

## 2012 Comp Team

The Comp Team is an additional activity from the Junior Guard Program. Our Comp Team will practice and train with our youth aides and various instructors. It's tailored to kids that enjoy physical fitness and want to develop their athletic skills. The workouts are challenging. The Comp Team is a big part of our recent success in competitions. We have one won California State Games 3 years in row and have had many kids place in both Regionals and Nationals.

The Comp skills range from swimming, running, paddling, mock rescue or a combination of all. We put a lot of emphasis on technique and drill. Workouts are always challenging and always different.

**Comp Team will practice Tuesday and Thursday in the morning from 8-9 am** before the regular Junior Guard program starts.

**We will be training on some Saturday mornings from 8-9 am during the preseason (dates TBA)**

### **Fees:**

USLA & CSLA membership: \$10.00

Cal State Games: \$10.00

Regionals: No fee

**\*All Comp Team participants will have to become a USLA & CSLA member.**

Checks are made out to **SSJG Association**

### **Competition Dates:**

SSSB Mini Comp: TBA

Cal State Games: July 19<sup>th</sup> at Coronado City Beach

Regionals: July 27<sup>th</sup> at Newport Beach

Southland: TBA

### **Competition Age Divisions:**

"AA" Division: 16 – 17 years of age as of July 1<sup>st</sup>

"A" Division: 14 – 15 years of age as of July 1<sup>st</sup>

"B" Division: 12 – 13 years of age as of July 1<sup>st</sup>

"C" Division: 9 – 11 years of age as of July 1<sup>st</sup>