

UCSB JR. LIFEGUARDS JG JOURNAL Week 6

August 7th - August 11th 2017 8:30 AM – 12:30 PM

Weekly Calendar for Week 3 - Session 2

- MON** **First Aid: Heat and Cold Emergencies**
JOHN WAYNE CANCER FOUNDATION
- TUES** **Goleta Beach: Beach Clean Up + Pizza**
- WED** **First Aid: Shock, Stroke, Seizure**
- THUR** **Science Day**
- FRI** **Ocean Awareness: Ocean Lifesaving + Mock Rescues**



Entrance to this session's "Pit of Doom" in the obstacle course

D GROUP HIGHLIGHTS



Isla practices her CPR technique



Ds doing a stairs workout

The Ds had a splendid second week of second session. We started the week off with the always popular visit from our local firefighters. They showed us their equipment and described their jobs. The Ds were particularly excited about the jet skis, which they will get to see (and feel) in action in a couple weeks. On Tuesday, the Ds excelled in an intense stair workout. As a reward, they got to go on a nature walk and check out UCSB's meditation circle. Wednesday was all about CPR, as the Ds proved that you can still learn over summer! Thursday was a beautiful day, perfect for the long swim that the Ds participated in, going around all three buoys. The week ended with the fun competition where the Ds showed off their tenacity in some of the wackiest events around. The instructors greatly look forward to seeing what next week holds.

C GROUP HIGHLIGHTS



Cs touring the fire engine and checking out the jet skis

Week 2 of this session started off with a awesome presentation from our local Station 17 firefighters. Later in the week the Cs learned about performing CPR and first aid responses from our very own EMT certified instructor Cami. Additionally, all the Cs did an amazing job working their hardest on all the workouts we performed, many based around swimming and stair climbing. Natalie even raced one of the instructors on a buoy swim and won! Friday we had a fun competition where all the kids went through an obstacle course, played Ultimate Frisbee and participated in several fun relays. The instructors are looking forward to these last two weeks with the Cs.

B GROUP HIGHLIGHTS



Hannah and Rea enjoying another wonderful day at Junior Guards



Jacob encourages a teammate during Friday's Fun Comp

It was a splendid second week of second session for the Bs, full of great workouts, practicing lifeguard skills and tearing it up at Friday's Fun Competition. On Monday we ran a timed mile up the beach against the As and assistants Manny and Connor. So many Bs got their best mile time ever and we will do this again later in the session so that we may learn how much we improve during the session. On Tuesday we had a plank contest and props to Meggie for holding the longest plank and Ashton for getting second. After that we got to all go surfing at the point. Max, Luke and Lucas and many others caught some sick waves! On Wednesday and Thursday we learned about and practiced CPR and the lifeguard's protocol for responding to emergencies. Friday's Friendly Fun Competition was a success and a super fun. A highlight of the week was when we all got to go through the "Pit of Doom". The B instructors are looking forward to the thrilling third and fourth weeks with the Bs.

A GROUP HIGHLIGHTS



Emmett crawling through the obstacle course



Alec helping out his teammate during the fun relay on Friday

The As started off on Monday with a swim relay. Team Josh took the victory with Alec and Ethan starting it off. On Tuesday we had a nature walk with the Ds, and went all the way through the labyrinth and around the lagoon. It gave the As the opportunity to lead by example and bond with the Ds. On Wednesday we competed a run-swim-run-swim-run-swim-run-swim. Sydney Miller powered through the entire workout and finished strong. On Thursday we reviewed how to treat a heart attack victim with C instructor Cami, a certified EMT. Most of our As were returners so they were already extremely knowledgeable about the subject and we readily able to answer many of the questions posed to them. The fun comp was held on Friday and all of the groups (As, Bs, Cs & Ds) were mixed together into eight teams. The As acted professionally and took personal responsibility in leading their teams. Another great week of Junior Guards in the books and I look forward to our final two weeks together.