

Hello everybody

Your Lifeguard training class is quickly approaching so I wanted to touch base with some information, recommendations and some encouragement! Also, there is always room in the classes for anyone else that may not have signed up. Please tell them to let me know they are coming by hitting the "Contact Us" button on the Schedule tab on the website (Tylerlifeguard.com).

The actual class schedule will be a bit different than what you might have seen on Red Cross's website. We will be there from 5p-10 p on Friday evening and then from 8a-6p on Saturday and Sunday. Please plan to be there during the entire schedule. However, if you all work hard, play hard, pay attention, and keep your game faces on, we might not be there all that time! Another way I help you cut back your class time is by having working lunches on site. We will not leave for lunches. You will need to bring something to eat for Friday evening as well. On this same note, please bring plenty of healthy snacks and drinks for the entire course in addition to your lunches. You will need plenty of nutrition and hydration. Bananas are great! I will have a large cooler with ice, so you can throw your drinks in there if you want.

Start hydrating and exercising now! You will be using muscles in ways that they might not be accustomed to being used. Swim if you can and do fast paced long stride walks. Eat healthy and plenty. You will also need to start getting your sleep patterns geared around being well rested before and after the classes. Definitely avoid alcohol and other things that take away from your focus and energy!

You don't need, necessarily, to be a strong swimmer to take lifeguarding! You absolutely need to become a strong swimmer as a lifeguard though! Remember, you are entering a profession where being prepared, always, to save lives is paramount! **The only way to fail my class is to quit!** Just always do your best and you will be successful! Some of the best lifeguards I know and have trained were actually some of those that struggled the most during their initial training! But they never gave up!

The greatest achievements in our lives almost always cost us the most! So, always come to the class committed to working your hardest and smartest! I want you to leave each day exhausted! That means that YOU personally did YOUR best! Don't think you are COMPETING AGAINST ANYONE OTHER THAN YOUR OWN SELF!

God made us all different, with talents, skills, and abilities that are specifically unique to each individual! So do YOUR best and encourage everyone else to do their best!

Lifeguards are role models! Kids, especially, are looking to you to see what being a grown-up is all about! Show them your best by training to show them your best! This class will hopefully be a true direction in your life. For some of you it will be a bend in your road, for others, it will be a chance to prove to yourself that you are, in fact, going in the right direction! Whatever, your situation, I hope you will challenge yourself during this training. Because, its most likely that you are gonna learn something that will make a difference in the lives of others far beyond your time working as a lifeguard!

Our class will be fast and furious! And a lot of fun. I like to cut up and talk crazy, but I'm all business at the same time! I'm a Marine, a former cop and now an acute care nurse. I'm gonna plug in some REAL-LIFE stuff into your training! I'm gonna teach you how to function professionally in the middle of a chaotic emergency! We learn how to do that mostly by working hard!

I can help you find lifeguarding jobs if you need and I am always happy to be your reference if you need. Join my FB group LIFEGUARD RAP

<https://www.facebook.com/groups/1742262009404952/?ref=bookmarks>

if you would like to keep up with job and extra job notifications. Extra jobs usually pay \$25 per hr. with a 4-hr. minimum (\$100) for things like birthday parties and such. You can also post jobs and LG related info as well! You can friend me as well since a lot of lifeguard info comes across my timeline thing as well ([Randell Plaza](#))

We will start each day with classroom stuff, so always have comfortable clothes and swim attire. No bikinis! Your swim wear must be Lifeguard like! Not loose and baggy, but not revealing. Ladies may wear a two piece as long as it is a competitive 2 piece, however a 1-piece competitive style or guard style suit is best. It must be able to withstand the physical activities of LG training. Don't wear anything that's gonna get snatched off or torn! LOL! Plan to have your hair out of your face during in-water straining. A swim cap is great. Bring a camera or your phone if you wanna capture some of the craziness, but please plan on having your phones off during training. No texting and such except during breaks and such.

You may wear a snugly fitting water or t-shirts for guys and ladies over you suit top. Its difficult to swim with baggy clothing on and presents a risk. You will also want to bring items that you might if you were going to the lake or the beach. Towels, sunblock and whatever else you might need.

Registration and payments will take place first thing on the first day of class. You will need to pay with cash or a check (Randell Plaza). The course fee is \$285. Please feel free to prepay using **Venmo** (@RANDELL-PLAZA), **Cash App** (\$RandellPlaza), or **Apple Pay** if you have an Iphone (Text your info and pymnt to (903) 330-3040) You can use **PayPal**, however, it charges me around \$12 to do so. Please include that additional amount and send to (plazarandy@aim.com or (903) 330-3040. If you use an App to prepay, please keep a screenshot and show it to me when you register so I can make sure it went to the account. All payments must be cleared before Red Cross will issue certifications.

You need a **personal email address. It must not be anything school or work related.** Your email address must be your own, not your parents or anyone else's. Create one if you do not already have one. School email addresses will not let your certification come through and they are only temporary. Red Cross uses this email address to build YOUR lifelong professional profile. You will not be able to get your certification without it!

When the course is completed, it will take 2-3 days possibly for all payments to clear. When that happens, Red Cross will send your certification directly to you via the email you provided on the first day of class. You will need to open that email and click on the link inside and proceed to fill out the remaining profile info. When you have done that, your certification will appear, and that same link will then take you directly to your certification. Save that email! Do not delete it. You will have an E-cert, but you have printing options as well.

Again, please let your friends and family know about the training. We usually have a shortage of Lifeguards each summer so there are many opportunities. I have facilities throughout East Texas asking me to help them get staffing because they are not getting adequate numbers of certified applicants to open/operate their pools. Thanks and see you in class