



To: All Mid-Atlantic Region Junior Lifeguard Program Directors

We welcome you to compete in the 2010 Mid Atlantic Junior Lifeguard Regional Championships in Sea Girt, New Jersey. The actual site of the competition will be on the National Guard Training Center Beach, which is a state military beach located within the Borough of Sea Girt. This large beach is a perfect spot to host the tournament because of its size and parking availability. It is more of a natural beach - large dunes, no boardwalk, no food concession and the bathrooms and showers are located at the sand ramp entrance to the beach.

Please notify your parents, teams and people that are coming to watch that they should bring their own food and drink. Lunch will be provided for the competitors and officials only. Please let them know that they will approach a "main gate" that they will drive through to gain access to the base. They will need to stop, identify themselves and proceed into the base and towards the beach. There is ample parking at the site.

Attached to this letter are directions on how to get to Sea Girt and the National Guard Training Site. These directions must be printed out and given to all parents or vehicles to gain entry on to the base. There is also a Release and Waiver that was not sent out with the initial mailing. **THIS MUST BE SIGNED AND RETURNED WITH REGISTRATION FORMS. NO ATHLETE WILL BE ABLE TO COMPETE WITHOUT A COMPLETE FORM.** I am also attaching the registration form again for your convenience. It is also posted on our website at [www.seagirtbeachpatrol.org](http://www.seagirtbeachpatrol.org)

If you have any questions please do not hesitate to call either myself or Megan Harris, Junior Lifeguard Director at Lifeguard Headquarters at 732-449-4774 extension 17.

In closing, we look forward to seeing you on Monday. I hope you will find your visit to our beach an enjoyable one. Sea Girt is extremely supportive of its Junior Lifeguard Programs and many of our lifeguards are former Junior Lifeguards. We are responsible for 1.8 miles of beach including the National Guard Training Center Beach where you will be competing.

Sincerely,

*Timothy Harmon*

Timothy Harmon  
Chief of Lifeguards  
Borough of Sea Girt, NJ

*P.O. Box 55 Sea Girt, New Jersey 08750*

[www.SeaGirtBeachPatrol.org](http://www.SeaGirtBeachPatrol.org)

*732.449.9335 LG HQ 732.449.4774 JR LG HQ 732.449.9162 fax*



## **2010 Mid Atlantic Regional JUNIOR LIFEGUARD CHAMPIONSHIPS Waiver and Release of Liability**

In consideration of participation in the Mid Atlantic Regional Junior Lifeguard Championships, the undersigned:

1. Acknowledged and fully understands that each participant will be engaging in activities that involve risk and injury to themselves.
2. Assumes any and risks of personal injury to the minor and authorize the Sea Girt Lifeguards to contact or render any medical treatment that may be deemed necessary for the minor. I (we) give authorization to a physician to treat or render emergency medical treatment when necessary. If such medical treatment is necessary, I agree to pay all medical bills relating to injury arising from participation in the event or activity.
3. Release, waive, discharge, and convent not to sue the Borough of Sea Girt, The Sea Girt Lifeguards, The National Guard Training Center of Sea Girt, their respective administrators, directors, coaches and any other employees or volunteers of these organizations, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessees of premises used to conduct the event , all of which are hereinafter referred to as "releasees" from any and all liability, loss, damage, claim, demand, or cause of action against those attributable to the minor's participation in the event or activity, whether same shall arise by their negligence or willful or wanton misconduct of one of those individuals or organizations.
4. Warrant that the minor is in good health and has no physical condition that would prevent the minor from participation in the event or activity.

I/We have read the above waiver and release, understand that we have given up substantial rights by signing it and sign voluntarily.

I the parent/legal guardian, consent to the minor's participation in the Sea Girt Junior Lifeguard Program.

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Parent's or Guardian's Signature

Date

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Minor's Name Competing

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## Directions to Sea Girt and the National Guard Training Center Beaches

Garden State Parkway to Exit 98. Get on 138 East and follow all the way to the end. At the end of 138, take Route 35 south and head towards Sea Girt. Once you get on Route 35, you will head south to the fifth traffic light. This is a few miles from the exit. The cross street is Sea Girt Ave. and Route 35. You will make a left on Sea Girt Ave. and proceed east towards Sea Girt. You will go through two traffic lights.

At the second traffic light, which is Route 71 and Sea Girt Ave. you will proceed straight through, go over the railroad tracks and bear right into the National Guard Training Center. It is possible that there may be a Police Explorer or Officer there to help direct you in. If not you will see the entrance to the camp.

Proceed to the Gate/Guard House and identify yourself as Competitor/Coach/Parent of the Competition.

Please note, you are entering a state military facility and you must adhere to the posted speed limit, drive directly to the site and most importantly:

**PRESENT THIS FLYER TO THE GATE/GUARD HOUSE FOR ENTRY ON TO THE BASE.**

Coaches – please make sure you parents and vehicles have these directions as they will need them to enter.

Lifeguard Headquarters 732.449.9335  
Sea Girt Police 732.449.7300

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**2010 Mid Atlantic Regional  
JUNIOR LIFEGUARD CHAMPIONSHIPS  
Registration Form**

**Date:** Monday July 26, 2010  
**Rain date:** Monday August 2, 2010  
**Entry Fees:** \$20.00 per competitor received by July 21, 2010  
 Includes lunch, drink and t-shirt  
 \$25.00 per competitor received after that date.

**No Refunds will be given if the Championship is cancelled – you will receive your t-shirts**

**Location:** National Guard Training Center Beach: Borough of Sea Girt  
**Registration:** 8:30-9:30am First Event to start at 10am

ATTACHED YOU WILL FIND A WAIVER FORM. PLEASE MAKE AS MANY COPIES AS NECESSARY. A **WAIVER FORM, SIGNED BY A PARENT**, MUST BE RETURNED TO THE LOCAL JR GUARD COACH.

THE COACH OR DESIGNEE SUBMITS REGISTRATION FORMS IN BULK.

ON THE ENCLOSED REGISTRATION FORM, PLEASE FILL-IN ALL THE INFORMATION FOR EACH COMPETITOR AND RETURN WITH **ONE CHECK OR VOUCHER** TO COVER ALL ENTRY FEES TO:

USLA JR. LIFEGUARD CHAMPIONSHIPS P.O. BOX 55 SEA GIRT NJ, 08750

MAKE CHECKS PAYABLE TO "SEA GIRT JR. GUARDS".

LIST A TOTAL FOR SHIRT SIZES WITH YOUR ENTRY PACKET. REQUESTS WILL BE HONORED IN THE ORDER THEY ARE RECEIVED.

Team: \_\_\_\_\_

Print Name: \_\_\_\_\_

Sign (**parent if under 18**): \_\_\_\_\_

Winter Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (emergency#) \_\_\_\_\_

CELL# \_\_\_\_\_ Male/Female \_\_\_\_\_

Category (AA, A, B, C): \_\_\_\_\_ T-Shirt size (S-M-L-XL): \_\_\_\_\_

Age as of July 26<sup>st</sup> 2010: \_\_\_\_\_

NOTE: This competition is open to only bonafide U.S.L.A. Agencies  
You must have a Junior Lifeguard Program and the competitor have current membership in the U.S.L.A.

We reserve the right to reject teams, or individuals, who do not meet this criteria. Also **coaches along with their staff are to supply direct help running this event.**

**THIS FORM MAY BE REPRODUCED.**

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