

# Splash Aquatics

## Welcome to our Junior Lifeguard training program!

### Program Goals:

To get each swimmer ready to pass their Junior Lifeguard test by:

- teaching them proper stroke technique for the freestyle
- teaching quick touch turns and fast streamlines
- improving their cardiovascular conditioning
- instruction on how to tread water efficiently
- teaching them the easiest way to swim under water for 10 yards
- weekly assessments in all 3 requirements

Here are some [FAQ's](#) we get from parents each year:

### **Is class ever cancelled?**

Yes, **CLASS WILL BE CANCELLED ON FRIDAY April 22nd**; we will not be testing that week. We DO swim in the rain, and will only cancel workout if there is lightning.

### **What should they wear?**

Caps: Everyone wears a team cap, please **put your swimmers name on their cap** so we can learn their names and address them by name during workout. Extra caps cost \$4.00. We do have caps and goggles to borrow if they forget their equipment one night.

Girls: Swimsuits that are one piece and have straps that cross in the back.

Boys: Jammers or speedo's, the team sells suits for \$25 if you can't find one. The boys will want to wear their board shorts at first, no problem.

### **Should they come to workout dressed warm?**

**No.** If they come dressed for a blizzard the water will feel like ice. Let them come to workout with sandals, no pants, just a sweatshirt to keep warm. This will help to lower their body temp and the water will feel warmer. The water is heated to 80 degrees all year long. Bring warm clothes and shoes for the ride home. Some parents in the past have brought hot coco and even warm towels from the dryer to make getting out of the pool easier. Rash guards are permitted but not recommended.

### **Is there a place to change?**

Yes there are locker rooms right off the deck. They may shower before they go home, the coaches will lock the doors to the locker rooms at 8:40. I encourage parents of girls to accompany their daughters into the locker rooms so that you can leave out the side door together when they are done. Dad's you are also welcome to stay with your boys in the locker room to make sure they are actually showering and not messing around.

### **Do we have to attend all 5 days?**

No, just come as much as you can. After the first test day I will advise all the swimmers as to how much they should be coming. If you can't make it to work out one night you don't need to contact us. If your swimmer will be gone for an extended period of time please notify us.

### **What about dinner?**

Try to eat about 5:30. Some kids eat half their dinner before workout then finish their dinner when they get home. Swimming makes you hungry!!

### **Do we have to test on Friday's?**

I want them to as much as possible. I will start to group them according to how fast they are. Testing will show if their efforts are paying off or if they need to attend workouts more often. We will test them in all 3 requirements each Friday. We start right at 7:00 with the 100 yard swim, then move to the underwater swim for 10 yards, and finish with the 5 min tread. If you are only interested in the 100 yd swim then leave after you are done. Workout will be done early on Friday so please don't drop off your swimmer we encourage you to stay and cheer them on.

**Is there another day besides Friday that we can test?** NO, Friday at 7:00 is it!

**Do we have to stay during workouts Monday - Thursdays?**

Parents are welcome to stay or drop off their kids. We have your emergency cards on the pool deck at all times if we need to get in touch with you. **Parents must sit in the bleacher area during workouts. Please do not talk to your swimmer or the coaches during workout.** Save questions or concerns for after workout.

**Any more questions?** Email is the best way to talk to me. Each weekend we will do our best to post the results from Friday's testing on our Splash Website, [splashaquatics.com](http://splashaquatics.com). I hope your kids enjoy our program. The coaching staff is available for private lessons if you feel that your child is falling behind or you would like some one on one instruction.

THANKS FOR BEING PART OF OUR SPLASH PREP PROGRAM! 😊

Cynthia Bandaruk  
Head Swim Coach  
Splash Aquatics  
[splashsport@dslextreme.com](mailto:splashsport@dslextreme.com) (email)  
(714) 775-0212