



# Junior Lifeguard Newsletter

Session 3 - Week 2, 2025

Our second week of Junior Guards has been lots of fun! When the JG's weren't catching waves on their surfboards or bodyboards, they played high-energy games of Beach Flags, Volleyball, and Jail Break. Pier jumps were a hit on Monday, as well as rides on the 8-person Raptor Board seen below!



JG instructors covered many important topics with their classes this week:

- First Aid: lacerations and bleeding
- How to treat a C-Spine injury
- Oceanography: tides and marine life
- CPR
- Responding from the tower to prevents, rescues, and ordinances
- Tower 0 operations



On Friday, the Cal State Long Beach Shark Lab will visit our JG's and discuss shark behavior and marine conservation. This presentation is always a favorite among our JG's!



Next week is the final week of Session 3. On Friday, August 15, the JG's will receive their photos and enjoy a fun potluck. Feel free to send snacks or beverages for your JG to share with others. Awards will be handed out in front of Marine Safety Headquarters. Parents are invited to attend the awards ceremony:

**11:15 am for AM Session / 3:15pm for PM Session**

Be sure to stop by Ole Hanson Beach Club tonight for live music, swimming, and food provided by Hapa J's!

Register online:

[www.san-clemente.org/events](http://www.san-clemente.org/events)



## UP NEXT WEEK!

- Pier Jumps are TBD, pending surf conditions. Visit [www.san-clemente.org/jg](http://www.san-clemente.org/jg) for the schedule.
- **8/13** Lt./Capt./Cadet Dolphin Safari Field Trip
- **8/14** Free Beach Concert at San Clemente Pier

## City of San Clemente JG Lieutenant, Captain, and Cadet (LCC) Program

We had 23 JG's participate in our LCC Program in Session 3. In addition to serving as instructor assistants and role models for younger JG's, Lieutenants, Captains, and Cadets have the unique opportunity to further their ocean safety and lifesaving skills.

"My favorite part about the LCC Program is that it gets me more comfortable in the water and teaches me how to save people."

-Cadet Sebastian Crilly

Every Thursday morning, LCC's meet with JG Coordinator, Jesse Augenstein, for specialized lifesaving training sessions. Today, the LCC's started the day with a challenging morning workout, consisting of a beach run and burpees, followed by in-depth instruction on CPR and ocean rescues.



This afternoon, cadets met with Lieutenant Sean Staudenbaur to learn what it takes to become an ocean lifeguard with the City of San Clemente.



Following their meeting with Lieutenant Staudenbaur, the cadets spent the rest of the day shadowing tower guards. One cadet even had the opportunity to ride "shotgun" in a lifeguard jeep patrolling the beach.

"The most important lesson I've learned is always being alert and making sure people are safe in the water." – Cadet Sean Porter



"My favorite part is meeting all of the people, both lifeguards and other LCC's. CPR was a really good lesson." – Cadet Aiden Adams

So, no matter if your child is a Ripper or a JG III, we hope they will consider trying out for the LCC program, so they too can learn more about ocean safety and open the door for a future rewarding job in lifeguarding!

"I learned more about lifeguarding and made good connections with the department."

– Cadet Dexter Watson