

UCSB JR. LIFEGUARDS JG JOURNAL Week 3

July 16th - July 20th 2018: 8:30 AM – 12:30 PM

Weekly Calendar for Week 4

MON First Aid: Shock, Seizure, Stroke

TUES Pier Jump & Jet Ski Rescues @ Goleta Beach (Tentative)

WED Competition Prep & Zinka Face Painting Contest & Sandwich Day

THUR Patch Swim, Picture Day, & Awards (Start @ Campus)

FRI Fiesta Competition @ East Beach



Junior Lifeguards cleaning the beach

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D GROUP HIGHLIGHTS



Ds having fun and picking up trash



Ds and Cs learning CPR

The Ds threw themselves into the third week, spending Monday on time trials in preparation for the Carpinteria Competition. The Ds slowed things down on Tuesday, taking time off of competition preparation to help clean up the beach and demonstrating their commitment to being excellent stewards of our beautiful coastline. The Ds started Wednesday by learning about a critical lifeguarding skill: CPR. They did a great job listening and watching as they engaged with both the theories behind CPR and demonstrations on mannequins. Thursday was spent on tuning up some competition skills such as flags getups and paddle relay handoffs, and also doing a light paddle for a quick workout. The Ds also got to show off their engineering skills as they built some awesome bunkers for bunker ball! Friday finally rolled around, bringing with it the Carpinteria Competition. The Ds distinguished themselves with excellent effort and sportsmanship. Our Ds are the youngest competitors on the beach, but you would not know it based on their strength and determination. A special shout-out goes to Abbie B., Sadie B., and Ellie P. who did a super job on the Run-Swim-Run! The instructors can't wait to see all the Ds improvement at Fiesta Competition next Friday!

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C GROUP HIGHLIGHTS



Cs practicing competition paddling



Paddle Relay teams and friends

The Cs started the week with some time trials in order to pick teams for the Carpinteria Competition. On Tuesday, the Cs joined the Ds for beach cleanup and then enjoyed some tasty pizza for their efforts. On Wednesday, the Cs had their CPR talk and demonstration and learned an invaluable skill that they hopefully will never have to use.. In order to best prepare for the comp, the Cs spent Thursday practicing their run and paddle relay skills. The week ended with the Carpinteria Competition on Friday. The Carp Comp was a huge success for the Cs! The C instructors want to give a major shout-out to Daniel Switzer and Ryan Calkins for their drive and competitive spirit. The Cs had many great finishes, notably a first place finish in the Run-Swim-Run by Ava S. and a second place finish in Flags by Sawyer R. Additionally, both Paddle Relay teams and the Taplin relay team finished in the top three. Our last shout-out goes to Ben S. for being a great team player and stellar athlete. The instructors want to thank ALL the Cs for coming out to compete, way to rock it this week!

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B GROUP HIGHLIGHTS



Bs ready for a relay



Bs performing mock rescues

It's hard to believe the Bs are already rounding the corner and heading towards their final week of first session. They got into the groove of the third week likes pros with a solid run-swim-run-swim-run workout, and then on Tuesday showed some love to the surrounding beach by scouring the sand for and removing small bits styrofoam and plastic and the occasional larger item. On Wednesday they worked together with the As to master CPR, and Thursday made some fine-tunings in preparation for Friday's competition. Meanwhile, those unable to attend the competition (or who were done preparing) practiced unconscious victim rescues, with Dante and Ian showing off their acting skills. On Friday the Bs finally got to see the results of their efforts. Though they all tore it up in and on Carpinteria's cool water and hot sand, extraordinary performances were had by Anneliese, Clara, Jonathan W., Kelsea, Luke, and Liam S. in their respective events. After a restful weekend, the Bs will be well-positioned for one more wonderful week.

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A GROUP HIGHLIGHTS



A beach clean-up challenge



Success!!

The A group kicked off the week by training for the Carpinteria competition. On Tuesday, the As participated in beach clean-up day by sweeping the beaches below Isla Vista and removing an entire couch from the sand! Wednesday and Thursday saw the As prepare further for the competition and honing their knowledge of CPR and heart attack responses. Friday entailed the competition and the As brought the best. Praise goes out to all the As who showed up and participated in their events, especially if it was as a last minute substitution. Special shoutouts to Sophia R. for her outstanding sportsmanship on the flags course, Ali S. for her performance in the paddle events and the boys run relay team for finishing second. One more exciting week to go.