

Greetings from the Spring Lake Ocean Rescue Junior Lifeguard Staff.

Hope you are having and enjoying a great school year. By now you are in the fourth marking period and looking forward to your summer vacation. But remember you're still in school, and as with Junior Lifeguards, your best effort is expected.

We are also looking forward to summer and are excited about your returning to the Junior Lifeguard program.

As you know our program requires regimen, structure, and strenuous physical activity. Our goals are to help you become more adept in the ocean and beach environment. We encourage you to push the limits of your abilities. We will instruct you in lifeguard techniques and proper use of life guarding equipment. Ultimately we hope that you will acquire the skills and abilities to, when you are of age, to join the elite team of Spring Lake Ocean Rescue lifeguards. Many of our Junior Lifeguard staff and Spring Lake lifeguards are alumni of the Junior Guards.

We can not overstate the physical regimen of Junior Guards. Swimming, running, paddling rescue boards, sprinting, and calisthenics are an integral component of our program.

We are privileged to have an exceptional instructional staff. Many are teachers or are in college to become teachers and others have had multiple years as Junior Lifeguard instructors. We also have an active and engaged parent contingent who assists us with tournament and various Junior Lifeguard activities. To these parents, our sincere thank you and look forward to your return.

Junior Lifeguards are divided into four age groupings:

AA 16-17 A 15-14 B 13-12 C 11-9

These groups will meet Monday, Wednesday, and Fridays at South End from 0800 to 0945. Our first session will commence Monday, 29 June at 0800 and continue through 31 July.

Mini-guards are open to seven and eight year olds. Their sessions are held on Tuesdays from 0830-0930 July 7, 14, 21, and 28 .

Tournaments for Junior Lifeguards are usually scheduled on Thursdays.

At this date the following tournaments are scheduled:

Spring Lake July 16

Belmar July 23

Manasquan July 30

USLA Regional Tournament TBA

USLA National Junior Lifeguard Tournament in
Ft. Lauderdale FL August TBA

The cost of the mini guard program is \$50.00.

The cost for the Junior Lifeguards can be paid two ways:
\$200. for Junior Lifeguards which includes pre-registration for the Spring Lake, Belmar, Manasquan, and USLA Regional Junior Lifeguard Tournament in Sea Girt. Payment also includes a Junior membership in the United States Lifeguard Association (USLA). This membership is required to compete in the regional tournament.

If you choose not to preregister for the local and regional tournaments the program cost is \$100.00 and you may register for the tournaments on site, the day of the tournament.

All Junior Lifeguards will receive a t-shirt.

Enclosed for your convenience is a registration form. Please make check payable to Spring Lake Junior Lifeguards and mail to SPRING LAKE JUNIOR GUARDS PO Box 124, Spring Lake, NJ 07762.

Updates and additional registration forms and tournament registration forms can be printed from the Spring Lake Guards website following the link to Junior Lifeguards website address.

If you have any questions please feel free to call or email Tom Bateman, 732-207-5009 trbate@verizon.net or Kate Konrad 732-948-6154 kkonrad@tfs.k12.nj.us .

Thank you,

Tom Bateman
Director of Junior Lifeguards

Kate Konrad
Coordinator of Junior Lifeguards