

2021/ 2022 Dare 2 Be Challenged



BOLD • BRAVE • YOU

Information Pack



Our goal is to create a welcoming environment for youth who want to improve their health and quality of life. We want to increase leadership, self-confidence, communication, problem-solving skills, as well as foster camaraderie and trust.



dare2begc.com

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Dare 2 Be acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia and we pay our respects to their Elders past and present who we share this great country with.

• What is Dare 2 Be? •

Dare 2 be are committed to empowering our youth of today through teen & pre-teen workshops, camps & school programs.

Our mission is to foster an inclusive community of teens who are encouraged to develop healthier and higher qualities of life. We aim to improve life skills including leadership, self-confidence, communication, problem-solving, team building and trust.

• What is the Dare 2 Be Challenged Program? •

In our pilot year, our Dare 2 Be Challenged program is offered only to Palm Beach Currumbin State High School students. The program is run over 30 weeks (excluding school holidays) with the priority of body fitness and mind strength.

By participating in weekly training sessions and 'check-in' meetings, teens will be guided to develop strong minds, bodies and spirits. Motivational speakers, guest trainers, team bonding activities and community fundraisers will be provided. Our ultimate goal is to complete the Kokoda Challenge (17km or 48km) in July 2022.

COURAGE CONNECTION COMMUNITY



Pathway to SUCCESS

The program will run for 30 weeks over 4 school terms, from Tuesday 26th October 2021 until Thursday 28th July 2022.

The program will include:

- 30 x 2 weekly after-school training sessions (some sessions including guest trainers)
- 30 x 2 weekly after-school 'check-in' sessions (some sessions including motivational speakers)
- Team Bonding activities including rock climbing, skirmish and high ropes course
- Community Fundraisers including Mateship Run (walk), Walk for Remembrance, sausage sizzles, raffles etc
- Raw Challenge
- ANZAC Eve beach sleep-out
- bushwalking/hiking in the lead up to the Challenge
- Overnight camp ~ Valley to the Alley (Currumbin)



END GOAL: Kokoda Challenge



• Teen Participation •

As this is a long-term program, students need to commit to the thirty weeks of training as to ensure team work/bonding.

We believe that having teens involved in the direction of the program is the key to delivering the best service for them.

Although a schedule has been created (which you can find at dare2begc.com) it can change with the needs/wants of our teens.

We aim to give young people meaningful opportunities to be involved and create their own courage, connection and community.



• Program Cost •

Dare 2 Be Challenged program costs \$45 per person per week. This cost is inclusive of all:

- Training sessions
- Check-in sessions
- Team bonding activities
- Community fundraiser entrance fees
- Raw challenge entrance fee
- Beach sleep-out dinner & breakfast
- Valley to the alley overnight camp
- Kokoda Challenge entrance fee
- End of program presentation dinner for the student



Upfront fees will receive a 10% discount OR fees will be invoiced every five weeks once the program begins. Fees can be paid by bank transfer or on our EventFrame portal via our website dare2begc.com

Weekly Training

Throughout our 30 week program we will be training 2 days per week during school term on **Tuesdays** and **Thursdays**. Training will commence at **3.30** pm approx. (straight after the end of the school day). We will include a mixed program of cardio, strength training, flexibility & balance, beach training, local hikes/walks and fitness games – all age relevant. We will change up the program regularly to keep teens interested and invite guest trainers to share their knowledge.

We want to be explicit that at no time will we be talking about training to lose weight, our aim is only to train to become stronger physically and mentally.

~ training schedule* can be found on our website

Exercising has a number of mental health benefits for teenagers, according to research, including:

- * positively impacting levels of serotonin, a chemical that helps regulate mental health.
- * releases endorphins, the body's natural 'happy chemical'.
- * lowers levels of the stress hormone cortisol.
- * stimulates the neurotransmitter norepinephrine, which improves mood.
- * increases self-esteem and body positivity.
- * helps teens sleep better.

Guest Trainers

Guest trainers from our local area are willing to help our teens become more physically and mentally fit. They are highly qualified in their field and have a working with children blue card, and are eager to help guide our teens on the right path to our goal.



• Weekly Check-in Sessions •

One thing that is just as important as training our bodies ready for the Kokoda Challenge, is training our minds!

After each training session, we have a 'check-in' session where our teens can express how they're feeling, how their day or week has gone, or answer specific questions about a current theme or topic. Check-in sessions can be informal and guided by the students to meet their needs, or they can be structured to address any concerns raised by parents/teachers or media influences.

We also invite guest speakers to share their knowledge as well as connect and inspire our teens.

Check-in sessions will conclude on Tuesdays and Thursdays at **5pm**.



• Guest Speakers •

We will invite a guest speaker to motivate and inspire our adolescents approx. six times every term.

Guest speakers will come from various walks of life, each with a unique story to share that will make a good impression on all participants.

Towards the end of our program we will have guest speakers that have completed the Kokoda Challenge and can share some of their knowledge and offer advice on how to face this massive task.

KOKODA CHALLENGE

July 2022

The Kokoda Challenge, in the Gold Coast hinterland, is designed to keep the Spirit of Kokoda alive and to help instill the Kokoda values within our community. These values should always remain our biggest priority when training and participating in the Kokoda Challenge.

Never leave a team mate behind! Getting to the finish line on your own is not going to feel as amazing as getting to the finish line as a solid team of loyal mates

The event is all about COURAGE, ENDURANCE, MATESHIP & SACRIFICE. These values are at the core of everything we do. For students to witness and experience these values, rich in action, will teach them more than you can imagine.

source: kokodachallenge.com



Students develop personal and social capability as they learn to understand themselves and others, and manage their relationships, lives, work and learning more effectively.

Personal and social capability involves students in a range of practices including recognising and regulating emotions, developing empathy for others and understanding relationships, establishing and building positive relationships, making responsible decisions, working effectively in teams, handling challenging situations constructively and developing leadership skills.

Students with well-developed social and emotional skills find it easier to manage themselves, relate to others, develop resilience and a sense of self-worth, resolve conflict, engage in teamwork and feel positive about themselves and the world around them. The development of personal and social capability is a foundation for learning and for citizenship.

source:australiancurriculum.edu.au



"It'll push you to your limit but it's all worth it in the end. Nothing compares to the feeling of comradeship and never giving up"
Josh, 15 years

"The hills were a killer! Coming down was nearly as bad as going up. But I'd do it again next year!"
Jamie, 14 years



• VALLEY TO THE ALLEY •
• overnight camp Currumbin Valley •



One of the program highlights in the lead up to the Kokoda Challenge is our overnight camp at the Currumbin Community Farm Campus.

The 3.157 hectare (7.8 acres) site includes comfortable cabins accommodation, 100 seat dining room, a freshwater stream, remnant rainforest areas, beautiful garden settings and adventure based activity infrastructure.

While bushwalking the Currumbin hinterland our teens will be connecting with themselves, each other and the great outdoors. It's a chance to realise their potential, build confidence and experience success as part of a team.

After walking teens will then hop in a kayak and paddle all the way to the Alley where you will meet them.



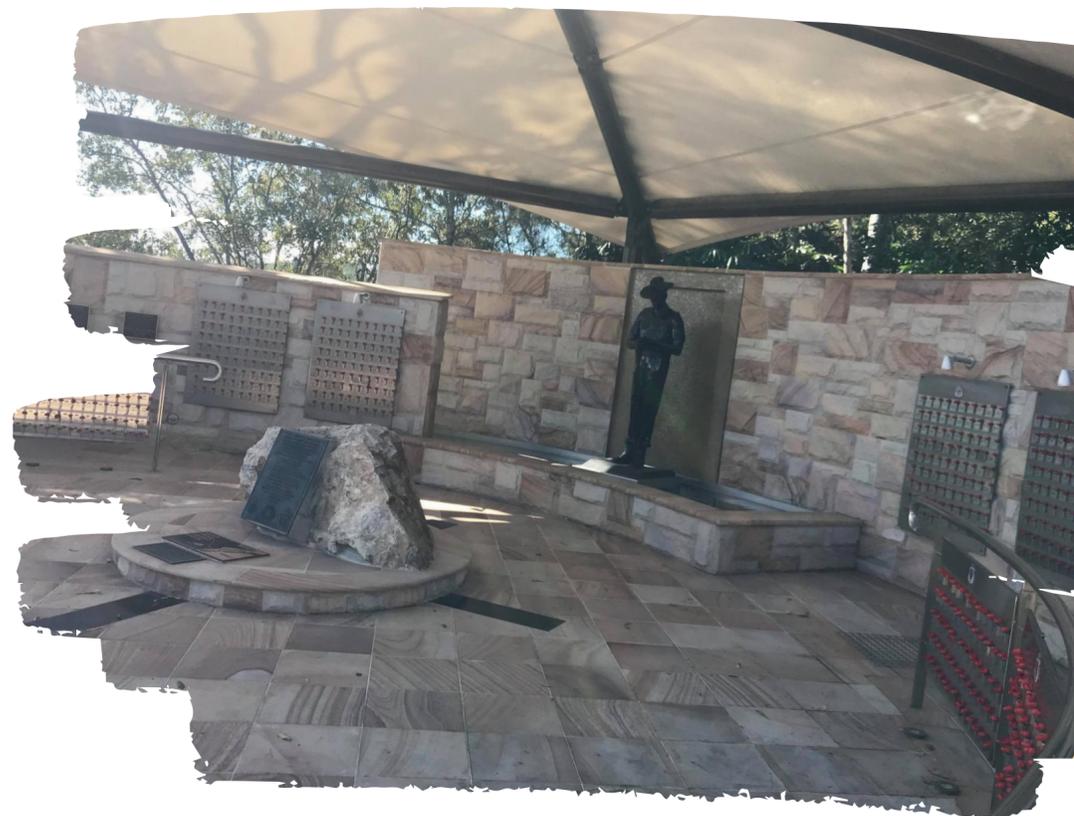
• ANZAC Eve beach sleep-out •

Sleeping by Elephant Rock before the iconic Currumbin Dawn Service is a symbolic gesture to the significance of Gallipoli.

We will enjoy a night under the stars but more importantly teens will understand the impact the service men and women have on our society today.

Before sunset we will walk to the Currumbin RSL where a veteran will talk with our youth, by the cenotaph, about the significance of ANZAC Day and what it really means to be an ANZAC.

We will wake before sunrise to witness one of Australia's biggest dawn services, and invite our families down to commemorate this important day along with us.



Raw Challenge

This event, which takes place in the picturesque Numinbah Valley, is a test of strength, endurance, and tenacity that is ideal for people of all fitness levels. The permanent mud obstacle course is designed to test players' physical and mental fitness while also providing a sense of accomplishment.

The best part is that there are no time limitations, so it's not about competing with others; instead, it's about completing the course as a group.



Mateship Run

The Mateship Run is a chance for the community to join together and honour our ANZACs — past and present — by engaging in a healthy enjoyable exercise while raising funds to support the construction of a new SOLDIER ON charity facility on the Gold Coast. Participants of all ages, sizes, and fitness levels are urged to enter a walk (5K or 1.5K) or run (10K, 5K, or 1.5K junior bolt) with friends & family as we commemorate the camaraderie and mateship of our heroes, which is supported by Currumbin RSL.

Walk for Remembrance

Dedicated to those Veterans who served our country and were overcome by the battle within.

The 8-kilometer walk will start in Giltrap Park in Coolangatta and end at Currumbin RSL, with the goal of raising awareness about the situation of veterans and the need of mental health and assistance.

Community Fundraisers

Throughout the program our team will work together to raise funds for both the **Veteran Support Centre** and for the **Kokoda Youth Foundation**. Together we will brainstorm ways we can fund raise for these worthy causes and make a difference in our community.



• Team bonding activities •

At the start of the program we will be asking our youths what type of team bonding activities they would enjoy doing. Some suggestions will be:

- rock climbing
- skirmish
- high ropes course
- zip lining
- stand-up paddle boarding
- kayaking/canoeing
- abseiling



• Welcome Packs •

In the first 3 weeks of starting Dare 2 Be Challenged the teens will receive welcome packs worth over \$200. Welcome packs include a tote, training shirt, drink bottle, and a range of products from sponsors.



• End of Program Presentation •

Held the weekend after the Kokoda Challenge this presentation dinner is for all the participants to attend with their family as a recognition for all their hard work. A medal & certificate is awarded with a prize for the highest fundraiser.





• Confidentiality and our
• duty of care •

When you talk to a Dare 2 Be staff member, nothing you say can be passed on to anyone else without your permission unless you are:

1. at risk of harming yourself or someone else,
2. at risk of being harmed by others or
3. have committed a serious crime.

This is because we have a duty of care to try to keep everyone safe. In these cases we will provide only necessary information to appropriate services or support people