

Manly Daily Surf Life Saving Column Saturday January 23<sup>rd</sup>.

Two outstanding young life savers from Manly Life Saving Club have been honoured this week with the title of Sydney Northern Beaches Junior Life Savers of the Year. Sita Mason and Alex Pappalardo were announced as the winners of the prestigious award at the Narrabeen Junior Carnival last Sunday.

The Junior Life Saver of the Year recognises and rewards outstanding younger members of the surf lifesaving movement who have shown an advanced level of maturity and leadership potential. The award is a way for branches and clubs to recognise their under 14's members achievements in surf life saving and the contributions they made to surf life saving at all levels and within the community.

They will now be in the running for the State title which will be announced at the NSW Surf Life Saving Championships at Swansea Belmont on Sunday February 21<sup>st</sup>.

Sita Mason has been a nipper at Manly for ten years and during that time has been Junior Club Captain, helped with water safety, assisted with member's orientation and assisted with award training having completed her Surf Rescue certificate award last year. She has done 25 hours on patrols and has competed for her club winning medals at state and local carnivals.

"My involvement in surf life saving has enabled me to develop strong and long lasting friendships with girls and boys my age. It has also given me courage to compete in surf and allowed me to set and achieve personal goals. I also now have the strength to overcome obstacles that knock me back such as my juvenile arthritis. I have also learnt important skills like rescues, resuscitation and basic first aid which I would be able to use in real life situations", Sita said.

As a member of the Queenwood Student Representative Council Sita has also been responsible for introducing basic first aid and resuscitation lessons at her school and would like to implement a Manly Life Saving Club program into other schools.

Alex Pappalardo, also from Manly, has impressed his club with his participation in events and patrols and his willingness to help new members. He would like to initiate a program which sees multilingual signs on the beach to help international visitors enjoy their beach experience safely. He also hopes to get his IRB licence and wants to be a patrol captain to further his leadership skills.

The selection panel for the award were very impressed with the youngster's ideas on encouraging participation of club members beyond the age of 14 and their suggestions for a focus on teamwork rather than individual performance.

Other exceptional finalists who received High Commendations in the Award are: Charlie Sutters from Collaroy, Andris Eglesz and Madison Wylie also from Dee Why.

All of the juniors who were nominated for the award will be participating in further leadership workshops.



