

JR. LIFEGUARD CADETS

Information Meeting

1/7/2015

Lifeguard Training Center

CADET PROGRAM GOALS

- Give our best Junior Lifeguards the tools to excel in the Lifeguard Candidate Exam
- Prepare the JGs to succeed in the Lifeguard Candidate process
- Create a leadership corps within the Junior Lifeguard Program

Cadet Program Phases

1. Application/Try out
2. Preseason Training
3. Junior Lifeguards
4. Tower Shifts
5. Commencement

You must pass each phase before going to the next.

Application Process

1. Attend this meeting
2. Get Certified in CPR
3. Cadet Applications will be available on February 15th-
www.fire.lacounty.gov/lifeguard/lifeguard-youth-programs/
4. Register as a returning JG on March 2
5. Turn in a Cadet Application by March 6th
6. Complete a 500 yard pool swim in under 7:00
7. Try out at the Cadet Exam (500 yard surf race)
8. Interview (to follow surf race)
9. Attend Cadet Orientation

Pool Swims

■ Option 1

- Attend one of our 4 qualifying swims

■ Option 2

- Submit a recorded time prior to March 2014
 - CIF
 - USA Swimming
 - League

Application Process Tips

- All contact should be by applicants (NO PARENTS)
- Candidates will be scored on:
 - Instructor Evaluation
 - Ocean Swim
 - Interview

Cadet Training

- Each of the 7 training days are mandatory
 - March 25, 6:30pm (Orientation, LTC)
 - March 28, 8:00 am (LTC)
 - April 25, 8:00 am (Southern Section)
 - May 16, 8:00 am (Venice Division)
 - June 7, 8:00 am (LTC)
 - June 18, 8:00 am (Dockweiler Youth Center)
 - July 13, 8:00 am (LTC)
 - August 3, 8:00 am (LTC)

Cadet Training

- Physical Fitness
- Classroom Education
- Outdoor Context Training
- Exams

Cadet Service

- Swim Tests:
 - April 18 @ Culver City Plunge
 - May 9 @ Mira Costa HS
 - May 31 @ Pacific Palisades HS
- Uniform Distribution
 - TBD

Selecting Your Beach

- Priority to second year Cadets
- Beaches chosen based on rank
 - Total score from tests and races
- You may not get the beach you want!

Junior Lifeguard Cadets

- First JG Session (June 22-July 23)
 - Cadet assignments in Session 1 only
 - Cadets may volunteer for Session 2
 - Good opportunity for Community Service Hours

Junior Lifeguard Cadets

- Shifts are the same as Instructors
 - 8:00 to 12:00 for the AM session
 - 1:00 to 5:00 for the PM session
- Duties during the ½ hour before and after:
 - Set Up, Lesson Planning, Physical Fitness Training, Break Down/Clean Up, Supervision of JGs

Cadets in the Towers

- Evaluation by Instructors
 - Good Motivation
 - Excellent Communicator
 - Solid Skills
 - Strong Swimmer
 - Keen Rescue Sense
 - Aggressively Executes Rescues
 - No Disciplinary Issues

Cadets in the Towers

- Shifts are on Weekends
 - 11:00am to 5:00 pm
 - May be extended at OLS or Captain discretion
- Tower Shifts assigned by final class rank

Graduation

- September 12
 - If you complete each step, you will be invited to the Graduation
- Awards

Questions?
