

Junior Lifesaver of the Year



In this episode, we chat with Travis Lovell from Cairns Surf Life Saving Club – the 2023/24 Junior Lifesaver of the Year for Queensland. Travis shares his journey through the Nippers program, his passion for surf lifesaving, and how youth members can grow personally and professionally by getting involved.

1 Start Young, Dream Big

Travis began in Under 6s and is now completing his Bronze Medallion. He's excited to give back through water safety, patrolling, and mentoring others.

2 Family Support is Everything

With parents involved as patrol captains and siblings coming up through the Nippers ranks, Travis highlights how a supportive family makes a big difference.

3 Say Yes to Opportunities

Whether it's youth programs like Camp Commando or PULSE, Travis encourages juniors to take every opportunity. That's where friendships are built and leadership begins.

4 Skills for Life

Volunteering in surf lifesaving helps build confidence, communication, and community spirit – all things that make young people stand out on future resumes.

5 The Message to Other Juniors

"Take the leap, get involved and don't be afraid. Everyone's there for the same reason—to help others and have fun doing it."