SANTA CRUZ
JUNIOR GUARDS 2013

Session 1 - Newsletter #3

We're almost done? Really? Believe it or not, there is only a week and a half left in this session of Junior Guards. The first two and a half weeks have gone extremely well. The workouts are getting tougher, the paddles are becoming longer, and the pushups are adding up.

News and Notes

- Capitola Competition is Thursday and Friday of this week. Just like at Seacliff this is an all day event. **Please have your Little or Junior Guards to the beach in front of Capitola Esplanade Park by 8:45am on their respective competition days.**
- There will be regular program hours for Junior Guards at Cowells beach on July 11th and for Little Guards on July 12th.
- Please let your child's instructor know if you are not planning on attending competition as it assists us in making teams.
- The Regional Meeting was on July 2nd. **We will be contacting you via phone call to invite your children to compete during the week of July 8th-15th**. If you are interested in making the trip down to Newport and do not receive a call please discuss it with your child's instructors after program hours and we can attempt to fit them into at least one event but we cannot make any guarantees.
- Respect the ocean and our coastline: pack your trash and recycle.
- Come by and see if your JG has anything in lost and found, before or after the program each day.
- 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 at the end of the day.
- The Boosters Club will be selling JG merchandise next on July 22nd, the first day of 2nd Session.
- **To add your name to the JG Booster email list**:
  Send a blank email to **SCJG_Boosters-subscribe@yahoogroups.com**

Dates

- **July 11: Capitola Little Guard Competition**
- **July 12: Capitola Junior Guard Competition**
- **July 16: Junior Lifeguard Session #1 ends**
- **July 22: Junior Lifeguard Session #2 begins**
- **July 26: Regional Competition in Newport Beach, CA**

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