

AY SILVER



AWARD PLAN

PERSONAL RECORD

Name _____ Date completed _____ 20 _____
Address _____ Gold Award presented _____ 20 _____
Date begun _____ 20 _____ At _____
By _____

CHALLENGE AND ACHIEVEMENT

The AY Silver Award plan for physical and cultural excellence challenges Adventist youth to clean living and wholesome adventure. Recognizing their bodies as temples of the Holy Spirit, God's youth will strive for a physical excellence which can meet the strenuous demands of these climactic times. The need also for clean thinkers and youth with keen spiritual perceptions has never been greater.

As I examine the requirements for the AY Silver Award, I am convinced it will take time and perseverance to reach the high standard of excellence called for. Those youth who succeed in qualifying for the AY Silver Award will experience real satisfaction of achievement and will know their success is preparing them for leadership in both church and community.

I heartily endorse the AY Silver Award plan of the Youth Ministries Department and urge our youth everywhere to strive for this high attainment.

Jan Paulsen, *President*

General Conference of Seventh-day Adventists

AY SILVER AWARD

The Apostle John addressed the youth of his generation with the words "I have written unto you young men because ye are strong." God's remnant church in the 21st Century needs the vigor and strength of its youth. This strength will be no stronger than the vitality and will of each individual member.

The plan of the AY Silver Award challenges youth of secondary school age to give themselves as a living sacrifice wholly acceptable unto God. As the physical nature grows more healthy through exercise, temperance and purposeful living, the mind will expand and the spiritual nature will be vitalized. This threefold development is the goal of the AY Silver Award plan for each Adventist Young Person.

These are exciting days when the strength and resources of youthful energy are needed to work in inner city evangelism, in overseas student missionary service and in other action programs of a church with a world vision. Like Daniel of old, God's youth of today will purpose in their hearts not to defile themselves in any way. With the blessing of God they may stand forth in the midst of a crooked and perverse generation as stalwarts in the faith, excelling in strength, in wisdom and in moral principles. All of this is envisioned in the AY Silver Award.

Baraka G. Muganda
World Youth Director

IT'S SMART TO BE HEALTHY

Life should be an exhilarating journey from the years of effervescent youth to the golden days of full maturity. Along the way each traveler may hum a happy tune as he treats himself to health and abundant living. To do this and to make continuing progress, it is necessary to have a plan and follow it.

Living successfully requires the programming of habits, the giving of priority to things that are important, and the discarding of that which will not contribute to success. It has been said that work is a kind of psychological glue that holds a man together. It takes "glue" to hold a person together in the midst of the physical, emotional and spiritual stresses encountered in modern living.

Successful living requires that individual health be sacredly guarded. Assurance of optimum health is obtained through attention to a program of physical fitness and emotional stability. Physical exercise, adequate nutrition, clean living, and an abounding trust in God are the hallmarks of intelligent direction, the goals of AY Silver Award winners.

Allan Handysides, M.D.

*Health Department
General Conference*

AY SILVER AWARD PLAN

The AY Silver Award is presented to Christian youth in secondary through high school level who have demonstrated exceptional qualities of physical, mental and cultural development. Sponsored by the Youth Ministries Department of the Seventh-day Adventist Church, the plan gives teen-age youth an opportunity to find satisfaction in worth-while achievement.

Each participant and AY Silver Award winner will be better prepared to take his place as a constructive member of his church and community. The sincere effort and perseverance required to qualify in the various activities will develop qualities of character much needed in today's generation.

The future of our church depends upon the ability and willingness of young people to serve their fellow men by living Christ-guided lives. Under God these Christian youth have a high destiny in the final climactic hours of history. Because demands upon God's people will be great, only those youth who have a firm foundation on the Word of God and have chosen a moral platform which reflects the purity of the Lord Jesus, will be able to stand. Good health, clear thinking, and keenness of spiritual perception are closely linked together. The AY Silver Award plan has been established to give strength to these important elements of life.

TESTS, AWARDS, AND RECORDS

The conference/field Youth Ministries Director directs the plan and supervises the tests. He may designate certain qualified individuals to act for him in administering the program. In academies an AY Silver Award committee composed of the academy AY sponsor (as chairman), the physical education instructors, dormitory deans, AY leader and other personnel if desired, should direct the AY Silver Award Plan.

In the local church the AY leader is chairman of the AY Silver Award committee, with qualified examiners appointed by the AY executive committee and approved by the conference AY secretary to direct the plan. Although the AY Silver Award plan is designed primarily for Seventh-day Adventist teen-age youth, it is not required that one who receives the award be a member of the Seventh-day Adventist Church.

An accurate record of the candidate's completion of each requirement is to be kept in the AY Silver Award manual. Space is provided in columns to the right of each requirement for entering (1) the date completed, (2) score (where indicated), and (3) certification signature of examiner authorized by the AY Silver Award committee.

PRESENTATION

The presentation of the AY Silver Award should be an impressive occasion at which a General Conference, union conference, or local conference Youth Ministries Director should be in charge. Other officials of the church or community may be invited to participate in the ceremony. The presentation of the AY Silver Award should be a principal component of the program.

The AY Silver Award medal and ribbon will be treasured by all who receive it. The name of the recipient should be etched on the reverse. *(No AY Silver Awards should be presented which do not have this personalized inscription.)*

THE SCOPE OF THE PLAN

The AY Silver Award plan consists of five divisions:

1. Physical Fitness-There are a number of optional provisions, but it is very important that each individual who qualifies have the certification of an officially designated examiner when his final records are turned in.

2. Skills-The development of skills follows the outline as represented in the AY Honors program. Ten Honors are designated from which the participant will qualify in two.

3. Expedition-The directions are given for a rather strenuous outdoor expedition, and it is very important that those who anticipate making such an expedition check with a qualified examiner to be sure that all conditions are met and certified.

4. Service Projects-This requires the participant to have a record of leadership in which he has successfully discharged his responsibilities.

5. Cultural Improvement-There is a choice on the part of the participant. Recognized certification for the reading or writing accomplished is an absolute necessity.

The importance of healthful living habits cannot be overemphasized in striving for these objectives, nor the wonderful feeling of accomplishment one will enjoy having achieved these goals.

MATERIALS AVAILABLE

This AY Silver Award plan manual is all you will need to get started. Of course, in passing the tests in Section II you will need an *AY/Pathfinder Honor Handbook*, wherein the AY Honors are outlined. You will find on the following pages check lists for the various requirements. Your personal record should be kept here.

AY SILVER AWARD REQUIREMENTS

Section I-Physical Fitness

Boys (Pass in three of the five groups listed)

Group 1-Track (any four of the following)

	<i>Date</i>	<i>Score</i>	<i>Signature</i>
A. 50-yard dash 6.8 seconds (50 meters, 6.9 seconds)	_____	_____	_____
B. 100-yard dash 14.2 seconds (100 meters, 14.4 seconds)	_____	_____	_____
C. 220-yard dash 28 seconds (200 meters, 28 seconds)	_____	_____	_____
D. 440-yard dash 67 seconds (400 meters, 66.6 seconds)	_____	_____	_____
E. 600-yard run-walk 1 minute, 37 seconds (600 meters 1 minutes, 37seconds)	_____	_____	_____
F. 1 mile 6 minutes (1500 meters 5 minutes, 36 seconds)	_____	_____	_____
G. 2 miles 13 minutes (3000 meters, 12 minutes, 27 seconds)	_____	_____	_____
H. 3 miles 23 minutes (5000 meters, 23 minutes, 5 seconds)	_____	_____	_____

Group 2-Field (any three of the following)

A. Standing broad jump 7 feet, 11 inches (2.41 meters)	_____	_____	_____
B. Running broad jump 15 feet (4.57 meters)	_____	_____	_____
C. High Jump 4 feet, 6 inches (1.37 meters.)	_____	_____	_____
D. Shot put (12 lb. or 5.44kg.) 34 feet (10.36 meters)	_____	_____	_____
E. Softball throw 213 feet	_____	_____	_____

Group 3-Endurance-Strength (any two of the following)

- A. Sit-ups _____
55 (in 2 minutes)
- B. Pull-ups _____
12
- C. Push-ups _____
40
- D. Rope climb _____
21 feet (hands only)

Group 4-Coordination-Agility-Balance (any three of the following)

	<i>Date</i>	<i>Score</i>	<i>Signature</i>
A. Basketball free throw 9 out of 10 shots	_____	_____	_____
B. Shuttle run (see note) 2 trips 30 feet (9.2 seconds) (10 meters, 10.1 seconds)	_____	_____	_____
C. Squat-thrusts 20 (see note) (30 seconds)	_____	_____	_____
D. (1) Forward roll (see note)	_____	_____	_____
(2) Backward roll	_____	_____	_____
(3) Hand spring	_____	_____	_____
(4) Frog stand	_____	_____	_____
(tip up)	_____	_____	_____
(5) Head stand	_____	_____	_____
7 seconds for both (4) and (5)	_____	_____	_____
E. Rope skipping Minimum of 300 skips without missing	_____	_____	_____

Group 5-Swimming (anyone of the following)

- A. Free style, 100 yards _____
1 minute, 30 seconds
(100 meters,
1 minute, 38 seconds)
- B. Back stroke, 100 yds. _____
1 minute, 45 seconds
(100 meters,
1 minute, 55 seconds)
- C. Breast stroke, 100 yds. _____
1 minute, 50 seconds
(100 meters, 2 minutes)

Girls (Pass in three of the five groups listed)

Group 1-Track (any two of the following)

	<i>Date</i>	<i>Score</i>	<i>Signature</i>
A. 50-yard dash _____ 7.5 seconds (50 meters, 8.2 seconds)	_____	_____	_____

- B. 100-yard dash _____
17 seconds _____
(100 meters, 17 seconds) _____
- C. 220-yard dash _____
36 seconds _____
(200 meters, 36 seconds) _____
- D. 400 meters _____
1 minute 25 seconds _____
- E. 600-yard run-walk _____
2 minutes, 23 seconds _____
(600 meters, _____
2 minutes 36 seconds) _____
- F. 1500 meters run-walk _____
8 minutes 40 seconds _____
- G. 3000 meters _____
19 minutes 55 seconds _____
- H. 5000 meters _____
39 minutes 20 seconds _____

Group 2-Field (any two of the following)

- A. Standing broad jump _____
6 feet, 2 inches _____
(1.88 meters) _____
- B. Running broad jump _____
10 feet, 9 inches _____
(3.28 meters) _____
- C. High Jump _____
1.25 meters _____
- D. Softball throw _____
104 feet _____
(31.7 meters) _____

Group 3-Endurance-Strength (any two of the following)

- A. Sit-ups _____
40 in 2 minutes _____
- B. Flexed-arm hang _____
19 seconds (see note) _____
- C. Push-ups, modified _____
30 (see note) _____

Group 4-Coordination-Agility-Balance (any three of the following)

- A. Basketball, free throw _____
Make 7 out of 10 shots _____
- B. Shuttle run _____
30 feet, 2 trips _____
(10.4 seconds) _____
(10 meters, 11.3 seconds) _____
- C. Squat-thrusts _____
(see note) _____
(30 seconds) _____
- D. (1) Forward roll _____
(see note) _____
(2) Backward roll _____
(3) Frog stand _____
(tip up, see note) _____

(4) Head Stand _____
(7 seconds for both (3) and (4), see note)

E. Rope skipping _____
minimum of 300 skips without missing

Group 5-Swimming (anyone of the following)

	<i>Date</i>	<i>Score</i>	<i>Signature</i>
A. Free style, 100 yds. 1 minute, 40 seconds (100 meters, 1 minute 40 seconds)	_____	_____	_____
B. Back stroke, 100 yds. 1 minute, 55 seconds (100 meters, 2 minutes, 5 seconds)	_____	_____	_____
C. Breast stroke, 100 yds. 2 minutes (100 meters, 2 minutes 11 seconds)	_____	_____	_____

NOTES

Boys

Pull-ups (Proper grip is reverse grip.) Chin must clear bar on pull-up. Arms must be nearly extended, with elbows slightly flexed in down position.

Push-ups Weight equally distributed. Hands just below shoulders. Feet together. Push straight up, keeping body rigid. Arms extended till elbows are straight. In returning to down position, continue to keep body rigid and straight and lower body close to floor without touching it except with hands and feet. Must be continuous.

Girls

Flexed-arm hang *Starting position:* (A horizontal bar approximately 1 1/2 inches in diameter should be adjusted to a height approximately equal to the student's standing height) the student grasps the bar with an overhand grasp.

ACTION:

1. With the assistance of two spotters, one in front and one in back of student, the student raises her body off the floor to a position where the chin is above the bar, the elbows' flexed and the chest close to the bar.
2. The student must hold this position for at least 19 seconds to pass the test.

RULES:

1. A stop watch is started as soon as the student takes the hanging position.
2. The stop watch is stopped when (a) the student's chin touches the bar, (b) the student's head tilts backward to keep chin above the bar, or (c) when the student's chin falls below the level of the bar.
3. Record in seconds to the nearest second the length of time the subject holds the hanging position.

Push-ups (modified) *Starting position:* extend arms, place hands, fingers pointing forward on floor just under and slightly outside shoulders. Knees on floor, body straight from head to knees. Bend knees and raise

feet'.

ACTION:

1. Keeping body tense and straight, bend elbows and touch chest to floor,
2. Return to original position. (Keep body straight; don't raise buttocks; abdomen must not sag.)

Boys and Girls

Sit-ups Starting Position: Student lies on his back with legs extended, feet about 1 foot apart. The hands, with fingers interlaced, are grasped behind the neck. Another student holds his partner's ankles and keeps heels in contact with the floor while counting each successful sit-up.

ACTION:

1. Sit up and turn the trunk to the left. Touch the right elbow to the left knee.
2. Return to starting position.
3. Sit up and turn the trunk to the right. Touch the left elbow to the right knee.
4. Return to the starting position.
5. Repeat the required number of times.
6. One complete sit-up is counted each time the student returns to the starting position.

Squat-Thrust Equipment: A stop watch, or a watch with a sweep-second hand.

Starting Position: Student stands at attention.

ACTION:

1. Bend knees and place hands on the floor in front of the feet. Arms may be between, outside, or in front of the bent knees.
2. Thrust the legs back far enough so that the body is perfectly straight from shoulders to feet (the push-up position).
3. Return to the squat position.
4. Return to erect position.

Scoring: The teacher carefully instructs the students how to correct squat-thrusts. The teacher tells the student to do as many correct squat-thrusts as possible within a 30-second limit. The teacher gives the starting signal, "Ready! Go!" On "Go" the student begins. The partner counts each squat-thrust. At the end of 30 seconds the teacher says, "Stop."

Shuttle Run Starting line: two erasers or similar-sized blocks 30-feet (10 meters) distance. Run, pick up one block, run back across starting line, set block down. Run back, pick up other block, run back across starting line holding it.

Forward Roll Execute perfect form on each exercise. Do series of 3 forward rolls. Begin each at attention, squat down as forward motion starts. Chin on chest, hands and fingers forward and flat on mat, weight equally distributed. Stay doubled up, let weight down easy, land on back of neck and shoulders rather than head. Grab knees or shins with forearms, and back up to attention.

Backward Roll Begin at attention, drop back and down as if sitting down in a low chair. Break fall with hands, fingers pointing forward. Push off, bend in middle, chin on chest as legs kept together go back toward mat. Hands go to position approximately 6 inches from each side of head with palms extended up and back. Have feet hit first (not knees) and come directly up to attention. (Series of 3.)

Frog Stand (tip up) Hands flat on floor, elbows hooked into inside of legs about at knees. Go forward until body is balanced with neither feet nor head touching floor. (Pointer: Keep head up.) Hold 7 seconds.

Head Stand Form equal triangle with forearms and hands flat on mat. Where hands come together place

front part of head where elbows were, place hands flat, fingers straight ahead slightly spread. Go up easy, balance, keeping legs and feet together and toes pointed. Hold 7 seconds.

Section II-Skills (Complete two of the following AY Honors)

	<i>Date Completed</i>	<i>Signature</i>
Community Water Safety	_____	_____
Basic Rescue	_____	_____
Canoeing	_____	_____
Home Nursing	_____	_____
Cycling	_____	_____
First Aid, Standard	_____	_____
Orienteering	_____	_____
Outdoor Leadership	_____	_____
Backpacking	_____	_____
Photography	_____	_____
Junior Youth Witnessing	_____	_____

Section III-Expedition

Date Completed _____

Signature _____

1. Hike in wilderness country at least 20 miles (36 kilometers), including two nights in the open or in tents, these two nights to be spent in separate camps at least 5 miles (8 kilometers) apart.

2. Not less than three and not more than six must be in the party, though it is not necessary for all participants to be under test.

3. Full and interesting log and map of journey must be submitted, with observations of wild life, plants, or some other study auxiliary to the expedition.

4. Planning should be a joint effort, and all plans must be approved in full by the conference Youth Ministries Director or his designated representative before starting.

5. All food needed should be carried. Use dehydrated foods as needed for balanced menus.

6. Normal personal kit plus lightweight camping equipment, compass, cooking utensils, and first-aid kit must be carried by members of the expedition.

Section IV-Service Projects complete one of the following:

- A. During at least one semester discharge satisfactorily the duties of an officer of the AY Society, Sabbath School, Temperance chapter, Student Association, Pathfinder Club, or other personal service

that in the estimation of the conference/field Youth Ministries Director is the equivalent of the duties mentioned above.

- B. Participate in a community service project of not less than 1 week duration.
- C. Complete one of the 9 community service honors.
 - Community Assessment
 - Community Service
 - Crisis Intervention
 - Disaster Relief
 - Hunger Relief
 - Refuge Resettlement
 - Rural Development
 - Tutoring
 - Urban Development

Date Completed _____

Signature _____

Section V-Cultural Improvement Do one of the following: (Indicate which one)

1. Read a book of not less than 250 pages listed in a senior AY Book Club. _____
2. Read 200 pages or more written by Ellen G. White. _____
3. Write an article or story of not less than 1,000 words and have it accepted for publication in an SDA journal.

4. Read a book of not less than 200 pages on leadership skills development, discipline or fund raising.

Date Completed

Signature
