UCSB JR. LIFEGUARDS  JG JOURNAL Week 3

July 10th - July 14th 2017:  8:30 AM – 12:30 PM

Weekly Calendar for Week 3

MON  Goleta Beach: beach clean up and pizza
TUES  Competition Prep; Heart Attacks and CPR (ages 8-11)
WED  Competition Prep; Heart Attacks and CPR (ages 12+)
THUR  Science Day
FRI  CARPINTERIA COMPETITION

Ds learning from the local paramedics
D GROUP HIGHLIGHTS

Bunkerball!                                      Ds on the rescue skis

The Ds had a great second week of Jr. Guards. To start off the week we got a visit from the Santa Barbara Fire Department. They informed our JGs about the equipment used for fire emergencies and all the components of fire engines, ambulances and their jet skis (used by the water rescue team). Throughout the week our group worked on water entries with relays and a game of water flags. Our first aid lecture this week consisted of cold and heat injuries. Our group learned about the causes of hypothermia and hyperthermia. The lecture also informed the Ds on burn injuries and the different degrees of burns. We finished off the week strong with a rescue relay with the As. Clayton, Zach and Keller excelled in their water rescues when our group had to rescue the As. We are looking forward to Week 3 as our Ds show great attitude and effort.
C GROUP HIGHLIGHTS

Cs check out fire engine and meet the firefighters

This week was a fun and eventful one for the C group! We started off the week with a visit from the Fire Department and learned about their jobs and got to check out the fire engines. Afterward, we did a run-swim-run with the Ds. All the JGs showed off their skills and stamina. This was followed by a fun game of dodgeball. On Wednesday we had a first aid talk on bites and stings and learned how to treat sting ray and jelly fish stings. Run / fun relays followed, where the Cs showed off their speed. We finished off the days’ activities playing water flags, with the JGs practicing their lifeguarding skills. Gabe and Sophia demonstrated their mettle by being the last boy and girl to find the tennis ball. On Thursday we learned about heat and cold emergencies, including the signs and how to treat hypothermia and heat stroke. After that we went on an Indian run to Goleta Beach and Sawyer showed great teamwork by encouraging those of us who were having a harder time with the long run. On Friday we learned how to perform rescues and Max, Roman and Gracie showed great knowledge and skill. After a hard week we let the kids do a chair building contest which let us end our week on a fun note. It was a great week for the Cs. Nick and I have been having a lot of fun with them and cannot wait for what the rest of the session brings!
B GROUP HIGHLIGHTS

The Bs enjoy building pyramids

The Bs had an excellent second week of Jr. Guards full of work outs, learning and having fun! On Monday we went on a nature walk and got to practice paddle relays. On Wednesday we went on a long swim and worked on our water entries and on Thursday we went on a long run and got to do time trials for paddling. Throughout the week we got to learn about safety topics including heat and cold emergencies and waves, tides and currents. Now everyone understands how to safely get out of a rip current. Friday's workout was probably the most strenuous and props to Chase, Micah, and Tim for finishing first. We also got to practice tube rescues that day. We're excited for the opportunity to see the Bs demonstrate the running, swimming, and paddling skills they have been working on at the Carpinteria Competition on Friday.
A GROUP HIGHLIGHTS

Bunkerball!

On Monday, the As tested their skills in flags. Sasha Runyen showed off her sprinting skills by winning second in the girls division. Meanwhile Ethan Bresk was the boys champion. After the day off the As were ready for a Run-Swim-Run-Swim-Run-Swim-Run, and Kayla showed off her endurance by rocking the event. This was followed by a game of bunkerball, and Phoebe lead the way by building our main defenses against the Bs. The As clearly emerged victorious. On Friday the waves were superb so we spent an hour just surfing and Erica Prinz shredded quite well. Overall a solid week at JGs and looking forward to starting yet another solid week on Monday.