

2016 Manasquan Junior Guards Information

Head Junior Guard Instructor:

Brent Shibla

manasquanjuniorguards@gmail.com

Manasquan Junior Guards 2016:

Friday July 1st to Friday July 29th.

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:

Spring Lake -July 14th (Thursday)

Long Branch - July 19th (Tuesday)

Junior Guard Regionals - Asbury Park - TBA

Belmar- July 21st (Thursday)

Ocean Grove- TBA

Manasquan -July 26th (Tuesday)

2016 Manasquan Junior Guards

Weekly Schedule for Competitors

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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