

***REGISTRATION FORMS RETURNED by WEDNESDAY 3rd JANUARY PLEASE.
Numbers Needed for ALL Course & Challenge Trainer Bookings ASAP
Doing ONE SESSION or Doing THEM ALL – NEED to BOOK PLEASE***

Steyne·d

/survivor/

meaning

1. North Steyne SLSC – 28 Day Summer Challenger
2. Warrior or Princess – I said 'YES' to the Challenge

SUNDAY 7TH JANUARY – SLEEPOVER AND MYTH BUSTING NUTRITION.

- 8am-9.00am Board Paddle
- 9.00-1.30pm Chance to do two hours on a patrol that is not your own patrol
- PAYMENT of \$50 via EFT at Club from 1:30pm-3:00pm or Cash – Correct money please.
- 2pm-4pm [Steyne'd Challenge #1](#)
- 4.30pm-5.30pm Teenage Nutrition – and dinner preparation
- *Mat and Sleeping Bag needed for sleepover.*

Task: First Aid Questions: Look up in your SLS manual the following three things

- What are the signs of and the treatment for Blue Ring Octopus bite?
- What is the treatment for a suspected broken forearm?
- What is the treatment for someone that has stood on broken glass and is bleeding?
- A: *Bring your answers written down. Point form OK. Be ready to demonstrate in pairs.*

Monday 8th January

- 6.45am Bold & Beautiful Swim Manly Surf Club – Parent swimmers welcome to join the group.
- Followed by light breakfast at North Steyne. Pick up at 9am.

Tuesday 9th January

- 6am-7am Board Training

Wednesday 10th January

- 6am-7am Core Fitness with Peta (Parents welcome to join the group)

Thursday 11th January

- Sleep in!

Friday 12th January

- 6am-7am Board Training

SAT 13TH JANUARY – YOUTH NETWORKING AND MENTAL HEALTH FIRST AID

- 9am-4pm – Youth Networking Day 2 *Steyne'd Challenge #2*
- 4.30pm-9pm *Steyne'd Challenge #3 (Trivia Night)*
- *Games, fun, Trivia Night – sleepover, hang out with friends – Mat and sleeping bag needed.*



Sun 14th January

- 8-9.30am Board Training
- 9.30am-11am Cadets on Water safety (6 needed)
- 11.00am Ripper Nippers Water safety (6 needed)
- Chance to do 2 hours on a patrol that is not your own patrol

Monday 15th January

- 6.45am Bold & Beautiful Swim Manly Surf Club – Parent swimmers welcome to join the group.
- Followed by light breakfast at North Steyne. Pick up at 9am.

Tuesday 16th January

- 6am-7am Board Training

Wednesday 17th January

- 6am-7am Core Fitness with Peta (Parents welcome)

Thursday 18th January

- First Aid Course 9:00am-4:00pm – 14yr old and above *Must nominate this on application form
- 10.00am-12.00noon ARTC Training – Bronze Holders *Must nominate this on application form

Friday 19th January

- 6am Board Training
- 8am Breakfast
- 9am-10.00am March Past Training
- 10.00am-12.00 noon ARTC Training

- 10.00am-2.00pm First Aid Comp Training (newbies 10am-12 intro session)

SATURDAY 20TH JANUARY – CHAMP LIFESAVER ‘COME AND TRY’ CARNIVAL

- 7am Champion Lifesaver Carnival ‘come and try day’ at North Steyne
- 10am-12 noon ARTC Training

Sunday 21st January

- 6.00am SRCs to Wet’n’Wild with Brian Mariotti
- 8.00am-9:00am Board Paddle for u15’s+
- BBQ Breakfast
- 9.30am 6 x needed for Nippers Water Safety
- 11am 6 x needed for Ripper Nippers Water Safety
- 10am-12 noon ARTC Training
- Chance to do your 2 hours sub on a patrol that is not your own patrol

Monday 22nd January

- Sleep in!
- 10-12 ARTC Training

Tuesday 23rd January

- 6am-7am Board Training including comp starts
- Breakfast
- 9am Beach Training sprint and flag starts – relay teams
- 10am-12 noon ARTC Training

Wednesday 24th January

- 6am-7am Outdoor Fitness with Paul
- 10am-12 noon ARTC Training
- **1-3pm Steyne’d Challenge #4 (Warrnambool club challenge)**

Thursday 25th January

- Sleep in!

FRIDAY 26TH JANUARY (AUSTRALIA DAY)

7:30am start Water events. 9am start Beach events. 12noon March Past. Freshwater Carnival
– Entries close 14 Jan

SATURDAY 27TH JANUARY

6:30am Rego for 8am start. Manly Open Carnival - U14/15, U17, U19 Teams including *March Past (TBC)*

SUNDAY 28TH JANUARY

7am Nipper Nats Manly – u14s – entries are through Nippers. 6:30am rego for 8am start.
– Entries close 21 Jan

Monday 29th January

- Sleep in!
- Branch Champion Lifesaver Theory (Branch HO. Vuko Place Warriewood)

Tuesday 30th January

- 6am-7am Board Training
- 10am-12noon Final ARTC Training Session

Wednesday 31st January

- 6am-7am Core Fitness with Peta (Parents Welcome)
- Patrol Competition Theory (Branch HO. Vuko Place Warriewood)
- 6pm ARTC Assessment (Branch HO. Vuko Place Warriewood)

Thursday 1st February

- Sleep in!

Friday 2nd February

- 6am-7am Board Training

Saturday 3rd February

- Branch Championships Patrol Comp and Champion Lifesaver

SUNDAY 4TH FEBRUARY

7am Branch First Aid Carnival – teams compete in pairs on first aid scenarios – with make-up!

8am-9am Board Training

28 DAY CHALLENGE COMPLETED!

FAQ's:

- **It's OK to Do just one course or Do the whole challenge, whatever you can do.**
- **I am away for the start of Challenge, can I join halfway or in the last week. YES.**
- **Paid and accredited coaches for sessions and challenges.**
- **Courses are accredited courses and will be listed skills on patrol roster.**
- **Does a sub on patrol count as my 2 hours. Yes as long as during challenge.**
- **Your IRB Crew Course counts as skill if completed or started during challenge.**

Steyne·d

/survivor/

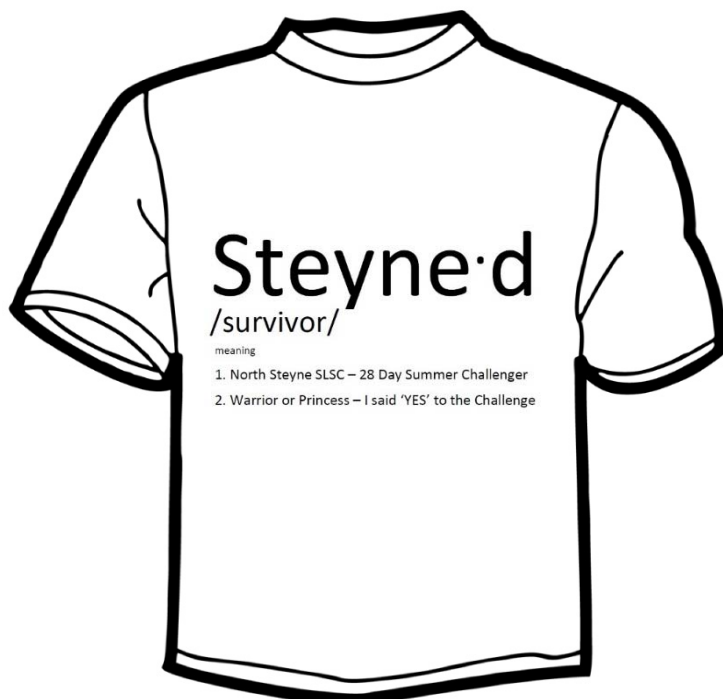
meaning

1. North Steyne SLSC – 28 Day Summer Challenger
2. Warrior or Princess – I said 'YES' to the Challenge

To get “Steyne’d” and be a 28-day challenge /survivor/, you need to complete the following as a MINIMUM, bonus award to the cadet, rookie or bronzie with the highest tally of events completed during the 28 days:

MINIMUM EVENTS NEEDED TO GET STEYNE’D

- One course (ARTC u15+ Bronzies, First Aid u14+ SRC+, Radio Operator u13+, IRBC u15+ Bronzies).
- Compete in any team event at one Carnival in the 28 day period.
- Attend 3 X 6am training sessions; ie; 3x times over the 28 day period.
 - NB: Can be consecutive in the one week or do 1 each week or COME TO THEM ALL.
- Attend one Bold & Beautiful Swim over the 28 day period (if on a day not with the group – get photo)
- Volunteer for 2 hours on a patrol that you are not rostered on during the 28 day period.
- Complete at least one *Steyne’d Challenge* over the 28 day period. 4 to choose from.
- Complete one BBQ shift in the 28 day period – get photo.
- At least one volunteer effort over the 28 days and supply one photo in team app or on the cadet facebook page of your volunteer leg completed during the 28 day *Steyne’d challenge*.
 - NB: This could be the Fun Run: Saturday 3rd Feb sun run. 100+ Volunteers needed please email David Cowell marketing@northsteyneslsc.com.au if you can help. Volunteering also includes; water safety for Nipper carnivals, Nipper board training, unpaid assistance with Ripper Nippers. You can also volunteer for something you are passionate about and post a photo of yourself.



CONTACTS:

Contact: Jo Cooper. youth@northsteyneslsc.com.au or mobile: 0418 475 400 for all Challenge enquiries.
Contact: Jodie Frazer: competition@northsteyneslsc.com.au or mobile: 0411 261 455 for Carnival enquiries.