 until 31 March 2024. YIP is open to all our U14 – U19 members.

As a paid U14-U19 member you are automatically registered in the program. You just need to submit your activity sheets each month to yip@sorrentoslsc.org.au. If you don't receive the YIP activity spreadsheet, or if you need help filling it in please email Deb.



Below is the number of points required to reach each YIP tier. Once you have reached a tier you will receive a certificate of recognition and are eligible to redeem your points for merchandise at the end of the season. These rewards will be presented at the end of year YOUTH AWARDS & WINDUP night. You don't have to stop at each tier, just earn as many points as possible during the season.

Tiers: 200pts Bronze; 300pts Silver; 400 Gold; 550 Platinum.

Sorrento Dolphin Program

Sorrento Surf Life Saving Club WA is dedicated to being an inclusive organisation and is committed to providing a safe environment for all who choose to participate in surf lifesaving activities.

The Dolphin Program was created by members of Sorrento Surf Life Saving Club who had family members with a disability; it provides an opportunity on Sat mornings to join a group within the surf club with an emphasis on fun while maintaining strong club feelings and loyalty.

Dolphins is coordinated and supervised by qualified Sorrento Surf Life Saving volunteers who are of all ages. Youth help run activities, provide water safety, and allow a strong social connection between the young dolphin participants. Any help is always appreciated.

Program Manager: Christine Cougan, 0403 289 483

Youth Uniform & Gear

Sorrento cap (green/white) and hi-vis vest are compulsory for Sunday sessions, competition, and training. They can be purchased on-line from the Sorrento Team App page. You are able to collect your uniform from the shop during daytime office hours. There is a range of other Sorrento branded swim wear and sun smart merchandise available.

Uniform Shop Hours: TBA – Please check Sorrento SLSC website for updates and access to the On-line Uniform Shop Link.

Youth Social Activities

There was a strong group of parents and youth that worked hard last season to fundraise to support youth social activities. Fund raising activities included: Parking at Sacred Heart oval during carnivals; Bacon and Egg Stand and BBQ; Drinks and Lollies stand; and supervision of inflatables at the Nipper Xmas party and end of season functions.

Funds raised went towards running Youth only functions and events. The highlight being the end of season day trip to Adventure World and Youth End of Season Wind Up.

We always welcome help from Parents and Youth in fundraising and organising our social activities. If you would like to help and have ideas, please don't hesitate to share them with Jeff, Deb & Nicole.

Youth News & Communication

The Youth Development Team, Social Committee, Coaches, Captains and Sorrento SLSC admin will reach you through the following media. We need our Youth and Parents following or joining these media sources so that we can keep you up to date.

Sorrento SLSC Website
(www.sosslsc.com)

Sorrento SLSC Stack Team APP

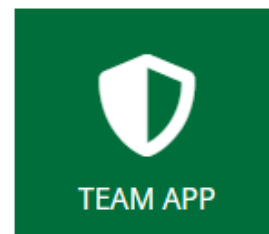
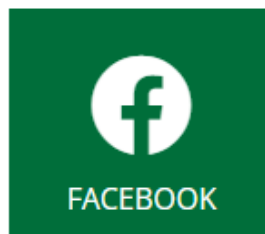
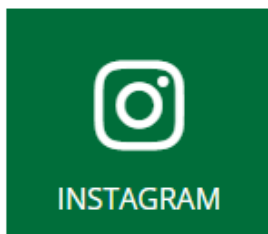
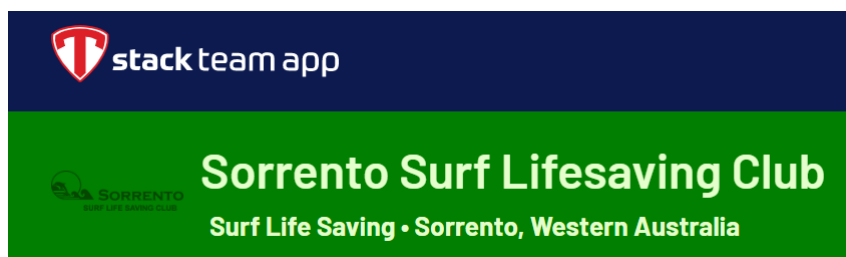
Sorrento Surf Sports – WhatsApp Group.

Relevant Facebook Pages:

- Sorrento SLSC - Youth
- Sorrento SLSC Surf Athletes
- Sorrento SLSC R&R
- Sorrento SLSC – Patrols
- Sorrento SLSC – IRB Patrols
- Sorrento Beachies

Instagram Pages:

- Sorrento SLSC - Youth
- Sorrento Surf Club WA
- Sorrento Beachies



Sorrento Surf Club Newsletters: Emailed out every 2nd Tuesday in offseason and Weekly in on season.

Surf Lifesaving WA Website & Circulars
(www.mybeach.com.au)

Surf Lifesaving Australia Website & Members Portal
(www.sls.com.au)

SURF SPORTS

Surf Life Saving provides an amazing array of competition, training, and fitness options. Surf Sports were developed as a way for surf life savers to develop skills and fitness and is unique in that all athletes are required to be qualified and patrolling life savers.

The different disciplines range from beach running, flags, ironman and woman, board events, surf swimming, surf skis, R&R, march past, IRB's and surf boats.

This wide range provides all members of the Club with an opportunity to become involved in competition as individuals or teams or just to stay fit. Youth disciplines are usually split into Under 14's, Under 15's, Under 17's and Under 19's.

A brief introduction to each discipline follows. For further information visit each discipline page on the Sorrento SLSC website (www.soslsc.com). Coaching and club training is conducted in the many disciplines throughout the year.

Club training is a fantastic way to release the stresses of exams and study; and stay fit and healthy; to also relax and meet up with friends. Competing isn't compulsory and it isn't a requirement to join our training sessions. Training is open to ALL youth.

Club events and swims are held on Sundays. We encourage all members to attend our Sunday morning sessions, registration at 8.15, Club Swim at 8.30am. See later for more details on the typical Sunday session.

Interclub competitions in various disciplines as well as multidiscipline carnivals are available for members to compete in throughout the season. The competition season culminates in the State Surf Life Saving Championships and then Sorrento will be sending a full team to "2024 Aussies" National Surf Life Saving Championships held in Qld.

Head Coach: Michael Booth

Sprint / Beach Flags

Sorrento's beachies pride themselves on inclusion no matter what your level of experience. Sorrento has been home to one of the largest and best sprint and flag squads in WA.

With the Juniors coming off a phenomenal season after winning the State Championships Overall we are expecting the new U14's to bring through a growing number of beachies to swell our numbers and provide us with the opportunity to field teams in not only the beach events (relays, 1km, 2km) but also the surf teams events that need beach runners.

Coaches: John Hackett (Beach Captain), Stef Yujnovich, Grant Yujnovich, Sue Waite, Aaron Bell



Lifesaving Competition Group includes: Rescue & Resuscitation (R&R), March Past, Lifesaving Events.

R&R is a competition based on the simulated rescue and resuscitation of a patient from the surf using the traditional belt and reel. It combines swimming, resuscitation skills, marching and drill with teams judged against set criteria.

There are two different forms of the event available to Youth –

- . 5 person (mixed for ages U12 –U14, U15, U17, U19 & Open Mixed), Open Women & Open Men
- . 6 person (Open Mixed).

Competitors are required to perform different roles depending on their position within the team. Participation in the event requires swimmers to have moderate to strong swimming ability while non-swimmers need to have moderate fitness levels. Competitors in the 2 person and 5 person events (U12 – U15s) are not required to swim.

March Past involves a team of 12 members who are required to carry a surf reel and march in time and complete various components to the satisfaction of the judges. Sorrento has a very proud history in R&R and March Past, producing the most successful team in Western Australia in recent years.



Lifesaving Competition includes:

Champion Patrol (4 & 6pp teams U17+); First Aid (U15+); Champion Lifesaver (U14+); Rescue Tube Rescue events.

These are fantastic multi discipline events that require a balance of surf lifesaving knowledge, fitness and the ability to perform under pressure.

Champion Lifesaver: Includes – Theory paper, primary assessment, manikin resuscitation, physical events (board, tube, sprint, surf race).

Champion Patrol: Includes – Theory assessment, 4p resuscitation (ATR / First Aid Certification required), Teams surf race, Teams tube/board race, and a 9min scenario event with multiple rescue and first aid situations that the team must attend.



First Aid: Includes a 8 (U15 – U17) - 12min (U19+) First Aid scenario, complete with actors and realistic makeup and scenarios.

Coaches: Sue Lemmon (Head Coach), Sophie Dekenah, Bridget Marchin-Vincent, Jeff Baxter

Ironman and Ironwoman

Ironman and ironwoman (Irons) combine the disciplines of surf swimming; board paddling; running and (from U19 and up) surf ski paddling. Sorrento's iron program is coached and programmed by Head Surf Coach Michael Booth who is assisted by senior athletes.

Youth are welcome to attend the irons squad sessions which will include the board, swimming, ski and core/run sessions. At training they can speak to the respective coaches to determine their competition and fitness goals. Come along to a session to find out more; the core/run sessions are a great place to start and to chat with the coaches.

Head Surf Coach: Michael Booth

Board Paddling

A major change in equipment from juniors to youth is the boards. Junior boards are designed for younger riders - and therefore shorter, narrower, and lighter. The surf spec racing mal is 10' 6" long, wider, and higher volume and is raced by both Youth and Senior athletes.

Youth will also develop their skills on the surf rescue boards. These are similar to a racing mal, but wider and more stable, with sufficient volume to support two riders (rescuer and patient).

Paddling like swimming is integral to your life saving skills. It is an important part of our Sunday Sessions as confidence on the boards will significantly improve your rescue skills.

As you develop your board skills, we encourage you to join the board training and irons sessions during the season. They make for a lot of fun to race your friends around the paddling cans, surf the waves, battle it out over endurance distances and if you feel up to it compete for your club.

Head Surf Coach: Michael Booth

Swimming

Swimming is such an integral skill in surf lifesaving. Most Sorrento SLSC youth members are attending squad swimming at various swimming clubs in Perth. A number of the Sorrento Youth swim with the Westswim Senior Swim Fit Program at Craigie Leisure Centre. These squads are for age group and competitive swimmers whose focus is competing in Surf and Open Water swimming.

Information on Westswims training sessions can be found on the Westswim website: <https://www.westswim.com.au> or by emailing craigie@westswim.com.au

During the regular season open water swim sessions will also be run by Andrew Ridley and his assistant coaches. Sunday Sessions also feature an all-important CLUB SWIM at 8.30am. Swimming competency is an important pre-requisite for obtaining SRC and later bronze qualifications. As a patrolling member we need you to maintain your swim fitness and readiness.

Pool Rescue

Pool Rescue competition is a growing sports discipline for Surf Life Saving WA and its clubs. Pool Rescue sees competitors' aquatic and lifesaving skills tested with events including manikin tows, obstacle swims and tube swims carrying patients.

A large and very vocal Sorrento SLSC team of juniors, youth and seniors have now won the WA SunSmart Pool Rescue State Championship titles from 2021 - 2023. We will be aiming to return this season to add the 2024 Championship. There is also the opportunity to compete at the Australian Pool Rescue Championships (Aug 2024) on the Gold Coast.



The Australian Pool Rescue Championships are also one of the key qualifying events for our national lifesaving teams. It is also an opportunity for our elite lifesavers to display their skills.

Contact: Fiona Lee Airey

Surf Skis

You must be Bronze Medallion and 15yrs + to compete (U17).

There are two main varieties of surf ski – traditional spec skis and ocean skis. Traditional spec skis are used by Surf Life Saving Clubs. They're built to a standard size and weight and are designed to negotiate the surf zone. Ocean skis on the other hand are designed for long distance paddling and are normally raced downwind on ocean swells.

Training sessions are posted on the Sorrento SLSC Surf Sports WhatsApp group at the start of each week. We start introducing our Youth to skis and training at the completion of their first season of Youth (U14's will have the opportunity to undertake an Introduction to Ski's Program in April 2024) and our U15's + in Sept 2023 program. This allows our Youth paddlers 1.1/2 years of training on the skis prior to their first opportunity to compete.

Sorrento provides 11 x FENN Spec Ski's for its members to train and compete on. These are fully adjustable and fit any height.

Sorrento's senior and masters ski group are also regular mentors for our youth on the Sunday Development training sessions and are there to support them into taking on the Tues / Thurs training sessions.

Coaches: Youth Ski Development Squad & Intro to Ski Programs – Leanne Lewis, Jason How, Richard Elderfield; Tues / Thurs Youth / Senior training sessions - Michael Booth, Head Surf Coach.



IRB Racing: (Inflatable Rescue Boats)

Patient: Min. of 15yrs at the date of the competition (DOC)

Crew: Min. of 16yrs DOC, Bronze Medallion qualification & Crews Certificate

Driver: Min. of 17yrs DOC, current WA Skippers Ticket, Bronze Medallion

Inflatable rescue boats are an integral part of all surf lifesaving club's operations. Indeed, it is the biggest technological advance in rescue techniques in recent years. Members need to become qualified IRB drivers with a separate training certificate required on top of the standard Bronze Medallion.



A proficient Bronze Medallion holder may be called upon to act as a crew member to assist a qualified IRB driver to perform a rescue or carry out surveillance activity.

Most surf clubs carry out more rescues in their IRB than any other form of rescue. The quick response and agility of the IRB in the surf makes it a fantastic rescue device. IRB racing is an exhilarating sport that gives surf lifesavers the chance to put their rescue skills to the test.

IRB (Inflatable Rescue Boat) competition aims to improve the skills and technique of IRB drivers and crew as well as allow crews to demonstrate their techniques and abilities to perform rescues.

Further information on IRB's can be obtained by IRB Captain or Jeff Baxter and by joining the facebook pages Sorrento IRB Team | Sorrento SLSC – IRB Patrols

Surf Boats

You must be Bronze Medallion qualified and 15yrs + (U17).

Looking for a fun and exciting Sport? Want to be full body strong and fit? Want to do a team sport in the Surf? Then Surf Boats are for you!

Under the Guidance of experienced coaches and sweeps, you will be involved in Ergo Sessions, strength training and on the water sessions.



Our Youth Program is targeted for beginners, but we can customize for all abilities. For safety reasons, your intro sessions will initially be on flat water. You will be eligible to compete in the Boat area once you have completed your Bronze Medallion and demonstrated competence in conditions on the day. Please don't let that stop you! As we will take on Rowers from as young as 14 years of age, who will learn the same methods on the flat water and ergos.

We can compete all year round, but our main competitions range from Mid-October til Early April. These competitions can range in locations along the West Coast Beaches starting from Albany all the way up to Geraldton. This gives an amazing opportunity to see the wonderful coastline that Western

Australia has to offer. There are multiple carnivals that are Metro located as well if travelling is difficult.

The long weekend in June is often taken up by an event a lot of our Boatie Family (that you will be apart of) love to attend. We travel to Albany for a long Endurance race, wave catching session and end of Season wind up. This has been a fun event for all ages and a great way to finish the amazing season.

If you are interested in giving it a go and joining our squad, please do not hesitate to contact our Youth Development Coordinator, Rebecca Ferrier on 0421 789 618.

SUNDAY YOUTH SESSIONS: 8.15am – 11.00am

The youth Sunday Sessions are the chance for all youth / all age groups to get together and participate in team, skills, and fun activities.

Sundays kick off early for the youth ski development, Lifesaving groups and beachies with a 7.15am training session. This is wrapped up by 8.15am, just in time for the Club Swim. We meet and sign in for the Sunday Session by 8.30am so that we can kick off the swim at 8.30am sharp. This is a 200m – 400m fun ocean swim that brings together our senior members, parents, U13's and youth.



Throughout the season the Sunday sessions will also feature “Have-A-Go” days (dependent on coaches, weather, beach and craft availability) on Ski's, IRB's, Surf Boats. Providing you with the opportunity to try the other surf sport options available to you.

Your typical Sunday Session:

8.15am: Meet @ Youth Flag on Sorrento Main Beach and Sign-In with Age Managers & Briefing on days Activities.

8.30am: Club Swim (varied courses and distances depending upon conditions). All Youth are encouraged to participate. This club swim is open to Seniors, Masters, Parents and U13 Juniors.

9.00am: Post swim team activity & warm up, emphasis on team and leadership.

9.20am: Skills & Rescue Session eg., tube rescues, board rescues, carries and relays. Involving leadership and working together as teams.

10.00am: Activities and games sessions held over two arena's: Beach & Surf.

10.45am: Finish and gear wash down, pack away.

** Sunday sessions are about inclusion, fitness, teamwork and having fun. By challenging yourself it will make you a more competent and confident lifesaver.

EDUCATION

During the season Sorrento Surf provides courses on a regular basis. Information on these courses as dates are formalised will be published on the Youth Development face book page, Newsletter and Sorrento SLSC website: www.soslc.com/course-information and www.soslc.com/upcoming-courses/ (also detailing how to enrol in a course). To be able to undertake any of the below courses you do need to be a financial member of Sorrento SLSC.

SRC Course

Times will be clarified upon enrolment. Please check the Sorrento SLSC Youth FB Page and Calendar.

Requirements:

- Minimum 13 years of age (on the day of final assessment)
- Completed a 200m flat water swim in 5:00 minutes or less (signed off by an authorised club person)

Bronze Course

Requirements:

- Minimum 15 years of age (on the day of final assessment)
- Completed a 400m flat water swim in less than 9:00 minutes (signed off by an authorised club person)

ARTC Course

Requirements:

- Minimum 15 years of age (on the day of final assessment)
- Hold at least ONE of the following SLSA awards: Bronze Medallion or Provide (Senior) First Aid award.
- Minimum 15 years of age (on the day of final assessment)

Pain Management Course

Requirements:

- Minimum 18 years of age (on the day of final assessment)
- Hold the Senior First Aid Award
- Hold the ARTC award be approved by the club to obtain this award

IRB Crew

Requirements:

- Minimum 15 years of age (on the day of final assessment)
- Hold the SLSA Bronze Medallion

IRB Driver

Requirements:

- Minimum of 16 years of age to commence training
- Minimum of 17 years of age on the date of final assessment
- Hold Bronze Medallion and IRB Crew Certificate
- Have met the Marine Licensing requirements in Western Australia

If you would like to express an interest in a course, go onto the Sorrento Website, complete an "Expression of Interest" form and return it to Jess in the club office, who will then inform our Education Officer, so they are able to allocate you to a 'like' training group.

PATROLS

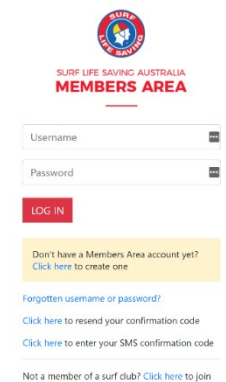
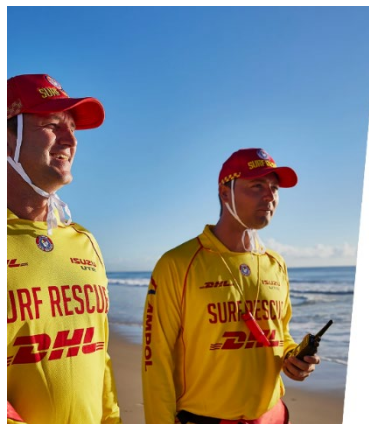
Surf Life Saving Australia employ a team of authentic and capable individuals who are dedicated to helping achieve SLSA's vision of zero preventable deaths in Australian waters. You are joining an Australia wide community with 181,600 members and 314 affiliated Surf Life Saving Clubs. SLSA represents the largest volunteer movement of its kind in the world.

Surf Life Saving is a unique not-for-profit community organisation that exists through community donations, fundraising, corporate sponsorship, government grants and most importantly, YOU, volunteering your time as life savers!

As Youth Patrol Members your patrolling service hours count towards your Schools Community Service requirements. As well as being a great addition to any resume. Members are required to complete their minimum of 24 hours of actual patrol time.

Patrolling members are responsible for checking their Patrol Roster and planning to be available for patrolling on their designated dates or organising substitutes. The patrol roster is located on the web site www.sosslsc.com, on the boat shed wall patrol noticeboard, on our 'Sorrento SLSC - Patrols' Facebook page and under an individual's members SLSA Members Portal account via <https://members.sls.com.au>.

Please also check the Sorrento website Patrols page: www.sosslsc.com.au/patrols/ for FAQ and Answers.



COMPETITION FOR YOUTH ATHLETES (U14, U15, U17, U19)

To compete:

U14 Age Group members must obtain the SRC certificate (available when you turn 13yrs of age) by 31 December 2023.

U15 Age Group members the relevant award is the SRC certificate and must complete the required patrol hour commitment.

U17 Age Group members, must obtain Bronze Medallion (available when you turn 15yrs of age) by 31 December 2023, and complete the required patrol hour commitment

Patrolling requirements are set out in more detail in the [Sorrento Competition-By-Laws](#).

Sorrento Senior and Youth Club Championships

The Club Championships run to a different format to the junior version with points earned from 1st to 6th place in U14, U15, U17, U19, Senior, Open, Masters, Vets and Super Vets categories to become Club Champions or win individual events in flags, sprints, ironman and ironwoman, surf, board and ski.

Traditional Club Events:

- Sun: 5th Nov, Sorrento Club Mile Swim
- Sun: 17th Dec, Presidents Marathon (Run/Swim/Run/Swim format)
- Fri: 23rd Mar, Club Championships Youth & Seniors

More detailed information about categories and points for club championships is set out in the [Sorrento Competition-By-Laws](#).

Sorrento SLSC & SLSWA Competition Calendar:

The Sorrento SLSC Competition Committee maintain an up to date comp calendar. Please refer to the competition web page.

For more detailed information on SLSWA competition rules SLSW Website:

www.mybeach.com.au/members/surf-sports/surf-sports-manuals

YOUTH AWARDS & RECOGNITION 2022/ 2023 SEASON

SUNDAY SESSION HERO AWARD

(Attendance on Sundays, contribution as leaders and being inclusive and respectful to youth age managers)

U14's: Asha Kyte

U15's: Riley Frizelle

U17-U19: Lily Sweeey / Elle Wilson

YOUTH PATHWAYS AWARD

(Recognising significant undertaking of YLP pathway programs)

Markus Booth

YOUTH LEADERSHIP AWARD

(Demonstrated leadership, lead by example, connect across all age groups, champion the Sorrento culture and assist across youth areas)

TRUE GRIT AWARD

(Demonstrated resilience and determination in competition and training)

Ella Lambie and Robbie Duffy

YOUTH OFFICIALS AWARD

(Attaining certification and actively involved in competitions as a Youth Official)

Keely Anderson

INDIVIDUAL YOUTH RISING STAR AWARD

(Recognises a commitment to competing, training and have shown significant improvements this season)

U14: Indi Burch

U15: Robbie Duffy

U17: Brandon Baguely

YIP LEGEND AWARD

(Recognises the individuals that accumulated the most YIP points in the year)

U14: Alyssa How

U15: Jackson Tasker

U17: Lani Baxter

SOYCZ AWARD

(Recognises individuals that Stepped Outside of Your Comfort Zone)

Lucas Hurd & Taige Howell

YOUTH TRAINER AWARD

(Recognises commitment to the youth run SRC program)

Bridget Marchin-Vincent

YOUTH AGE MANAGERS AWARD

(Recognises Youth Age Managers that have committed during the season to being an Age Manager at either a Junior or Youth Level)

Markus Booth and Abbey Thomson

SORRENTO SLSC: YIP AWARDS

2022/23 Season saw 53 of Sorrento's Youth participate in the YIPs program this year. The program allows youth to collect points for being involved in a range of lifesaving, training, competition and club activities.

YIP PARTICIPATION

Jeremy Teed, Kieran Healy, Lara Kelly, Matthew Oosthuizen, Taige Howell, Zac Kriedemann, Laura Gordon, Archer Somerville, Lilly Hyde, Summer Elkin, Romy Taylor, Erin Taylor.

BRONZE YIP ACHIEVERS

Jake Paap, Chaise Anderson, Angus Brown, Robbie Duffy, Maggie Overton, Alex Marshall, Anna Garrett, Jaxon Holmes, Abbey Thomson, Georgie Overton, Jasmine Float, McKenzie Wilson.

SILVER YIP ACHIEVERS

Harper Lassock, Jaydn Buckley, Indi Burch, Jack Owen, Dylan Begley, Iliana Diamandis, Austin Leggo, Hayden Teed, Jasmine Muang.

GOLD YIP ACHIEVERS

Piotr Grygierczyk, Bridget Marchin-Vincent, Kaila Roche, Bronte Begley, Lucas Wilson

PLATINUM YIP ACHIEVERS

Brandon Pawle, Ella Lambie, Alyssa How, Markus Booth, Kate Elderfield, Noah Skelton, Luke Ogden, Tristan Oesterwinter, Jackson Tasker, Megan Kelly, Jay Goodwin, Harriet Chin, Lani Baxter, Niamh Wools-Cobb, Keely Anderson

SLSWA YOUTH LEADERSHIP PROGRAM RECOGNITION 2022/23

YLP GOLD:

Lani Baxter, Keely Anderson, Zahra Buckley

2022, Dec: RISE UP CAMP PARTICIPANTS (Point Perron Camp)

Keely Anderson, Lani Baxter, Zahra Buckley

2023, Jan: T.O.A.D. CAMP PARTICIPANTS (Ern Halliday Camp)

Jaydn Buckley, Tahlia Croome, Alyssa How, Ella Lambie

2022/23 SURF LIFE SAVING WA AWARD FINALISTS

Sorrento Youth Nominations:

Youth Club Achiever Finalist: Niamh Wools-Cobb

Youth Leaders Program – GOLD LEVEL: Keely Anderson, Lani Baxter, Zahra Buckley

U14/U15 Athlete of the Year Finalist: Jaydn Buckley & Lilliana Yujnovich

2022-2023 SLSWA WESTERN SUNS TEAM MEMBERS:

Western Suns Pool Rescue State Team – SORRENTO: Lani Baxter, Jamie Traeger, Markus Booth

Western Suns Lifesaving Australian Interstate Championship Team: SORRENTO: Iwan Scrivens, Harriet Chin, Markus Booth, Indi Burch, Lilliana Yujnovich.

