



Ōrewa Surf Life Saving Club



Junior's Guide to achieving our mission the Ōrewa Way

3E Guidelines – Educate, Experience, Exemplify

In this guide you will read about our Junior guidelines and rules for engagement which are in addition to the overall club policies which can be found our webpage: <https://www.orewasurfclub.co.nz/club-policies> This guide was written to bring out all the 'unwritten' rules and ensure transparency and consistency for our members.

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Our Promise, Our coaching team, managers and committee members are all volunteers brought together by our passion and belief for keeping our community safe in our waters. To achieve this, the Juniors’ team priority is ensuring engaged and passionate members (parents, volunteers and kids) working together to create a thriving and fun club environment and the development of future patrol support and Surf lifeguards both at Ōrewa and Northern Regional beaches.

We promise:

- To educate all our Jr members at the level and pace that suit their ability
- To coach with Good Sports philosophy of child centric sports incorporating fun, engaging development opportunities
- To create opportunities to learn & experience lifesaving skills which build their resilience and competency for safe practices in the surf
- To facilitate experiences in social and carnival events that create camaraderie and friendship bonds
- To encourage and set standards for exemplifying what it means to be safe in the surf and to save others.
- To support our youth to develop into strong leaders of our community through surf awareness and service.
- To support our parents/caregivers in understanding and engaging with surf lifesaving practises.

Our Curriculum

We use the SLSNZ Junior curriculum as our foundation curriculum document, adding core skills and lifesaving activities which we believe are a step above the average.

Learning includes but is not limited to:

Skills	Intro to Level 1	L1	L2	L3	L4	L5	L6	L7- Rookie
Foundation Water skills	Survival float – 10s Surf Swim confidence: 15m	Survival float – 20s Surf Swim: 25m-50m	Survival float – 30s Surf Swim: 50m-100m	Survival float – 60s Surf Swim confidence – 200m	2 min water tread followed by assistance required signal Hand up for 30 secs to signal for help.			
Running	Efficiency & fitness Managing obstacles		Efficiency & fitness, Handing off equipment to the next person					
Responsiveness, spotting and getting to a target.	Ability appropriate advancements through each of the levels – practiced in the beach flags activity							
Entering /Exiting the surf	Confident at wading and negotiating waves/ in and out Ability appropriate advancements and water depths increasing through each of the levels							
Body Surfing	Gliding onto a wave from standing position	Catching waves, wave type awareness	Catching, stroking, and riding wave		Continue fine tuning of skills, advancing to larger surf as appropriate for Ocean Squad development			
Using a surf Rescue device/ craft	Use a body board leash, gliding onto a wave	Use a body board leash, catching a	Confidence with boogie board usage, entering,	Using a foam surf knee board (6’2”/ 8’10”),	Using an 8’10” fibre glass / foam rescue knee board with increased	Using a 10’6” fibre glass / foam rescue knee board with increased		

Skills	Intro to Level 1	L1	L2	L3	L4	L5	L6	L7-Rookie	
		wave, paddling	riding, exiting	entering, riding, exiting	confidence over the levels. Swim with tube, fins, and patient		confidence over the levels. Swim with tube, fins, and patient Rescue patient using board		
Life Saving Signals	Basic arm signals	All arm signals						Intro to warning flags, signs	
SLS Theory questions	5 key Surf safe messages	Beach management and safety	Ability appropriate advancements through each of the levels towards Rookie program and qualification.						

Ability based water development

Children develop their water capability at different ages. We recognise this from 8yrs old + and use a 4-stage system to ensure all children can develop their water skills regardless of what age they join.

Tubes Intro to surf foundations	Fins Step up to surf skills	IRBs Surf skills development	Jet Skis Surf skill refinement
Target group: New and/or have not yet achieved their 200m patch	Target group: Recently achieved 200m patch	Target Group: Has basic board handling skills, ready to transition to fibreglass. Confident at navigating ocean conditions.	Target Group: Has mastered the developing techniques and can apply skills consistently in varying surf conditions with confidence.
Focus: <ul style="list-style-type: none"> Build water confidence in the surf to increase distance swimming. Navigating ocean and surf safely; entering/exiting utilising surf techniques e.g., Dolphin diving/body surfing 	Focus: <ul style="list-style-type: none"> Intro to basic board skills on foam long boards Learning board control and handling e.g., eskimo roles, small surf riding Surf entry/ exit techniques and navigating rips 	Focus: <ul style="list-style-type: none"> Transition to fibreglass Practise board/ swimming skills in varying surf conditions Build confidence on navigating varying surf conditions 	Focus: <ul style="list-style-type: none"> Advanced techniques on the board (popping, wash riding, etc) Race strategy Leadership development

OSLSC 200m Patch

‘Patching’ is the opportunity for a junior to progress from using a boogie board to a knee board. We run patching sessions from the start of the season depending on conditions. Stay informed on this through Team Reach or talking to Coaches.

Start of Season age (as at 30 Sept)	Patching process*		
	First time patching	2nd yr. patching Refresher	3+yr patching Refresher
8yrs	200m pool swim within 6mins + 1 min tread water Followed by a 200m Ocean test		
9yrs		200m pool swim within 6mins + 1 min tread water Follow by a 200m Ocean test	
10yrs	200m pool swim within 6mins + 1 min tread water Followed by an ocean Run-Swim-Swim	200m R-Swim-R Ocean test	200m R-Swim-R Ocean test
11yrs			
12yrs			
13yrs			

*The sign off for the achievement of the 200m badge is at the discretion of the assessment team. The swim stroke needs to be consistent and strong when demonstrated in the ocean.

Development under Covid Level restrictions

In alignment with SLSNZ and Northern Regional protocols, training will be adapted to conform with Covid Level Guidelines. All details and updates will be communicated to members via the normal communication channels.

Carnivals

All children are encouraged to attend the Northern Regional interclub participation carnivals. These are offered to our members to self-assess, test, and apply their surf skills in a fun non-competitive way. The carnivals are a one-day event where children across the region can meet, enjoy, and participate in a supportive environment while building some key competencies for the future.

Team Selections

We pride ourselves on putting forward the best representation of our Ocean Squad athletes into team events at both regional and national events. Selection for these teams can be tricky as each member will have their strengths based on the different conditions that occur in the open water on any given day.

To that aim, our selection process will include:

- Time trials as necessary throughout the season.
- Observations of performance at surf lifesaving organised carnival events
- Observation of performance at formal/organised OSLSC training (pool or surf events) – please note that the performance in winter pool events do not translate to surf event and vice versa.
- Testing team combinations at training and at carnival events leading up to Regional and National events
 - Please note that selections for teams at interclub carnivals will first include those who are training for Regional and National events
 - Coaches will endeavour to include all children who are not training for competition events later in the season into mixed teams. This will entirely depend on how many children are available to make up the teams.
- Coaches reserve the right to make changes to team combinations throughout the season as individual performance can change e.g., a winning team at a regional event may not be the same team representing at a National event.
- Coaches may select a 'stand by' or substitution team member for teams to allow for:
 - Sickness/injury.
 - Changing surf conditions e.g., one child may be stronger in flat conditions another stronger in big surf.
 - Note: substitutions on the carnival day are normal and a team member from one team may move into another team if required as the sub for above reasons. This could result in the other team being short a member and not able to compete. This does not happen often, but if it does, we appreciate that it is disappointing for the children who miss out. Please support us as we hope to facilitate good sportsmanship, camaraderie, and team spirit to exemplify our resilience as a club even in hard situations.
 - National events may limit the number of team submissions per club/ per event which means, team numbers and selection will be based on all the above.
- Coaches will be transparent in their selection process, and respect parent input, however, parental input will not guide the coach's decision – it will be based on that child's performance to date on the beach or for pool champs, demonstrated ability in the pool during OSLSC training sessions.

Our Junior Gear Policy

- All gear is to be washed and put away in the correct place after use. If your child is not tall enough to put away the gear safely, you must assist them.
- Your coaches will let you know which gear you are able to use.
- The locked gear is only to be used while at club training sessions when a nominated coach is in attendance. Some of this gear is privately owned. Do not use under any circumstances.

- There is gear that is available for you to use outside these sessions. You are responsible for putting this gear away after use and notifying your manager of any damages.
- Members can use personal boards during training and carnivals and are responsible for their own storage and transport to/from the club and/or events.
- Refer to the safety requirements outlined for usage of club knee boards: <https://www.orewasurfclub.co.nz/club-policies>. This will also apply to using personal boards during club training and carnival events.
- All damage to club and personal knee boards must be reported immediately to your coach, group manager at the time of damage so that it can be assessed and maintained for future use.
 1. If damage occurs to a club board outside of a normal training/carnival situation, please store board upside down in the racks and notify your coach/manager as soon as possible with full details. Damage will be assessed and at coaches' discretion, covered by the club.
 2. Any accidental damage that occurs to either a club or a personal knee board during OSLSC organised training and/or while representing OSLSC at a regional or national carnival, will be covered by the club.
 3. Excessive, frequent, or recurring damages to club equipment can result in the loss of privileges to use club devices for a set period of time at the discretion of the coaches/ club.

Our Code of Conduct

As a club, we are proud of who we are and how we exemplify our club as leaders, role models and members within our community. Our code revolves around an overarching respect for our cause of Life Saving, our members and all those we come into contact through when representing our club. Please take a moment to familiarise yourself with our code of conduct. A Detailed [code of conduct policy](#) for our club can be found on our club website under 'about us'.

A [child friendly version of the code of conduct](#) is signed by all children and parents prior to participation in competitive carnival/ team events.

Junior Award Selection and Acknowledgement

At the end of the season, we take the opportunity to acknowledge the achievements of our Jr members throughout the year. It's a time to reflect on both the growth of each member and to celebrate some of the top achievements in all aspects of our curriculum.

Selection process:

- Coaching and management teams consider all Jr members for the awards and present them to the Jr committee for final approval.
- There are both subjective and objective components to the awards -examples of how the criteria are demonstrated is part of the selection process.
- Any parent/guardian or relative that is involved with the coach/management/Jr committee, and is related to a Jr member being considered, will abstain from the vote to avoid a conflict of interest.

Eligibility

- **Winter Season Pool Awards:** There is no minimum requirement for training attendance and/or participation in the pool carnival events. However, respect for teammates, overall attitude, leadership, and growth in skills will be taken into consideration during both training and competitions. So, the more members attend, the more likely they will be considered for awards.
- **Summer Season Beach/Surf awards:** To be considered, a Jr member must have attended a minimum of 40% of the offered Sunday training sessions over the entire season from Nov-March of the given surf season. Please be aware, if a child starts late in the season and missed more than 60%, they will be excluded from consideration given the 40% attendance is unachievable.
- **SLSNZ Achievement Award:** This is based on specific skill criteria which is learned over the summer surf life saving program. Each child from age 7-13 will be assessed and given a SLSNZ certificate based on the level achieved that season.

R.E.A.L. Value awards

R.E.A.L. values awards are based on the combination of living and representing our club values of Respect – Environment – Attitude – Leadership.

- **Respect** for their peers and coaches and themselves
- Regardless of their **environment**, e.g., whether they are in a pool or in the ocean, they appreciate the differences of skills required to manage themselves by reading and respecting the conditions
- They come with an **attitude** of service for / to others
- They demonstrate **leadership, adding value and leading by example**

The R.E.A.L. awards take into consideration how these values are shown through one or more of the 3 criteria during both training sessions and carnival events:

1. **Education:** Learning the foundations of Surf safety, knowledge and skills during training days provided. In our experience, we have found a child needs a minimum of 40% attendance over the season to start to retain the education offered.

2. **Experience:** During carnival or club day events, Building Confidence, Competence and Comradery
- Junior Surf Sport offers all children an opportunity to develop and test your surf lifesaving knowledge and skills in various events based in the water and on land. These events support building confidence and competence, resilience, and responsiveness in different conditions. We believe this is an important part of the development of our junior members to becoming great Lifeguards.
 - Carnivals are a fun way to reinforce the skills the children are learning whilst creating bonds of friendships that can span for a lifetime.
 - Medals achieved are not taken into consideration as part of the criteria for REAL Value awards as the focus is on how skills and behaviours shine through, win or lose.
3. **Exemplify:** Anytime, consistently demonstrating a passion for surf lifesaving – In it for Life!

Below is a list of the R.E.A.L. Value awards based on how the values are demonstrated within the 3 criteria of Educate, Experience, Exemplify:

Trophy title	Award Emphasis on:		
	Educate	Experience	Exemplify
U5 Most Improved (Girl & Boy)	✓		
U7 JR Nipper – Water Confidence (girl & boy)	✓		
U7 Most Improved (Girl & Boy)	✓	✓	
U7 Spirit of Lifesaving	✓	✓	✓
U8 Most Improved (Girl & Boy)	✓	✓	
U8 Spirit of Lifesaving	✓	✓	✓
U10 Most Improved (Male & Female)	✓	✓	
U10 Spirit of Lifesaving	✓	✓	✓
U12 Most Improved (Male & Female)	✓	✓	
U12 Spirit of Lifesaving	✓	✓	✓
U14 Most Improved (Male & Female)	✓	✓	
U14 Spirit of Lifesaving	✓	✓	✓
Rookie of the Year (Male & Female)	✓	✓	✓

Performance Achievement Awards

Awards in this category include an objective component within the Experience criteria. This is a pre-determined point system for achievements at competition offered at Club Day, Northern Region, and National events. The awards and points system are shown in the following tables.

Trophy title	Award Emphasis on:		
	Educate	Experience	Exemplify
U5 Club Girl of the year & Club Boy of the year	✓	✓	✓
U7 Club Girl of the year & Club Boy of the year	✓	✓	✓
U8 Sportsperson of the year (male & female)	✓	✓	✓
U10 Sportsperson of the year (male & female)	✓	✓	✓
U12 Jr Surf Sportsperson of the year (male & female)	✓	✓	✓
U12 Jr Pool Champs Sportsperson of the year (male & female)	✓	✓	✓
U14 JR Surf Sportsperson of the Year (male & female)	✓	✓	✓

Trophy title	Award Emphasis on:		
	Educate	Experience	Exemplify
U14 Jr Pool Champs Sportsperson of the year (male & female)	✓	✓	✓
Overall Jr Boarder Paddler of the Year (unisex U11, U12, U13 & U14)		✓	
Overall Jr Surf Swimmer of the Year (unisex U11, U12, U13 & U14)		✓	
Overall Jr Pool Champs Swimmer of the Year (unisex U11, U12, U13 & U14)		✓	
Overall Jr Land Crab of the year (unisex U11, U12, U13 & U14)		✓	
Overall Team Achievement of the Year (unisex U11, U12, U13 & U14)		✓	

Please note: the performance awards **highlighted in green** are solely based on the performance points and are exempt from the 40% training attendance rule.

Performance points table (Experience)

	Club Day, Northern Regional events, and National Pool Champs	National Surf Competition "Oceans"
Carnival attendance	2 points	4 points
Bronze medal achieved	1 points / medal	6
Silver medal achieved	2	8
Gold medal achieved	3	10

Typical Carnival opportunities for attendance points*						
	U4/U5	U6/U7	U8	U9/U10	U11/U12	U13/U14
OSLSC Club Day competition	✓	✓	✓	✓	✓	✓
Northern Region Jr Interclub #1 & #2 (participation)			✓	✓	✓	✓
Northern Region Sr U15 Interclub #1 & #2 (participation)						U14 only
Westcoast Experience (participation)						✓
Northern Regional Royale (participation)			✓	✓		
Northern Regional Championship					✓	✓
National Championship (Ocean's)					✓	✓
Pool Champs (Regional/ National)					✓	✓
Rookie Challenge						U14 only

*Carnivals are subject to change each season.

Typical Types of events at carnivals		Little Nippers			Juniors		
Individual Events		U4/U5	U6/U7	U8	U9/U10	U11/U12	U13/U14
Un Patched	Run-Wade-Run	✓	✓	✓	✓		
	Run-Bodyboard-Run	✓	✓	✓	✓		
Patched	Surf Race				✓	✓	✓
	Board Race				✓	✓	✓
	Run-Swim-Run					✓	✓
	Diamond			✓	✓	✓	✓
Sprints		✓	✓	✓	✓	✓	✓
Beach Flags		✓	✓	✓	✓	✓	✓
Team Events							✓
Board Relay						✓	✓
Tube Rescue							✓
Board Rescue							✓
Beach Relay						✓	✓
Grand Cameron						✓	✓
2K Beach Relay						✓	✓
Pool Champs relays (various)						✓	✓

Awards in detail

The following pages breaks down each award, the eligibility, and criteria for consideration.

SLSNZ level certificates –level 1 – Level 7



Background

The purpose of the certificates is to award each child who completed at least 40% of the Sunday development program and demonstrated the proficiency outlines in the SLSNZ key competencies.

Consideration for selection

Demonstrated skills during the season, at carnivals and training sessions.

Coaches for that level group will observe and assess each child and make the final decision.

Certificate Presentation

Achievements of level awards will be published annually at the end of the summer season on our members only social media sites – Facebook and Team Reach. Hard card SLSNZ Certificates are provided on request.

Club Trophy Awards

The following section relates to awards for the Junior section of the club only. Please refer to the club awards criteria/ process for annual awards for a full list of all annual awards available to our members.

UNDER 5 - MOST IMPROVED

Background

The purpose of this award is to recognise one (1) Under 5 Female member and one (1) Under 5 Male member who during the season have made an outstanding effort to learn and apply themselves during the Sunday training sessions. All Under 5 members who have participated more than 40% of trainings are eligible for this award.

Consideration for selection

The key areas considered are:

- Under 5 years old as per the club Constitution
- Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- Each criteria assessed as follows:
 - o Growth in the key foundation skills in both water and land activities
 - o Growth in confidence to try new skills

Selection

Under 5 Coaches and Managers to make recommendations for finalists and a winner to the Junior Committee.

UNDER 5 CLUB BOY & GIRL OF THE YEAR

Background

The purpose of this award is to recognise one (1) male and one (1) female Under 5 member who has consistently demonstrated and excelled at the skills taught and applied the knowledge learned during the season.

Consideration for selection

The key areas to be considered are:

- Under 5 years old as per the club Constitution
- Educate: Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- Each criteria assessed equally as follows:
 - o Experience: Club Day points achieved plus application of skills during training sessions
 - o Exemplify: Positive attitude towards peers & coaches, demonstration of our club R.E.A.L. Values demonstrated.

Selection

Under 5 Coaches and Managers to make recommendations for finalists and a winner to the Junior Committee.

UNDER 7 - MOST IMPROVED

Background

The purpose of this award is to recognise one (1) Under 7 Girl and (1) Under 7 Boy who have made an outstanding effort to learn and apply themselves during the Sunday training sessions. All Under 7 members who have participated more than 40% of trainings are eligible for this award.

Consideration for selection

The key areas considered are:

- Under 7 years old as per the club Constitution
- Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- Each criteria assessed as follows :
 - o Growth in the key foundation skills in the intro to Level 1 Certification in both water and land activities
 - o Growth in confidence to try new skills

Selection

Under 7 Coaches and Managers to make recommendations for finalists and a winner to the Junior Committee.

UNDER 7 CLUB BOY & GIRL OF THE YEAR

Background

The purpose of this award is to recognise one (1) male and one (1) female Under 7 member who has consistently demonstrated and excelled at the skills taught and applied the knowledge learned during the season.

Consideration for selection

The key areas to be considered are:

- Under 7 years old as per the club Constitution
- Educate: Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- Each criteria assessed equally as follows:
 - o Experience: Club Day points achieved plus application of skills during training sessions
 - o Exemplify: Positive attitude towards peers & coaches, demonstration of our club R.E.A.L. Values demonstrated.

Selection

Under 7 Coaches and Managers to make recommendations for finalists and a winner to the Junior Committee.

UNDER 7 SPIRIT OF LIFESAVING AWARD

Background

The purpose of these awards is to recognise Under 7 members who have consistently stood out and exemplified the R.E.A.L. values of Ōrewa.

Children can achieve this award by demonstrating their commitment and passion to surf life saving, through training, competition, sportsmanship, team support and community services.

Consideration for selection

- Under 7 years old as per the club Constitution
- Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- R.E.A.L. Values demonstrated within each criteria assessed as follows:

Respect

- for themselves, others, protect and serve
- Helps others – through activities or events that demonstrate the community and personal care aspects of our club (e.g., helping someone in need at a level appropriate for your age and development). Show respect and thanks for coaches and support crew consistently.

Environment

- Rain, shine, pool, or ocean
- Gives it their all whatever the conditions and learns from their efforts

Attitude

- In it for Life – Lifesaving, Lifetime, Passion
- Great attitude – having a consistently supportive and engaged attitude to surf lifesaving, especially in the face of adversity (e.g., challenging conditions, a tough loss, a near miss or period of significant development)

Leadership

- Lead by example, always bring your best
- Self-driven – showing an outstanding level of self-drive and determination to their development (e.g., not just because your parents made you, you clearly want to develop yourself in lifesaving and / or sport)

Selection

Under 7 Coaches and Managers to make recommendations for finalists and winner to the Junior Committee.

U7 JR NIPPER GIRL – WATER CONFIDENCE / U7 JR NIPPER BOY – WATER CONFIDENCE

Background

The purpose of this award is to recognise one (1) girl and one (1) boy in their last year of Jr Nippers who has achieved all the key criteria of the Intro to L1 curriculum.

Consideration for selection

The key areas to be considered are:

- Educate:
 - o >40% Sunday training participation
 - o 15m swim
 - o Confidence wading in and out of the water, including knowing when to duck or dive through waves
 - o Survival/ star float 10 secs
 - o Using a leash, paddling, and catching a wave on their own (little assistance)

Selection

U7 Coaches and Managers to use the achievement data from assessment to calculate the final decision.

UNDER 8 - MOST IMPROVED

Background

The purpose of this award is to recognise one (1) Under 8 Girl and (1) Under 8 Boy who have made an outstanding effort to learn and apply themselves during the Sunday training sessions. All Under 8 members who have participated more than 40% of trainings are eligible for this award.

Consideration for selection

The key areas considered are:

- Under 8 years old as per the club Constitution
- Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- Each criteria assessed as follows
 - o Educate: Growth in the key foundation skills to achieve Level 1 SLSNZ certification
 - o Experience: Growth in confidence to try new skills
 - o Exemplify: Showing an interest and involvement in the activities

Selection

Under 8 Coaches and Managers to make recommendations for finalists and winner to the Junior Committee.

UNDER 8 SPORTSPERSON OF THE YEAR

Background

The purpose of this award is to recognise one (1) male and one (1) female Under 8 member who has achieved outstanding results at surf lifesaving sport carnivals, training days and club day.

Consideration for selection

Each criteria is assessed as follows:

- Under 8 years old as per the club Constitution
- Educate: Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- Each criteria equally assessed as follows
 - o Experience: Carnival participation points achieved plus application of skills during both carnival and training opportunities
 - o Exemplify: Positive attitude towards peers & coaches, demonstration of our club R.E.A.L. Values demonstrated.

Selection

Under 8 Coaches and Managers to make recommendations for finalists and winner to the Junior Committee.

UNDER 8 SPIRIT OF LIFE SAVING AWARD

Background

The purpose of these awards is to recognise Under 8 members who have consistently stood out and exemplified the REAL values of Ōrewa.

Children can achieve this award by demonstrating their commitment and passion to surf life saving, through training, competition, sportsmanship, team support and community services.

Consideration for selection

- Under 8 years old as per the club Constitution
- Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- R.E.A.L. Values demonstrated within each criteria assessed as follows

Respect

- for themselves, others, protect and serve

- Helps others – through activities or events that demonstrate the community and personal care aspects of our club (e.g., helping someone in need at a level appropriate for your age and development). Show respect and thanks for coaches and support crew consistently.

Environment

- Rain, shine, pool, or ocean
- Gives it their all whatever the conditions and learns from their efforts

Attitude

- In it for Life – Lifesaving, Lifetime, Passion
- Great attitude – having a consistently supportive and engaged attitude to surf lifesaving, especially in the face of adversity (e.g., challenging conditions, a tough loss, a near miss or period of significant development)

Leadership

- Lead by example, always bring your best
- Self-driven – showing an outstanding level of self-drive and determination to their development (e.g., not just because your parents made you, you clearly want to develop yourself in lifesaving and / or sport)

Selection

Under 8 Coaches and Managers to make recommendations for finalists and winner to the Junior Committee.

UNDER 10 - MOST IMPROVED

Background

The purpose of this award is to recognise one (1) Under 10 Girl and (1) Under 10 Boy who have made an outstanding effort to learn and apply themselves during the Sunday training sessions. All Under 10 members who have participated more than 40% of trainings are eligible for this award.

Consideration for selection

The key areas considered are:

- Under 10 years old as per the club Constitution
- Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- Each criteria assessed as follows
 - o Educate: Advancement in the key foundation skills to achieve Level 1+ SLSNZ certification, as appropriate to their skill level
 - o Experience: Growth in confidence to try new skills
 - o Exemplify: Showing an interest and involvement in the activities

Selection

Under 10 Coaches and Managers to make recommendations for finalists and winner to the Junior Committee.

UNDER 10 SPORTSPERSON OF THE YEAR

Background

The purpose of this award is to recognise one (1) male and one (1) female Under 10 member who has achieved outstanding results at surf lifesaving sport carnivals, training days and club day.

Consideration for selection

- Under 10 years old as per the club Constitution
- Educate: Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- Achievement of minimum of Level 2 or 3 SLSNZ certification, based on age eg 8yr = level 2, 9yr = level 3

Once the above component is achieved, each of the following two criteria are assessed equally as follows:

- o Experience: Carnival participation points achieved plus application of skills during both carnival and training opportunities
- o Exemplify: Positive attitude towards peers & coaches, demonstration of our club R.E.A.L. Values demonstrated.

Selection

Under 10 Coaches and Managers to make recommendations for finalists and winner to the Junior Committee.

UNDER 10 SPIRIT OF LIFE SAVING AWARD

Background

The purpose of these awards is to recognise Under 10 members who have consistently stood out and exemplified the REAL values of Ōrewa.

Children can achieve this award by demonstrating their commitment and passion to surf life saving, through training, competition, sportsmanship, team support and community services.

Consideration for selection

- Under 10 years old as per the club Constitution
- Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- R.E.A.L. Values demonstrated within each criteria assessed as follows:

Respect

- for themselves, others, protect and serve
- Helps others – through activities or events that demonstrate the community and personal care aspects of our club (e.g., helping someone in need at a level appropriate for your age and development). Show respect and thanks for coaches and support crew consistently.

Environment

- Rain, shine, pool, or ocean
- Gives it their all whatever the conditions and learns from their efforts

Attitude

- In it for Life – Lifesaving, Lifetime, Passion
- Great attitude – having a consistently supportive and engaged attitude to surf lifesaving, especially in the face of adversity (e.g., challenging conditions, a tough loss, a near miss or period of significant development)

Leadership

- Lead by example, always bring your best
- Self-driven – showing an outstanding level of self-drive and determination to their development (e.g., not just because your parents made you, you clearly want to develop yourself in lifesaving and / or sport)

Selection

Under 10 Coaches and Managers to make recommendations for finalists and winner to the Junior Committee.

UNDER 12 - MOST IMPROVED

Background

The purpose of this award is to recognise one (1) Under 12 Girl and (1) Under 12 Boy who have made an outstanding effort to learn and apply themselves during the Sunday training sessions. All Under 12 members who have participated more than 40% of trainings are eligible for this award.

Consideration for selection

The key areas considered are:

- Under U11 & 12 years old as per the club Constitution
- Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- Each criteria assessed as follows

- Educate: Advancement in the key foundation skills to achieve a Level SLSNZ certification, as appropriate to their skill level
- Experience: Growth in confidence to try new skills
- Exemplify: Showing an interest and involvement in the activities

Selection

Under 12 Coaches and Managers to make recommendations for finalists and winner to the Junior Committee.

UNDER 12 JR SURF SPORTSPERSON OF THE YEAR

Background

The purpose of this award is to recognise one (1) male and one (1) female Under 12 member who has achieved outstanding results at surf lifesaving interclub carnivals, Regional and National events, and training days.

Consideration for selection

- Under 12 years old as per the club Constitution
- Educate: Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- Achievement of minimum of Level 4 SLSNZ certification

Once the above component is achieved, each of the following two criteria are assessed equally as follows:

- Experience: Competition points achieved plus application of skills during training sessions
- Exemplify: Positive attitude towards peers & coaches, demonstration of our club R.E.A.L. Values demonstrated.

Selection

Under 12 Coaches and Managers to make recommendations for finalists and winner to the Junior Committee.

UNDER 12 JR POOL CHAMPS SPORTSPERSON OF THE YEAR

Background

The purpose of this award is to recognise one (1) male and one (1) female Under 12 member who has achieved outstanding results at surf lifesaving Pool Champs events.

Consideration for selection

The key areas to be considered are:

Educate

- Attending training sessions and ability to listen and apply the technical rules as required.

Experience

- Results recorded at all pool champs events attended
- Personal best achieved

Exemplify

- Demonstration of living the R.E.A.L. values

Selection

Under 12 Pool Champs Coaches and Managers to make recommendations for finalists and winner to the Junior Committee.

UNDER 12 SPIRIT OF LIFE SAVING AWARD

Background

The purpose of these awards is to recognise Under 12 members who have consistently stood out and exemplified the REAL values of Ōrewa.

Children can achieve this award by demonstrating their commitment and passion to surf life saving, through training, competition, sportsmanship, team support and community services.

Consideration for selection

- Under 12 years old as per the club Constitution
- Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- R.E.A.L. Values demonstrated within each criteria assessed as follows

Respect

- for themselves, others, protect and serve
- Helps others – through activities or events that demonstrate the community and personal care aspects of our club (e.g., helping someone in need at a level appropriate for your age and development). Show respect and thanks for coaches and support crew consistently.

Environment

- Rain, shine, pool, or ocean
- Gives it their all whatever the conditions and learns from their efforts

Attitude

- In it for Life – Lifesaving, Lifetime, Passion
- Great attitude – having a consistently supportive and engaged attitude to surf lifesaving, especially in the face of adversity (e.g., challenging conditions, a tough loss, a near miss or period of significant development)

Leadership

- Lead by example, always bring your best
- Self-driven – showing an outstanding level of self-drive and determination to their development (e.g., not just because your parents made you, you clearly want to develop yourself in lifesaving and / or sport)

Selection

Under 12 Coaches and Managers to make recommendations for finalists and winner to the Junior Committee.

UNDER 14 - MOST IMPROVED

Background

The purpose of this award is to recognise one (1) Under 14 Girl and (1) Under 14 Boy who have made an outstanding effort to learn and apply themselves during the Sunday training sessions. All Under 14 members who have participated more than 40% of trainings are eligible for this award.

Consideration for selection

The key areas considered are:

- Under U13 & U14 years old as per the club Constitution
- Educate: Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- Each criteria assessed as follows
 - o Educate: Advancement in the key foundation skills to achieve a Level SLSNZ certification, as appropriate to their skill level
 - o Experience: Growth in confidence to try new skills and an interest and involvement in the activities

Selection

Under 14 Coaches and Managers to make recommendations for finalists and winner to the Junior Committee.

UNDER 14 JR SURF SPORTSPERSON OF THE YEAR

Background

The purpose of this award is to recognise one (1) male and one (1) female Under 14 member who has achieved outstanding results at surf lifesaving interclub carnivals, Regional and National events, and training days.

Consideration for selection

- Under 14 years old as per the club Constitution

- Educate: Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- Achievement of minimum of Level 6 SLSNZ certification

Once the above component is achieved, each of the following two criteria are assessed equally as follows:

- o Experience: Competition points achieved plus application of skills during training sessions
- o Exemplify: Positive attitude towards peers & coaches, demonstration of our club R.E.A.L. Values demonstrated.

Selection

Under 14 Coaches and Managers to make recommendations for finalists and winner to the Junior Committee.

UNDER 14 JR POOL CHAMPS SPORTSPERSON OF THE YEAR

Background

The purpose of this award is to recognise one (1) male and one (1) female Under 14 member who has achieved outstanding results at surf lifesaving Pool Champs events.

Consideration for selection

Each criteria is assessed as follows:

Educate

- Attending training sessions and ability to listen and apply the technical rules as required.

Experience

- Results recorded at all pool champs events attended
- Personal best achieved

Exemplify

- Demonstration of living the R.E.A.L. values

Selection

Under 14 Pool Champs Coaches and Managers to make recommendations for finalists and winner to the Junior Committee.

UNDER 14 SPIRIT OF LIFE SAVING AWARD

Background

The purpose of these awards is to recognise Under 14 members who have consistently stood out and exemplified the REAL values of Ōrewa.

,Children can achieve this award by demonstrating their commitment and passion to surf life saving,through training, competition, sportsmanship, team support and community services.

Consideration for selection

- Under 14 years old as per the club Constitution
- Attended a minimum of 40% of Sunday training sessions offered during the entire summer season.
- R.E.A.L. Values demonstrated within each criteria assessed as follows:

Respect

- for themselves, others, protect and serve
- Helps others – through activities or events that demonstrate the community and personal care aspects of our club (e.g., helping someone in need at a level appropriate for your age and development). Show respect and thanks for coaches and support crew consistently.

Environment

- Rain, shine, pool, or ocean
- Gives it their all whatever the conditions and learns from their efforts

Attitude

- In it for Life – Lifesaving, Lifetime, Passion
- Great attitude – having a consistently supportive and engaged attitude to surf lifesaving, especially in the face of adversity (e.g., challenging conditions, a tough loss, a near miss or period of significant development)

Leadership

- Lead by example, always bring your best
- Self-driven – showing an outstanding level of self-drive and determination to their development (e.g., not just because your parents made you, you clearly want to develop yourself in lifesaving and / or sport)

Selection

Under 14 Coaches and Managers to make recommendations for finalists and winner to the Junior Committee.

ROOKIE OF THE YEAR

Background

The purpose of this award is to recognise an Under 14 trainee lifeguard who has completed the SLSNR approved Rookie Programme and best demonstrates the attributes to become a great future Surf Lifeguard.

Consideration for selection

The key areas considered, but not limited to, are:

- Successfully completed the Rookie Programme
- Patrolling duties (e.g., volunteer patrol hours logged). Minimum hours are set in the Rookie Programme.
- Leadership
- Rescue related activities
- Personal development
- Advocacy of surf lifesaving/water safety in the community
- Encouraging others with development, etc.
- Attended more than 40% Sunday training sessions

Selection

The Rookie Co-ordinator(s) to make recommendations to the Junior Committee.

OVERALL JUNIOR LAND CRAB OF THE YEAR

Background

The purpose of this award is to recognise one (1) member (Under 11, U12, U13, U14) who has achieved outstanding results in land events (individual beach sprints and beach flags) at interclub, Regional and National sport carnivals, as well as training days and club day.

Consideration for selection

The key areas to be considered are:

- Either an Under 11, U12, U13, or U14 member as per the club Constitution
- Performance points achieved for participation in land beach events (individual beach sprints and beach flags) at Club Day and all NR regional carnivals and Nationals. Please refer to the Performance Points Table earlier in this document.

Selection

The Junior Committee to decide the winner.

OVERALL JUNIOR BOARD PADDLER OF THE YEAR

Background

The purpose of this award is to recognise one (1) member (Under 10 – Under 14) who has achieved outstanding results in board events (including board and diamond races) at interclub, Regional and National sport carnivals, as well as training days and club day

Consideration for selection

The key areas to be considered are, but not limited to:

- either an Under 11, U12, U13, or U14 member as per the club Constitution
- Performance points achieved for participation in Surf events Board and Diamond Races at Club Day and all NR regional carnivals and Nationals. Please refer to the Performance Points Table earlier in this document.

Selection

The Junior Committee to decide the winner.

OVERALL JUNIOR SURF SWIMMER OF THE YEAR

Background

The purpose of this award is to recognise one (1) member (Under 11, U12, U13, U14) who has achieved outstanding results in Surf swimming events (including Surf Race, Run Swim Run races) at interclub, Regional and National sport carnivals, as well as performance at training days and club day.

Consideration for selection

The key areas to be considered are, but not limited to:

- Attended more than 40% Sunday training sessions
- either an Under 11, U12, U13, or U14 as per the club Constitution
- Results achieved for participation in swimming events including Surf Race, Run Swim Run races at Club Day and all NR regional carnivals and Nationals.

Selection

The Junior Committee to decide the winner.

OVERALL POOL CHAMPS SWIMMER OF THE YEAR

Background

The purpose of this award is to recognise one (1) member (Under 11, U12, U13, U14) who has achieved outstanding results in NZSLS Pool Champs swimming events (including all events and team events they were part of) at interclub, Regional and National pool champs carnivals.

Consideration for selection

The key areas to be considered are, but not limited to:

- Either an Under 11, U12, U13, or U14 as per the club Constitution

- Performance points achieved for participation in NZSLS Pool Champs swimming events (pool champ individual swim races, and as a contributing part of a team). Please refer to the Performance Points Table earlier in this document.

Selection

The Junior Committee to decide the winner.

OVERALL TEAM ACHIEVEMENT OF THE YEAR

Background

The purpose of this award is to recognise any team Under 11, U12, U13, or U14 who has achieved outstanding results in any team event during the year including both pool and surf carnivals.

The key areas to be considered are:

- All team members to be either an Under 11, U12, U13, or U14 member as per the club Constitution
- Performance points achieved for participation in any team events (including mixed age groups and sexes) during all carnivals during the year (Cameron Relay, Grand Cameron Relay, Board Relay, Beach Relay, Pool Champs relay events, Tube Rescue, Board Rescue, etc) at all NR regional carnivals and Nationals. Please refer to the Performance Points Table earlier in this document.

Selection

Junior Committee to decide the winner.