



CALIFORNIA SURF LIFESAVING ASSOCIATION
Junior Lifeguard Committee
2005 SPRING ACTION

REGIONAL COMPETITION

2005 will be hosted by Long Beach July 22nd. The mandatory Coordinators meeting will be the evening of July 21st at the Competition site. . There was clarification that the B-10' and under and C-9' and under paddle boards need to be all soft.

CAL STATE GAMES

2005 will be hosted by Imperial Beach on July 15th. They are looking for a new San Diego host!

SANTA BARBARA FIESTA

2005 will be hosted in Santa Barbara on July 29th

SAN DIEGO COMPETITION

2005 at Mission Beach on July 8th.

NATIONAL COMPETITION

2005 will be in Virginia Beach on August 11th.

2005 TIDE BOOK COVER CONTEST

The Contest Rules are attached.

2005 JUNIOR LIFEGUARDS OF THE YEAR

JG Coordinators will bring a one page Bio and picture to the Fall CSLSA Meeting all programs can win a \$100 prize for entries.

JG PRIVATE PROGRAM REQUEST

Turtle of Del Mar Junior Lifeguards is approved for the 2005 season.

TIDEBOOKS

Additional Tide Books have been ordered for 2005 and will be distributed. Thanks to Mike S. we have a very special grunion guessing game for the Junior Lifeguards.

USLA JG MEMBERSHIP

Mail your \$10 registration fee and participants name and address to:

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

WEB INFORMATION UPDATE

Please e mail the JG Chairperson any changes.

HOT TOPICS

Possible Regional Rule changes proposed in the fall.

Stickers for all 2006 CSLSA JG's.

There will be a Junior Team from Australia this summer.

ROUND TABLE

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**2005
CALIFORNIA SURF LIFESAVING ASSOCIATION
JUNIOR LIFEGUARD
TIDE BOOK COVER CONTEST**

THIS YEAR WE ARE HAVING A TIDE BOOK COVER CONTEST FOR THE CALIFORNIA USLA JUNIOR LIFEGUARD MEMBERS.

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

JUNIOR LIFEGUARD COORDINATORS NEED TO SUBMIT (IN PERSON OR BY MAIL) THEIR PROGRAM WINNERS ORIGINAL ART WORK TO THE JG CHAIRPERSON BY THE FALL CSLSA MEETING.

THE BACK OF THE BOOK COVER 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 COVER SHOULD BE ONE-DIMENSIONAL AND THE SIZE MUST BE 5 ½ INCHES BY 4 INCHES.

THE BACKGROUND MUST BE WHITE WITH BLACK ART WORK IN ANY MEDIUM.

JUNIOR LIFEGUARDS ARE ENCOURAGED TO USE THESE BEACH SAFETY TIPS AS BOOK COVER 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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