

# Avon Junior Lifeguards 2025 Registration Form

Name of participant \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Address \_\_\_\_\_

City / State/ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_

Phone - Best - Whom \_\_\_\_\_

Phone - Other - Whom \_\_\_\_\_

Email \_\_\_\_\_

**INFORMATION:** Sessions begin Monday June 30th to Wednesday July 30th and meet Mondays and Wednesdays 9:30-11 am at Norwood Ave Beach in Avon. If necessary, it is okay to miss sessions. Please bring a towel, water, sunscreen, and wear the JR Guard bathing suit and rashguard that will be provided early into the season. COST \$160. Please make checks out to "Borough of Avon" and drop off at Lifeguard HQ on Sylvania Ave OR drop off or mail to, 301 Main St. Avon, NJ 07717. Contact Lifeguard Caroline Finnigan @avonbytheseajrguards@gmail.com **AGES: 8 (7 if good swimmer, almost 8) to 15 – 16**

**REMIND APP→Very important you must sign up or you will receive no updates.** We will be using the REMIND app for ALL updates: Practice Cancellations, Tournament reminders, etc. This is also the quickest and easiest way to get in contact with coaches. The app is free of charge, the code to join is @ avonjr2025 or :

To sign up for AVON JUNIOR GUARDS 2025 notifications, please visit

<https://www.remind.com/join/avonjr2025>

## **Uniforms→READ CAREFULLY**

**Uniforms:** Boys receive rashguard and board shorts. Girls receive rashguard and **EITHER a two-piece bikini or one piece**

**Rashguards** (Boys AND Girls!) Adult sizing only XS S M L XL 2XL(tend to be tight fitting – adult sizing only)

**BOYS Boardshorts:** Orderd through us ONLY. Youth S M L XL Adult: 30 32 34 36 38 40

## **GIRLS Bathing Suits Only**

For on time registration we will be using Jolyn suits and ordering through them. Late registrants will be provided their suits through us. Go to Avon Junior Guard Store or

<https://jolynclothing.tuosystems.com/stores/avonjg25>

Enter the password AvonJG25. The Discount Code asked for is the exact same thing. You do NOT pay anything here. Suits WILL NOT be shipped to you but instead to the embroiderer. STORE OPENS ON Monday March 31st AND CLOSSES ON Monday June 9th !!!! After that

there is late registration only, AND THEY WILL NOT RECEIVE THE SAME SUITS.

**By signing this form, I hereby permit my child to participate in the Junior Lifeguard Activities. I voluntarily and knowingly acknowledge the inherent risks associated with this activity, including but without limitations, the potential for bodily injury, sickness and illness. I hereby release, waive and covenant not to sue the Borough and its employees in the event my child suffers any bodily injury, sickness and illness. My child and I agree to be bound and abide by rules, regulations and policies of the Borough including any special COVID 19 rules and restrictions set forth by federal, state or local governments.**

X\_\_\_\_\_

Signature of Parent/Guardian Date

## **Junior Lifeguard Tournaments!**

The tournaments are fun, friendly competitions for ALL Jr guards to participate. Each tournament has there own events but they usually consist of a distance run, a run swim run, paddleboard races, swim races (just swimming and using the rescue torpedos), and relay races for swimming and short distance sprinting. They are topped off with pizza and a cool t-shirt or other merchandise. It is a fun environment and a great way to improve and show off skills to other towns :) Let us know if you have any other questions!

## **Schedule 2025**

Practices are every Monday and Wednesday from 9:30 am to 11am @ Norwood beach.

\*Schedule is subject to change, updates will be provided through the remind app/via Sunday nights email detailing the agenda for the week

THESE ARE THE TOURNAMENT DATES FOR THIS YEAR:

Spring Lake- 7/8

Long Branch- 7/10

Belmar- 7/17

Ocean Grove Mini- 7/22

USLA Mid-Atlantic Regionals (Sea Girt)- 7/23

Manasquan- 7/24