



**CALIFORNIA SURF LIFESAVING ASSOCIATION**  
**Junior Lifeguard Committee**  
**2005 SPRING ACTIVITY REPORT**

**REGIONAL COMPETITION**

The Junior Lifeguard Regional Competition 2005 will be hosted by Long Beach on July 22<sup>nd</sup>. Remember the mandatory JG Coordinators Meeting the evening of July 21<sup>st</sup>.

**CAL STATE GAMES**

The 2005 Cal State Games will be hosted by Imperial Beach on July 15<sup>th</sup>.

**NATIONAL COMPETITION**

The 2005 Junior Lifeguard Nationals will be hosted by Virginia Beach, VA on August 11<sup>th</sup>

**2005 POSTER CONTEST**

This summer we will conduct a poster contest. Posters will be judged at the Fall CSLSA JG Committee Meeting.

**2004 JUNIOR LIFEGUARDS OF THE YEAR**

Carlsbad - Elfin Forest  
 Lake Mission Viejo - Devin Hanrahan  
 Los Angeles County - Shauna Letvin  
 Newport Beach - Kyle Fults  
 Santa Barbara - Chrissy Faulding  
 Turtle Guard - Lauren Cody

Each JG will receive a check from the CSLSA for \$250. Individual programs can plan their appropriate awards presentation. I have copy of photos and nomination bios for any Lifeguard magazine articles.

## **2005 JUNIOR LIFEGUARDS OF THE YEAR**

Each agency will have the opportunity to submit their nomination for Junior Lifeguard of the year. Coordinators should bring their one page bio with a picture of their JG to the Committee Meeting. Each nominated JG will be honored by the CSLSA. The total amount spent to honor each agency JG will not exceed \$2,500.

## **JG PROGRAM GUIDELINES**

If a private JG program wishes to participate in the 2005 CSLSA events they need to:

1. Request by the Fall meeting for participation the next summer.
2. A letter from the private JG program's parent Agency/City and Lifeguard Chief/Captain addressed to the CSLSA Board in support of the JG program.
3. This letter should indicate their JGI's qualifications and training.

Del Mar, Turtle Guard has submitted the proper paper work and been approved for the 2005 season.

## **TIDEBOOKS**

Thanks to Mike, Carlsbad State, the Tidebooks are available.

## **USLA JG MEMBERSHIP**

The JG Membership continues to go well. Try to include this \$10 fee in your 2005 program registration.

Print the USLA logo on all of your 2005 JG program information. This is our " Good-house Keeping" seal of approval.

Mail your JG USLA registration checks and mailing list to:

JG USLA Membership  
P.O. Box 322  
Avon By the Sea, NJ 07717

## **WEB INFORMATION UPDATE**

Verify your Junior Lifeguard Program information during the Committee Meeting.

REENIE BOYER  
P.O. Box 1768 Newport Beach, CA 92658-9815  
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**2005  
CALIFORNIA SURF LIFESAVING ASSOCIATION  
JUNIOR LIFEGUARD  
POSTER CONTEST**

THIS YEAR WE ARE HAVING A BEACH SAFETY POSTER CONTEST FOR THE CALIFORNIA USLA JUNIOR LIFEGUARD MEMBERS.

THERE WILL BE A \$500 SAVINGS BOND AWARDED TO THE TOP "A" "B" AND "C" DIVISION CONTEST WINNERS.

JUNIOR LIFEGUARD COORDINATORS NEED TO SUBMIT (IN PERSON OR BY MAIL) THEIR ORIGINAL TOP 5 POSTERS (ANY DIVISION) TO THE JG CHAIRPERSON BY THE FALL CSLSA MEETING.

THE BACK OF THE POSTER MUST INCLUDE:

- JG' S FIRST AND LAST NAME
- DIVISION "A", "B" OR "C"
- HOME PHONE NUMBER
- HOME ADDRESS
- JG PROGRAM
- JG COORDINATOR'S NAME
- JG COORDINATOR'S PHONE NUMBER

THE POSTER SHOULD BE ONE-DIMENSIONAL AND THE SIZE MUST BE AT LEAST 8.5" BY 11" AND NO LARGER THAN 11" BY 17".

USE ANY MEDIUM TO CREATE YOUR POSTER (EXAMPLES: PAINT, PEN, MARKERS, CHALK, CRAYONS OR YOUR IDEA).

JUNIOR LIFEGUARDS ARE ENCOURAGED TO USE THESE BEACH SAFETY TIPS AS POSTER CONTEST ENTRIES:

- LEARN TO SWIM. IT'S FUN!
- CHECK WITH A LIFEGUARD BEFORE ENTERING THE WATER.
- SWIM NEAR A LIFEGUARD.
- NEVER SWIM ALONE.
- JOIN A JUNIOR LIFEGUARD PROGRAM.
- NEVER DIVE HEAD FIRST INTO UNKNOWN WATER OR INTO SHALLOW BREAKING WAVES.
- PROTECT YOURSELF FROM THE SUN, USE SUNSCREEN AND REAPPLY OFTEN.

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