

UCSB JR. LIFEGUARDS **JG JOURNAL** Week 5

July 31st - August 4th 2017: 8:30 AM – 12:30 PM

Weekly Calendar for Week 2 - Session 2

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

TUES **First Aid: Heart Attack**

WED **CPR (ages 8-11)**

THUR **CPR (ages 12 and up)**

FRI **Fun Competition at Campus Point**



JGs waiting for the start of the Fiesta Comp



All smiles

D GROUP HIGHLIGHTS



D girls learn to play flags



Ds practicing water entries

The Ds started off second session with a huge splash (literally)! They started the week at the Rec Cen where they practiced important swimming techniques in preparation for ocean swimming. They also had a blast jumping off of the high dive, providing a preview of what is to come during the epic Pier Jump. They spent the rest of the week getting ready for the Fiesta Competition by doing conditioning, both in the ocean and on land, in addition to learning the different relay races and flags. The week culminated at East Beach for the annual Fiesta Competition. All the Ds demonstrated their new skills superbly, impressing everybody in the Run-Swim-Run, Long Swim, and Long Run. Most importantly they were excellent sports, being their usual friendly and respectful selves. Huge shout out to Casey who made a deep run in the flags event, an impressive accomplishment. All the instructors are greatly looking forward to the rest of summer because if the first week was any indicator, it is going to be a blast!

C GROUP HIGHLIGHTS



Warming up with jumping-jacks



Enjoying the Fiesta Competition

The Cs had an impressive start to session 2 of Jr. Guards. We started of the week learning water entry techniques. Our Cs impressed all of our instructors this week with there endurance and swimming abilities as we practiced Run-Swim-Runs on Wednesday and Thursday. This weeks First Aid focused on burns, cuts, stings and bites. Jr. Guards were informed of proper first responder techniques in treatment of burns, cuts, and stings. Our Cs finished the week off at the 2017 Fiesta Competition at East Beach. We had some outstanding competitors this session. Our Fiesta Champions (1st place in an event) were Easton and Natalie. Easton won in the Beach Flags event and Natalie won in both the Run-Swim-Run and the Distance Swim. A shoutout to our Taplin team who placed 3rd in the Fiesta Competition. The team included, Rylee (runner), Easton (runner), Natalie (swimmer), Cody (swimmer), Roman (paddler), Emily (paddler). Thank you to all the athletes that came out to the competition doing an excellent job representing the UCSB JG Program with enthusiasm and great sportsmanship! Keep up the great energy Cs.

B GROUP HIGHLIGHTS



Oceanna with her ribbon



The B boys playing flags at Depressions

It was a great first week of second session for the Bs, full of hard workouts, learning lifeguard skills and competing at the Fiesta Competition. On Monday we went a long run and got to practice tube rescues. Additionally, we got to go to the pool on Tuesday to practice our swimming skills, play water-polo and dive off of the diving boards. Props to Max and Lucca for being able to retrieve the heavy brick from the 17ft deep dive well. On Wednesday and Thursday we learned about and practiced competition events in preparation for Friday. Events included long swim, run-swim-run, flags, run relay, and paddle relay. Friday's Fiesta Competition was a success and a ton of fun. A highlight of the week was when we had three B girls place in Flags! Hannah got 6th, Oceanna got 5th, and Rea got 1st place! The B instructors are excited for the next three weeks of fun in the sun with the Bs.

A GROUP HIGHLIGHTS



As all smiles at the Fiesta Comp



As handing of the paddle board

The second session has finally started and a new A group has been formed. Although smaller than last session, the As are still in a competitive spirit. On Monday, Joshua showed off his swimming skills by absolutely rocking the nine buoy swim at the front of the pack with Louise. On Wednesday we had a nice long paddle along the coast from Campus Point to Goleta Beach. Emmet Ernstein and Rachel Johnson kept pace at the front of the pack the whole trip. Friday was the Fiesta Comp, and assistants Adria and Josie earned second in beach flags and the long run respectively. Shout out to Rachel, who overcame injury to help her team earn fourth place in the run relay. Overall a great week and start to the session.