

2017 Manasquan Junior Guards Information

Head Junior Guard Instructor:

Brent Shibla

manasquanjuniorguards@gmail.com

Manasquan Junior Guards 2017:

Friday June 30th to Friday July 27th.

Daily Schedule:

Daily practices will meet at Pompano 2 beach between the Whiting Avenue and Pompano Avenue entrances. Schedules for the daily workouts and routines are on the next page.

\$150

Competitive A's & C's will meet Monday, Tuesday and Friday 8:30-10:00 a.m.

Competitive B's will meet Monday, Tuesday and Friday 9-10:30 a.m.

Registration Fee includes all local tournament Fees (non-refundable if cancelled).

\$90

*Non-Competitive B's & Little Guards will meet Monday, Tuesday, and Friday 8:30-9:30 a.m.

*Non-Competitive A's and C's will meet Monday, Tuesday, and Friday 9:30-10:30 a.m.

Tournament Schedule:

Tournament Schedule 2017

Spring Lake- July 13th (Thursday)

Long Branch- July 18th (Tuesday)

Belmar- July 20th (Thursday)

Junior Guard Regionals – Wildwood July 25th (Tuesday)

Ocean Grove Mini Tournament-TBA

Manasquan- July 27th (Thursday)

Get to the tournaments by 8:30

All start at 9AM Sharp

2017 Manasquan Junior Guards

Weekly Schedule for Competitors

*Subject to change at times depending on the day

Monday:

A Group:

- Pre-Workout (Up To Instructor)
- Paddle Boards (Out/In's and Exchanges)
- Kayaks (Out/In's and Exchanges)
- Water Safety/Lifeguard Training

B Group

- Pre-Workout (Up To Instructor)
- Swimming (Out/In's and Exchanges)
- Distance Running/Run Relays
- Water Safety/Lifeguard Training

C Group

- Pre-Workout (Up To Instructor)
- Beach Flags
- Surf Dash
- Water Safety/Lifeguard Training

Tuesday:

A Group:

- Pre-Workout (Up To Instructor)
- Swimming (Out/In's and Exchanges)
- Distance Running/Run Relays
- Water Safety/Lifeguard Training

B Group:

- Pre-Workout (Up To Instructor)
- Beach Flags
- Surf Dash
- Water Safety/Lifeguard Training

C Group

- Pre-Workout (Up To Instructor)
- Paddle Boards (Out/In's and Exchanges)
- Kayaks (Out/In's and Exchanges)
- Water Safety/Lifeguard Training

Friday

A Group:

- Pre-Workout (Up To Instructor)
- Beach Flags
- Surf Dash
- Water Safety/Lifeguard Training

B Group

- Pre-Workout (Up To Instructor)
- Paddle Boards (Out/In's and Exchanges)
- Kayaks (Out/In's and Exchanges)
- Water Safety/Lifeguard Training

C Group

- Pre-Workout (Up To Instructor)
- Swimming (Out/In's and Exchanges)
- Distance Running/Run Relays
- Water Safety/Lifeguard Training

Non-Competitors:

Non-Competitors will be using the opposite lifeguard saving device from the Competitors on the assigned day.

For Example: When Competitor A's are using the Paddle Boards, the Non-Competitors will be using the Kayaks on Monday. They will then switch when the Competitors are finished.

They will also focus on Water Safety and Lifeguard Training at the end of their session.

Little Guards:

During the week they will mostly be getting accustomed to the ocean and getting used to various flotation devices. Each day will depend on what the Instructor wants and the comfort level of the Little Guard group.

Any questions, contact Brent Shibla via email:

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