



February 9, 2015

Dear Cadet Applicant:

Thank you for your interest in the 2015 Junior Lifeguard Cadet Program. This program provides challenging experiences and advanced training to 16 and 17 year-old Junior Lifeguards who are interested in becoming Ocean Lifeguards. It is designed to maximize a Cadet's knowledge of LA County Lifeguard operations, ocean conditions, rescue techniques, physical training, surf racing, first aid, and CPR. Each Cadet will be expected to demonstrate leadership roles and assist JG instructors in training and teaching skills to various Junior Lifeguard groups. In addition, Cadets will participate in educational field trips and have the opportunity to work in Lifeguard towers with Ocean Lifeguards.

Prospective Cadets must be at least 16 years of age by July 1, 2015, and have at least two years of prior experience in the Junior Lifeguard program. Interested JG's must first complete a **500 yard pool swim in 7:00 or less**. We will be accepting USA Swimming, CIF or league official times.

After passing the pool swim test, you will be invited to the **ocean swim tryout on Sunday, March 15<sup>th</sup>**; all successful applicants will stay for an interview immediately afterwards (prior experience as a Cadet does not guarantee a spot on the 2015 Team). Program staff will contact your previous "A" instructor(s) to complete a candidate evaluation. *Every* component of the Cadet application process is scored, and candidates must achieve a score of 70% or higher to be eligible to make the team.

Applicants will be contacted by Wednesday, March 18<sup>th</sup> with results, and successful candidates will be invited to join the 2015 Los Angeles County Junior Lifeguard Cadet Team. Tuition will be refunded less a \$50 fee to cover uniform costs.

**The Cadet Application packet must be received by March 6, 2015.**

For questions, or to schedule a pool swim test, please call the Junior Lifeguard office at **(310) 939-7214**. Candidates should leave a message on our voicemail if calling outside of office hours. We will return your call to confirm the message was received.

**It is important that you complete this application process yourself. We expect Cadets to be capable leaders. Parental assistance is frowned upon during the application process.**

## Important Cadet Information

### *Cadet Application Requirements:*

1. Be at least **age 16 by July 1, 2015**
  2. Complete: **Junior Guard Registration and mail in payment**
  3. Complete: **Cadet Application** and send to: 2600 Strand, Manhattan Beach, CA 90266
  4. Include: a Photocopy of school **ID** or **Drivers License** with your application; and include a Photocopy of your **CPR certification**, if already certified.
  5. Provide: **1 Letter of recommendation** (New Cadet Applicants Only)
    - The letter must be academic-related and from your school. IE: teacher, principal, counselor.
- \*NO LETTERS FROM FAMILY MEMBERS OR LACOFD LIFEGUARDS WILL BE ACCEPTED\***
6. Provide: a brief, **signed letter of interest** (no more than one page) stating why you should be considered for the 2015 Cadet program.
    - **NOTE:** Cadets from 2014 do not need to re-submit a letter of recommendation, but they do need to send a new letter of interest.
  7. Complete **CPR Certification before June 19<sup>th</sup>**; you may be certified by any agency, but we recommend certification by the American Heart Association (AHA). Please take a five hour course for complete certification.

### *Pool Swim Test Requirement: 500yd in 7:00 or less (BE ON TIME!!)*

\*\*Please call the JG Office to schedule a swim test if you do not have an official 500 yard swim time\*\*

**Birmingham High School** (Van Nuys)  
Saturday, February 21<sup>st</sup> at **9:45 am**

**Cal Lutheran University** (Thousand Oaks)  
Friday, February 27<sup>th</sup> at **5:00 pm**

**Pierce College** (Woodland Hills)  
Tuesday, March 3<sup>rd</sup> at **6:40pm**

**Redondo Beach High School** (Redondo Beach)  
Saturday, February 28<sup>th</sup> at **4:45 pm**

**Santa Monica College**  
Wednesday, February 25<sup>th</sup> at **2:30 pm**

*Ocean Swim Test Requirement: 500m Pass/Fail; Ranked by Finish*  
**26<sup>th</sup> Street Tower, Manhattan Beach**  
**Sunday, March 15<sup>th</sup>, 2015 at 9 am**

*Interview Schedule: (All potential 2015 Cadets are required to interview)*  
**Lifeguard Training Center**  
2600 Strand, Manhattan Beach, CA 90266  
Sunday, March 15<sup>th</sup>, 2015; **11 am - 3 pm**

*There will be an opportunity to shower and change before the interviews. Hint: Look professional!*



**W** water  
**A** awareness  
**T** training  
**E** education  
**R** recreation



Los Angeles County Fire Department  
 Lifeguard Operations  
**Youth Programs**  
 2600 The Strand  
 Manhattan Beach, CA 90266  
 Phone (310) 939-7214  
 Fax (310) 939-7221

## APPLICATION FOR THE 2015 CADET PROGRAM

*PLEASE PRINT NEATLY!*

Name: \_\_\_\_\_ Age on July 1st: \_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Other Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

Cadet's Email address: \_\_\_\_\_

1. Years as a Junior Lifeguard: \_\_\_\_\_ at which Beaches: \_\_\_\_\_

2. Two most recent JG Instructor's names: \_\_\_\_\_

3. High School \_\_\_\_\_ Cumulative G.P.A. \_\_\_\_\_

4. Additional Skills and/or Training \_\_\_\_\_

5. Work experience: \_\_\_\_\_

6. Interests, Sports, or Hobbies: \_\_\_\_\_

7. List any activities which have involved you working with children (teaching, coaching, scouts, volunteer, etc)

8. School Reference for new Cadet applicants (list: name, relation & phone number; i.e. principal, teacher, counselor)

**NO LETTERS FROM FAMILY MEMBERS, PEERS OR LACoFD LIFEGUARDS WILL BE ACCEPTED**

**Your Returning Junior Lifeguard application must be sent in prior to applying for Cadets!**

**CADET APPLICATIONS MUST BE RECEIVED BY FRIDAY, MARCH 6<sup>th</sup>, 2015**

**MAIL CADET APPLICATIONS TO:**

**JUNIOR LIFEGUARD CADET PROGRAM**

**2600 STRAND MANHATTAN BEACH, CA 90266**

### INCLUDE WITH THIS APPLICATION:

- **A COPY OF YOUR DRIVER'S LICENSE or PHOTO ID, and A COPY OF YOUR CPR CARD**
- **ONE LETTER OF RECOMMENDATION FROM ABOVE LISTED REFERENCE (see CADET APPLICATION REQUIREMENTS)**
- **YOUR SIGNED LETTER OF INTEREST (see CADET APPLICATION REQUIREMENTS)**

-FOR OFFICE USE ONLY-

JG APP/FEE: \_\_\_\_ DL/ID: \_\_\_\_ CPR CARD: \_\_\_\_ LETT INT: \_\_\_\_ LETT OF REC: \_\_\_\_ INST EVAL: \_\_\_\_