UCSB JR. LIFEGUARDS JG JOURNAL Week 2

July 9th - July 13th 2018: 8:30 AM – 12:30 PM

Weekly Calendar for Week 3

MON  OPEN

TUES  Beach Clean-up + Pizza

WED  Competition Prep & First Aid: Heart Attack; CPR (ages 8-11)

THUR Competition Prep & First Aid: Heart Attack; CPR (ages 12 & up)

FRI  Carpinteria Competition

Junior Lifeguards enjoying a paddle
UCSB JR LIFEGUARDS

D GROUP HIGHLIGHTS

Ds exploring an ambulance  Ds practicing a run relay

The Ds began week two by learning about sun safety from the John Wayne Skin Cancer Foundation and then honing a number of important competition skills such as run relay, water entries and swimming. The next day, the Ds joined up with the Cs to practice a paddle relay, paying particular attention to proper hand-offs. The Ds also went on their longest run of the summer yet, impressing the instructors with their grit! After coming back from a day off, the Ds spent Thursday morning learning from our local firefighters. They also learned about tides, currents, and waves. They finished Thursday with a quick swim where Alex McKeckney demonstrated huge improvement for only his second week. On Friday the Ds were lucky enough to partner up with the As to work on mock rescues. The Ds were rescued by their A buddies and then returned the favor, with everybody enjoying themselves. They closed the week with a fun game of water flags. The D instructors can’t wait to see the D’s bring all their new skills to Carpinteria for the first JG competition of the summer!
The Cs were phenomenal this week. On Monday we had the John Wayne Skin Cancer Foundation talk to us about the sun’s harmful rays. To aid the JGs in protecting themselves from these rays, the campers received hats and sunscreen. We then ended the day with a beach flags competition. Congratulations to Sawyer for winning beach flags. The next day we practiced our paddle relays and learned how to safely transfer boards. We were really impressed with Lola’s paddling skills. On Thursday we started our day with the Fire Engine Demo. The campers got to see Station 17’s water jet skis, ambulance and fire engine. Friday the Cs learned how to rescue a victim in the water as we ran through several mock rescues. The instructors were very impressed with all the campers this week and look forward to having the momentum transfer over to next week’s activities. Additionally, a shoutout goes to Fabricio for always pushing himself to new heights and Keller for his impressive skills on the paddle boards.
B GROUP HIGHLIGHTS

We kicked this week off with a rigorous workout involving teamwork in running and a challenging buoy swim. Afterward the Bs relaxed with some fun beach games and enjoyed the waves for their freetime. This week the Bs learned about waves and currents in both hands-on and spoken lessons. Additionally, the Bs learned about the lifeguard responses for hot and cold emergencies (heat stroke/exhaustion and hypothermia) and practiced active rescues with lifeguard tubes. Kudos to Max and Mitchell who, having practiced these rescues before, challenged themselves to perform passive victim rescues and dragged each other out of the water. On Tuesday the Bs played a game of beach flags to help them hone their quick response skills, which is a benefit in any emergency situation. The Bs showed outstanding promise in this game with Brendon and Gabe demonstrating highlight performances. To wrap the week up we had a super tough workout on Thursday and a relaxing day in the outstanding heat on Friday. I cannot wait to see how this fantastic group of kids perform in the upcoming event these coming weeks.
This week the A group started off their activities with an impressive swim on Monday with Mia Barnes taking the lead. On Tuesday, Ali Stien showed the As her paddling skills as they went around the point. The A group’s week took an intermission as they relaxed on the Fourth. Thursday was filled First Aid discussions and plenty of conversation pertaining to ocean currents. The group got to put their new found knowledge into practice as they ran mock rescues and took turns saving each other. Friday saw the As enjoying a fantastic day in the water as they further practiced their water rescue techniques with the D group, with Lucca St. George leading a fine example for the younger campers. Though half the session is now over, we have two more weeks of fun and exciting events before us. Can’t wait.