

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. 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.