

2025 ABJG Parent Info Packet

Purpose of Parent Info Packet

To thoroughly inform parents of all the important details and expectations—both big and small—regarding the 2025 ABJG Summer Experience, ensuring our JGs and Menehunes have a safe, fun, and memorable summer.

PLEASE READ THE ENTIRE PACKET

I. **The Missions**

- A. Program
- B. Instructor Team
- C. Junior Guards
- D. Parents/Guardians

II. **Group Goals**

III. **Chain of Safety Support**

IV. **Required/Recommended/and Voluntary Gear**

V. **HYDRATION and Snacks**

VI. **Drop-Off and Pick-Up Points** (MUST READ)

VII. **Expectations of Parents**

VIII. **Competitions** (Dates, Philosophy, etc.)

IX. **MOST IMPORTANT**

- A. ALL JGs Swim
- B. ABJG Behavior

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I. MISSIONS

A. ABJG PROGRAM Mission:

To provide the youth of our community with a supportive environment and a team of experienced instructors who introduce them to ocean safety, coastal stewardship, and lifeguard skills—reinforcing the values of self-respect, teamwork, and viewing challenges as opportunities to be and do their best.

B. INSTRUCTOR and AIDE Team Mission:

SUPPORT SAFE STROKE for our JGs and Menehunes with respect, empathy, mindfulness, and kindness.

C. JG and Menehune Mission:

Be Safe. Have Fun. Be and Do Your Best.

D. PARENT Mission:

We encourage you to support your JG or Menehune daily and to trust and respect the ABJG Program process. With 25 years of dedication to our mission, we are committed to providing your child with an unparalleled experience that fosters growth in all aspects: 22 socially, physically, mentally, and emotionally.

II. GROUP GOALS

○ MEHEHUNE Beach Camp

*To introduce 6 - 8 year old children to the beach environment in a super enthusiastic, fun, and supportive manner by way of adventures, team-building activities, and more. Our thought. Provide an experience for the Youngers where they can watch with wonder and ambition, the JG Experience from a distance. ***(THIS IS NOT A JG PROGRAM)***

○ C-Group

To introduce 9 - 11 year olds to the amazing world of ocean front swimming, paddling, running, and more, in a manner that builds self-confidence, respect for water safety, and spatial awareness in dynamic environments.

○ B-Group

To build and strengthen the foundational skills learned in the C-Group in a manner that fosters self-respect, respect for others, and the opportunity to discover what they are capable of achieving.

○ A-Group

To introduce 14 - 17 Year olds to the Pre-Lifeguard Academy expectations, education, and tempo, while maintaining the STROKE of the ABJG Program.

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III. CHAIN of SAFETY SUPPORT

A. DIRECTORS

1. Phillip Toriello - Executive Director

Certified USLA Lifeguard who has been with the ABJG Program since its inception in 2001. Father of 1.

2. Jon Harmse -

Certified USLA Lifeguard who has been with the ABJG Program since 2018.

3. Alex Newland -

Certified USLA Lifeguard and teacher who has been with the ABJG Program for 3-years. Previously with Cal State Lifeguards. Mother 3.

B. Lead Instructors - All leads are USLA Certified Open Water Lifeguards

BLUE Rashguard & Black Shorts - Yellow Rescue Can/Red First Aid Pack/Fins/Whistle

C. ABJG Aides

YELLOW Rashguard & Black Shorts and Yellow Rescue Can

IV. REQUIRED/SUGGESTED/VOLUNTARY GEAR

A. **REQUIRED DAILY** for **SAFETY** purposes - *uniformity for identification*

1. JG/MENEHUNE Uniforms (**NO Pajamas!**)

a) ABJG or Menehune Program Issued T-Shirt/Sweatshirt/Hat

b) **NAVY BLUE** Boardshorts

- (1) Can be any brand,
- (2) Can be purchased at location of your choice,
- (3) We have discounts at GH Sports in SLO

B. SUGGESTED GEAR

1. Towel
2. Backpack
3. Sunscreen - *PUT ON BEFORE COMING TO BEACH*
4. Jammers - *under board short 3/4 length speedo. Prevents sand rashes.*

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C. VOLUNTARY GEAR

1. Wetsuit for Warmth - *little bodies are low in body fat. Our swims are not long, but some kiddos get colder more easily.*
 - a) Spring suits or full suits
 - (1) Spring suits (AKA 1/2 suits) - are recommended for ease on and off while on the sand.
 - b) Any of our local surf shops. Mention ABJGs for potential discount.
2. Rashguard - great for additional sun protection.

NOT RECOMMENDED FOR SWIMS. These do not provide warmth, but increase drag. Increased drag weighs down the swimmer and prolongs the swim.

V. HYDRATION and SNACKS

A. HYDRATION

1. **WATER before JGs. WATER during JGs. WATER after JGs.**
2. We DO NOT ADVOCATE or ADVISE PRIME, or any other sports drinks as they are filled with other ingredients and do not adequately hydrate for the level of output that JGs do each day.

B. DAILY SNACKS are ADVISED - *light and nutrient rich.*

1. Whole Foods - low protein/low carb based, as protein will weigh down during exercise.
 - a) Fruit - Apples, oranges, dried mango, etc.
 - b) Vegetables - carrots, bell peppers, etc.
 - c) Sliced turkey (no bread)
 - d) Etc.
2. PLEASE DO NOT send your kiddo to JGs with Takes, Flaming Hot Cheetos, or other low nutrient, high sodium snacks that have the potential of contributing to dehydration, and inadequate nutrients.

VI. DROP-OFF and PICK-UP (*two different locations*)

A. DROP-OFF

1. TIME: 8:30 a.m. - 9 a.m.:
2. LOCATION: Swings closest to the Avila Pier in Avila Beach, Ca
 - a) *We welcome parents to stay for the Opening of Each day as it is filled with messages, accolades, and more.*

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B. PICK-UP **(THIS IS VERY IMPORTANT)**

1. TIME: **12 p.m.**
 2. **LOCATION:** at Freight Containers in the **MAIN PARKING LOT** near the Post Office.
 - a) NEED to pick up at this location unless you have secured a parking spot up top.
 - b) ABJG Instructor/Aide Team will monitor JGs/Menehunes until 12:10 pm.
- (1) **The FIRE LANE** near the swings (Drop-Off Location) **is NOT AN OPTION** as it violates local laws, causes traffic, and will compromise our relationship/agreement with Port San Luis Harbor District.

VII. EXPECTATIONS OF PARENTS

A. COMMUNICATIONS

1. General Communications/Questions
 - a) Before 9 a.m. and after 12 p.m. with Lead Instructors (**BLUE** Rashguards)
 - b) Aides (**Yellow** Rashguards) are a NO-PARENT ZONE between 8:30 a.m. - 12 p.m.
 - c) Via email - ContactABJGS@gmail.com
2. EMERGENCY COMMUNICATIONS (Sick, missing, injured, etc.)
 - a) Find a Lead Instructor (**BLUE** Rashguards) and communicate with Director **ASAP**.

B. HOVERING -

1. Parents are asked to REFRAIN from hovering over, or around groups for any reason (pictures, wanting to be part of the experience, etc.).

Such activity can disrupt and interfere with your child's ability to listen to the Instructor/s, which could impair your child's Safety and the safety of others. *In short, we are not a Mommy&Me or Daddy&Me program.*

2. The 3-Advisements for HOVERING
 - a) **1st Advisement** - a kind reminder that *Space = Safety*,
 - b) **2nd Advisement** - you will be kindly asked to go to leave the sand,
 - c) **3rd Advisement**- we may not be the right fit for your family, and you will be asked to leave the program without a refund.

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VIII. COMPETITIONS

A. PHILOSOPHY

In the ABJG Program we believe that competitions are not about WINNING and DOMINATING - they are an opportunity for each JG and MENEHUNE to do their best, without comparing themselves to others, and to have as much fun as possible.

It is a place to apply how much they have learned and grown. **Most importantly**, it is fun and friendly environment to discover how much stronger they have become mentally, emotionally, socially, and physically.

**Junior Lifeguard Competitions are an amazing opportunity for families to learn more about the Junior Lifeguard Culture, travel, and enjoy an AMAZING day at the beach.*

B. THE 4 BIGGIES

1. Carpinteria (ALL 1st Session JGs) -
1st Session: Friday, July 11 (details to follow in ABJG Parent Daily)
2. Santa Barbara (ALL JGs) -
2nd Session: Friday, July 18 (details to follow in ABJG Parent Daily)
3. REGIONALS **INVITE ONLY!!!**:
Dockweiler Beach Friday, July 25th Playa Del Rey, CA
4. NATIONALS **INVITE ONLY!!!**:
Huntington State Beach, Friday, August 6th
 - a) Like any other youth program, this is the **BIG LEAGUES** and based on tryouts, times, and results.
 - b) JGs will be informed on the process.
 - c) **You will be informed via the ABJG PARENT DAILY as we get closer.**

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IX. ****!MOST IMPORTANT!****

A. Our team of EXPERIENCED instructors are responsible for the SAFETY and WELL-BEING of each group between the hours of 9 a.m. - 12:10 p.m., when at Avila Beach.

B. SWIMMING

1. We are a Junior Lifeguard Program. We are a water/ocean-based youth program, and most of our activities will involve being near, in, or fully immersed in water.
2. Based on our MINIMUM SWIM STANDARD for participating - **ALL JGs** (*not MENEHUNES*) will be expected to SWIM
 - a) We will give each child three dedicated opportunities with encouragement and full support.
 - b) If the JG's aversion to the water prevents them from participating, they will stand next to a LEAD INSTRUCTOR during swims, and until they ask to be reunited with the swimmers.
 - (1) *For SAFETY, the JG will not be assigned independent tasks or have an Aide dedicated to them if not swimming.*

C. **ABJG and MENEHUNE Behavior**

We are a **Positive Reinforcement Environment** that inspires, motivates, and role-models - BEING and DOING OUR BEST. We communicate expectations, concisely, and regularly to maintain a SAFE and STRUCTURED environment.

1. If a JG or Menehune's BEHAVIOR distracts from or disrupts the Instructor/Aide Team from safely leading and guiding the group (throwing rocks, throwing sand, harassing others, inappropriate language, not listening, etc.)
 - a) **1st Advisement:** The Child will be spoken to with mindfulness and advised not to repeat the behavior.
 - b) **2nd Advisement:** You (parent/guardian) will be contacted.
 - c) **3rd Advisement:** If behavior persists or presents itself in other ways, the child/family will be asked to leave the program without a refund.

The above details and expectations have been the key to making the ABJG Program what it is. For the past 25-years, the ABJG Program has garnered its reputation for creating, maintaining, and providing a structure that educates and encourages ALL (*parents too*), to

BE SAFE. HAVE FUN. BE AND DO YOUR BEST!