



**American
Red Cross**

Vermont & New Hampshire Valley Region

Dear Guards and Supervisors:

It is that time of year again. The American Red Cross is looking to find out who is the best guard team in the Vermont and New Hampshire Valley region.

On August 5th, from 5:30 p.m. – 8:30 p.m. at the St. Albans City Pool, we will be hosting the annual American Red Cross Lifeguard Competition.

Whether you are defending your title or looking to dethrone last year's winners, the time is now to start training and readying your team for the competition.

We are looking to have a full field of 12 teams and ask that you **return the enclosed registration to us no later than July 21st**. We will be capping the event at 12 teams. Don't delay, sign up today. Slots will be filled on a first-come, first-served basis.

This is a wonderful opportunity for team building, skills enhancement and maybe even bragging rights. The American Red Cross and the St. Albans Recreation Department are excited about hosting this event and look forward to seeing you on August 5th.

If you have any questions, contact me at ecochran@nvtredcross.org. or call (802) 660-9130, ext. 113.

Sincerely,

Eric Cochran

Director of Aquatics

+ American Red Cross

Vermont & the New Hampshire Valley

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802-660-9130 ext. 113