

SPRING LAKE OCEAN RESCUE JUNIOR LIFEGUARD PROGRAM 2010

Spring Lake Ocean Rescue Junior Lifeguards is offering students an opportunity to join a regionally renowned program of disciplined aquatic safety training and education.

Our mission is to provide participants with the skills and knowledge to enjoy the beach safely, be physically fit and eventually become one of the elite members of the Spring Lake Ocean Rescue.

Our very popular program is not for the faint-of-heart as we challenge our students to go well beyond their current level of physical capabilities.

The Junior Guards complete strenuous daily workouts on the beach and in the ocean, that in combination with skills development and lifesaving techniques education, result in a competent and confident Junior Lifeguard.

The physical aspects of the program are balanced with camaraderie and fun.

We are privileged to have experienced, dedicated, and highly qualified instructors. Many are teachers or are attending college to become teachers. All are United States Lifesaving Association certified lifeguards.

Junior Lifeguards are divided into four age groupings.

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

We are planning an extraordinary summer. Junior Guards will commence at 0800 EDT, Monday, 28 June 2010. We will meet every Monday, Wednesday, and Friday, and continue through Friday, 30 July. Session times run promptly from 0800 until 0940.

Junior Lifeguards also have an opportunity to test their skills and abilities in competitions against Junior Guards from other area beaches in tournaments, usually on Thursdays, during the month of July. Additional competition opportunities exist at the regional and national levels.

Spring Lake Ocean Rescue Junior Lifeguards is also offering a program for 7 and 8 year olds, "Mini Guards" meet on Tuesdays from 0830 to 0930 EDT 6, 13, 20, 27 July 2010.

Fees for the program will remain the same as they have been for the past three years.

For the J. Guards you have two options:

1. \$100.00 for the program and you register and pay the tournament fees the day of the tournament or...
2. \$200.00 which includes the regular program PLUS pre-registration for all local and regional tournaments as well as a Junior membership in the United States Lifesaving Association.

All members will receive a t-shirt with the Spring Lake Junior Guard logo.

Fees for the Mini Guards are \$50.00 and include a t-shirt.

You can print out the registration form from the Spring lake Guard website. Complete the forms, include payment and mail to Spring Lake Junior Guards, P.O. Box 124, Spring Lake, NJ 07762. Please make checks payable to Spring Lake Junior Guards. Alternatively there will be a registration at Marucci Park (3rd Ave and South Boulevard) at a date yet to be determined.

Visit our website at www.Springlakeguards.com for the most current program information.

For any questions feel free to call either Tom Bateman (732) 207-5009 or Kate Konrad (732) 948-6154.

Ooh Rah,

Tom and Kate

