

# Juan-Dre (JD) Nel



## *Personal :*

- DOB – 01 December 1999
- Age – 20
- Lifeguard since – Dec 2013
- Squadleader since – Dec 2016
- Instructor – 2016 & 2017

I have been a lifeguard since 2013 and have 7 year's experience in the lifesaving business and have been part of the committee for 3 of those years. I have been an instructor for 2 years and and helped with the recruitment of new lifeguards. I have also represented my club in various competitions over the years. Cape champs in 2015 and 2016 and Lifesaving Nationals in 2015. I have been club captain before and did my LVL 3 Medical course in 2017.