

## Comp Team

Comp Team is an additional activity from the Junior Guard program. It's tailored to kids that are competitive and enjoy physical fitness. Comp team participants have an opportunity to compete in 3 extra competitions apart from our annual competitions between Coronado and Imperial Beach.

Our training focuses on specific skills to get the kids ready for competition. Each child has a choice on what type of events they will do. Based on that choice they will train with a specific group, so the team can grow and improve together.

The Comp skills range from swimming, running, paddling, mock rescue or a combination of the swimming and running.

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

**Also, We will be training on the following Saturday mornings (4/23, 5-14, 5-28, 6-4, 6-18)**  
**We will have Regionals at Pacific Beach on 7/22 and California State games at Coronado on 8/4.**

### Fees:

USLA & CSLA membership:	\$10.00*	Due ASAP with USLA Application
Cal State Games:	\$10.00	Due June 29 <sup>th</sup>
Regionals:	No fee	Due July 7 <sup>th</sup>
Nationals:	\$15.00	Due July 22 <sup>nd</sup> with Nationals Entry/Waiver

form

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

Checks are made out to **SSJG Association**

### Competition Dates:

SSBS Mini Comp:	TBA
Cal State Games:	August 4th
Regionals:	July 22nd
Nationals:	TBA
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>