

U18 JUNIOR SURF LIFESAVER OF THE YEAR

QUEENSLAND

Details Overview

Three key achievements from the current season	<ol style="list-style-type: none"> 1. Gold medals for NQ Branch U17 Champion Lifesaver and for First Aid Competition. 2. Selection onto the Queensland Country Team. 3. Youngest to compete as an individual at the Cairns SLSC "Palmy Classic" distance Iron Person

Essential Criteria

This award is designed to recognise our young members (Active Cadets & Juniors) under the age of 18 who have provided outstanding lifesaving efforts and contributions. Nominees should not only demonstrate their involvement in patrol activities but should also demonstrate their contributions to the Club in other facets e.g. fundraising, training etc. The nominee would clearly demonstrate their efforts as being above and beyond the expectations of a member.

Please complete the following checklist to ensure that the nominee meets the essential criteria as follows:

- All fields on the nomination form are completed
- Nomination is typed on the correct form, not handwritten
- Digital photograph of nominee is attached
- A current SurfGuard Report which provides proof of the following, is attached:
 - Current active cadet or junior and a financial member of Surf Life Saving Australia
 - Member aged between 15-18 this season
 - All Surf Life Saving awards/certificates held, if any
 - Patrolling hours (rostered and volunteer) for 2014/2015, 2015/2016 and 2016/2017 seasons
- Attached evidence of any Community awards/certificates held
- Form is endorsed by Club President
- Completed nomination is submitted to the respective Branch by the specified date.

Selection Criteria

1. List the nominee's involvement in Surf Life Saving during the current season e.g. on the beach, off the beach, patrol hours and awards etc.

1. AWARDS

She achieved the following awards:-

Advanced Resuscitation Techniques (AID) February 2016

Bronze Medallion and Cert II in Public Safety (Aquatic Rescue) (PUA21012) April 2016

IRB Crew Certificate May 2016

2. PATROL & Water SAFETY

She obtained 21hrs of Patrol. She has assisted in over 18hrs of water safety for both Sunday Junior Training and for Triathlons not all of these were recorded in Surfguard.

3. COMPETITION

She has competed for her club at all 4 local Club Carnivals, The NQ Branch Championships, NQ Branch Poole Rescue Championships and NQ Branch Lifesaver Championships in both Champion Lifesaver and First Aid Competition. She has competed in Cairns SLSC "Palmy Classic" an endurance race consisting of a 9K Ski, 2K Run, 2K Swim, 4K Board and 4K Run. Harriet also competed at the North Australian Championships at Mackay and from there was selected onto the Queensland Country Representative Team.

4. CAMPS

She has attended the NQ Branch Summer Youth Camp and the SLSQ Breaka Youth of Excellence Camp.

5. TRAINING/COACHING

She has assisted both Club Coaches and Trainers over the past year. She assisted with the Live in Bronze/SRC Course by demonstrating skills, acting as a patient and providing water safety. She assisted with the training for Champion Lifesaver by demonstrating resuscitation and the tube swim. Harriet also assisted with the Pool Rescue training by demonstrating to U11 -U13 and by setting up and packing up of the obstacles. Harriet also assisted the U11 Age Manager by demonstrating with her partner the skills for Board Rescue.

6. PROMOTION

She has promoted Surf Lifesaving various ways over the past year. She encourage her school and assisted her School Sports Director to be involved in the NQ Branch UQ School Surf League. Harriet has written reports on Surf Lifesaving for both the paper as well as for the Club News Letter. She routinely speaks to the general public on patrol about surf lifesaving and beach safety. She demonstrates CPR and talks to new members about surf lifesaving at Club Awareness and Sign On days.

2. Briefly describe the nominee's history in Surf Life Saving (minimum 3 years)

7. 2014/2015 Season U14

She obtained her SRC Certificate half way through the season and completed 40.75 Patrol Hours. She also did 8hrs of voluntary water safety at Club junior training sessions. She assisted with Water safety at the Cairns USM Ironman. She received a gold medal at North Australian Championships for U14 Champion Lifesaver. She was the Cairns SLSC and NQ Branch U14 Female Champion. Selected onto the NQ Branch Youth State Team. Selected as a reserve for Queensland Country Team. Selected as Cairns SLSC and NQ Branch U14 Lifesaver of the Year. Was selected by SLSQ to attend the NSW Junior Lifesaver of the Year Camp.

8. She was selected to be Cairns SLSC Junior Club Captain. She lead the juniors for warm up sessions at Sunday training sessions. Was a leader at the Inter club Green Cap fun day hosted by Cairns SLSC. Presented an award for leadership by Rhett Collie at his Surf Clinic. Swam and boarded with the U9s and U10s at training sessions giving encouragement and advice. Collected money for the club at the Annual Door knock appeal. Participated in Club awareness days that were held at shopping centres demonstrating CPR and talking about surf lifesaving. Participated in Cairns SLSC hosted events "Palmy Classic" and "Beat the Boxies". Fund raised for the club by selling raffle tickets and at the Club BBQs. Participated in Club Patrol Competition, helping her patrol win the competition. Participated at Cairns ANZAC Day March, representing Surf Lifesaving, as a pole bearer for the returned service men and women. Selected to represent NQ Branch SLSQ at the Dawn Service and lay a wreath at the Epitaph.

9. 2015/2016 Season U15

She completed 40.50hrs of patrol as well as continuing to do voluntary water safety at Club, junior training sessions and the Cairns USM Ironman. She obtained her First Aid (AID). She received a gold medal at North Australian Championships for U15 Champion Lifesaver. She was Cairns SLSC and NQ Branch U15 Female Champion at the Branch Championships and was selected onto the NQ Branch Youth State Team. She was selected as a reserve for the Queensland Country Team. Harriet attended the first NQ Branch Youth Camp as well as Cairns SLSC Fiery Female Camp. She continued to assist the Club with fund raising by assisting at fund raising BBQs, participating in Club awareness days at shopping centres and assisting at the Club stand at the Australia Day celebrations in Cairns educating the public on surf lifesaving, marine stingers and assisting on the BBQ. She also assisted the Club at their Charity Golf Day. She participated at Cairns ANZAC Day March, representing Surf Lifesaving, as a pole bearer for the returned service men and women.

10. 2016/2017 Season U17

She obtained her Bronze Medallion and Cert II in Public Safety Aquatic Rescue (PUA21012) and completed 33hrs of patrol as well as doing voluntary water safety at local Triathlon Events to assist in raising money for the NQ Branch Youth Camp. She again did water safety at the Cairns USM Ironman. Harriet also obtained her ARTC and IRB Crew Certificate. She was NQ Branch U17 and Open Champion Lifesaver, was part of the team that won the NQ Branch First Aid Competition, Cairns SLSC and NQ Branch U17 Female Champion and was Cairns SLSC Open Female Champion as well as NQ Branch U17 Female Pool Rescue Champion. She was selected onto the Queensland Country Team. She was the youngest competitor to have completed Cairns SLSC "Palmy Classic" Endurance Race, where she was U17 Female Champion and second female to cross the finish line behind Tiarne Raymond. She attended both NQ Branch Youth Camp as well as SLSQ Breaka Youth of Excellence Camp. She promoted Surf Lifesaving at her school and encouraged their participation in the UQ School Surf League. She assisted both trainers and coaches in courses by acting as a patient, providing water safety and demonstrating techniques. Harriet continues to assist at Club BBQ fund raising at both Palm Cove Market days and outside shopping centres. Selected as Cairns SLSC U18 Lifesaver of the Year. She again participated on ANZAC Day attending the Dawn Service and acting as Pole Bearer for the returned service men and women during the ANZAC Day March.

3. Provide details of the nominee's achievements during the past 12 months within surf lifesaving including information about leadership roles, lifesaving and/or sporting achievements. Also provide information about leadership roles, academic or sporting achievements or contribution to other community organisations that the nominee has achieved

1. Surf Lifesaving.

She obtained her Bronze Medallion & Cert II in Public Safety (Aquatic Rescue) as well as her IRB Crew Certificate and ARTC. She was one of the Team Managers at all carnivals for the Cairns SLSC Cadets. She assisted Cairns SLSC Trainers with Bronze and SRC Courses by providing water safety, acting as a patient and demonstrating skills and techniques. She also assisted Cairns SLSC Coaches in Pool Rescue, Champion Lifesaver and Juniors by providing water safety, acting as a patient and demonstrating skills and techniques. She assisted NQ Branch at Pool rescue Clinics and Championships by demonstrating and setting up and putting away equipment. She has written an article for the Sun Paper on Surf Lifesaving she also wrote a report for Cairns SLSC on the NQ Branch Youth Camp for their news letter. She was the undefeated U17 Female competitor at all NQ Branch carnivals. She was also undefeated in the swim and board events for the Open Females as well as finishing in the top 4 in all the Open ski events. She was Cairns SLSC U17 & Open Female Competitor of the Year and was the U18 Junior Life Saver of the Year. She was the NQ Branch U17 Female Champion, U17 Female Pool Rescue Champion, U17 Female Champion Lifesaver and Open Female Champion Lifesaver. Harriet was also part of the winning team for the NQ Branch First Aid Competition. She was the youngest to compete individually at the Cairns SLSC "Palmy Classic" Endurance Race. Palmy Classic consists of 9K Ski, 2K run, 2K swim, 4K board and 4K run. She won the U17 Female section and was the second female across the line. She came 2nd in U17 Female 100m Obstacle Race at North Australian Pool Rescue Championship. She came 2nd in the U17 Female Board Rescue, U17 Champion Lifesaver, Surf Race and Ironwoman and placed 3rd in the board at the North Australian Championships. She was selected onto the QLD Country Representative Team. Harriet attended both NQ Branch and SLSQ Breaka Youth Camps.

2. School.

She attends TAS in Cairns. She was awarded the Academic Excellence Award. Is a leader in her Tutor Group which involves students from ages 12 to 17. She organised and lead a "Relay for Life" Group which raised much needed funds for cancer. She was the Age Champion at the School Swimming Carnival and the Runner Up Age Champion at the School Cross Country, Triathlon and Athletic Carnivals as well as the Runner up Age Champion at the UQ School Surf League. She was a member of the winning Debating School Team. She represented TAS at the inter school Cross Country and the Athletics Carnival and was the Age Champion at the Inter School Swimming Carnival. She was selected onto the 2016 Peninsular School Triathlon Team.

3. Swimming.

She swims competitively. She was the Vice Captain of Marlin Coast Swimming Club before moving to TAS Swimming Club. She is one of the leaders of TAS Swimming and is considered as one of the Role Models for the younger swimmers. She has acted as a leader at the Friday Club nights where she directs and assists the junior swimmers. She wrote an article on swimming for the Sun Paper. She was the Runner Up 16 yrs Female Age Champion at the FNQ Swimming Short Course Championships and was the 16yrs and over Age Champion at the FNQ Swimming Long Course Championships. She broke an FNQ Swimming 200m Breast Stroke Record this season. This record had not been broken for 10yrs. She qualified for the Queensland Swimming State Championships where she made finals or was a reserve for the finals. She went onto qualify for 4 events in the Australian Swimming Georgina Hope Foundation National Age Championships. She improved her ranking in all four events and was a reserve for the finals in the 400m IM.

4. Provide examples of how the nominee has demonstrated that they are a role model within the organisation including where they have proven themselves as an ambassador for the organisation.

She has written reports and articles for her Club and the Paper on Surf Lifesaving. Her report on the NQ Branch Summer Youth Camp was published in the Cairns SLSC News Letter. She continues to attend the ANZAC Day March's as a NQ Branch representative acting as a pole bearer for the returned service men and women. She assists Surf Lifesaving by helping raise much needed funds at both a Club and Branch level. She assists at Club fund raising BBQs and helps raise money for the NQ Branch Youth Activities by doing water safety at local triathlon events. She participates at Club Awareness days and Sign Ons where she demonstrates CPR, talks about surf lifesaving and beach safety. She attends the NQ Branch Board of Youth and Membership Development Meetings and provides input and ideas for future activities. One of the ideas that She and her friends had was an award nominated by the youth themselves. The award was given to an individual at carnivals and was aimed at promoting comradery between clubs and was not sports orientated. This was adopted and will continue this season. She attends Cairns SLSC Youth Meetings and again provides input and ideas into future activities. She routinely talks to members of the public while on patrol. She educates them on beach safety, rips, marine stingers and sun protection.

She enjoys the Lifesaving Competitions and has competed in them for the last 3 years. She now promotes and encourages others to enter these competitions and assists the Trainers by acting as a patient or demonstrating skills and techniques.

She encouraged her School to enter the UQ School Surf League. Her School was the only school to embrace Surf Lifesaving and to obtain nobby caps in their School Colours.

She regularly assists the Age Managers with demonstrating skills or water safety. With her partner she demonstrates Board Rescue techniques as they are the undefeated NQ Branch Board Rescue Champions from U11 up.

She was elected as Female Competitor Representative onto the NQ Branch Board of Surf Sports.



5. Why is the nominee worthy of the award (maximum 200 words)

I believe She is very worthy of this award. She has been a proud member of Surf Lifesaving since 2017 and has proudly worn her Club colours at both Club and Sporting Events. She continues to promote Surf Lifesaving to the general public across various mediums either in writing or verbally while on patrol or to reporters. She has proudly represented Queensland in 2014 at the NSW U14 Lifesaver of the Year Youth Camp. She is very proud of wearing the red and yellow and is forever looking at how she can better improve herself as a patrolling member. She has developed both short and long term goals in surf Lifesaving all aimed at helping the movement achieve their mission of "Zero preventable deaths in QLD Public Waters".
We see her as one of our future leaders both at Club and Branch level.

6. Additional Information - optional