



Jack Nixon

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Lifeguard Essay

When I look across the lanes at a swim meet a good portion of the swimmers are in the Jones Beach Junior Lifeguard program. The Jones Beach Lifeguard program is an extended swim family where we are all one team.

When I joined the Jones Beach program I wasn't really a great swimmer but now I am. The water is a safe haven where all the troubles of life go away when I'm there. In the water I can focus on going easy on myself and concentrate on the task at hand. I swim sometimes four hours a day competitively and the ocean calms me down, as if I was lying down in my bed. The kids make this program a whole day worth of fun. We stay after practice swim, body surf the waves and have lunch.

I really love when I get to go to the Jones Beach program with my mom and see all my friends. I get to spend time either surfing, swimming or doing mock rescues. On the competition team we go places like Asbury Park, Daytona Beach and Virginia Beach. We compete against other teams and hopefully win.

In the program all the parents and coaches help out in preparing us. One of the moms really stands out amongst all the others. Mrs. Baldassare helps us buy fins so we could get better at the rescue relay. She and most of the other moms work hard to keep the program intact.

The coaches prepare us to save people's lives. Coach DJ and Cary help us in the competitions. They teach us to surf a wave in, to never give up and never cheat. They tell us that people who don't try hard won't be successful in life. The coaches teach us how to be prepared for a really good job in life. They remind us to keep up on our workouts during the winter so we stay in shape.

Our coaches tell us that 60% of the people that were hired to be Jones Beach Lifeguards came from the Juniors program. The seniors from last year have become this year's newest coaches.

I want to be a lifeguard someday because I will get the chance to save a person from drowning. Being a lifeguard means I can work in heaven; the air, the waves, the

occasional dolphin. I would like to give back to the program that gave to me. I would help in the tournaments and one day my kids will be in the program.

This program helps good kids like me and my friends. We are a team of confident swimmers because of the Jones Beach Junior Lifeguard program. I am 12 years old and this is my third year already. We can run down the beach, swim a 500 and run back. We can rescue somebody with the lifeguard can. We are not afraid of the water; to us it's a place we love and respect. Who are you going to want to save your child's life if they were having trouble in the water? Us!