

SORRENTO SLSC YOUTH PROGRAM 2020/2021

Welcome to the **2020/2021** season of Youth at Sorrento Surf Life-saving club.

The aim of this document is to introduce the Youth Development Team, provide an overview for the season and outline the different activities, camps, face book pages, carnival dates, Education courses available to undertake (SRC, Bronze etc.) as well as the many disciplines on offer (Surf Boats, the IRB team, Surf Skis, R & R etc.).

Please use this document as your first reference point when you are looking for further information. If what you seek is not included here, then please contact Amanda Buckley (Youth Liaison Officer) at amanda.buckley@velrada.com or Jess Bunford (Sorrento Surf Club Administration) at admin@sorrentoslsc.org.au

The Youth Development Team

Youth / Development Director: **Greg Belmont** greg.belmont@gmail.com (phone) 0459 193 182 ClubDevelopmentDirector@sorrentoslsc.org.au

Member of Sorrento SLSC board, Liaison with Club Board/Funding/Facilitation of youth working with various disciplines (Surf boats, Surf Skis, IRB, etc.), Coordination of youth training (SRC, Bronze)/social events. Work with Competition Director to support youth involvement in competitions and training. Work with the Senior Age managers to co-ordinate Sunday morning Youth sessions.

Senior Managers: **Tim Begley and Jeff Baxter** greg.belmont@gmail.com

Organises and co-ordinate the Sunday morning youth sessions on Sorrento beach/

Assistant Age Managers: **Ben Leggo, Matt Wools-Cobb, Darren Bender**

Duties: Support the Age Managers in the delivery of the the Youth development programme/assists Sunday morning sessions

Youth Liaison Manager: **Amanda Buckley:** 0452 622 609 amanda.buckley@woodside.com.au

Provides administration for the youth programme/communication support for all of the above/weekly youth-specific newsletter/ social events

YIP Co-ordinator:

Olivia Bertolini:

0407 422 662

olivia@revivedayspa.com.au

Runs the YIP (Youth Involvement Programme)

Support Roles

Youth Competition Managers:

Rhian Chin:

0448 414 712 rhian.chin@gmail.com;

Paul Bridgen

0421 662 045 paul.bridgen@gmail.com

Youth Senior Managers:

Tim Begley

0412 639 915 tbegley@bigpond.com

Jeff Baxter

0400 320 514 jbaxter927@gmail.com

Youth Sunday Session Assist. Managers:

Ben Leggo

0412 585 428 benleggo@hotmail.com

Matt Wools-Cobb

0437 746 509 cobber_69@hotmail.com

Darren Bender

0418 213 765 darren.bender@lh.com.au

Youth Social Manager:

Marina Deans

0402 083 238 deansmarina@gmail.com

Uniform for Youth

Cap:

green and white competition cap

Hi-Visibility vest:

If you compete at carnivals then you need a yellow vest (bit of lime/green tinge) this is preferred, otherwise the pink ones are fine – just as long as you have one: no vest = no surf club

Uniform Shop Hours Wednesday's:

5:00pm - 6:30pm

Sunday's:

7:45am - 9:00am

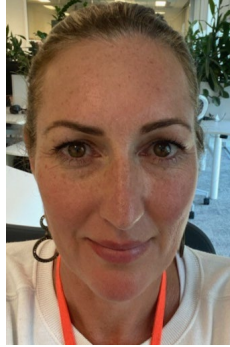
Contact:

<http://www.soslsc.com/uniform-shop/>

Meet the Team



Youth Director – Greg Belmont



Youth Liaison – Amanda Buckley



Youth Snr Manager – Tim Begley



Youth Snr Manager – Jeff Baxter



YIP Coordinator – Olivia Bertollini



Youth Competition – Rhian Chin



Youth Competition: Paul Brigden



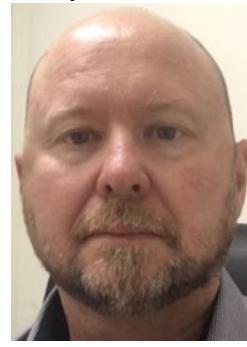
Youth Social Mngtr – Marina Deans



Youth Asst. Mngtr. – Matt Wools-Cobb



Youth Asst. Mngtr. – Ben Leggo



Youth Asst. Mngtr. – Darren Bender



Youth Social Asst. – Jo-an McCagh

A wide variety of **training opportunities** open to the **Sorrento Youth Members**. Please refer to the **Sorrento Surf Athletes Facebook page** or the website for the training schedule. <http://www.soslsc.com/training-sessions/> This includes details of age limits (this is not up to date at 1 October

Sunday morning sessions

Every Sunday morning a session for youth occurs and the details are as follows:

- Start Time:** 8.30am (to be confirmed once the Clubswim arrangements are confirmed)
- Where:** grassed area in front of the surf clubs courtyard
- With:** Amanda Buckley
- Why:** to sign in for the club swim/Sunday session
- Wear:** bathers/t-shirt/shorts/warm gear if cold/thongs/hat/sunscreen
- Bring:** bag with goggles/towel/water bottle/hi-visibility vest/club cap (for youth - the green and white competition cap)
- Club swim:** **8.45am** go to the base of the ramp in front of the surf club shed for a quick talk and then off to the swim. There is the short (200m) or long (400m) course options. **9.00/9.10am:** once the club swim is complete, grab your bags and move to the youth flag which is the Sorrento surf club green and white flag and is situated next to the groyne on the south end of our beach
- What:** various activities are on offer each week dependent on the Programme Pathway objectives, surf conditions and leadership ratios. Whilst some youth will participate in the **Sunday morning session coordinated by Senior Age Managers**, others may be on **Patrol**, some may be helping out with the various **nippers groups as assistant age managers**, those that have completed the surf ski 6 week programme may be participating in the **surf ski development training squad** temporarily coordinated by Chris Milne, and each week we will aim to have the **surf boats/IRB crew and other disciplines dropping by for youth to have-a-go** and meet the team members from these various groups which is coordinated by Greg Belmont.
- Attendance:** **8.30 to 10.30am** and once signed on it is expected the youth will participate in the activities until the end of the session
- Parents:** We are always looking for parent helpers to assist with the running of the Sunday morning sessions so please volunteer. If you would like to get more involved without getting wet click on this link <https://www.mybeach.com.au/get-involved/become-a-member/>
- Finish Time:** 10.30am

NOTE: If you have completed your SRC/Bronze qualification, and have been allocated a uniform and patrol, and you are rostered on for Sunday morning, then please make sure you attend your patrol – Patrols come first

Relevant to Youth FACEBOOK Groups

Sorrento SLSC: Youth Development - Communication regarding everything Youth, Skis including Carnivals
Sorrento SLSC Youth Development page: Youth specific information
Sorrento SLSC Patrols: all things Patrol
Sorrento Surf Athletes: Club info including Training timetable and any updates to this
Sorrento IRB Patrols: All things Patrol

Online Communication Methods

Sorrento TeamApp

Download the **TeamApp** from the App Store for all information concerning Sorrento Surf life Saving Club, SLSWA, Aussies etc

Weekly Sorrento Surf Club Newsletters: emailed out each Tuesday

Weekly Youth Specific Newsletters: emailed out each Thursday

Facebook Pages: see above list

Club Calendar

<http://www.soslsc.com/calendar/>

Important Carnival Dates for the Calendar [SLSWA SurfSport Member Calendar 2020-21](#)

[https://s3-ap-southeast-](https://s3-ap-southeast-2.amazonaws.com/assets.surflifesavingwa.com.au/app/uploads/2017/03/16120610/SLSWA_PlanningCalendar_2020-21_web.pdf)

[2.amazonaws.com/assets.surflifesavingwa.com.au/app/uploads/2017/03/16120610/SLSWA_PlanningCalendar_2020-21_web.pdf](https://s3-ap-southeast-2.amazonaws.com/assets.surflifesavingwa.com.au/app/uploads/2017/03/16120610/SLSWA_PlanningCalendar_2020-21_web.pdf)

Club Champs 21st February 2021

President's Marathon 20th December 2020

Mile Club Swim 30th January 2021

CARNIVALS

3 rd October 2020:	WA Iron Man Series Round 1	Mullaloo
11 th October 2020:	Youth Windup	Sorrento
17 th October 2020:	WA Iron Man Series Round 2	Trigg Island
18 th October 2020:	Youth Surf Season Week 1	Sorrento
31 st October 2020:	Endurance Championships	Sorrento
14 th and 15 th November 2020:	Surf League Round 1	Trigg Island
5 th and 6 th December 2020:	Surf League Round 2	Nth Scarborough
4 th to 7 th January 2021:	TOAD Camp	
11 th to 14 th January 2021:	Rise Up	
24 th January 2021:	Country Carnival	Bunbury
6 th and 7 th February 2021:	Surf League	Trigg Island
28 th February 2021:	Country Championships	TBA
7 th March 2021:	Little Nippers Championships	Sorrento

12 th to 14 th March 2021:	WA Nippers Championships	Scarborough
21 st March 2021:	WA Lifesaving Championships	Sorrento
27 th to 28 th March 2021:	WA Senior Championships	Scarborough
16 th and 17 th April 2021:	Aussies	Sunshine Coast QLD

For further information click on the following link: <https://www.mybeach.com.au/members/surf-sports/competitions/seniorcarnivals/>

EDUCATION

<http://www.soslsc.com/course-information/>

During the season Sorrento Surf Club provides courses on a monthly basis. Some of the courses that are available to you include;

SRC Course

Requirements:

- Minimum 13 years of age (on the day of final assessment)
- Financial member of the Surf Life Saving Club
- 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)
- Financial member of the Surf Life Saving Club
- 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)
- Financial member of the Club
- Hold at least ONE of the following SLSA awards: Bronze Medallion or Provide (Senior) First Aid Senior First Aid/Provide First Aid
- 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
- Financial member of the Club.

IRB Crew

Requirements:

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

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 and be currently proficient in the SLSA awards: Bronze Medallion and IRB Crew Certificate
- Have met the Marine Licensing requirements in Western Australia
- Financial member of the Surf Life Saving Club.

Click on the link for a full list of Club courses and dates for 2020/2021 please click here <http://www.soslsc.com/upcoming-courses/>

If you would like to check in about 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.

Surf life Saving WA and Surf lifesaving Australia

These organisations have courses available for those who want to further their involvement in Surf lifesaving;

Are you interested in becoming a:

Professional Lifeguard?

<https://sls.com.au/role/gold-medallion/>

Jet Ski Operator?

<https://www.mybeach.com.au/members/join-the-wesfarmers-jet-ski-program/>

Age Manager/helping nipper groups?

Online Age Managers Course available
<https://sls.com.au/role/age-manager-certificate/>

Carnival Official?

Youth Carnival Official course available

https://www.mybeach.com.au/members/youth_program/youth-officials-program/

PATROLS

Once you have your award (SRC/Bronze) you are required to attend rostered patrols. Patrolling Sorrento beach is one of our core values and the main reason for its existence.

While you are on patrol your Patrol Captain is in charge and will give you tasks to do. Be active and get involved. If you have any questions ask your Patrol Captain.

Annual Proficiency

By the 31st of December each year, **all active members must requalify in their Bronze or SRC awards.** Sorrento SLSC allocates specific dates for members to complete their requalification in these awards.

Please keep yourself updated with Sorrento SLSC newsletters, Facebook pages or the Sorrento Team App for all relevant information.

COMPETITION INFORMATION

We strongly encourage our athletes of all levels of experience and skill to participate in intra and inter club competition as it is a great way to have fun with friends and challenge yourselves.

Talk to the coaches about your goals for the season ahead.

If you intend on or are considering competing this season (or you just want to improve your fitness– training has already started

Please join the Sorrento Surf Athletes Face Book page to keep up with all information throughout the season including time or date changes for training sessions, carnival info and any social events.

TRAINING and SELECTION

<http://www.soslsc.com/wp-content/uploads/2020/08/Sorrento-SLSC-Training-Schedule-FINAL.pdf>

Don't be scared to give things a go. Training is a great way to get fit, meet life-long friends and, of course, have some fun.

Regular attendance at training will help you improve your skills and enjoyment of your chosen disciplines and especially if you would like to compete for the club.

When choosing teams for competitions, attendance at training, club championships, carnivals, results and attitude are amongst the considerations.. The full selection policy can be found below. In 2020/21 the Coaching Panel is led by Coach Coordinator Andrew Ridley.

<http://www.soslsc.com/wp-content/uploads/2019/12/Athlete-Selection-Policy.pdf>

Our coaches are always happy to provide and feedback – don't be afraid to ask!

Carnivals

It is up to you to register and pay for the carnivals - we will post reminders

Below is a guide to register:

1. Use the following link to access the SLSA Online Payment System

https://pnpnet.qvalent.com/OnlinePaymentServlet?cd_community=SLSA&cd_currency=AUD

Follow the step by step instructions.

- Ensure you put meaningful information in the memo field e.g.: Your Name; date of carnival; type of carnival ski, swim etc.
 - Once your payment is submitted the system automatically sends an email to the club.
 - Please keep your receipt. Any queries please email admin@sorrentoslsc.org.au
 - Please note that the cut-off time for entries for carnivals is always MONDAYS at 12 noon prior to the carnival, any payments received after this time will incur a late penalty fee (office is only open until 2pm on Mondays and entries can only be done until 2pm). Don't be confused by SLSWA on the My Beach website stating entries open until 11pm, office staff can only enter members until 2pm and also members who have paid, NO entries will be done without payment - please contact the office if you need more information/clarification
2. A list of registrations are posted on Face Book Wednesday night. It is up to you to make sure your name is on that list. If it does not appear contact Adrian Kirkpatrick (Competition Director) or make a comment on Face Book.
 3. Competition numbers will be posted Friday night before each carnival and there will be a copy at the beach in case you forget.
 4. Late entries are charged to the individual athlete.

Competition and Carnival Days

It is up to you to make sure you are in the right place at the right time.

Coaches are there to coach, the youth competition managers will be there to support you but please prepare yourself by arriving in good time to warm up and listening carefully for the athlete marshalling calls

Parents, you may need to help in this area.

As Seniors, it can become costly if you do not respect your tools, so look after your equipment.

Members who borrow club equipment for carnivals **must return it to the club** after each carnival. Please treat it like it is your own.

Parents will need to make themselves available for **Water Safety and Official duties**. If you are keen to help out (and we can really do with the help), there are SRC, Bronze and Official Courses held throughout the year. Please read the newsletter or get online to research.



YOUTH CAMPS

Each season SLSWA offer places in their development camps. Selection of Youth that are offered places to attend these camps are done so via communications with Youth Coordinators and coaches within the club.

The 2020/2021 Camps are

Rise-Up Camp 15 and 16 years old Age Group: U17s:

DATE: Monday 11th to Thursday 14th of January 2021

The **Rise-Up Camp** is designed to cater for 15 and 16 year old members. This camp provides an opportunity for members to participate in a wide range of physical and social activities that will develop personal leadership skills.

TOAD Camp 13 and 14 year old

DATE: Monday 4th to Thursday 7th of January 2021

Teamwork, Opportunity and Development (TOAD) Camp

The TOAD Camp is a development program open to 13 and 14 year old 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.

For all information on the camps please click on the following link: https://www.mybeach.com.au/members/youth_program/camps/

Youth Involvement Programme (YIP's)

This programme was developed to encourage, recognise and reward youth participation within our club, and is a wonderful way for the youth to give back to the Sorrento surf club and community.

The concept is quite simple. YIP's is a recognition and reward program with a similar concept to Frequent Flying points. Participants collect points for being involved in voluntary activities for the club. The more activities you engage in, the more hours you volunteer, the greater your YIP's points score! There are three levels of participation – bronze, silver and gold. At the end of each season the participants who have reached one of these levels are given prizes and a certificate from Lifesaving Australia to acknowledge their achievement and contribution to lifesaving.

Examples of prizes from last season were for the Bronze level a hooded towel embroidered with the club logo, for silver, a Sorrento SLSC training backpack and for the gold level, a Sorrento SLSC black hooded all weather jacket with the green Sorrento SLSC logo embroidered

on. All prizes are excellent quality and well worth earning points for. Youth can also choose their prizes, in that, for example, if they reach the bronze level, but don't want the hooded towel or already have one, then they can "roll over" those points for the following season and head towards the silver level.

There are many ways to be involved and the good thing is that not only can others benefit from your efforts, you can also be rewarded for the effort and time that you put in. You, as a Youth member, can earn points for doing many different activities around the club including:

- assisting with social events (Juniors disco, Xmas Wind up, Youth social activities etc.)
- assisting with club activities (Club Swim, Waterman's to the Wall, Beginning of Summer Fireworks patrol at Sorrento Quay etc.)
- competing at carnivals
- doing patrols
- helping with nippers (assistant age managers, water safety or general assistance)
- doing water safety on a Friday evening for the North Coast Tri Club (contact Jess Bunford at admin@sorrentoslsc.org.au for further information)
- doing water safety at other Tri Events throughout the season (contact Jess Bunford)

******Note:** a **list of all activities that earn points for YIP** is attached to the **first youth newsletter** of the season

Olivia Bertollini, the **YIP Coordinator** will be talking to youth and parents at the **first sessions of surf club on the 18th October 2020** and will **outline the programme, provide the forms needed to sign up for this and answer any questions.**

Please contact the YIP Coordinator, Olivia Bertollini at olivia@revivedayspa.com.au for further information

Please remember as a Youth Member there are many avenues for you to become a valuable member of our club.

These can include:

Patrolling SRC and Bronze

Club Swim

Assistant Age Managers for Nippers

Water Safety for Nippers

Sausage Sizzle for Nippers

Training/Fitness

Sunday Activities

Volunteer to help at Club events

Water Safety for Tri Events

Assisting at Competitions/Club Champs

Assisting with the Dolphins Programme

Fund raising for the Club

Competition: Beach (sprints and flags)

Undertaking Extra Education and Training

Ocean (swim, board and ski)

Boats,

R & R

March Past

Amanda, lets touch base on this schedule below. A couple of thoughts

-I need to confirm what is going on with the Club swim. Needs to be a club event that the Youth join rather than a Youth run event

-We should remove reference to the Training sessions as these will be communicated (and updated separately). I would just refer to the Sorrento surf Athletes Facebook page. Otherwise as the training schedule develops, we will need to update multiple documents

- I would suggest we remove some of the detail and just refer to generic activities that give the Senior Age Managers the ability to set the Sunday program as appropriate to numbers, weather etc. I'm interested in the view of the Age Managers on this

8.30 – 10.30am Sundays	General Session Arena Senior Age Manager
Saturday 3 rd October	WA Irons @ Mullaloo
Saturday 17 th October	WA Irons @ Trigg Island
WEEK 1 Sunday 18 th October	8.30am: sign in with Amanda 8.45am: Club swim 9.00 to 10am: Introduction to the Youth Program and the season ahead.
WEEK 2 Sunday 25 TH October	8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities
Saturday 31 st October	Endurance Championships @ Sorrento
WEEK 3 Sunday 1 st November	8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities

<p>WEEK 4 Sunday 8th November</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>
<p>Saturday 14th & Sunday 15th November</p>	<p>Surf League Round 1 @ Trigg Island</p>
<p>WEEK 5 Sunday 15th November</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>
<p>WEEK 6 22nd November</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>
<p>WEEK 7 29th November</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>

<p>Saturday 5th & Sunday 6th December</p>	<p>Surf League Round 2 @ North Scarborough</p>
<p>WEEK 8 6th December</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>
<p>WEEK 9 13th December</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>
<p>Week 10 20th December</p>	<p>8.30am: sign in for President's Marathon After Marathon, head to Youth Flag and sign in with Amanda</p> <p>Christmas Fun/Food and Activities Morning of fun to celebrate Christmas before we head off for our 2 week break Further details closer to event</p>
<p>2 Week break for Christmas</p>	<p>No surf club Sunday 27th December *****MERRY CHRISTMAS*****</p>

<p>WEEK 11 3rd January</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>
<p>WEEK 12 10th January</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>
<p>WEEK 13 17th January</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>
<p>Sunday 24th January</p>	<p>Country Carnival @ Bunbury</p>
<p>WEEK 14 24th January</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>

<p>WEEK 15 31st January</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>
<p>Saturday 6th & Sunday 7th February</p>	<p>Surf League @ Trigg Island</p>
<p>WEEK 16 7th February</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>
<p>WEEK 17 14th February</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>
<p>WEEK 18 21st February</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>
<p>Sunday 28th February</p>	<p>Country Championships @ TBA</p>

<p>WEEK 19 28th February</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>
<p>WEEK 20 8th March</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>
<p>WEEK 21 15th March</p>	<p>8.30am: sign in with Amanda 8.45am: Club swim 9.00: Meet at the Youth flag ACTIVITIES Water based activities Land based activities</p>
<p>27th & 28th March</p>	<p>State Championship - Scarborough Sunday Afternoon State Champs After Party at the club</p>
<p>Early April TBA Youth Windup</p>	<p>YOUTH END OF SEASON Party TBA and back to club for food/YIP presentations and Awards</p>
<p>Friday 16th Saturday 17th April</p>	<p>Aussies Youth @ Sunshine Coast QLD</p>