

AY GOLD



AWARD PLAN

PERSONAL RECORD

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

AY GOLD AWARD

The AY Gold Award is presented to Young Adults under 31 years of age who have completed the Silver Award and who have demonstrated exceptional qualities of physical, mental and cultural development. Sponsored by the Youth Ministries Department, the plan gives Young Adults an opportunity to find satisfaction in worthwhile achievement. Membership in the Seventh-day Adventist Church is not a prerequisite.

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

In these last days of earth's history, demands upon God's people will become increasingly intense. Only those youth who have a firm foundation on the Word of God and have chosen a moral platform which reflects the purity of Jesus Christ will be able to withstand the withering attack upon Christian standards. Good health, clear thinking, and keenness of spiritual perception are closely linked together. The AY Gold Award has been introduced to give strength to these important elements of life. Youth who earn the AY Gold Award will be youth of true distinction.

TESTS, AWARDS, AND RECORDS

The conference/field or on each college or university campus an AY Gold Award committee shall be appointed by the AY/ Young Adult executive committee to direct the AY Gold Award plan. The union conference Youth Ministries Director is a member ex officio of this committee. This committee appoints a supervisor of testing and at least one qualified examiner for each category.

An accurate record of the candidate's completion of each requirement is to be filed with the AY Gold Award Committee. This record must include (1) the date each requirement was completed, (2) score (where indicated), and (3) certification signature of a qualified examiner authorized by the AY Gold Award committee.

PRESENTATION

Application for the AY Gold Award to be presented to candidates who have completed their requirements is made to the union conference Youth Ministry Director. He will arrange for a special presentation ceremony when the award can be presented in an impressive way. Church and civic officials should be invited to the occasion. The presentation of the AY Gold Award should be the principle event on the program and should not be combined with a Pathfinder/Adventurer Investiture service.

The AY Gold 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 Gold Awards should be presented which do not have this personalized inscription.*)

THE SCOPE OF THE PLAN

The AY Gold Award plan consists of five divisions:

1. Physical Fitness-Physical fitness requirements have been adopted in accordance with national testing programs.
2. Skills-A variety of AY Honors are listed from which the candidate may select two.
3. Expedition- The candidate has a choice of either a hiking or canoe expedition into a wilderness area. Directions are given for a strenuous outdoor adventure. It is important that those who anticipate making such an expedition work 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-The candidate must qualify in two areas of cultural excellence. Qualified art, music and literature critics must certify the meeting of these requirements.

AY GOLD AWARD REQUIREMENTS

Section I-Physical Fitness

Men (Pass in four of the five groups listed)

Group 1-Track (any five of the following)

	<i>Date</i>	<i>Score</i>	<i>Signature</i>
A. 50-yard dash 6.1 seconds (50 meters, 6.7 seconds)	_____	_____	_____
B. 100-yard dash 12 seconds (100 meters, 13.2 seconds)	_____	_____	_____
C. 220-yard dash 26 seconds (200 meters, 26 seconds)	_____	_____	_____
D. 440-yard dash 63 seconds (400 meters, 63 seconds)	_____	_____	_____
E. 1 mile 5 minutes, 55 seconds (1500 meters 5 minutes, 34 seconds)	_____	_____	_____
F. 6.2 miles 44 minutes (10,000 meters 44 minutes)	_____	_____	_____

Group 2-Field (any three of the following)

A. Standing broad jump 8 feet (2.4 meters)	_____	_____	_____
B. Running broad jump 16 feet (4.8 meters)	_____	_____	_____
C. High Jump 5 feet (1.47 meters)	_____	_____	_____
D. Shot put (16 lb. or 7.25kg.) 34 feet (10.36 meters)	_____	_____	_____

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

A. Sit-ups 65 (in 2 minutes)	_____	_____	_____
B. Pull-ups 13	_____	_____	_____
C. Push-ups 42	_____	_____	_____
D. Rope climb 21 feet (hands only) 6.2 meters	_____	_____	_____

Group 4-Coordination-Agility-Balance (one for each of the following groups)

	<i>Date</i>	<i>Score</i>	<i>Signature</i>
A. Basketball free throw 9 out of 10 shots or Rope skipping (300 without rest or missing)	_____	_____	_____
B. Shuttle run 2 trips 30 feet (9 seconds) (10 meters, 9.9 seconds) or Squat-thrusts 20 (30 seconds)	_____	_____	_____
C. Front handspring or Back handspring or Hand stand (10 seconds) or Press handspring (bent arm, and bent leg)	_____	_____	_____

Group 5-Swimming (anyone of the following)

A. Free style, 100 yards 1 minute, 10 seconds (100 meters, 1 minute, 17 seconds)	_____	_____	_____
B. Back stroke, 100 yds. 1 minute, 15 seconds (100 meters, 1 minute, 23 seconds)	_____	_____	_____
C. Breast stroke, 100 yds. 1 minute, 20 seconds (100 meters, 1 minute 28 seconds)	_____	_____	_____

Women (Pass in four 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 7.3 seconds (50 meters, 7.9 seconds)	_____	_____	_____
B. 220-yard dash 33 seconds (200 meters, 33 seconds)	_____	_____	_____
C. 600-yard run-walk 2 minutes, 10 seconds (600 meters, 2 minutes 23 seconds)	_____	_____	_____
D. 1 mile 7 minutes 6.6 seconds (1,500 meters,	_____	_____	_____

6 minutes, 40 seconds)
 E. 5000 meters run-walk _____
 25 minutes 30 seconds _____

Group 2-Field (any two of the following)

A. Standing broad jump _____
 6 feet, 6 inches
 (1.95 meters)
 B. Running broad jump _____
 11 feet
 (3.35 meters)
 C. High Jump _____
 1.25 meters
 D. Softball throw _____
 130 feet
 (39.7 meters)

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

A. Sit-ups (bent knee position) _____
 48 in 2 minutes
 B. Flexed-arm hang _____
 25 seconds
 C. Push-ups, modified _____
 20

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

A. Basketball, free throw _____
 (Make 9 out of 10 shots) or
 Rope skipping _____
 (300 skips without rest or missing)
 B. Shuttle run _____
 30 feet, 2 trips
 (10.2 seconds)
 (10 meters, 9.7 seconds)
 C. Front handspring _____
 or
 Head Stand (30 seconds) _____
 or
 Splits _____
 (30 seconds)
 Back bend _____
 (30 seconds)

Group 5-Swimming (any one of the following)

	<i>Date</i>	<i>Score</i>	<i>Signature</i>
A. Free style, 100 yds. 1 minute, 15 seconds (100 meters, 1 minute, 23 seconds)	_____	_____	_____
B. Back stroke, 100 yds.	_____	_____	_____

1 minute, 20 seconds
(100 meters,
1 minutes, 28 seconds)

C. Breast stroke, 100 yds. _____
1 minute 32 seconds
(100 meters,
1 minute, 42 seconds)

Explanations

Men

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.

Women

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 25 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.)

Men and Women

Sit-ups (bent knee position) *Starting Position:* Student lies on his back with legs bent, knees up and feet flat on the floor. The hands, with fingers interlaced, are grasped behind the neck.

ACTION:

1. Sit up and lower legs flat as you reach toward toes with hands.
2. Return to starting position raising knees as you lower trunk of body.
3. Repeat the required number of times.

4. 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."

Section II-Skills

(Complete any AY Honor in the category of Vocational or Household Arts plus two of the following not completed for the Silver Award)

	<i>Date Completed</i>	<i>Signature</i>
Community Water Safety	_____	_____
Health & Healing	_____	_____
Canoeing	_____	_____
Wilderness Living	_____	_____
Water Skiing	_____	_____
First Aid, Advanced	_____	_____
Orienteering	_____	_____
Outdoor Leadership	_____	_____
CPR	_____	_____
Sailing	_____	_____
Tumbling & Balancing, Advanced	_____	_____
Skiing	_____	_____
Scuba Diving	_____	_____

Section III-Expedition (Complete one of the following)

Date Completed _____

Signature _____

1. Taken an expedition into a wilderness area, hike at least 25 miles (40 kilometers), camping overnight.
 - a. The expedition must be composed of at least three Young Adults and not more than eight, though it is not necessary for all participants to be under test for the AY Gold Award.
 - b. All camping gear, food and cooking equipment must be carried by hikers in backpacks.
 - c. A complete log and map of the expedition must be submitted with observations of terrain, flora and fauna.
 - d. Planning for the expedition should be a joint effort and all plans must be approved by the examiner appointed by the Gold Award Committee.

2. Complete a canoe trip of not less than 40 miles (64 kilometers), during which time you camp out overnight.
 - a. All camping gear, food and cooking equipment must be transported in the canoes and in packs when portages are necessary.
 - b. A complete log and map of the expedition must be submitted with observations of terrain, flora and fauna.
 - c. The canoe trip must be composed of at least four persons (two per canoe) though it is not necessary for all participants to be under test for the AY Gold Award.
 - d. Planning for the expedition should be a joint effort and all plans must be approved by the examiner appointed by the Gold Award Committee.

Section IV-Service Projects (Complete one of the following)

1. During at least one semester, trimester or quarter discharge satisfactorily the duties of an officer of the AY Society, Sabbath School, Temperance chapter, Student Association, Pathfinder Club, or other church or college-related leadership responsibility which in the estimation of the examiner appointed by the AY Gold Award Committee is the equivalent to the aforementioned offices.
2. Serve for at least ten weeks as a student missionary.
3. Actively engage for a period of not less than 12 weeks in church or college-sponsored Share Your Faith endeavors (such activities may include Voice of Youth evangelism, Friendship Teams, AY Community Service, Gift Bible Evangelism, One to One evangelism, ect.).
4. Complete 2 community service honors not previously completed for the Silver Award.
 - Community Assessment
 - Community Service
 - Crisis Intervention
 - Disaster Relief
 - Hunger Relief
 - Refuge Resettlement
 - Rural Development
 - Tutoring
 - Urban Development

Date Completed _____

Signature _____

Section V-Cultural Improvement Complete two of the following groups: (Indicate which ones)

Group 1 – Music (complete one):

1. Present a musical recital of sacred or classical music of at least 30 minutes duration with at least 3 other participants (vocal or instrumental). The repertoire and performance will be judged by a music critic appointed by the AY Gold Award Committee.
2. Attend at least 3 public concerts and submit a report of no less than 1,500 words covering the artists, the compositions and the composers. The report will be judged by a critic appointed by the AY Gold Award Committee.

Group 2 – Art (complete one):

- 1.1. Exhibit publicly at least 5 original works of art (paintings, sculpture, carvings, etc.) which you have made. Workmanship must be judged acceptable by an art critic approved appointed by the AY Gold Award Committee.
2. Visit an art gallery or attend at least three art exhibits and present a written essay of at least 1,500 words of art observed. Essay must be judged by an art critic appointed by the AY Gold Award Committee.

Group 3 – Sacred Literature (complete one):

1. Read one of the Spirit of Prophecy books by Ellen G. White of not less than 300 pages.
2. Read the New Testament in a modern speech translation.

Group 4 – Ethnics

Select any country or political entity (other than own country) recognized by the United Nations, trace its origin, culture and religious background, and make a study of the beginnings, development and present-day work of the Seventh-day Adventists in that area of the world field. Research must include either personal contact or correspondence with individuals on your findings. If possible, include at least five pictures, photographs or slides illustrating the work of the Seventh-day Adventists in the selected country.

Date Completed

Signature
