

Belmar Junior Lifeguard Information

Daily Practices:

- All practices are from 10:00 am -12:00 noon on the 6nd Ave beach in Belmar
- Do NOT drop children off early; coaches are not available to supervise before 10 am because they will be setting up for the day
- Parents must have a beach badge to enter the beach

What to bring:

- Wear a bathing suit appropriate for athletic activities, sunscreen (applied 20 minutes before arriving, bring some to re-apply after water activities), a towel, a water bottle (there are also water fountains on the beach)
- A bag with your stuff labeled (*Belmar will not be responsible for any lost or stolen items, including junior guard apparel*)

How to prepare:

- Get in shape now! Start running & swimming so you will be able to fully participate right from the start of the season.
- Hydrate! Be sure to drink plenty of water all day every day for the entire month of July.
- Have a good attitude. Jr. Guards is about teamwork just as much as it is about learning and meeting individual goals.

Contact info:

Please add the email address "belmarjrguards@gmail.com" to your contacts list so Jr. Guard emails do not get filtered into spam. **Refer to THIS INFO SHEET before you send an email to ask any questions.** Questions may not always be answered immediately. "Like" our Facebook page to receive up-to-date announcements. All reminders/cancellations due to weather/water conditions will be via email/FB.

Tournaments:

If you did **not** pre-register for tournaments, you can **still register the day of the event**. Remember that these are long days! Lunch is included, but pack snacks, extra sunblock and water. T-shirts guaranteed to all pre-registered, available while supplies last for everyone else.

Spring Lake Thurs. 7/13 South End Pavilion 8:15

Long Branch Tues. 7/18 Morris Avenue 8:00

Belmar Thurs. 7/20 *6th Ave Beach* 8:15

Manasquan Thurs. 7/27 Main Beach 8:30

USLA members ONLY:

USLA Regional Competition (Wildwood, NJ): Thursday, July 20th

- Registration details to follow.

USLA National Competition (Daytona Beach, FL): August 9th

- See www.usla.org for more information and registration

- You need to register online with your USLA membership number, but must notify Erica once you have done so and she will pass on your contact info to the Monmouth County Chapter Coaches