

**JBLC Junior Lifeguard Competition Team 2013**

Click here for [WAIVER](#) and [APPLICATION](#)

**Objective:**

To specially train and sponsor a Junior Lifeguard “Competition Team” that will represent the Jones Beach Lifeguard Corps locally, regionally, and nationally at USLA sanctioned events.

**Program Overview:**

Jr Lfgd Comp Team training is held Wednesdays, 8:30 to 10:30 AM at East Bath House Ocean (EBHO).

Jones Beach Lifeguard Corps members will coach and train juniors for tournament skills. Coaches will be available to organize the Junior Lifeguard Competition Team at tournaments.

Tournament entry fees are to be paid by the competing Junior Lifeguard. USLA membership\* included for the competing Junior Lifeguard recognized on the Jr Lfgd Comp Team.

**NEW in 2012 continuing for 2013**

Specialized training for the new competition Bennett paddle boards– Thursdays, 8:30 to 10:30 AM

*(For Regional Championships and Nationals: tournament board use preference will be given to those*

*competitors who demonstrate competency at training sessions)*

**Competition Team ONLY Equipment:**

The Jr Lfgd Comp Team uses specialized equipment including Can Buoys and Bennett Competition Paddle Boards.

Competition Team T-shirts\* and latex swim caps\* are provided to all Jr Lfgd Comp Team members.

Team members may utilize their own wetsuits (at practice sessions) and swim fins.

**NEW in 2012:**

Competing Jr Lfgd Comp Team members may purchase team bathing suits at a discount. Purchasing a

team swimsuit is OPTIONAL, yet encouraged in order to portray a more organized and unified team.

**Female Swimsuit – Quantum Spliced Super Proback @ \$52.35**

**Male Swimsuit -Speedo Quantum Spliced Jammer @ \$34.30**

[Click here for bathing suit order form](#)

**BEANIES:**

Each Jr Lfgd Comp Team member attending Nationals *must have their own "Beanie"* †  
†NOTE – Beanies are mandatory for Nationals. We will have them available for purchase at \$15.00 each  
with an option for buyback Mid-August.

**Junior Lifeguard Competition Team requirements:**

**MUST be a participant in the regular Jones Beach Junior Lifeguard program**  
**Attend training sessions on time and prepared for rigorous physical activity**  
**Maintain a high level of focus to training and competing**  
**Dedication to "the Team"**  
**Follow coaches directions at all times**  
**Be on time and ready to compete at Tournaments (local, regional, national)**  
**The registration fee will be \$25.00\*, from all who have made the Jr Lfgd Comp Team roster.**  
**Checks to be made payable to: "JB Jr Lfgd Comp Team"**

**JBLC Junior Lifeguard Competition Team TRY-OUTS**

**How to apply:**

Visit [www.JBLC.net](http://www.JBLC.net) and click on "Jr Comp Team", download both the application and waiver forms

Have them completely filled out and signed by a Parent/Guardian and bring them to the tryout date

Wednesday, June 19, 2013, 4:00 PM at East Bath House Ocean, by the Lifeguard shack.  
Vehicle Parking in Field 6, walk west to East Bath House and then south to the seawall.

Click here for [WAIVER](#) and [APPLICATION](#)

Show up for tryouts ready for an ocean swim, sand run, pushups, and sit-ups  
Jr Lfgd Comp Team will be limited to 50 competitors (determined by tryout and team positions)

Review the schedule of Tournaments and commit to competing for the Jr Lfgd Comp Team

**Junior Lifeguards Competition Team tryouts:**

Wednesday, June 19, 2013 at East Bath House Ocean (Field 5) at 4:00 PM (after school) –  
IF you have a DIRE conflict you must email Bob Adler BEFORE 6/14/2013  
The final team roster for 2013 will be e-mailed to all those who try-out.

**Questions**

Contact: Bob Adler (Coach/ Head Trainer) at: (516) 249-0469 x2 weekdays or email:

**badlerclu@aol.com**

**John McShane (Coach/Assistant Head Trainer) at: (516) 521-5366 or email:  
jmcshane154@verizon.net**

### **Training and Competition Dates for 2013**

**[SCHEDULE](#) --- [pdf click here](#)**

**Wednesday 6/19 Team Tryouts**

**Week of 6/24 Training on Wednesday 6/26 and Thursday 6/27**

**Week of 7/1 - Training on Tuesday 7/2 (paddle board) and Wednesday 7/3**

**Week of 7/8 - JBLC competition Tuesday 7/9, Training on Wednesday 7/10 and Thursday 7/11**

**Week of 7/15 - Training on Wednesday 7/17 and Thursday 7/18**

**Week of 7/22 - Training on Wednesday 7/25 and Thursday 7/26**

**(tentative Regional Championship Competition at Sea Girt, NJ - Monday, July 22nd)**

**Week of 7/29 - Training Wednesday 7/31 and Thursday 8/1**

**Week of 8/5 - Nationals Manhattan Beach, CA Wednesday 8/7**

**Last day of training - Wednesday 8/14 – Enjoy the rest of your summer and swim safely!!!**

### **PARENT INVOLVEMENT**

**Your involvement is critical to the success of the competition team. In addition to all the things**

**you do to enable your child to participate on the team, the team needs your help. We need**

**parents to help with team tryouts (timing and recording of finish results), transportation of**

**equipment (can buoys and Bennett Comp Paddle Boards), assistance at competitions and also**

**for some fund raising to help make sure our team has the right equipment to compete at peak performance.**

**Please go to the Parent Volunteer link below and sign up to do your part to help with the team**

**organization. All help will be greatly appreciated.**

### **PARENT COMMITTEE**

**New in 2012 was the formation of the Jr Lfgd Comp Team Parent Committee to help relieve the**

**coaches of the administrative burden that comes with running a team. This allows the coaches to**

**concentrate on skill development during training sessions. The Parent Committee will work behind**

**the scenes to support the team's infrastructure. For example, ordering team uniforms, maintaining**

**the database of team members, communications, organizing volunteers, fundraising, etc. Please let**

**someone on the parent committee know if you are interested in helping the committee.**

**The 2013 Parent Committee members are:**

**Laura Baldassare - lenbrookelaura@aol.com**

**Douglas Russell – Dr-doug@msn.com**

**Katie Hobbes –**

**A word on Sponsorships**

**The Jones Beach Junior Lifeguard Competition Team would like to offer families, or combinations of families, the ability to sponsor a Bennett Competition Board and Bennett Transport Bag for the team. They may also design their own logo to be screened on the boards and bags. All parents are also asked to solicit local/national company sponsors. This will enable the team to utilize the Bennett Boards for some time in competitions and allow the team to possess boards for both training and actual Competitions only.**

# JUNIOR LIFE

## 200 compete in skills match at Jones Beach

About 200 junior lifeguards paddled, ran and, of course, swam yesterday in a sand and surfside tournament at Jones Beach that tested the skills they've learned as Long Island lifesavers.

Despite what was at stake — a chance to go on to regional and national competitions and bragging rights — a wave of esprit de corps flowed from contestant to contestant, organizers said.

"They're just ecstatic," said Jay

Liegey, a lifeguard at Field Beach and an organizer of the Lifeguard Competition. The annual extravaganza has in its history become a rite of summer for lifeguards. "When you're an a lifeguard, you like to compete. You're showing your prowess and how good you are."

The contestants, aged 9 to 17, are from 10 to five Island-based junior lifeguard programs. They are based at S



**The tournament included a paddleboard competition.**