



AY GOLD AWARD PLAN



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PERSONAL RECORD

Name _____ Date completed _____

Address _____

Gold Award presented _____ at _____

Start Date _____ 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 without 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)

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

Group 2: Field (any five of the following)

	Date	Score	Signature
A. Standing Broad Jump 8 feet 2.4 meters			
B. Running Broad Jump 16 feet 4.8 meters			
C. High Jump 5 feet 1.57 meters			
D. Shot Put (16 lb. or 7.25 kg.) 34 feet 10.36 meters			

Group 3: Endurance–Strength (any five of the following)

	Date	Score	Signature
A. Sit-ups 65 sit-ups in 2 minutes			
B. Pull-ups 13			
C. Push-ups 42			
D. Rope Climb (hands only) 21 feet 6.2 meters			

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

	Date	Score	Signature
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 (9.7 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: (any one of the following)

	Date	Score	Signature
A. Freestyle 100 yards (1 minute, 10 seconds) 100 meters (1 minute, 17 seconds)			
B. Back-stroke 100 yards (1 minute, 15 seconds) 100 meters (1 minute, 23 seconds)			
C. Breast-stroke 100 yards (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)

	Date	Score	Signature
A. 50-yard dash (7.3 seconds) 50-meter dash (7.9 seconds)			
B. 220-yard dash (33 seconds) 200-meter dash (33 seconds)			
C. 600-yard run/walk (2 minutes, 10 seconds) 600-meter run/walk (2 minutes, 23 seconds)			
D. 1-mile run (7 minutes, 6.6 seconds) 1500-meter run (6 minutes, 40 seconds)			
E. 5000-meter run/walk (25 minutes, 30 seconds)			

Group 2-Field (any two of the following)

	Date	Score	Signature
A. Standing broad jump (6 feet 6 inches/1.95 meters)			
B. Running broad jump (11 feet 6 inches/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)

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

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

	Date	Score	Signature
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A. Basketball free throw (9 out of 10 shots) OR Rope Skipping (300 without rest or missing)			
B. Shuttle Run 2 trips 30 feet 10.2 seconds) 10 meters (9.9 seconds)			
C. Front Handspring OR OR Head Stand (30 seconds) OR Splits (30 seconds) OR Back bend (30 seconds)			

Group 5: Swimming: (any one of the following)

	Date	Score	Signature
A. Freestyle 100 yards (1 minute, 15 seconds) 100 meters (1 minute, 23 seconds)			
B. Back-stroke 100 yards (1 minute, 20 seconds) 100 meters (1 minute, 28 seconds)			
C. Breast-stroke 100 yards (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:

- 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.
- The student must hold this position for at least 25 seconds to pass the test.

RULES:

- A stop watch is started as soon as the student takes the hanging position.
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.
- 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:

- Keeping body tense and straight, bend elbows and touch chest to floor.

- 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)

CATEGORY	DATE COMPLETED	SIGNATURE
1. Community Water Safety		
2. Health & Healing		
3. Canoeing		
4. Wilderness Living		
5. Water Skiing		
6. First Aid (Advanced)		
7. Orienteering		
8. Outdoor Leadership		
9. CPR		
10. Sailing		
11. Tumbling & Balancing (Advanced)		
12. Skiing		
13. Scuba Diving		

Section II: 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)

Date Completed _____

Signature _____

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, etc.).
4. Complete 2 community service honors not previously completed for the Silver Award.
 - a) Community Assessment
 - b) Community Service
 - c) Crisis Intervention
 - d) Disaster Relief
 - e) Hunger Relief
 - f) Refugee Resettlement
 - g) Rural Development
 - h) Tutoring
 - i) Urban Development

Section V: Cultural Improvement

Complete two of the following groups: (Indicate which ones)

Date Completed _____

Signature _____

1. Group 1 – Music (complete one):

- a) 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.
- b) 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.

2. Group 2 – Art (complete one):

- a) 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.
- b) 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.

3. Group 3 – Sacred Literature (complete one):

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

4. 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.



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