

CADET PROGRAM



INITIAL CONCEPT

MAY 2022

Vision

To provide young surf life savers a fun, safe environment in which to expand and progress their skills and continued involvement in the Cronulla Surf Life Saving Club.

Context

The current rate of young surf life savers leaving the organisation is too high, especially among young women. This is not an issue unique to surf life saving; the drop out rate among teenagers leaving all types of sport between the ages of 14 and 19 is extremely high. This Program will endeavour to combat this.

Mission

Our mission is to develop a new Cadet program that is specifically designed to encourage our cadets to embrace Surf Life Saving and remain in the field, whether it be patrolling our beaches or competing as a sport.

Execution

To execute our mission to retain our young members, our Club needs to shed light on 'what's on offer' through two years of Cadetship (U15s and U16s) following the final year of Nippers.

Cadetships will be structured as a series of modules, each one aimed at showcasing a different area of surf life saving. The program will be run over two seasons following the U14s.

Age is the key driver over these two seasons: there are some activities that can't be undertaken until the kids have their Bronze Medallion, for instance. The modules will be structured across the two seasons with these factors in mind.

Examples of modules

- Boat rowing
- Surf ski
- Overnight trek to Garie & morning patrol
- Surf classes
- Bronze Medallion course
- IRB crew course
- Drone course
- First aid education
- Self defence education.

Timeframe

This program has never been attempted. We should allow it to run over 6 years, with a review at 3 years. This will allow 3 groups of Nippers to pass through, with an anticipated improvement in member retention.

The halfway review will also allow the Club to make adjustments to the Program based on observations and feedback from participants and other members.

Program format

Under 14s

The progression of the U14s through to the senior division actually starts at the beginning of their U14s season. This is traditionally the kids' last year as nippers and thus should be made as fun as possible. The U14s Survival Guide passed down from previous groups will help.

The season starts off with the commencement of their SRC training. Their SRC sets them up for the remaining of the season. Once qualified they are instrumental in water safety for Sunday Nippers. They'll also get the opportunity to venture further afield under the supervision of their age managers e.g. a swim to Blackwoods, learn to navigate the rocks at the point, chain surf the pool, help out the little nippers at The Bay and help out with water safety for the Shark Island Swim.

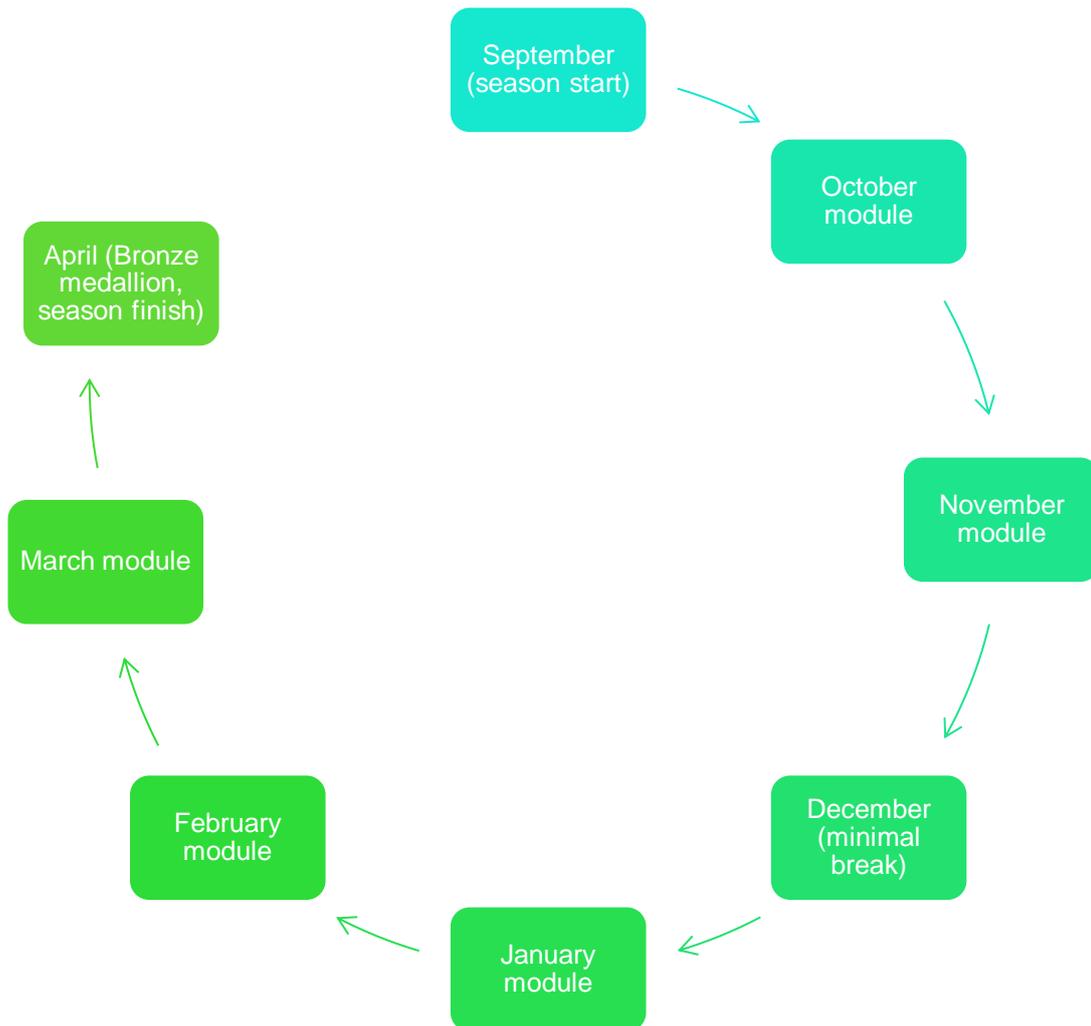
The U14s will also get a taste of the different sections through our "Sectional Skills Day" including a visit from the Duty Officer. With all this in mind, plus their fundraising and carnivals, their final Nippers season will be full of good times.



Initiatives to promote inclusion and ongoing involvement

- Welcome Pack for all new comers (pink rashie, swimmers, handbook, contact list)
- A youth room in the clubhouse
- Keep friends together for patrols
- Youth mentoring program
- Graduation formal with the Bate Bay clubs invited (end of 2nd Year Cadets).

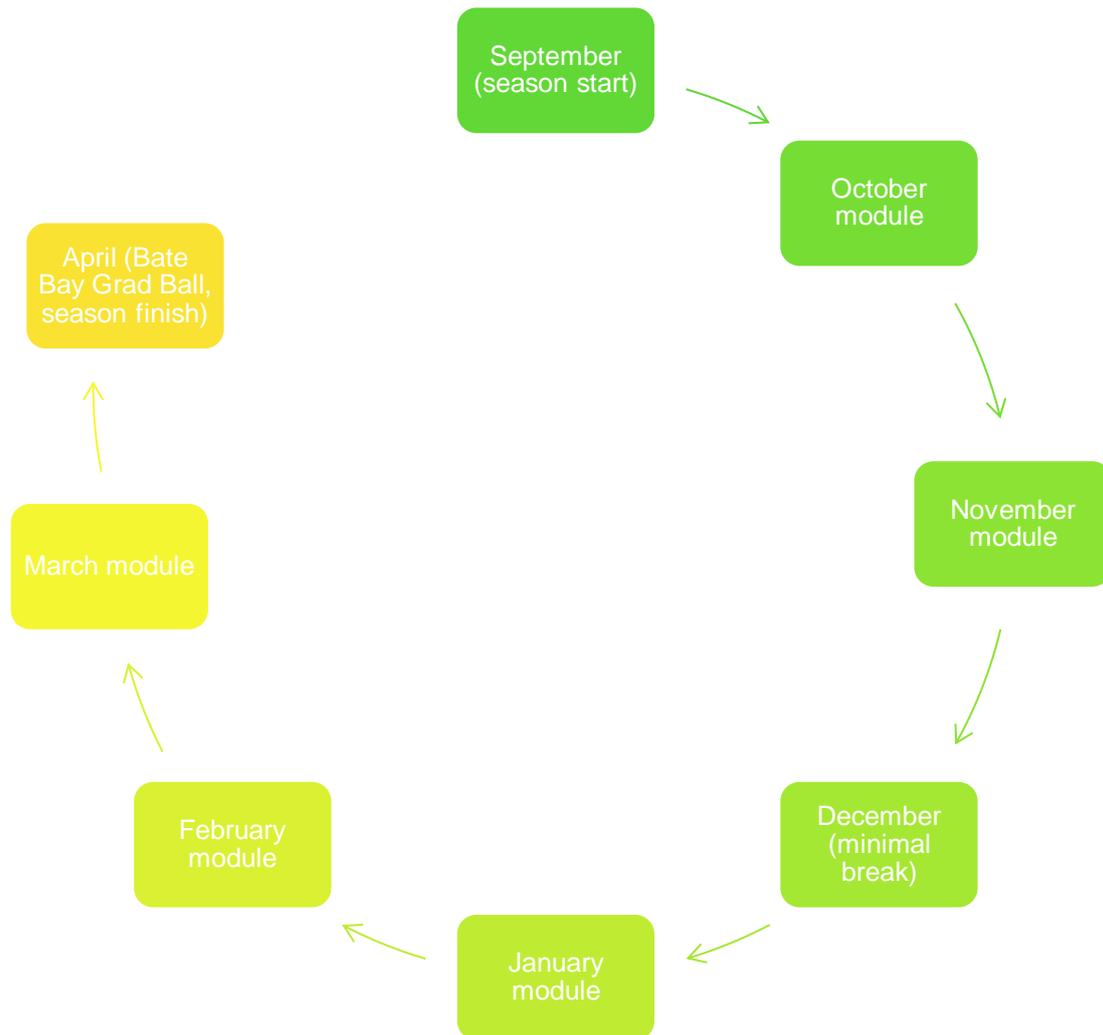
Under 15s (1st Year Cadets)



Notes

1. Modules are divided up over the months, taking into consideration the ages of the majority of the kids e.g. need to be 15yrs old for Bronze Medallion.
2. Modules allow for other activities such as carnivals and fundraising events.
3. To maintain the routine of Nippers, modules will run where possible on Sunday mornings.
4. Cadets to commit to a certain number of modules.

Under 16s (2nd Year Cadets)



Notes

1. 2nd Year Cadets progress more into mentorship roles for the younger age groups coming through.
2. 2nd Year Cadets are included in more Senior activities – training, education, appropriate social activities etc.
3. Cadets continue to commit to a certain number of modules.
4. Graduation formal with the Bate Bay clubs at end of second year.

Cadet Modules

Module One: Education Section

To be coordinated and delivered by Rodd and David.

For 1st Year Cadets:

First Aid Certificate

For 2nd Year Cadets:

Bronze Medallion Course

Advanced Resuscitation Techniques (ART) Course.

Module Two: Ski Section

To be coordinated and delivered by Mike and Mark.

For 1st and 2nd Year Cadets (according to ability):

Fundamentals:

- What size ski/paddle
- How to sit, paddle, etc.

Basics:

- Paddle to bay surf (5km round trip)

For 2nd Year Cadets:

Intermediate:

- Join Mark's school group training
- Join senior ski training.

Module Three: Surf Boat Section

To be coordinated and delivered by Pat.

For 1st and 2nd Year Cadets (according to ability):

Fundamentals:

- Boat introduction
- How to row basics, erg sessions.

Beginners:

- Bay Sessions.

For 2nd Year Cadets (according to ability):

- Move into Junior crews.

Module Four: Board Section

For 1st and 2nd Year Cadets

This would consist of some extended board lessons, building on experience from the U14s.

Module Five: Surfing

For 1st and 2nd Year Cadets

This will be done externally, in conjunction with a local Learn to Surf School.

Target two days of Learn to Surf in each of 1st and 2nd Year.

Module Six: IRB Section

For 1st Year Cadets:

Crew introduction. To be conducted in the Bay and at Cronulla beach on small days.

For 2nd Year Cadets:

Crew development, including on patrols.

Module Seven: Health, Fitness & Wellbeing

For 1st and 2nd Year Cadets

This module would include sessions for Cadets on:

- Health, nutrition and diet
- Fitness – gym induction plus types of programs
- Wellbeing – a mentoring session. This would entail the groups being split into male and female, with each group discussing (with experts) issues that affect them.

Module Eight: Day of ‘Best Kept Secrets’

For 1st and 2nd Year Cadets

This day would showcase those activities that don't usually get seen through the regular season:

- Belt race
- R&R
- Pool rescue
- IRB racing.

Module Nine: Drone Introduction

For 1st and 2nd Year Cadets

In-depth introduction. (We are currently looking into suitable level entry courses.)

Module Ten: Coaching

For 2nd Year Cadets

To be coordinated and delivered by Ryan, Jay and Nikki.

This module would be set up to train young Cadets to become Junior Coaches, and would equip them to do the online component of this qualification. Once the module is completed, they can apply for a Junior Coaching role under the Club Coaches.

Module Eleven: National Park Patrol

For 1st and 2nd Year Cadets

This module is designed to broaden our Cadets' experiences of patrolling different beaches. It would consist of the Cadets doing a trek down to one of the national park surf clubs, spending the night there, and then doing the morning patrol.

Module Twelve: Youth Mentoring

For 1st and 2nd Year Cadets

This module would see our Cadets complete the SLS online component and then buddy up with some of our younger Nippers.

This will help the Age Managers every so often, and further down the track will help facilitate the transition of our younger members into the senior club.

We can also look at extending our current Mentoring Program, and deliver it in small groups, led by younger members of the senior club (e.g. Cody, Izzy).