

# UCSB JR. LIFEGUARDS JG JOURNAL Week 1

July 2nd - July 6th 2018: 8:30 AM – 12:30 PM

## Weekly Calendar for Week 1 Session 2

- MON** "John Wayne" Sun Safety
- TUES** First Aid: Heat and Cold Emergencies
- WED** 4th of July Holiday Observed -- no program today
- THUR** Fire Engine Demos for Ds & Cs  
Ocean Awareness: Waves, Tides, and Currents
- FRI** Ocean Lifesaving + Mock Rescues



Junior Lifeguards stretching and preparing for the days' activities

# UCSB JR LIFEGUARDS

## D GROUP HIGHLIGHTS



D's finishing the Meditation Circle



D's playing a game of warm-up tag

The Ds started their first week off with a bang, braving the height of the diving board while showing off their swim strokes in the pool on Monday. On Tuesday, the Ds spent their first full day at the beach, learning stretching protocol to ensure they would remain injury free. They also got in the water, going on the first official buoy swim of session one. On Wednesday the Ds did an intense workout, running stair sets with intermixed exercises. Afterwards, they went on a nature walk, culminating with the UCSB meditation circle. Paddling was Thursday's main event, followed by a run-swim-run, where the Ds demonstrated their grit and determination in face of some choppy water. The Ds finished the week on Friday with a whistle run, a big ab workout, a two-buoy swim and flags! Special shout out goes to Zach Runyen who showed his extreme speed on the flags course. While everybody might be tired heading into the workout, the instructors are excited to see the Ds back on Monday ready to keep working hard and improving.

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## C GROUP HIGHLIGHTS



C's playing flags



C's stretching

Week one for the Cs was filled with an abundance of fun and exciting workouts, games, bonding time and safety education. On the very first day we began at the Rec Cen doing stretches, a fun game of tag on the grass, swimming and then a leap from the high dive. On Tuesday we gathered back at the beach and began a proper cycle of stretching. We then went on a run down the coast and explored some new territory, which raised a lot of questions about marine life and our coastal environment. After the run there was a quick game of water flags and then off for free time. Wednesday began with the stretches that are routine for the Cs followed by a whistle run. Thursday, the Cs learned quickly about what stretches to expect and before they knew it we were running up the coast this time in an effort to expand our knowledge of the area. After wrapping up our workout, we noticed the waves around the point had perfect little barrels and so we had a quick bodysurfing expression session. We then returned to Campus Point and learned about bites and stings and how to treat these injuries should we encounter them. This was followed by freetime and it's great to see the Cs learning to surf, building sand castles, and enjoying all the other beach activities. Overall, the first week was a successful time for the campers and counselors and we look forward to seeing everyone for another awesome three weeks.

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## B GROUP HIGHLIGHTS



B's working on their paddle hand-off



B's working hard during a long run

For this first week of Junior Lifeguards, the B group learned and practiced many lifeguard skills. The Bs learned the lifeguard responses to cuts, burns, bites and stings. Additionally, the Bs demonstrated excellent skills in running and swimming with standout performances from Gabe Runyen and Liam Sommer. We wrapped up the week with “Thousand Ab” Thursday and a Friday Fun Day where the campers built core strength and practiced identifying drowning victims in the water. The instructors look forward to a great second week with the Bs!

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## A GROUP HIGHLIGHTS



A's practicing their get-up



A's charging into the water

The A group kicked off the week with a paddle around Campus Point on Monday. Tuesday saw the As practicing their swim skills at the UCSB Rec Cen and then finishing off their day at Campus Point with some free time in the surf. On Wednesday we went for a long run and did a core workout followed by a pushup / whistle run. We learned about how to treat bleeding and burn injuries in addition to proper beach flags and run relay techniques. On Thursday the As learned about bites and stings as well as exercising with the B group. Fun Friday with the A group included beach flags with Sophia Riley dominating the course and water flags with Aidan Calkins showing his stuff in the water. We finished this with a game of soccer and some time in the surf during free time. The weeks ahead look promising as we have one week behind us, but three more before us to enjoy.