



Jake Cummings

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### Junior Lifeguard Essay

Water is really important to me because water keeps me healthy. Water can also change people's lives. Water has changed my life. The Jones Beach Junior Lifeguard program helps me learn about the ocean and be the best person I can be.

When I go to Jones Beach on a Sunday, I look forward to it. It is a very long car ride but it is worth it. It is worth it because I have a lot of fun with the kids and the trainers, and I learn to be a lifeguard. First, we warm up. Our coaches warm us up with stretching. I can tell they are excited to see us. Then our group runs together along the beach. It is kind of tough but I always keep going.

I like the part where we swim to the deep water using the paddle boards. Sometimes I feel worried but my coaches always encourage me. We learn to dive through the waves by facing them. Now I can dive through huge waves. We also learn to float on our backs and stomachs. Also one of my favorite things is rolling down a hill of sand next to the lifeguard stand. I like the feeling of rolling down sideways.

The ocean is really important to me. I feel calm in the water. My body feels relaxed. I'm thinking about going slow in the water even though my body is going fast. I like the pattern of three strokes and breathe. I'm in control of my body, and I'm telling the water where I'm going. Swimming makes me feel strong like I could swim for a long time.

On Tuesday, I had my first tournament. In the beginning I felt nervous because I didn't know how fast the other kids were. My best event was the run, swim, run. I felt tired but I didn't get discouraged. During my swim I felt crowded. I saw kid's bodies all around me. I felt an elbow in my ribs. The bodies were right next to me and it was hard to have room for my freestyle. So many kids were bumping into me. I worked hard to ignore it and I kept going. It felt long but I was proud that I finished. I knew I did my best, so next time I won't be nervous.

The Jones Beach Junior Lifeguard program is very important to me. I was good at swimming in pools but this program helps me feel strong in the ocean. I always want to be in the water.