



Flagler Beach Competition Camp

This camp experience involves lifeguard competition skills training is open to participants who are interested in being part of the Flagler Beach Junior Lifeguard Competition Team. Camp activities will focus on official Junior Lifeguard competition events. All participants will have the opportunity to compete in a Junior Lifeguard Regional Competition on July 28th at Flagler Beach and the Junior Lifeguard national competition on August 8th at Virginia Beach.

The Junior Lifeguard Competition Camp involves deep water swimming activities conducted in a lifeguard supervised environment. In order to participate in such activities all prospective students **must** demonstrate the minimum skills required to insure their safety. **These skills include (1) swimming 100 yards in deep water in less than 2 minutes 30 seconds, (2) treading in deep water for two minutes, and (3) retrieving a submerged object from a depth of 5 feet.**

Competition Events:

Beach Flags, Surf Rescue Relay Race, Distance Run, Distance Swim, Run-Swim-Run, Paddleboard Race, Swim Relay Race, Junior Iron Guard Race, and Run-Swim-Paddle.

Age group Categories:

"A" Division - 14 and 15 years of age as of July 1 of the current year

"B" Division - 12 and 13 years of age as of July 1 of the current year

"C" Division - 9 to 11 years of age as of July 1 of the current year

2018 PROGRAM DATES

Saturday Competition Camp	June 2, 9, 16, 23, 30	9:30am – 12:30pm **
	July 7, 14, 21	9:30am – 12:30pm **
	August 4	9:30am – 12:30pm **
Regional Competition	July 28	All day at Flagler Beach
National Competition	August 8	All day at Virginia Beach

2018 PROGRAM FEES \$80.00 per week

For more information:

Web site: www.cityofflaglerbeach.com