

YANCHEP



**SURF LIFE SAVING CLUB
CADETS**

Information Guide

2022-2023

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welcome

Hello to our New and Returning Cadets.

In my first year as being appointed President, and on behalf of the Committee, I would like to extend a warm welcome to all our new and returning members and their families. We trust everyone had an enjoyable off-season and is ready to embark on the new Cadet Season 2022/23.

We encourage our cadets and parents to take advantage of our training and education pillar. We have a few courses ranging in degree of difficulty so that everyone can benefit from their membership.

Parents can also gain knowledge and discover personal satisfaction by participating. By signing on, each family is asked to commit to helping at Woodside Nippers or Cadet sessions.

Parents are invited to become an Age Manager, a Water Safety Officer, helping with non-swimming beach events or just a general helper.

Whatever you choose to gain from your involvement, we hope that you and your family will enjoy being members of this club. As Age Managers, we would like to remind you that you qualify to use the club gym for a nominal fee.

If at any time throughout the season you have any questions to ask, please feel free to approach any of the members on the management team for our Cadet Program who are listed in this handbook.

Make sure you hang around at the end of our Woodside Nippers session for a Sausage Sizzle; this is a great fundraiser for the club.

Lastly, please remember that this is "our" club, run by unpaid volunteer members for families and for the benefit of the Yanchep community. The club is only as good as the help and support it receives.

Looking forward to an awesome 2022/2023 season!

Jason Maliphant

YSLSC President



What it means to be a Yanchep Surf Life Saving Cadet!

Cadet members at Yanchep are part of an energetic, fun filled group that provides our 13-17yo members the opportunity participate in all pillars of Surf Lifesaving; they will learn and develop new skills to become better surf lifesavers, whilst contributing to Yanchep Surf Life Saving Club and the local community.

Our aim is to develop the skills of our Cadets as they transition from our Nipper programme to become Senior members of our club, and to provide the necessary skills to those new to Surf Life Saving.

We encourage all Cadets to complete their Surf Rescue Certificate and work towards developing their skills to attain their Bronze Medallion Certificate (15yo+).

The Cadet Programme is made up of both structured courses/training/participation, in line with SLSWA Youth Programme, but is also a great social program. This allows our Cadets to develop their individual strengths, and to challenge themselves by getting involved in the four Pillars of Surf Lifesaving.

Lifesaving Training Leadership Surf Sports

The Cadet programme offers our youth members an opportunity to expand their knowledge and provides many opportunities to be involved in the club:

U14 Cadets

Our 13yo members, transitioning from Nippers is a big step, our older Cadets and Patrolling Members are their Mentors to guide them. They can attain their Surf Rescue Certificate; further developing lifesaving skills and becoming part of our Patrol. Once part of a patrol, you they will receive their red and yellow patrol uniform and will be allocated to a Patrol Team.

Cadets will also participate in fundraising events; assist with Woodside Nippers and much more.

U15 Cadets

Our 14yo Cadets that hold a current SRC Award, will be rostered onto Patrol, and they can also assist as Water Safety for Woodside Nippers.

U16 Cadets

Our 15yo members can complete their Bronze Medallion certificate; upon completion they will be rostered onto Patrol. They can also assist as Water Safety for Woodside Nippers, and/or work towards becoming an Age Group Manager, where, under mentorship from an Age Group Manager (18+) they will be responsible for organising and conducting various activities as per the programs developed by Surf Life Saving WA.

Once a Bronze Medallion is achieved, they can work towards attaining their Inflatable Rescue Boat Crew Certificate; and can further their skills and attain their Advanced Resuscitation Award.

U18 Cadets

For our U18s who hold a Bronze Medallion; there is also the opportunity to become an IRB Driver. You can also work towards gaining your Training Officers Certificate and can go on to become SRC, Bronze Medallion and IRB Trainers.

You will also be given the opportunity to be selected to become Youth Mentors to our 13-16yo Cadets, at our Cadet Camp. This opportunity will be given to those who are actively working towards all or some of the following: additional Awards, attending rostered Patrols, assisting with training, coaching or Woodside Nippers Programme and involvement in club activities (whether it be social or fundraising).



Yanchep SLSC Cadets can participate in all in all aspects of surf lifesaving and are provided opportunities to experience many different roles within the club and being involved in a Community Volunteer organisation. Socially, we will provide opportunities for the Cadets to strengthen their camaraderie, in a fun filled way, culminating in our annual Cadet Camp.

Our Cadets are mentored and supported to complete the activities they have chosen. They are also encouraged to shadow Patrol Vice Captains, Trainers, Coaches and Age Managers.



SLSWA Youth Leaders Programme (YLP)

Our U14-U17 Cadets, as part of our Cadet Program, may wish to opt into the Youth Leaders Program (YLP). This program will add further value to your club-based activities by giving you the opportunity to formally record your experiences and service and receive recognition for doing so.

There are three levels to the YLP, each of which we expect would take you roughly a season to complete. This is dependent on the hours you can commit to, so it is no problem if you complete a level in a shorter or longer timeframe; your achievement will be recognised accordingly.

We strongly encourage and support our Cadets to participate.

LIFESAIVING		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

Youth Program Pathways

Youth Official

Like in many other sports, officials play a vital role in our movement. SLSWA youth members have the opportunity to officiate at SLSWA and Club events.

Hours accrued in this role can go towards the SLSWA Youth Leaders Program.

Youth coaches can work in a range of coaching roles at Clubs. Youth Coaches are mentored/supervised at Club training sessions by component, accredited/club endorsed, Foundation level (or above) coaches.

Hours accrued in this role can go towards the SLSWA Youth Leaders Program.

Youth Age Manager

The Youth Age Manager provides an introduction to the pathway of an Age Manager. Youth are able to assist and develop their skills in delivering the SLSWA Woodside Nippers Program.

Hours accrued in this role can go towards the SLSWA Youth Leaders Program.

Youth Trainer

The Youth Trainer provides an introduction to the pathway of Education Training. Youth are able to assist and develop their skills in delivering components of the SLSA/SLSWA Education courses.

Hours accrued in this role can go towards the SLSWA Youth Leaders Program.

Youth Event Producer

Youth Event Producers have a variety of options to get involved in at SLSWA run events. From interviewing athletes at events to assisting with event management. If you aspire to become involved in event management, sport commentating, videography, photography, social media or content management or multi-media communications to name a few, then this pathway may be for you. These skills can be developed and practiced at some of SLSWA's biggest events!

Surf Sports

Participation in Surf Sports activities develop fitness and skills, which therefore improves a youth member's lifesaving abilities.

Surf Life Saving offers pathways and opportunities for youth lifesavers who wish to further develop their surf sports skills such as board riding, swimming, beach sprints etc. in a competitive sporting environment. Competitions can be held at local, state, national and even international level.

A list of the various competitions and events can be viewed in the Surf Sports area of this website.

Lifesaving

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 the Lifeguard Academy for information about Lifesaving pathways, including the Rookie Lifeguard Program.

For more information regarding Youth Program courses go to:

https://www.mybeach.com.au/members/youth_program/pathways

Once there, click on the heading to each course for upcoming course dates and to register.

2022/23
YOUTH PATHWAYS
COURSE CALENDAR

Renewals and Registrations

For existing Members renewal is easy – payment can be made directly through the Surf Life Saving Australia Members portal.

Click on this link to take you directly there:

[EXISTING MEMBERS](#)

For our new members wishing to join, please feel free to register and pay online:

[NEW MEMBERS](#)

Did you know that we are a Kidsport approved club!

If you are paying with Kidsport vouchers, please do not go into the payment gateway. Please email your Kidsport vouchers through and we will allocate them. registraryanchepls@gmail.com

For Kidsport applications,
click on the image -



Proficiency Swim

Cadets new to the programme who are looking to attain their SRC or Bronze Medallion will need to meet the swim requirement before training commences.

Cadets 13yo -14yo must complete an unaided swim of 200m in 5 minutes or less.

For those Cadets 15yo+ looking to attain their Bronze Medallion, they must complete an unaided swim of 400m in 9 minutes or less.

Saturday 15th October at HBF Arena, Joondalup 10:30am – 2:00pm
Swimmers \$4.70, Spectator \$2.60

ALL Children must be accompanied into HBF Arena and constantly supervised by a parent/guardian whilst on the premises.

Skills Maintenance Checks (Proficiency)

Skills maintenance checks are necessary to:

- ensure ongoing competency of members in their area of training and activities
- maintain the standards of knowledge and expertise of surf life savers
- satisfy legal and statutory requirements
- reinforce and maintain our service commitment to the bathing and beach going community

All training resources are available in the SLS Members Area Library for members to view and refresh their knowledge.

Your SRC or Bronze Medallion Award is valid until the 31st December each year; a skills maintenance check is required to be completed before you are able to perform patrols or compete in surf lifesaving competitions.

The Director of Training, Kym Colotti, will notify you of the dates to undertake your Proficiency for 2022/23 season.



YSLSC Cadets season

The Season commences
Sunday 30th October 2022 and runs until
26th March 2023.

We do break for Christmas, please refer to the
Important Dates to Remember.

Please also refer to our Club Calendar for all these
dates and any upcoming events.

[https://www.yanchepsurflifesaving.com.au/club-
calendar/](https://www.yanchepsurflifesaving.com.au/club-calendar/)

**Meet at the Surf Club:
8:45am for a 9:00am start.**

Uniform Shop

Bathers, hats, rash vests and caps are available from the
Uniform Shop. Opening times will be advertised on the
club website or you can purchase online:

<https://www.yanchepsurflifesaving.com.au/shop/>

ON THE DAY!

- Assemble near the wall at the front of the Surf Club, look for your Cadet Manager.
- Have sunscreen on! Slip, Slop, Slap!
- Club Rash Shirt and Bathers.
- Cadet Cap is compulsory.
- Water Bottle
- Towel
- Warm Clothing for cool days and SunSmart clothing for Hot days.
- Swimming goggles.
- The Cadet Managers will mark attendance.
- NO Cadet is to enter the water unless authorised by the Age Manager.

There is a Sausage Sizzle available to purchase at the conclusion of the Woodside Nippers and Cadet programme each week, funds raised go back to the club.

DATES TO REMEMBER

15TH October 2022 - Proficiency Swim
22nd October 2022 - Cadet "Ice-Breaker"
30th October 2022- Cadet Season Commences
11th December 2022 - Last Day before Xmas Break
22nd January 2023 - Cadets Return
18th & 19th February 2023 - Cadet Camp (TBC)
5th March 2023 - No Cadets (Long Weekend)
28th March 2023 - Last Day

Cadet "Ice-Breaker"

This is a fun morning for all existing Cadets to meet our new Cadets, where they can catch up with each other about what they have achieved in the off season and discuss what they wish to achieve in the upcoming season.

2021 saw the Cadets Meet at The Boulder Hub

This event successfully starts the bonding process between the Cadets which will further develop as they work alongside each other throughout the season.

Keep any eye out for details about this years Ice-Breaker via email and on Facebook.



ICE-BREAKER



CADET CAMP



Our Cadet Camp offers our Cadets a fantastic weekend, filled with fun, fitness, team-building challenges, and mateship. A great opportunity to get to know each other and greater strengthen their camaraderie; it's also a fitting reward for the Cadets commitments towards attaining awards, assisting with Water Safety for our Nippers and being part of a Patrol Team.

Whilst the Camp is partly subsidised by the Club, the Cadets are required to be actively involved in developing and running fundraising for their Camp.

Camps are held in February; dates are to be confirmed as soon as we are able.

Unfortunately, due to Covid our camp didn't go ahead for the 2021/2022 season; we patiently waited it out and were able to get together for an end of season wind-up at PowerPlay Perth.



SLSWA Youth Development Camps

Run over the summer school holidays, the 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.

There is also an opportunity to obtain qualifications that will assist in their ongoing development towards being a volunteer patrolling surf lifesaver.

These camps are generously supported by the Scottish Masonic Charitable Foundation.

Nominations for the camps are submitted to the Board of Yanchep Surf Life Saving Club.

Rise-Up Camp

Rise-Up Camp caters 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.

DATE: Monday 19th – Thursday 22 December 2022

LOCATION: Forest Edge Camp, 133 Weller Road, Waroona

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

T.O.A.D. 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 Surf Life Saving WA

DATE: Tuesday 3rd – Friday 6th January 2022

LOCATION: Ern Halliday, Whitfords Ave, Hillarys

SLSWA Youth Awards

SLSWA recognise outstanding Youth members through its Awards & Recognition events with the following annual awards specific to youth:

U15 Lifesaver of the Year: This award recognises outstanding patrolling service during the current season by a youth Surf Rescue Certificate (SRC) holder. Only Youth Members who have an SRC but have not obtained their Bronze Medallion prior to close of entries are eligible for this award.

Youth Official of the Year: This award recognises and rewards a youth member who has made an outstanding contribution to officiating during the current season.

Youth Club Achiever Award: This award recognises the outstanding club contributions of one youth member (U14-U17) in areas of lifesaving, training, leadership, and surf sports. Please note that the nomination will be used by the Development Committee to determine the Youth of the Year.

Youth of the Year: Each nominated Youth Club Achiever will be considered for the Youth of the Year, which will be determined by the Development Committee and announced at the Awards ceremony.

Young Athlete of the Year: This award recognises and rewards junior athletes, aged 15 to 18, who have demonstrated sporting excellence as well as contributed to the area of surf sports within surf lifesaving.

Yanchep SLSC Awards

At our Annual Awards night presentation, the following awards are presented for the Cadets:

"Cadet Champion"

The club's motto of "Vigilance and Service", along with attributes of teamwork, commitment and/or resilience are just some of what we are looking for in our Cadet Champion

Congratulations to our 2021/22 recipient:

Emilio Velasco-Ridley



"Rising Star "

We are looking for a Cadet who is new to the programme, who in any area of their training, personal growth and/or teamwork, goes a step above.

Congratulations to our 2021/2022

Recipient:

Blake Maliphant



CONTACTS

Kym Colotti, Cadet Manager - yanchepcadets@gmail.com

Maddie Walker, Director of Junior Activities - yanchepnippers@gmail.com

Zara Palise, Director of Administration - registraryanchepslsc@gmail.com

Stay in Touch

Throughout the season and after we would like to keep in touch with you and bring you news about upcoming events, opportunities to help and next years program. Join the club Facebook page or follow us on Instagram, or head to our website - click the icons below.

