



JUNIOR LIFEGUARD NEWSLETTER

Ithaca-Caloundra City Life Saving Club Inc

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Welcome Back

I hope you all had a nice break over the Christmas and new year holidays.

The next few weeks will be extremely busy, finishing with the Skills Presentation Day (Carnival) on Sunday 9th March.

We are also changing the pool training days to be the first and third Tuesdays of the month, until the end of Juniors. Sunday training days will operate each Sunday until the Carnival.

Please take a note of the following dates.

Important Dates to Remember:-

Tues 29th Jan Tuesday Training Night
Sun 3rd Feb Sunday Training Day

Tues 5th Feb Clothes Night
Sun 10th Feb Clothes Day
(please bring clothes for survival swimming – both sessions)

Sun 17th Feb Sunday Training Day (TEST)
Tues 19th Feb Tuesday Training Night (TEST)
Sun 24th Feb Sunday Training Day
Sun 2nd March Carnival Practice (ALL JUNIORS)
Tues 4th March Tuesday Training Night
Sun 9th March Carnival

As there are only a few training sessions between now and the carnival, can I please ask if you can attend as many Tuesday nights and Sunday mornings as possible as we need to test the children and also provide as much training as possible before the carnival. All children will need to do a survival clothed swim and other testing to receive their swim and survive award at the carnival.

Rules

We have introduced a new rule, mainly pertaining to the Cadet Lifeguards. They are not allowed in the pool prior to their training session and advice given by the coach when they are ready to do pool work.

Also a reminder that Caps and shirts must be worn to all sessions (including pool training). This is a safety issue. If you misplace your cap, a replacement can be organised at a cost of \$10- each.

A qualified instructor co-ordinates all activities, however a parent or guardian is required to attend and monitor their child during all sessions. **Children cannot be left without a parent or guardian.**

Awards

We have five main awards for the Juniors and Cadets. They are as follows:-

- Junior Lifeguard of the Year Award (this is decided by the management committee)
- Cadet Patrol Award (this is from the log books of the club and pertains to the most number of hours patrolled)

We are seeking your input and nominations for the following awards:

- Life Saving Skills Award – Cadets
- Life Saving Skills Award – Juniors
- Most Improved Award

I have attached a nomination form, and I request that they be given to me by Sun 10/2/2008 so that they can go to the committee for decision. It is not a vote, purely a nomination, so if you see a junior that fits into one of these categories, please nominate them. No late forms will be accepted.

At the carnival this year, we will be requiring assistance with various positions. Please come and see me if you have a preference as the organisation has already commenced.

If you have any questions or concerns, please do not hesitate to contact me.

Lynda Barry
Junior Lifeguard Administrator
Phone : 0433 121 862