SORRENTO
SURF LIFE SAVING CLUB

# YOUTH HANDBOOK

## 2026/27 SEASON

**Everything Youth members and families need to know**

**U14 · U15 · U17 · U19**

Lifesaving | Surf Sports | Camaraderie

# WHAT'S INSIDE

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## THE ESSENTIALS

**274**
### Active Youth members
last season, spread across patrols, comps, coaching and Sunday sessions.

**8.30am**
### Sunday Sessions
Meet at the Youth Flag on Sorrento Main Beach. Cap and hi-vis on!

**24 hrs**
### Club patrol obligation
Personal attendance per patrol season, subject to applicable arrangements. School service credit depends on your school. See Section 05.

### Three links to save right now

**Season calendar:** soslsc.com/get-involved/youth
**Sorrento Youth Info WhatsApp:** Join the group
**Questions?** youth@sorrentoslsc.org.au

# 01 WELCOME TO SORRENTO YOUTH

Welcome to the 2026/27 season! Whether you're fresh up from Nippers or heading into your final Youth year, this handbook is your guide to what we do, how we do it, and how to get involved.

On any summer weekend you'll find our Youth members all over the beach: patrolling, competing, joining the Club Swim and Sunday Sessions, helping with Juniors as age manager assistants, trainers, assistant coaches and officials, training for comps or just for fitness, volunteering at fundraisers, and catching up with friends.

Youth are vital to the future of our club. Our culture is built on inclusivity across all Youth age groups, respect, mateship, and participation at every level. We aim to provide a safe, supportive environment that challenges every member, whatever their skill, competency or fitness level.

Last season Sorrento had **274 active Youth members**. We can't wait to see what this season brings.

## Our three objectives

### Lifesaving

Transition Nippers into patrolling lifesavers, then keep developing Youth into more competent and capable lifesavers as they move from SRC to Bronze and on to more advanced qualifications.

### Surf Sports & Competition

Develop the surf sports skills needed for lifesaving and the lifeguard pathway, encourage more members to compete, and build competition success and team spirit.

### Camaraderie

Help Youth build and keep friendships within the Sorrento Youth community in a safe environment, and stay involved with the Club and the broader community.

## Age groups for 2026/27

Youth are members aged 13 to 18. Age groups use your age at midnight on 30 September 2026 (SLSA cut-off).

| Age group | Age on 30 September 2026 | Key qualification |
|---|---|---|
| **Under 14 (U14)** | 13 years | Surf Rescue Certificate (SRC) |
| **Under 15 (U15)** | 14 years | Surf Rescue Certificate (SRC) |
| **Under 17 (U17)** | 15 or 16 years | Bronze Medallion |
| **Under 19 (U19)** | 17 or 18 years | Bronze Medallion |

### Your Youth season calendar

All Youth dates live on the club website, so check it regularly: **soslsc.com/get-involved/youth**

# 02 MEET THE YOUTH TEAM

Not sure who to ask? Start with the Youth Committee and we'll make sure the right person helps you.

| Role | Who | Contact |
|---|---|---|
| **Youth Development Director** | Jeff Baxter | 0400 320 514<br>clubdevelopmentdirector@sorrentoslsc.org.au |
| **Youth Development Officer** | Caitlin Hughes | youthdevelopmentofficer@sorrentoslsc.org.au |
| **Youth Senior Age Manager** | Murray (Muzz) Geneff | youth@sorrentoslsc.org.au |
| **Youth Age Managers** | Caitlin Hughes, Tia Tutti, Fiona Lee Airey, Izabela Grygierczyk, Beatrice Sardo, Tim Griffiths, Jeff Baxter, Adam Reeve, Caroline Kowalski, Julie (Julz) Johnson, Kel | youth@sorrentoslsc.org.au |
| **Youth Committee** | Caitlin Hughes, Debra Tasker, Adam Duncan, Julie (Julz) Johnson, Murray (Muzz) Geneff, Izabela Grygierczyk, Tia Tutti, Beatrice Sardo, Nat Skelton | youth@sorrentoslsc.org.au |
| **Youth Recognition Program (YRP) Manager** | Julie (Julz) Johnson | youth@sorrentoslsc.org.au |
| **Youth Incentive Program (YIP) Manager** | Debra Tasker | yip@sorrentoslsc.org.au |
| **Youth 4 Youth Committee (Y4Y)** | Gregorio, Addie, Conn, Emma, Jorja, Klaudia, Lana, Naamah | youth@sorrentoslsc.org.au |

# 03 KEY DATES 2026/27

Key dates are listed below. Added club events are from the Youth calendar and remain subject to change. Check the club website and Youth updates before registering.

**soslsc.com/education-courses**

| When | What | Who / where |
|---|---|---|
| **15 Oct 2026** | YIP Winter submission deadline (activities from 1 Apr to 30 Sep 2026) | All Youth |
| **October 2026** | Camp applications open for T.O.A.D. and Rise-Up | U14, U15 & U17 |
| **18 Oct 2026** | Youth season kick-off | Sorrento |
| **24 Oct 2026** | Youth & Open Carnival 1 | Sorrento |
| **25 Oct, 1 & 8 Nov 2026** | Youth wet requal sessions with Sunday Youth | Sorrento |
| **8 & 22 Nov 2026** | Youth/Open Carnival 2; Fuel to Go & Play Carnival 3 | Trigg |
| **9 Dec 2026** | Youth SRC-to-Bronze Transition Course #2 starts | SRC holders; 15 by assessment |
| **12 Dec 2026** | Lifesaving Championships, Champion Lifesaver | North Cottesloe |
| **13 Dec 2026** | Champion Patrol | North Cottesloe |
| **17 Dec 2026** | Youth-only SRC Course #2 starts | 13 years + |
| **19 Dec 2026** | Lifesaving Championships, First Aid | Swanbourne/Nedlands |
| **20 Dec 2026** | Sunday club BBQ – Youth/Parents volunteers needed | Sorrento Courtyard |
| **20 Dec 2026** | Last Youth session before Christmas; Club Marathon | Sorrento |
| **27 Dec 2026 & 3 Jan 2027** | Christmas break; no regular Youth session | |
| **31 Dec 2026** | Award and proficiency deadline for competition eligibility; see Section 09 | Youth competitors |
| **4–7 Jan 2027** | Rise-Up Camp | U17 · SLSWA Development Centre, Margaret River |
| **9 Jan 2027** | Youth & Open Carnival 4 | Coogee |
| **10 Jan 2027** | Sunday Youth sessions resume | Sorrento |
| **11–14 Jan 2027** | T.O.A.D. Camp | U14 & U15 · SLSWA Development Centre, Margaret River |
| **18–22 Jan 2027** | Rookie Lifeguard Program | South West Development Centre |
| **20–21 Jan 2027** | Youth Lifeguard Program | Mullaloo |

| When | What | Who / where |
|---|---|---|
| **30 Jan 2027** | Youth & Open Carnival 5 | Trigg |
| **14 Feb 2027** | Youth session / Adventure World trip - TBC | Youth & parents |
| **21 Feb 2027** | Youth & Open Carnival 6 | Trigg |
| **6–7 Mar 2027** | Youth/Open Championships: beach and double skis | Sorrento |
| **13–14 Mar 2027** | Youth/Open Championships: ocean | City Beach |
| **20 Mar 2027** | Club Mile Swim | Sorrento |
| **21 Mar 2027** | Final Sunday Youth session / wind-up | Sorrento |
| **31 Mar 2027** | YIP 2026/27 program closes | All Youth |
| **6 Apr 2027** | Youth-only SRC Course #3 starts | 13 years + |
| **7 Apr 2027** | Youth SRC-to-Bronze Transition Course #3 starts | SRC holders; 15 by assessment |
| **21 March 2027** | Youth Awards & Windup | All Youth & families |
| **21 March 2027** | Sunday Club BBQ – Youth/Parents Volunteers needed | Sorrento Courtyard |
| **10–18 Apr 2027** | Aussies (Australian SLS Championships) | Queensland; Sunshine Coast |

## Calendar update 24 October 2026

5 December 2026: NRC Course #5, 7.30-10.30 am, Sorrento SLSC.
12 December 2026: Short Course Surf Boats, Sorrento SLSC.
17 January 2027: All Abilities Carnival, 7 am-noon, Coogee Beach SLSC.
Club Championships: 31 October / 1 November conflict; date TBC.
14 February: Youth session / Adventure World trip; arrangements TBC.

# 04 SUNDAY YOUTH SESSIONS

Sunday Sessions are where all Youth age groups come together for team activities, skills and plenty of fun.

### Have-A-Go days

Throughout the season, Sunday Sessions include “Have-A-Go” days on skis, IRBs and surf boats, so you can try other surf sports. These depend on coaches, weather, beach conditions and craft availability.

### Why Sunday Sessions Matter

Sunday Sessions are about inclusion, fitness, teamwork and having fun. Challenging yourself here makes you a more competent and confident lifesaver.

### Obstacle Courses & Scavenger Hunts

Level up your fun and fitness, get your team together, and conquer our ultimate surf lifesaving challenge with our high energy, beach obstacle courses and scavernger hunts!

## Your typical Sunday

| Time | What’s happening |
|---|---|
| **8.30am** | Meet at the Youth Flag on Sorrento Main Beach. Sign in with your Age Managers and get briefed on the day’s activities. |
| **8.45am** | Club Swim. Courses and distances vary with conditions. All Youth are encouraged to swim, and it’s also open to Seniors, Masters, parents and U13 Juniors. |
| **9.10am** | Activities: a mix of lifesaving skills, games, scenarios, challenges, free time, fitness and fun. |
| **10.45am** | Finish and check out. |

### Parents: we’d love your help!!!

We’re always looking for parents who want to be actively involved with Youth. Any help with Sunday Sessions, fundraising and social activities is hugely appreciated.

**No experience needed! Just reach out to youth@sorrentoslsc.org.au**

## Uniform & gear

> **Compulsory for Sunday Sessions, competition and training:** your Sorrento cap (green/white) and hi-vis vest.

Buy them online through the club’s **online uniform shop** and collect from the shop during daytime office hours. There’s also a range of Sorrento-branded swimwear and sun-smart merchandise.

**Shop hours:** check the Sorrento SLSC website for the latest hours and updates.

# 05 LIFESAVING, PATROLS & COURSES

Lifesaving is at the heart of everything we do. As a patrolling Youth member you're helping keep our beach and community safe.

## Why patrol?

You're joining an Australia-wide community of more than 198,000 members and 315 affiliated Surf Life Saving Clubs, all working towards Surf Life Saving Australia's vision of zero preventable deaths in Australian waters. It's the largest volunteer movement of its kind in the world.

Surf Life Saving is a not-for-profit community organisation that relies on donations, fundraising, sponsorship, government grants and, most importantly, volunteers like you.

**24 hrs**

### Club patrol obligation

Complete your rostered patrols and at least 24 hours of personal attendance per patrol season, subject to approved arrangements.

✓

### School community service

Patrol hours may count towards school community service, subject to your school's requirements. Keep a record and check what evidence your school needs.

## Your patrol roster

It's your responsibility to check your roster, be available on your rostered dates, or organise a substitute. You can find the roster:

- on the club website, **soslsc.com/patrol** (which also has patrol FAQs)
- on the patrol noticeboard on the boat shed wall
- on the 'Sorrento SLSC – Patrols' Facebook page
- in your own **SLSA Members Portal** account

Newly qualified members: confirm your roster and required hours with the Life Saving Director. Competition eligibility is assessed separately (Section 09).

**Lifesaving Director:** Mark Lang

## Education & courses

You'll gain your lifesaving skills through the **Surf Rescue Certificate (SRC) from 13 years** or the **Bronze Medallion from 15 years**. Sorrento runs courses regularly through the season, and you must be a financial member of Sorrento SLSC to enrol.

| Course | Kick-off date |
|---|---|
| **Youth SRC-to-Bronze Transition Course #2 (15 years by assessment) intro session** | 9 December 2026 |
| **Youth-only SRC Course #2 intro session** | 17 December 2026 |
| **Youth-only SRC Course #3 intro session** | 6 April 2027 |
| **Youth SRC-to-Bronze Transition Course #3 (15 years by assessment) intro session** | 7 April 2027 |

Full course content, prerequisites, all session dates and how to enrol: **soslsc.com/education-courses**

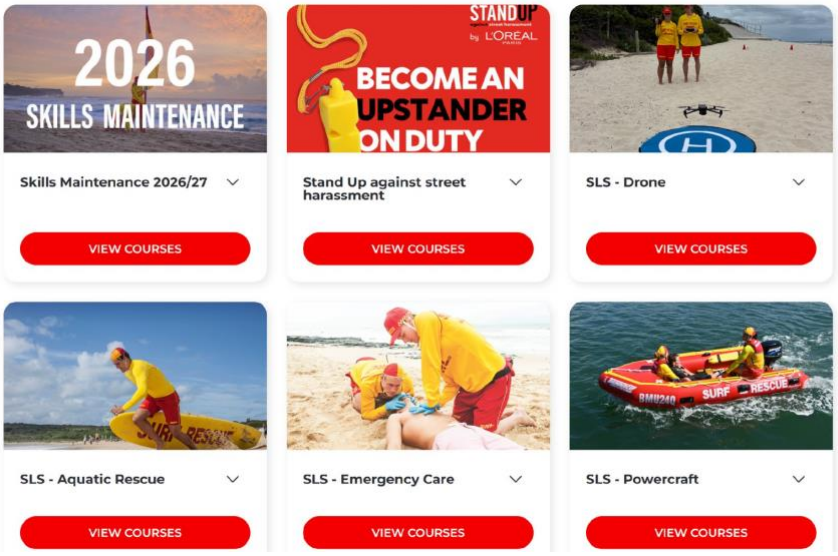
Course dates are also shared on the Youth Development Facebook page and in the club newsletter. **Can't make these dates?** Contact SLSWA to find out whether other clubs are running courses.

## SLSA eLearning

Once you've earned your SRC or Bronze and become a Cadet (SRC) or Active (Bronze) member, you'll have access to the SLSA eLearning portal. These online courses let you complete the theory for your education awards at your own time and pace, leaving more face-to-face time for hands-on practice. You can revisit them as often as you like.

**Course categories:** Sorrento SLSC on Eventbrite

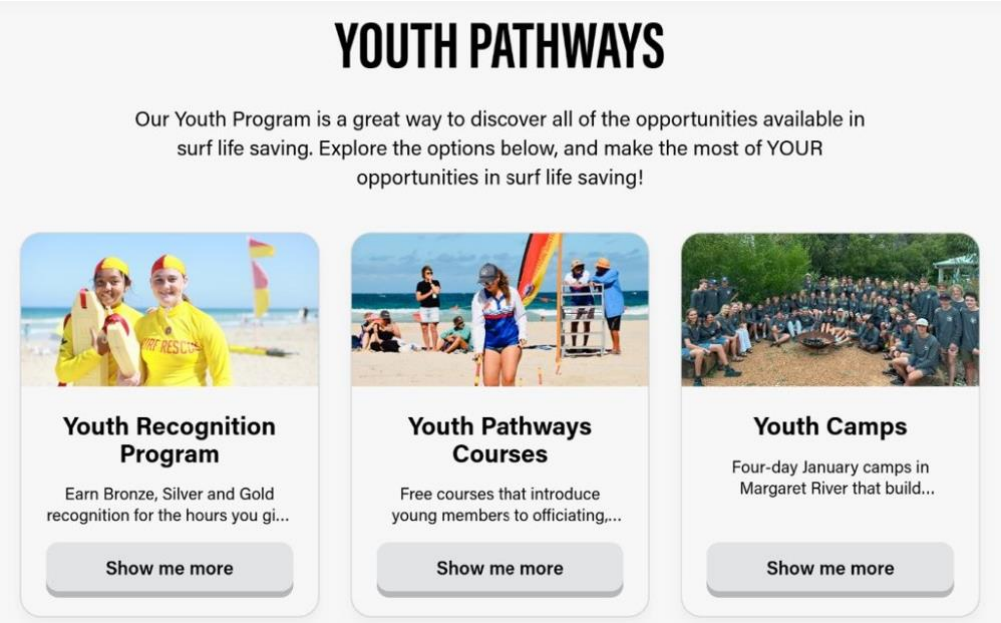
**Access eLearning:** SLSA Members Area



# 06 YOUTH PATHWAYS & CAMPS

Working closely with Surf Life Saving WA, Sorrento offers lots of pathways as you move from Youth to Senior member. You choose the path, and we'll help you get there.

Our Youth Development team will talk through the options with you at the start of the season and help you progress during it. Every pathway recognises the qualifications you earn along the way.




**More info:** Sorrento Youth page · SLSWA Youth Pathways

## Youth Pathways courses

SLSWA's free courses introduce Youth to leadership roles. The course calendar follows in this section (Section 06).

# SLSWA Youth Pathways course dates

Surf Life Saving WA runs free Youth Pathways courses (Age Manager, Coach, Official and Trainer) throughout the season. See the **SLSWA Youth Pathways page** for full details and to register. The SLSWA course calendar is in Section 06.

*SLSWA 2026/27 Youth Pathways course calendar. Extra dates may be added during the season.*

# Youth Recognition Program (YRP)

Sorrento's YRP complements SLSWA's program and gives U14 to U17 members the chance to formally record their experience and service, and be recognised for it. Each level requires time across the three surf lifesaving components: Lifesaving, Training and Surf Sports.

| Level | Hours at this level / cumulative total | Minimum in each component | Notes |
|---|---|---|---|
| **Bronze** | 60 / 60 hours | 4 hours | First 60 hours |
| **Silver** | 80 / 140 hours | 6 hours | 80 additional hours after Bronze |
| **Gold** | 90 / 230 hours | 8 hours | 90 additional hours after Silver; usually at least two years overall |

Hours are additional at each level; the cumulative targets are 60, 140 and 230 hours. Minimum hours in each component apply at each level. Eligible club activities and SLSWA Youth Courses count towards YRP hours.

SLSWA and Sorrento will run YRP and Pathways information sessions for Youth and parents at the start of and during the season. Watch the Youth Development Facebook page and newsletter for dates, or talk to your YRP Coordinator.

# SLSWA Lifeguard Academy

Lifesaving can lead to other opportunities such as drone patrol, lifeguarding and jet ski operations. Check out SLSWA's **Lifeguard Academy** for details.

| Program | Dates | Location |
|---|---|---|
| **Rookie Lifeguard Program** | Mon 18 – Fri 22 January 2027 | South West Development Centre |
| **Youth Lifeguard Program** | Wed 20 – Thu 21 January 2027 | Mullaloo |

Lifeguard Academy
Nipper Lifeguard Program

Lifeguard Academy
Youth Lifeguard Program

Lifeguard Academy
Rookie Lifeguard Program

## SLSWA Youth Camps

Held over the summer school holidays, SLSWA's Rise-Up and T.O.A.D. camps build friendships across clubs and develop leadership and interpersonal skills that help in surf lifesaving and everyday life. Sorrento SLSC funds its selected participants to attend.

### T.O.A.D. Camp

*Teamwork, Opportunities and Development*

**Who:** U14 & U15

**When:** 11–14 January 2027

**Where:** SLSWA Development Centre, Margaret River

A variety of skills and activities to boost your development within surf lifesaving.

### Rise-Up Camp

*Personal leadership for U17s*

**Who:** U17 (15 and 16 years)

**When:** 4–7 January 2027

**Where:** SLSWA Development Centre, Margaret River

A wide range of physical and social activities that develop personal leadership skills.

### How to apply

We'll ask for applications in October once the season starts. Send a written or emailed application (300 words max) that covers:

1. Your name and age group
2. The personal leadership qualities you bring to Sorrento SLSC and SLSWA
3. Examples of leadership or teamwork you've shown around the club in the last 12 months
4. Any courses, competitions, patrols or volunteering you've done
5. The leadership opportunities you'll take on over the next 12 months

**More info:** SLSWA Youth Camps

# 07 YOUTH INCENTIVE PROGRAM (YIP)

The YIP rewards and recognises U14 to U19 members for getting involved across the club. Every Youth member is automatically enrolled.

The more you get involved and the more hours you volunteer, the more points you collect. You choose the areas that interest you and how involved you get. Along the way you'll build leadership skills, grow personally, connect with your peers and the community, and maybe discover parts of surf lifesaving you hadn't considered.

**Program period:** 1 April 2026 to 31 March 2027.

## What earns points

- Lifesaving
- Achieving lifesaving accreditations
- Leadership and education
- Assisting with Junior & Youth activities
- Surf sports development (coaching & officiating)
- Surf sports competition (events & carnivals)
- Club surf sports participation
- Joining club teams

## How it works

1. Download or open the **2026/27 YIP Activity Sheet**.
2. Record your eligible club activities.
3. Email your updated spreadsheet to yip@sorrentoslsc.org.au by the deadline.

Need help filling in the sheet? **Watch this video** (turn the sound up).

## Submission dates

### Winter submission

Covers activities from 1 April to 30 September 2026.
**Due 15 October 2026**

### Monthly submissions

From October, submit your points every month.
**You'll get an email reminder with each due date.**

# Reward tiers

Reach a tier and you'll receive a certificate of recognition and can redeem your points for merchandise at the end of the season. Rewards are presented at the Youth Awards & Windup night. Don't stop at a tier: earn as many points as you can!

| 200 | 300 | 400 | 550 |
|---|---|---|---|
| **Bronze** | **Silver** | **Gold** | **Platinum** |
| points | points | points | points |

### 2026/27 rewards

This season features an exciting new range of Engine, Vaikobi and Sorrento SLSC merchandise. What's available at each tier will be announced during the season.

You can claim one reward item per season, or roll your points over to next season and keep saving towards a higher tier.

## Checking your points

You'll get progress updates during the season. Activities may be checked with the relevant Youth Officer, coach or club representative.

## Need help?

Haven't received your form, stuck on filling it in, or unsure if an activity counts? Email the YIP Coordinator at yip@sorrentoslsc.org.au.

# 08 SURF SPORTS

Surf sports grew out of lifesavers building their skills and fitness. Competition requires the relevant awards, proficiency and patrol or service commitments for your age group and event. See Section 09.

From beach running, flags and irons to boards, swimming, skis, R&R, march past, IRBs and surf boats, there's something for everyone, whether you want to compete individually, in a team, or just stay fit. Youth events are usually split into U14, U15, U17 and U19.

> **Training opportunities for Youth**
>
> You don't have to compete to train. Speak with the coach before your first session to confirm the required awards, proficiency, swimming competency and supervision arrangements for that activity.

Interclub competitions and multi-discipline carnivals run throughout the season, building up to the State Surf Life Saving Championships. Sorrento will then send a full team to the 2027 Australian Surf Life Saving Championships ("Aussies") in Queensland.

**Head Coach:** Michael Booth · Development Coach: Lara Taylor

More on each discipline: **Sorrento Surf Sports page**

## Coaches & Club Captains

Each surf sports discipline has a Captain who is responsible for that discipline, including its equipment. You'll find the full list of coaches and captains on the **Surf Sports page** of the club website, and the key contacts for each discipline in Section 08 of this handbook.

Youth and parents are welcome to watch training and speak with the coach about joining. Before taking part, confirm the session's age, award, proficiency and swimming requirements with the coach. See Section 08.

# Beach Sprints & Flags

Sorrento's beachies pride themselves on inclusion, whatever your experience. We're home to one of the largest and best sprint and flags squads in WA.

After our Juniors won the State Championships overall last season, we're expecting a wave of new U14 beachies, giving us the numbers to field teams in beach events (relays, 1km and 2km) and surf team events that need beach runners.

| | |
|---|---|
| **Key people** | Head Coaches: Jackson Symonds & Aaron Bell · Beach Captain: John Hackett |

# Lifesaving Competition

Lifesaving competition covers Rescue & Resuscitation (R&R), March Past, and lifesaving events.

## Rescue & Resuscitation (R&R)

A simulated rescue and resuscitation of a patient from the surf using the traditional belt and reel. It combines swimming, resuscitation, marching and drill, with teams judged against set criteria.

Youth can compete in 5-person teams (mixed for U12–U14, U15, U17, U19, plus Open Mixed, Open Women and Open Men) or 6-person teams (Open Mixed). Each position has a different role: swimmers need moderate to strong swimming ability, and non-swimmers need moderate fitness. Competitors in the 2-person and 5-person events for U12–U15s don't need to swim.

## March Past

A team of 12 carries a surf reel and marches in time, completing set components to the judges' satisfaction. Sorrento has a proud R&R and March Past history, with the most successful team in WA in recent years.

| | |
|---|---|
| **R&R** | R&R Captains / Head Coaches: Sophie Dekenah & Bridget Marchin-Vincent |
| **March Past** | March Past Captain: Sue Lemmon |

### Lifesaving events

Multi-discipline events that test your lifesaving knowledge, fitness and ability to perform under pressure.

- **Champion Lifesaver (U14+):** theory paper, primary assessment, manikin resuscitation, plus board, tube, sprint and surf race.
- **Champion Patrol (4 & 6-person teams, U17+):** theory, 4-person resuscitation (ATR / First Aid certification required), teams surf race, teams tube/board race, and a 9-minute scenario with multiple rescues and first aid situations.
- **First Aid (U15+):** an 8-minute (U15–U17) to 12-minute (U19+) scenario, complete with actors and realistic makeup.
- **Rescue Tube Rescue events.**

| | |
|---|---|
| **Coaches** | First Aid & Champion Patrol Coach: Adam Duncan · Champion Lifesaver Coach: Lani Baxter |

## Ironman & Ironwoman

Age group irons combine surf swimming, board paddling and running, with a ski leg in U19 and older events. Eligible U17 members with a proficient Bronze may also enter Open irons, which includes a ski. Head Surf Coach Michael Booth leads the program with senior athletes.

Ask the coach which irons squad sessions suit your eligibility and experience: board, swim, ski or core/run. Core/run sessions are a useful place to discuss your competition and fitness goals.

| | |
|---|---|
| **Key people** | Head Surf Coach: Michael Booth · Development Coach: Lara Taylor |

## Board Paddling

Boards are a big change from Juniors. Junior boards are shorter, narrower and lighter. The surf-spec racing mal used by Youth and Seniors is 10’6” long, wider and higher volume.

You’ll also build skills on surf rescue boards, which are like a racing mal but wider and more stable, with enough volume for two riders (rescuer and patient).

Like swimming, paddling is central to your lifesaving skills, so it’s a big part of Sunday Sessions. As your skills grow, join board training and irons sessions: race your friends around the cans, surf the waves, battle it out over endurance distances, and compete for your club if you’re keen.

| | |
|---|---|
| **Key people** | Head Surf Coach: Michael Booth · Development Coach: Lara Taylor |

## Swimming

Swimming is fundamental to surf lifesaving, and most Sorrento Youth also swim squad at clubs around Perth.

During the season, open water swimming is built into surf training, and every Sunday Session includes the all-important Club Swim. Swimming competency is a prerequisite for your SRC and Bronze, and as a patrolling member you need to keep your swim fitness up.

| | |
|---|---|
| **Key people** | Head Surf Coach: Michael Booth |

## Pool Rescue

A growing discipline in WA that tests your aquatic and lifesaving skills with events like manikin tows, obstacle swims and tube swims carrying patients.

Our large (and very vocal!) team of Juniors, Youth and Seniors has won the WA SunSmart Pool Rescue State Championship every year from 2021 to 2026, and we're aiming for 2027. There's also the chance to compete at the Australian Pool Rescue Championships, a key qualifier for national lifesaving teams and a showcase for elite lifesavers.

| | |
|---|---|
| **Key people** | Pool Rescue Coordinator: Scott Poole |

## Surf Skis

There are two main types of surf ski. Spec skis, used by surf clubs, are built to a standard size and weight for the surf zone. Ocean skis are designed for long-distance paddling, usually raced downwind on ocean swells.

Sorrento runs a unique Introduction to Skis Program. U14s can take part at the end of their first Youth season, and U15+ in the September program, giving you around 18 months of ski training before your first chance to compete.

We have 12 fully adjustable FENN spec skis for members to train and compete on. Our senior and masters ski paddlers mentor Youth at Sunday development sessions and help you step up to Tuesday/Thursday club ski training.

| | |
|---|---|
| **Age & award** | Training: 14 years with SRC or Bronze, subject to coach approval · Competition: U17 or older with proficient Bronze |
| **Key people** | Youth Ski Development Coaches: Leanne Lewis, Jason How & Adam Reeves · Ski Captain: Richard Elderfield · Head Coach: Michael Booth |

# IRB Racing & Youth IRB Development Squad

Inflatable Rescue Boats (IRBs) are the biggest technological advance in rescue in recent years, and most surf clubs perform more rescues in IRBs than any other way. They're fast and agile in the surf, which makes IRB racing an exhilarating way to put your rescue skills to the test.

IRB racing has separate patient, crewperson and driver requirements, summarised below. Holding a patrol award alone does not qualify you to race; competition training and coach endorsement are also required.

Before racing, complete the initial 20 hours of role-specific in-water competition training with an accredited IRB coach and obtain annual competition competency endorsement. Check current SLSWA event bulletins for additional conditions.

| | |
|---|---|
| **Patient** | 15 years on competition day; proficient Bronze Medallion and IRB Crewperson awards |
| **Crew** | 16 years on competition day; proficient Bronze Medallion and IRB Crewperson awards |
| **Driver** | 17 years on competition day; current WA Skipper's Ticket; proficient Bronze, IRB Crewperson and Silver Medallion IRB Driver awards |
| **Key people** | Youth IRB Development Coach: Aran Buckley |

# Surf Boats

**Looking for a fun, exciting team sport in the surf that makes you strong and fit? Surf boats are for you!**

With experienced coaches and sweeps, you'll build fitness and rowing skills. Introductory training can start at 14 with the required award or prerequisites, under a qualified sweep in calm surf or still water. Competition starts at 15, subject to the relevant award, proficiency and event eligibility requirements.

Boats compete year-round, with the main season from mid-October to early April. Carnivals run along the West Coast from Albany to Geraldton, a great way to see WA's coastline, with plenty of metro carnivals too if travel is tricky.

Many of our "Boatie Family" head to Albany on the June long weekend for an endurance race, wave-catching and the end-of-season windup. It's a favourite for all ages.

| | |
|---|---|
| **Age & award** | Training: 14 years, subject to award/prerequisites, qualified sweep and suitable conditions · Competition: 15 years with proficient Bronze, subject to eligibility |
| **Key people** | Youth Surf Boats Development Squad Coordinator: Rebecca Ferrier |

# 09 COMPETING FOR SORRENTO

Ready to race in the green and white? Here's what you need to be eligible.

| Age group | Award needed | Also required |
|---|---|---|
| **U14** | SRC (available from 13 years); see deadline and transition note below | Current proficiency; applicable patrol / service requirements |
| **U15** | SRC; current proficiency required | Current proficiency; applicable patrol / service requirements |
| **U17 / U19** | Bronze Medallion (available from 15 years); current proficiency required | Current proficiency; applicable patrol / service requirements |

31 December 2026 is the award/proficiency deadline, not the start of competition. Members who meet all requirements may compete earlier. Confirm any transition arrangement before entry. Competition patrol hours are assessed over the previous calendar year (1 January to 31 December), under the applicable SLSA rules and club by-laws. Newly qualified members must confirm their required hours and eligibility with the Life Saving and Competition Directors. Full details: **soslsc.com/our-club/governance**

## Sorrento Senior & Youth Club Championships

Our Club Championships run differently to the Junior version. Points are awarded for 1st to 6th place across U14, U15, U17, U19, Senior, Open, Masters, Vets and Super Vets categories. Compete to become Club Champion, or to win individual events in flags, sprints, ironman and ironwoman, surf, board and ski.

Full details on categories and points are in the **club governance documents**.

### Traditional club events

- Sorrento Club Mile Swim: 20 March 2027
- Club Marathon: 20 December 2026; Presidents Marathon
- Youth & Senior Club Championships: date to be confirmed

  Sorrento SLSC Competition Committee keeps an up-to-date competition calendar on the club's competition web page.

For detailed SLSWA competition rules, see the **SLSWA Surf Sports Manuals**.

# 10 COMMUNITY & SOCIAL

Surf club is about more than training and patrols. It's about the people.

## All Abilities - Dolphins Program

Sorrento SLSC is dedicated to being an inclusive organisation and a safe environment for everyone involved in surf lifesaving.

The All Abilities - Dolphins Program was created by Sorrento members who had family members with a disability. On Saturday mornings, participants join a group within the club with an emphasis on fun, while enjoying the same strong club spirit and loyalty.

The All Abilities - Dolphins Program is coordinated and supervised by qualified Sorrento volunteers of all ages. Youth help run activities, provide water safety where appropriately qualified, and build a strong social connection with Dolphins participants. Any help is always appreciated!

**Program Coordinators:** Ben and Austin Leggo

## Youth Social Activities

Last season a group of parents and Youth worked hard to support Youth social activities, with funds raised going towards Youth-only functions and events.

The highlight was the APS-sponsored Sunday Session Day Trip to Adventure World in February, with over 100 Youth and parents along for a fantastic day.

> **Proposed date: 14 February 2027 - TBC**
>
> Trip arrangements and venue require Youth Committee confirmation. More info coming soon!

We always welcome help from parents and Youth with fundraising and organising social activities. Got ideas? Share them with the Youth Committee.

# 11 STAY CONNECTED

Youth and parents should join the relevant groups below and keep contact details up to date.

## Stack Team App – COMING SOON

When launched, download Stack Team App and sign in or create an account. Search for “Sorrento SLSC 2026/27”, request Youth access and enable notifications. Parents should use their own account for family access. Follow the club’s joining instructions or email youth@sorrentoslsc.org.au for help.

## WhatsApp groups

- **Sorrento Youth Info:** Join
- **SO – Youth / Senior Water:** Join
- **SO – Beachies:** Join

## Newsletter

The Sorrento Surf Club newsletter is emailed every second Tuesday in the off-season and weekly during the season.

| Channel | Where to find us |
|---|---|
| **Facebook** | Sorrento SLSC – Youth · Surf Athletes · R&R · Patrols · IRB Patrols · Sorrento Beachies |
| **Instagram** | Sorrento SLSC – Youth · Sorrento Surf Club WA · Sorrento Beachies |
| **Sorrento SLSC website** | www.soslsc.com |
| **Surf Life Saving WA** | www.mybeach.com.au (website & circulars) |
| **Surf Life Saving Australia** | www.sls.com.au and the Members Portal |

SORRENTO
SURF LIFE SAVING CLUB

## See you on the beach!

Questions about Youth? Email **youth@sorrentoslsc.org.au**

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