

BELMAR JUNIOR LIFEGUARD FAQ'S

Daily Practices:

- All practices are from 10:00 am -12:00 noon on the 6th Ave beach in Belmar. Children should meet under the white tent at 10am.
- Parents must have a beach badge to enter the beach.
- Parking along Ocean Ave is METERED.
- There is a crosswalk only on the north side of the street when crossing at 6th.
- Do not send/drop children off early; coaches are not available to supervise before 10 am because they will be meeting/setting up for the day.
- Please arrange for children to get home safely and promptly at 12:00pm.
- If you have a camper, one of our coaches will walk them over to Taylor to meet up with the camp after practice.
- There are no practices on tournament days.

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, and a **reusable** water bottle (there are also water fountains on the beach).
- A bag for your stuff labeled with your name (*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.

Behavior Expectations:

- Belmar Junior Lifeguards are expected to behave in a sportsmanlike manner, listen to their coaches and follow directions, especially pertaining to water safety.
- Any behavior deemed unsafe or inappropriate will receive a warning from the coach and/or director, with communication to parents and possible removal from the program.

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.**
- "Like" our Facebook page and Instagram account to receive up-to-date announcements. All reminders/cancellations due to weather/water conditions will be via email/FB/IG.

Tournaments:

- If you have NOT already pre-registered for tournaments, you can **still participate by registering the day of the event!** There is no other opportunity to register before the day of each competition. Please see details in the chart below.
- Tournaments are awesome...BUT they can be long days! Lunch is included, but it's a good idea to pack extra snacks, sunscreen and water.
- T-shirts (or other gear) are guaranteed to all pre-registered participants but are only available while supplies last for everyone else.
- Children must listen to the DJs and host staff for announcements and know where they should be at all times. As always, coaches will select teams for any and all relay events, all other events are open to all participants.

Tournament	Date	Location	Late Registration Time	Late Registration Fee	Tournament Start Time
Spring Lake	7/11	South End Pavilion	8:00	\$25	9:00
Long Branch	7/16	b/w Bath & Pavilion	8:00	\$25	9:00
Belmar	7/18	6 th Ave Beach	8:15	\$25 (CASH ONLY)	9:00
Manasquan	7/25	Main Beach	8:30	\$25	9:00

USLA members ONLY:

You will receive a separate email with information on the Mid-Atlantic Regional Competition and USLA Nationals.