



Zachary Yasinov

My Favorite Tournament

Brrriinnnggg!!! The whistle goes as I start my first event at the July 14th Jones Beach Junior Lifeguard Tournament. This tournament was my favorite tournament. I like this tournament for a number of reasons: I learned more about becoming a lifeguard as well as the ocean tide-which I found very fascinating.

One of the things I learned about lifeguarding really came from one event: Beach Flags. The event really taught me what it's like to have the rush reacting to a rescue. You lie down, just like a lifeguard would sit and watch the ocean, and when they blow the whistle, you go for the flag just like the lifeguard going to the rescue. In addition, the game also taught me to have sportsmanship towards other competitors just like you should respect your fellow lifeguard.

When it comes to the beach run I was fascinated by the tide of the ocean. As I was running, I noticed the clouds getting darker and bigger. Out of nowhere the tide got higher and stronger. It was frightening yet amazing. Finally, I realized that the weather affects the tide just as the moon does.

As you can see, the July 14th Jones Beach Junior Lifeguard Tournament was my favorite tournament. Brrriinnnggg!!! There goes the next event!