

UCSB JR. LIFEGUARDS JG JOURNAL Week 4

July 23th - July 27th 2018: 8:30 AM – 12:30 PM

Weekly Calendar for Session 2 Week 1

- MON** REC CEN drop-off for ages 8 – 11
Campus Point drop-off for ages 12 & up
Rules & Regulations; Swim skills.
- TUES** Campus Point drop-off for ages 8 – 11
REC CEN drop-off for ages 12 & up
Beach safety and equipment.
- WED** **First Aid: Bleeding & Burns**
- THUR** **First Aid: Bites & Stings + “John Wayne”**
- FRI** **Open Day**



2018 Session 1 UCSB Jr. Lifeguards

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D GROUP HIGHLIGHTS



The Abel's awesome painting skills!



Ds enjoying a paddle

The last week was a whirlwind for the Ds! We started off on Monday with our last first aid talk of the first session, learning about shock, seizures and stroke. Ask your D about FAST and what it means for helping stroke victims. Tuesday had us at Goleta Beach, having fun with the firefighters and proving the bravery of Ds as they leapt from the pier. Wednesday was split between some last minute relay tweaks for Fiesta Competition, the Zinka Face Painting Competition and the infamous Sandwich Day! Huge shout out to all the Ds who demonstrated awesome JG spirit by participating in these extra events. On Thursday, the Ds impressed everybody with a 100% completion rate for the Patch Swim, a 1000 yard swim in the ocean. Friday finished off session one in style, as the Ds again demonstrated their growth and improvement at the Fiesta Competition. It is impossible to single out any Ds because they all did

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such an incredible job. The instructors are very grateful for the opportunity to meet you all the summer and hope to see you soon!

C GROUP HIGHLIGHTS



Last C long run of Session One



Cs and Ds enjoying the chow!

This has been an incredible session with these talented and hard working group of kids. Monday our JGs had our stroke and seizure first aid talk. Tuesday the Cs jumped off the pier and rode jet skis with Station 17. Wednesday, Hannalora and Daniel received blenders gift cards for winning the Zinka sunscreen competition (Hannalora) and the Sandwich Contest (Daniel). Thursday the Cs completed their patch swim and I was very impressed with Sam Well's and Nico's athleticism and drive to finish. Instructor awards were given out to Isaiah and Ryan during the BBQ and the Cs also received individual awards. Friday the Cs had one of the best performances this program has seen. The Cs finished first in the Taplin, Run Swim Run (Girls and Boys), and the Distance Swim. I want to personally congratulate all competitors for attending the East Beach comp. A special shout out to Ryan Wells for participating in all open races as well as Angelina for being an incredible athlete. The Cs have been impressive all session and we hope you enjoy the rest of the summer and SEND IT! The C instructor look forward to seeing everyone again down on the beach either next year or next session.

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B GROUP HIGHLIGHTS



B camaraderie



Epic B flags finish

The last week of JGs with the Bs was possibly the most exciting and I cannot wait to see who is coming back next session. On Monday we started the week off with competition preparation and an important lesson on shock, strokes and seizures. Tuesday the JGs got to jump off the pier and practice rescues on the back of the fire departments' jet skis. Wednesday we had our Zinka face-painting competition and our sandwich competition. Livia with a beautiful face painted Koi and Liam Sommer with an incredible sandwich both won gift cards in their respective contests. Thursday the Bs demonstrated their swimming abilities by swimming the patch swim. This year the patch swim was roughly 1000 yards and we had both Luke Hill and Liam Sommer display incredible swimming, with paces to challenge even the fastest instructors. On Friday the Bs got to see the results of all their efforts in the Fiesta Competition. Though they all tore it up in and on East Beach's cool water and hot sand, extraordinary performances were had by Brandon, Mateo, Gabe, Jackson, Clara, and Chaz in their respective events. This session saw some incredible

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success from all of the B group and I cannot wait to see what next year and next session have in store!

A GROUP HIGHLIGHTS



As practicing their rescue skills

The As started off this week with a stellar run on Monday to Coal Oil Point and some more practice with mock rescues. Tuesday saw the As participate in the pier jump and jet ski rescues. On Wednesday the As brought sandwiches for sandwich day and painted their faces for the Zinc competition. Thursday had the As prepping for Fiesta with the patch swim and a hearty barbecue at Goleta Beach. Friday was the day of the Fiesta Competition, and the As greeted the challenge with wide smiles. They all participated spectacularly, and a special shoutout to the As speediest girl, Sophia Riley for competing so honestly on the flags course. The first session has come to a close, but that does not mean our camps comraderie ceases to exist. The junior guard spirit carries on.

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