

# SANTA CRUZ JUNIOR GUARDS 2013

## Newsletter #2- First Session

Hi all! This first week has flown by! Since guards started a lot has happened... Picture day Wednesday, Seacliff competition Thursday and Friday, and uniform shirts and patches distributed as well! Wow. Good job JG's!!! The kids all did a great job on their patch tests; ask your JG about what they needed to do to get their patch. Patches should be sewn onto the left front leg of board shorts and on the left side of swim suits. Parents, I would like to remind you there is an instructor that meets JGs at Lifeguard HQ 15 minutes prior to the start of each session, and that same instructor walks JGs back up to HQ after the completion of each session. **Also, please do not drop your child off at the Wharf gate when the parking lot is closed.**

Our second and final Little Guard and Junior Guard competition of the first session is next Thursday and Friday, respectively (July 11 and 12). The competition will be at Capitola Main Beach in the Capitola Village. Make sure to you get your child there by 8:45 am on their respective days. *Parking in this area is very congested, carpooling is highly recommended. The best place to park is in the lot behind Capitola City Hall, at 420 Capitola Ave. It is a very short walk to the beach.*

## News and Notes

- Informational meeting about the Regional Competition is Tuesday, July 2, 2012 6 pm - 7:00pm at Loudon Nelson. Parents are welcome to attend to learn what Regional's is all about and how participants will be invited to participate. Regional invitations will be mailed the week of July 9. Regional teams and individual event placement will be completed by July 13.
- Please stop by before and after program and see if your JG has anything in lost and found.
- **Please do NOT drop your guards off in front of the Wharf Gate when the Cowell's lot is closed. It's dangerous and illegal.** Remember, there is an instructor at the beginning of every session that will take your guards from Lifeguard HQ to the beach, and will escort them back 10 minutes after every session ends.
- **To add your name to the JG Booster email list: INSTRUCTIONS TO SUBSCRIBE** Send a blank email to [SCJG\\_Boosters-subscribe@yahoogroups.com](mailto:SCJG_Boosters-subscribe@yahoogroups.com)

## Dates

- July 1: JG merchandise sale 11:30am - 1:30pm, Cowell Beach by JG Booster volunteers
- July 2: Informational Regional Parent Meeting @ Loudon Nelson, 6:00 pm, Rm.3
- July 4: National Holiday, no Junior or Little guards today
- July 11: Little Guard Capitola Competition (Thur)
- July 12: Junior Guard Capitola Competition (Fri)
- July 16: Session #1 ends (Tues)
- July 22: Session #2 begins
- July 26: Regional Competition - Newport Beach (no program on 7/26 @ Cowell's)

Have a question you need answered? Then please call JG Coordinator Paul Steinberg @ 420-6248, or go to website <http://www.cityofsantacruz.com/index.aspx?page=544>.

(General Regional information on back)

## JR. LIFEGUARD REGIONAL COMPETITION

The intent of this communication is to provide some basic information on the annual CSLSA Regional Junior Lifeguard Championships held each year in July. There will also be a parent meeting held in early July at the Louden Nelson Community Center to learn more about the Regional Competition.

Regionals is similar to a State Championship. Every year a member agency hosts teams from throughout California at the Regional Junior Lifeguard Championships. The location moves throughout California, but each location hosts the Championships for two years in a row. It is typically held in Southern California.

The Regional Competition is for Junior Guards only (no Little Guards) and follows CSLSA Competition Guidelines. For more information, go to [www.cslsa.org](http://www.cslsa.org). Each Junior Lifeguard can compete in a maximum of 3 events. Events include:

### Individual Events:

- Distance Run
- Distance Swim
- Run- Swim-Run
- Rescue Paddle Race
- Beach Flags

### Team Events:

- Rescue Relay
- Swim Relay
- Run Relay
- Paddle Relay

The Regional Team is selected by the Santa Cruz JG instructors in early July. Your JG will be notified if he/she has been selected. Selection is based primarily upon the criteria outlined in the SCJG Competitive Philosophy but instructors also take into account past competitive performance, attitude, and a desire to make the trip and represent Santa Cruz City.

The event requires travel by JGs and their parents. Parents are responsible for getting their JG to and from the Competition. The Santa Cruz Booster Club holds a number of hotel rooms near the venue at a discounted rate, available on a first come first serve basis. In addition, the Booster Club coordinates a team dinner the night before the Competition and provides lunch, snacks and drinks at the event. Attending the Regional Junior Lifeguard Championships gives your JG an opportunity to represent Santa Cruz and compete against the other Junior Guards from throughout California.