

March 12, 2010

Media contact: Curt Preisser, 941-861-5884; cell 941-650-2883; cpreisser@scgov.net

Project contact: Sarah Caldabaugh, 904-955-8505; scaldaba@scgov.net

Junior Lifeguard tryouts scheduled for March and April

The Sarasota County Lifeguard Service will hold open tryouts for the Junior Lifeguard Program from 9-11 a.m. Saturday, March 27, and Saturdays, April 10, 17 and 24, at the Arlington Pool and Aquatic Center, 2650 Waldemere St., Sarasota.

The two-week Junior Lifeguard program trains participants in the areas of water safety, rescue techniques, marine life, lifeguard competition events, surfing, CPR and other beach activities. The program is taught by certified lifeguards and emphasizes values of teamwork, discipline, responsibility and respect for the ocean and environment in a fun atmosphere. The cost of the program is \$150 and includes a \$25 non-refundable registration fee, rashguard, T-shirt, duffle bag, whistle and a membership in the United States Lifeguard Association.

“The Junior Lifeguard program is a great way for kids to learn teamwork, discipline and responsibility,” said Sarah Caldabaugh, Sarasota County lifeguard. According to Caldabaugh, having fun is a big part of the program. “When a 12-year-old tells you this was the most fun they have had on the beach and you know they have learned skills that could save a life, that means you have a winning program.”

Participants from ages 9-17 must successfully complete a tryout to enter the camp that includes a physical endurance test. They must also be able to swim at least 100 yards in two and one-half minutes as well as treading water for at least five minutes.

Applicants can apply for tryouts online by visiting the Sarasota County Web site at www.scgov.net and selecting “L” (for Lifeguard Operations) in the County A-Z search engine.

For more information, contact the Sarasota County Call Center at 941-861-5000 and ask about the Junior Lifeguard program.

-end-