

Jones Beach Lifeguard Corps
Junior Lifeguards
Competition Team

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____

DOB: _____ Age: _____

Parent(s) / Guardian(s) Name(s): _____

What swim team(s) have you swam for and dates (from/to) with each team?

What is your current time for 100-yards freestyle? _____

What is your time for a 1-mile run (with sneakers on the road)? _____

How many push-ups can you do in a minute? _____

How many sit-ups can you do in a minute? _____

T-shirt (adult) size? XS Sm Med Lg XL

Please bring this form filled out completely with you to the Junior Lifeguard Competition Team tryouts on Wednesday, June 21, 2006 at 4:30 PM at Jones Beach East Bath House Ocean (EBHO). Park at the far west side of Parking Field 6 and walk west towards the East Bath House, then south to the round Lifeguard shack off the sea wall.

If you have questions: please contact Bob Adler (Team sponsor and head trainer) at: (516) 249-0469 x23 days or email: badlerclu@aol.com