



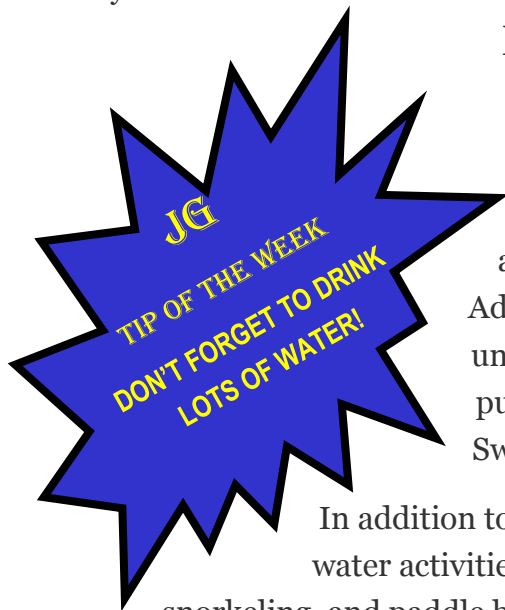
# JG WATCH

## Castaic Lake Jr. Lifeguard Newsletter Issue 1-2016

### SUMMER'S HERE!!!!!!

It's that time of year again and we are excited to announce what's new this summer. First we want to welcome our new Director, Steve "Scuba" Himes, who has been a huge part of the program for the last 20 years. He is bringing with him years of experience and great new ideas to the program. We also have two new Coordinators this summer; Mikaela Cowan-Smith and Heather Roney. Both girls have been a part of the program for over 8 years and cannot wait to start this Summer off with a

### BANG!!!



Location for uniform handouts will take place at the BISC at Castaic Lake. Additional items and uniforms are available for purchase such as Hats, Sweatshirts, etc.

In addition to all of our normal fun water activities, such as kayaking, snorkeling, and paddle boarding, we have purchased over 20 brand new stand up paddle boards (SUPs) for the Jr. Guards to use. We are happy to announce that Beach Day is back! We will be going to a new beach to enjoy the surf and the sun. Kona Ice will be here again at lunch on Thursdays. JG Competition 1<sup>st</sup> session will be at Bonelli Lake and 2<sup>nd</sup> Session will be at Santa Fe Dam. Regionals for those who qualify will be on Friday July 22<sup>nd</sup> at Huntington Beach.

### PARENT TIP OF THE WEEK:

JGs should try on the uniforms. No changing of uniforms once they have them!

### IMPORTANT DATES

#### \*Uniform Handouts\*

6/8, 6/9, 6/10 3pm-6pm  
6/11 12pm-5pm

#### \*Last Try Out\*

Saturday, 6/11 9am-12pm

#### \*Parent Orientation\*

Saturday, 6/11 6pm-7pm

#### \*1st Session\*

June 13<sup>th</sup>- July 7<sup>th</sup>

#### \*2nd Session\*

July 11th-August 4th

#### \*CASTAIC JGS #1\*

### JG Must Haves

- \*Healthy lunch & plenty of snacks
- \*Jug of water (1/2 gallon-gallon)
- \*SUNSCREEN.
- No colored zink.**
- \*Running shoes & sandals
- \*Towel

### REMINDERS

- \*Physical forms must be turned in before JG may start he program



Enriching Lives...