

UCSB JR. LIFEGUARDS **JG JOURNAL Week 2**

July 3rd - July 7th 2017: 8:30 AM – 12:30 PM

Weekly Calendar for Week 2

MON Fire Engine Demo's at Campus Point for ages 8 - 11

TUES NO CAMP TODAY ; **Happy 4th of July**

WED **First Aid: Heat and Cold Emergencies**

THUR **Ocean Awareness: Waves, Tides, Currents**

FRI **Ocean Lifesaving and Mock Rescues**



D GROUP HIGHLIGHTS



Ds playing in grass



Beach Flags!

The Ds got off to a great start this summer, impressing everybody with their enthusiasm and excitement. We hit on all the major junior lifeguard activities including swimming, running, beach flags, run relays and of course dodgeball! A few Ds also managed to show off their surfing skills when a couple rogue sets rolled in. They also learned all about first aid for wounds from a certified EMT! They finished the week on a strong note, crushing it at the East Beach Locals Only Competition. Special shout out to Zachy Runyen who continued the Runyen family tradition of dominating flags at Campus Point. Both D instructors are very much looking forward to seeing the Ds continue to push themselves and grow next week.

C GROUP HIGHLIGHTS



Cs prepare for Run Relay



The Cs at the Locals Only Competition.

The first week for the C group was a great one! We started off the week at the Rec Cen working on our swimming skills and jumping off the high dive. On Tuesday we were down at the beach learning how to enter the water just like lifeguards with Owen demonstrating his skills with dolphin dives. On Wednesday we learned about bleeding and burns and the ways to respond to them. Thursday, we did some run relays where Roman and Gracie excelled. Afterwards we did some paddling where many of our surfers displayed their skills on boards. On Friday we competed in the locals only competition at East Beach where all of our kids rocked it and Liam got second in both the long swim and the run-swim-run! Everyone did great this week and Sarah and I cannot wait to see how the rest of the session will go.

B GROUP HIGHLIGHTS



Brad competes in the long run



Starting line for Girl's run-swim-run

The Bs had an exciting first week of Junior Guards! On Monday they did a workout on the stairs and played dodgeball. Tuesday began at the Rec Cen and they did a workout in the grass followed by a pool workout and some water polo. Everyone got a chance to swim fast, hold a heavy brick while treading water and jump off of the diving boards. We then walked back to Campus Point for some free time. Wednesday was a fun day to play flags and go on a paddle. On Thursday we did lots of running, we practiced run relays and learned about how to treat stings and bites. Friday was the Locals Only Competition at East Beach and the Bs got to show their strength competing in numerous fun events. Instructors (Kelly and Patrick) are looking forward to this summer with the Bs!

A GROUP HIGHLIGHTS



Some of the As with Instructor Conner at Locals only comp.

The first week at Junior Guards for the As was a very productive one. On Monday we started at Campus Point getting reacquainted with beach, the camp and each other. As the majority of As are returners it went smoothly. On Tuesday, the As went on a fairly long paddle where Rachel Johnson showed her skills on the board. Wednesday had the As on a run from Campus Point all the way to Sands Beach. Alec Stassforth and Miles Mayburn both showed their talents by being at the head of the pack for the entire run. The Semana Nautica Competition was on Friday and the As won seven popsicle sticks, with Louis Kriz winning two herself. Overall it was a great start to the session and set the tempo for more weeks to come.

MEET THE INSTRUCTORS

Ryan Collins

Ryan “Buzz” Collins has been with the program for 18 years and remembers a time when even the oldest instructors were Cs. He is looking forward to another excellent summer at camp, beginning his 3rd year as the science teacher at Trivium Charter School and maintaining his position as the best “beach flags” player on staff.

Robert Fairbanks

Robert “Robbie” Fairbanks has been involved with Junior Lifeguards for 14 years and this will be his 5th year as an instructor. He received both his B.A. in History and M.Ed. from UCSB. He is a teacher at Solvang School where he teaches 7th grade Social Studies and Drama. Robbie will be working with the D group and is greatly looking forward to watching all their progress over the course of the summer.

Camila “Cami” Schafer

A third year Geography GIS major at UCSB, this is Cami’s first year with the program. She recently obtained her EMT from SBCC and brings some east coast JG experience to the program. She will be working with the Ds this summer and is excited to see their development as the weeks progress.

Sarah Jamieson

Sarah has been a UCSB JG Instructor for four years and a part of this program since she was a C. In addition, she is currently working towards earning her PT. Sarah will be with the C group.

Nick Schultz



This is Nick's second year as an instructor and he has been a part of the program since he was 10. He was as a beach lifeguard for the SB County working at Hendry's, Goleta, and Jalama. A junior at UCLA studying Atmospheric Oceanic and Environmental Science, Nick will be working with the C group and cannot wait for the sessions that lie ahead.

Taylor Locke

Taylor is starting his first year as an instructor for the Junior Lifeguards program. He has been a part of the JG program for six years, two of which were as an assistant. Taylor recently graduated from Dos Pueblos High School and is planning on attending SBCC to study Marine Biology. He looks forward to working as an instructor and spending the summer with campers.

Kelly Robertson

This will be Kelly's third year as an instructor for the Bs and has been a part of a JG program since she was a C. She also works as a lifeguard and swim lesson teacher at the UCSB Rec Cen. She will be starting her third year of college at UCSB and is enthusiastic about swimming and running.

Patrick Dohoney

Patrick is a second year psychology major at UCSB. He was involved in a JG program in San Diego and worked as a beach guard for two summers. This is his first year with the UCSB JG program and he is excited to have a fun and active summer.

Connor Sullivan

Connor Sullivan has been at Campus point since he was a C. This is his 3rd year as an instructor. He is going into his 3rd year at Cal Poly SLO, getting his B.S. in Construction Management. Connor is going to be the A instructor this summer and is anticipating a very good summer.