



# OCEAN CITY BEACH PATROL

**WEEKLY BULLETIN**  
**WEEK OF JUNE 7, 2009 to JUNE 14, 2009**

**SUNDAY, JUNE 7, 2009— End of Pay Period**

**WEEKLY MEETING:** CONVENTION CENTER - 40TH STREET

**CREW CHIEF MEETING:** 0800hrs—SRA I-Week 2 Probationary Evaluations Due at 1600hrs

**SEMAPHORE TEST:** 0820hrs—REQUIRED TO PASS PROBATIONARY STAGE

**CREW MEETING:** 0830hrs (Turn in individual stats, get schedule and assignments, information from Crew Chief)

**OFFICERS' MEETING:** 0830hrs

**USLA ANNOUNCEMENTS:** 0850hrs

**GENERAL MEETING:** 0855hrs

**LIEUTENANTS' MEETING:** 0945hrs

**OCBPSRA CERTIFICATION:** None

**Opportunity to Compete:** None

**Workout:** Swim

**Surfing Beaches:** 2<sup>nd</sup> St./71<sup>st</sup> St.

**Tides:** High: 0819hrs and 2046hrs  
 Low: 0223hrs and 1401hrs

**Special Events:** 2009 14<sup>th</sup> Annual Sand Duels Beach Soccer Challenge—Dorchester St.—0900hrs

OC Car & Truck Show—Convention Center—1000hrs to 2200hrs

Surfrider Foundation 9<sup>th</sup> Annual Team Longboard Challenge—36<sup>th</sup> to 38<sup>th</sup> St.—1200hrs

Play It Safe Karaoke & Dance—Dorchester St.—1800hrs

Ocean City Restaurant Week ends—www.oceancityrestaurantweek.com

**Equipment Needs**

Please contact Sgt. Kauffman at Headquarters to make arrangements to discuss any equipment concerns.

Annual Captain George A. Schoepf Memorial Relay

Sunday, June 21, 2009

1000hrs

Run-Swim-Run Begins at 7<sup>th</sup> St.

Run South to Rockpile

Swim North to 146<sup>th</sup> St.

Run South to 7<sup>th</sup> St.

**SPECIAL NOTES ABOUT  
CONVENTION CENTER MEETINGS**

1. Do not park on Convention Center Drive.
2. Do not park in the rear of Convention Center
3. Meetings begin promptly at 0830hrs
4. Clean up your trash.
5. Drive carefully to your assignment.

S.R.T. Name:	Monday 6/8/2009	Tuesday 6/9/2009	Wednesday 6/10/2009	Thursday 6/11/2009	Friday 6/12/2009	Saturday 6/13/2009	Sunday 6/14/2009	CREW
Daily Assignment								
Rescues								
Preventative actions								
First Aids								
								Totals

## **MONDAY, JUNE 8, 2009**

**Officer in Charge:** Lieutenant Kovacs

**OCBPSRA CERTIFICATION:** None

**Workout:** Run

**Surfing Beaches:** Inlet/N. Division St./69<sup>th</sup> St.

**Tides:** High: 0902hrs and 2128hrs  
Low: 0301hrs and 1441hrs

**Special Events:** *Play It Safe* Windsurfing—48<sup>th</sup> St. Water Sports Center—1000hrs  
*Play It Safe* Kayak Relays—48<sup>th</sup> St. Water Sports Center—1600hrs  
*Play It Safe* Moonlight Bowling—Ocean Lanes—72<sup>nd</sup> St.—2100hrs  
*Play It Safe* Miniature Golf—Old Pro Golf—68<sup>th</sup> St—2130hrs

## **TUESDAY, JUNE 9, 2009**

**Officer in Charge:** Lieutenant Kovacs

**OCBPSRA CERTIFICATION:** None

**Surfing Beaches:** Inlet/65<sup>th</sup> St./145<sup>th</sup> St.

**Tides:** High: 0944hrs and 2209hrs  
Low: 0339hrs and 1522hrs

**Special Events:** US Marine Corps Pull-Up Challenge- Dorchester St.—1100hrs to 1800hrs  
*Play It Safe* Beach Volleyball Tournament—Talbot St.—1630hrs  
*Play It Safe* Karaoke & Dance—Dorchester St.—1700hrs  
*Play It Safe* Pancake Eating Contest—Happy Jack Pancake House—26<sup>th</sup> St.—2200hrs

## **WEDNESDAY, JUNE 10, 2009**

**Officer in Charge:** Lieutenant Kovacs

**OCBPSRA CERTIFICATION:** None

**Workout:** Swim

**Surfing Beaches:** Inlet/63<sup>rd</sup>St./143<sup>rd</sup> St.

**Tides:** High: 1026hrs and 2250hrs  
Low: 0418hrs and 1603hrs

**Special Events:** US Marine Corps Pull-Up Challenge- Dorchester St.—1100hrs to 1800hrs  
*Play It Safe* Miniature Golf—Maui Golf—57<sup>th</sup> St—1200hrs—1500hrs  
*Play It Safe* 3-on3 Basketball Tournament—OC Rec. & Parks—1900hrs  
*Play It Safe* Buccaneer's Booty Miniature Golf—146<sup>th</sup> St.—2100hrs—2300hrs

## **THURSDAY, JUNE 11, 2008**

**Officer in Charge:** Lieutenant Kovacs

**OCBPSRA CERTIFICATION:** None

**Workout:** Run

**Surfing Beaches:** Inlet /61<sup>st</sup>St./141<sup>st</sup> St.

**Tides:** High: 1108hrs and 2331hrs  
Low: 0458hrs and 1645hrs

**Special Events:** US Marine Corps Pull-Up Challenge- Dorchester St.—1100hrs to 1800hrs  
*Play It Safe* Splash Mountain Water Park—Jolly Roger's--30<sup>th</sup> St.—1600hrs—1800hrs  
*Play It Safe* Various Activities at the O.C. Health & Racquetball Club—61<sup>st</sup> St.—2100hrs to 2300hrs  
*Play It Safe* Laser Tag/Mini Golf/Rock Climbing—Planet Maze—33<sup>rd</sup> St.—2300hrs to 0100hrs

## **2009 OCBP OFFICERS**

Unit 2-Captain Butch Arbin  
Unit 3-Lt. Mike Stone  
Unit 4-Lt. Wes Smith  
Unit 5-1<sup>st</sup> Lt. Skip Lee  
Unit 6-Lt. Ward Kovacs  
Unit 7-Sgt. Ryan Cowder  
Unit 8-Sgt. Tim Uebel  
Unit 9-Sgt. Ed Fisher  
Unit 10-Sgt. Rick Cawthern  
Unit 11-Sgt. Brent Weingard  
Unit 13-Sgt. Jamie Falcon  
Unit 15-Sgt. Colby Kauffman  
Unit 16-Sgt. Josh Wasilewski  
Unit 17-Sgt. Jeff Brabitz  
Unit 18-Sgt. Nick Thompson  
Unit 19-Sgt. Mat Postell

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### **Volunteer Opportunity**

The American Wounded Warriors are in town for the VFW convention June 9-11, 2009 and are staying at the Princess Bayside Beach Hotel on 48th Street.

The Town of Ocean City has given the Wounded Warriors a two hour surfing experience on the beach at 48th street from 10AM-Noon June 10, 2009. Endless Summer Surf Shop is providing soft surfboards, boogie boards, and wetsuits for use. **Please contact headquarters if you are available to help with this event.**

## **FRIDAY, JUNE 12, 2009—PAY DAY**

**OCBPSRA CERTIFICATION:** Soon

**Workout:** Swim

**Surfing Beaches:** Inlet /59<sup>th</sup> St./139<sup>th</sup> St.

**Tides:** High: 1151hrs

Low: 0538hrs and 1731hrs

**Special Events: Ocean City Air Show—16<sup>th</sup> St. Beach**

MSBA Young Lawyers Sun Run—130<sup>th</sup> St.—0700hrs

29<sup>th</sup> Annual Mid-Atlantic Chevy Festival—27<sup>th</sup> St. and the Boards to the Inlet—0830hrs to 1000hrs

US Marine Corps Pull-Up Challenge- Dorchester St.—1100hrs to 1800hrs

Play It Safe Tennis Tournament—OC Tennis Center—61<sup>st</sup> St.—1300hrs to 1500hrs

Play It Safe Paintball/Rock Climbing—Planet Maze—33<sup>rd</sup> St.—2100hrs to 2300hrs

Play It Safe Paintball and Tugos Pizza Eating Contest—Rte. 50--2100hrs

## **SATURDAY, JUNE 13, 2009- FLAG DAY**

**OCBP Pre-Employment Physical Skills Evaluation: Dorchester St. and Boardwalk—1100hrs**

*Note: Will probably be cancelled based on need. However, if conducted, acceptance will be limited to personnel availability until at least Sept. 1<sup>st</sup>*

**OCBPSRA CERTIFICATION:** Soon

**Workout:** Run

**Surfing Beaches:** 57<sup>th</sup> St/137<sup>th</sup> St.

**Tides:** High: 2412hrs and 1235hrs

Low: 0619hrs and 1819hrs

**Special Events: Ocean City Air Show—16<sup>th</sup> St. Beach**

29<sup>th</sup> Annual Mid-Atlantic Chevy Festival—27<sup>th</sup> St. and the Boards to the Inlet—0830hrs to 1000hrs

US Marine Corps Pull-Up Challenge- Dorchester St.—1100hrs to 1800hrs

Flag Day Ceremony—16<sup>th</sup> St. Beach—1200hrs

## **SUNDAY, JUNE 14, 2009**

### **WEEKLY MEETING:**

**CREW CHIEF MEETING:** 0800hrs—SRA I-Week 3 Probationary Evaluations Due at 1600hrs

**SEMAPHORE TEST:** 0820hrs—REQUIRED TO PASS PROBATIONARY STAGE

**CREW MEETING:** 0830hrs (Turn in individual stats, get schedule and assignments, information from Crew Chief)

**OFFICERS' MEETING:** 0830hrs

**USLA ANNOUNCEMENTS:** 0850hrs

**GENERAL MEETING:** 0855hrs

**LIEUTENANTS' MEETING:** 0945hrs

**Surf Rescue Academy III- Day 1:** Drug test, paperwork, equipment issue, ID photo

**OCBPSRA CERTIFICATION:** Soon

**Workout:** Swim

**Surfing Beaches:** 55<sup>th</sup> St/135<sup>th</sup> St.

**Tides:** High: 2453hrs and 1322hrs

Low: 0701hrs and 1912hrs

**Special Events: Ocean City Air Show—16<sup>th</sup> St. Beach**

US Marine Corps Pull-Up Challenge- Dorchester St.—1100hrs to 1800hrs

OC Cruisers—Somerset Plaza—1500hrs to 1900hrs

Play It Safe Karaoke Competition—Dorchester St.—1800hrs

## **MONDAY, JUNE 15, 2009**

**Surf Rescue Academy III- Day 2:** Sgt. Uebel--Coordinator of Training

**OCBPSRA CERTIFICATION:** Soon

**Workout:** Run

**Surfing Beaches:** Inlet/53<sup>rd</sup> St./133<sup>rd</sup> St.

**Tides:** High: 0138hrs and 1413hrs  
Low: 0744hrs and 2007hrs

**Special Events:** *Play It Safe* Windsurfing—48<sup>th</sup> St. Water Sports Center—1000hrs  
*Play It Safe* Kayak Relays—48<sup>th</sup> St. Water Sports Center—1600hrs  
*Play It Safe* Moonlight Bowling—Ocean Lanes—72<sup>nd</sup> St.—2100hrs  
*Play It Safe* Miniature Golf—Old Pro Golf—68<sup>th</sup> St—2130hrs

**Important Reminder!**

*As representatives of the Town of Ocean City, the Ocean City Beach Patrol is committed to upholding the highest standards of employee conduct. Therefore, you are reminded that you are a representative of this organization and must conduct yourself as a model citizen at all times. This includes, but is not limited to, following all ordinances and laws at all times and not taking advantage of your position as a civil servant.*

**FYI: NEXT MEETING:**

**MONDAY, JUNE 22, 2009—Weekly Meeting Moves to Monday**

**CREW CHIEF MEETING:** 0800hrs  
**SEMAPHORE TEST:** 0820hrs—REQUIRED TO PASS PROBATIONARY STAGE  
**CREW MEETING:** 0830hrs (Turn in individual stats, get schedule and assignments, information from Crew Chief)  
**OFFICERS' MEETING:** 0830hrs  
**USLA ANNOUNCEMENTS:** 0850hrs  
**GENERAL MEETING:** 0855hrs  
**LIEUTENANTS' MEETING:** 0945hrs

**UPCOMING BEACH PATROL EVENTS**

June 9	Play It Safe Beach Safety Seminar
June 12	Pay Day
June 13	Pre-Employment Ocean Test—May be Cancelled
June 14	Weekly Meeting- Convention Center
June 15-June 25	OCBPSRA Activities
June 14-21	Surf Rescue Academy 2
June 18	JBP Instructor Training
June 20	CC Requalification
June 21	Captain Schoepf Relay Swim
June 22	Weekly Meeting Moves to Mondays--Convention Center
June 22-27	Veteran Re-certification
June 26	Pay Day
June 30	Beach Safety Presentation—Children's Book Garden—West OC
July 1&11&25	Veteran Re-certification
July 2	Rookie Graduation
July 6, 13, 20, 27	Beach Safety Seminars at OC Life-Saving Museum
July 8	Family Beach Olympics
July 12	Captain Craig Swim
July 18	Ironguard Relay
July 26	Mitch Maiorana Run Swim Run
August 3, 10, 17, 24	Beach Safety Seminars at OC Life-Saving Museum

**Upcoming Town of Ocean City Special Events**

VFW Convention	June 9-11		
Ocean City Air Show	June 12-14	1200hrs to 1600hrs	16 <sup>th</sup> St.
Ocean City Sandcastle Contest	June 13	0930hrs to 1500hrs	Carousel Hotel
Flag Day Ceremony			16 <sup>th</sup> St. Beach
MD Firemen's Parade	June 17	0700hrs to 1700hrs	Inlet to 9 <sup>th</sup> St.
International Day of Surfing	June 20	0900hrs to 1000hrs	Inlet Surf Beach
Movies on the Beach	June 29	2045hrs	



**CODE OF THE  
TOWN OF  
OCEAN CITY, MARYLAND  
Codified through  
Ord. No. 2007-4, enacted February 5, 2007.  
Supplement No. 13  
ARTICLE III.  
BEACH REGULATIONS  
DIVISION 2.  
BEACH ACTIVITIES**

**Sec. 106-92. Definitions.**

*Animal.* Any living organism, excluding human beings, wild fowl, wild marine organisms and other similar wild organisms. The term "animal" specifically includes any and all domestic pets, household or otherwise.

*Ball playing.* The throwing, kicking, hitting or slinging of any object or otherwise causing any object to become airborne or to traverse a portion of the beach as a result of being thrown, kicked, hit, slung, etc.

*Boogie board.* A flexible, semi-soft, buoyant, semi-curved object, no longer than 3 1/2 feet (42 inches) and no wider than two feet (24 inches) and no thicker than four inches, made of a closed-cell polyethylene foam and possibly but not always having a smooth plastic layer attached to the bottom and without rigid or semi-rigid attachments or protrusions for aid in steering or movements which serve as a rudder and commonly referred to as "skegs."

*Patrolman.* Any person employed by Ocean City as a member of the Ocean City Beach Patrol (SRTs and SBFs).

*Skimboard.* A plastic board or "other object" used to glide, slide, or skim across the water with a person standing thereon.

*Surfboard.* Any object of rigid or semirigid construction, noninflatable, including, but not necessarily limited to, surfboards, bellyboards, paddleboards, etc., constructed or partially constructed of wood, plastic, fiberglass, styrofoam or similar foam substances, or any other similar substances, or combination thereof, but not including surf mats and boogie boards.

*Watercraft.* Any water vessel, whether powered or propelled by human power, sail power or motorized engine power, including but not limited to boats, kayaks, canoes, jet skis, surf skis and wave runners, excepting boogie boards, surfboards, surf mats, inflatable soft plastic or rubber flotation devices or Ocean City Beach Patrol surf rescue units.

**Week 1 Stats-May 23 to May 24**

Preventions	805
Rescues	7
Minor First Aid	2
Ambulance Calls	0
Police Calls	0
USCG/MDNRP	1
Lost/Found Persons	9

## OCBP Question-of-the-Week for The Worcester County Times

The newspaper is published on Thursdays; these weekly questions are a new addition for the summer.

**Last Week's Question:** I saw a sign advertising jobs for lifeguards in Ocean City and it said, "No Certification Required" Does that mean anyone can be a lifeguard?

Because of the unique demands of the job, the Beach Patrol does not require or recognize certification or past experience with other agencies. All individuals seeking employment with the Ocean City Beach Patrol must successfully complete all aspects of a pre-employment physical skills evaluation. Testing for the OCBP is offered in Ocean City and at numerous off site locations. Once candidates pass the physical skills test they are appointed to a Surf Rescue Academy where they are drug tested before being trained in all aspects of surf rescue and first responder skills. Our veteran guards are also required to submit to a drug test, re-qualify in physical skills, and complete re-certification and update training each season.

We encourage anyone interested in becoming a lifeguard to call Captain Arbin at Beach Patrol Headquarters (410- 289-7556). For specifics on requirements, test locations, dates, and times please refer to our website: [www.ococean.com/ocbp](http://www.ococean.com/ocbp) and click on the JOBS button or email [ocbp@ococean.com](mailto:ocbp@ococean.com).

**This Week's Question :** Why do the lifeguards make people leave the beach when it is just thundering or a little bit of lightning?

The Ocean City Beach Patrol is in constant contact with the weather service and is aware of the current weather situation at all times. Many times the weather condition varies from one end of Ocean City to the other. It can be sunny and mild in the south by the boardwalk and lightening and showers just 9 miles north. In fact there are many documented cases throughout the country of people being hit by lightning while the sun is shining (called a bolt from the blue). The Beach Patrol is not only in constant contact with the weather service but they have constant communication with each other up and down the beach as well. The Beach Patrol, like other modern emergency services relies on two-way radio systems. However they still use 2 systems that do not rely on any technology: whistle blasts and semaphore. The Beach Patrol's primary concern is your safety and will clear the beaches if they are not safe. There have been at least ten documented cases of people who have been struck by lightning while on the beach (not in the water) and several have been killed in the past 35 years on an Ocean City beach. While vacationing on the beaches in OC you may or may not notice the lifeguards communicating with each other but please heed their warnings and leave the beach if asked to do so even if you do not see lightening. Due to constant monitoring of the weather and their communication systems, they are aware of dangers that you might not be able to see. A beach is listed as one of the most vulnerable places to be during an electrical storm according to weather researchers.

### Town of Ocean City Employee Softball League

The Ocean City Recreation and Parks Department is hosting its annual employee softball league for men and women town employees 18 years and older. Games will take place on Wednesday evenings at 6:30 and 7:30 p.m. I hope everyone would consider taking advantage of this great opportunity. The league provides an enjoyable atmosphere and a team building experience for you and your co-workers. Interested individuals are encouraged to participate as well. Teams are always looking for players.

Anyone interested should contact Matt Mayette at 410-520-5177 or [mmayette@ococean.com](mailto:mmayette@ococean.com)

### Ocean City Recreation and Parks

Anyone interested in starting an Adult Beach Volleyball team for The Ocean City Recreation & Parks Department should contact Al "Hondo" Handy, Recreation Supervisor  
[Ahandy@ococean.com](mailto:Ahandy@ococean.com)  
 410 520-5168

When a disaster strikes, you need information fast.

FEMA has a free email subscription service that delivers news updates and disaster-related information directly to your computer or wireless device, such as:

- **When a major disaster is declared**
- **Where local recovery centers are located**
- **What kind of financial aid is available**
- **How to obtain disaster-related assistance**
- **What to do after a disaster has passed**
- Much more!

To sign up simply click on the following link:  
[https://service.govdelivery.com/service/subscribe.html?code=USDHSFEMA\\_153](https://service.govdelivery.com/service/subscribe.html?code=USDHSFEMA_153).

No personal information is required. Just enter an e-mail address and your zip code and state to receive news that affects you in your area. It's that easy.

Crew	2009 Crew Chiefs	Assistant Crew Chiefs
1	Ben Davis	Kevin Johnson
2	Steve Fowler	Liz Vander Clute
3	Randy Wheeler	Dana Zuiderhof
4	Billy Spencer	Jeff Fellman
5	Alex Desy	Kalani Linnell
6	Jason Konyar	Jess Crone
7	Tommy Spencer	Nick McClueb
8	Dustin Stokes	Tom Everett
9	James McVey	Jud Fox Jr.
10	Erin Sammon	Damien Sanzotti
11	Mark Muller	Charlie Swartz
12	Steve DeKemper	Tommy Hammond
13	Dave Haight	Brian Cardile
14	Adam Atwood	Jonathan Clouser
15	Travis Wagner	Dan Pogonowski
16	Garrett Lee	Shane Neumann
17	Jake Foy	Jason Lippman
18	Aly Hammond	

**Beachfest—A City-Wide Event**

**Lifeguard Paddleboard Competition**

**When:** June 20th 1800hrs

**Where:** 40th Street and the beach.--after the surfing and bodyboarding comp.

**Who:** OCBP-men and women

**Why:** To demonstrate the rewards of leading a healthy lifestyle.

**Cost:** \$10-which will get the participant's into the Convention Center free for other competitions: Indo Board, skateboard, BMX, various booths, and live music.

**Gold's Gym  
Corporate Rates  
2009 Special Rates**

**Voted Best Gym in OC 2006,2007,2008  
410-723-4653**

**Conveniently located at 115<sup>th</sup> St in the Gold Coast Mall**

<b>Circuit Equipment (All New!)</b>	<b>Pool &amp; Jacuzzi</b>
<b>Free Weights</b>	<b>Aerobics</b>
<b>Cardio Equipment</b>	<b>Yoga/Pilates/Judo</b>
<b>Treadmills, Precor's, Lifecycles,</b>	<b>Massage Services</b>
<b>Stairmasters, LifeFitness</b>	<b>Personal Trainers</b>
<b>Tanning Beds**Brand New**-High Power Stand-up &amp; Lay Down</b>	

**3 Month Summer Membership Specials**

**Regular Price \$180.00**

**Corporate Price \$149.00\* 10+ Employees \$99.00**

**\*This is your price when joining by yourself and mentioning this flyer.**

**Room Available**

Contact Secretary Tyler at  
[debiocbp@aol.com](mailto:debiocbp@aol.com)

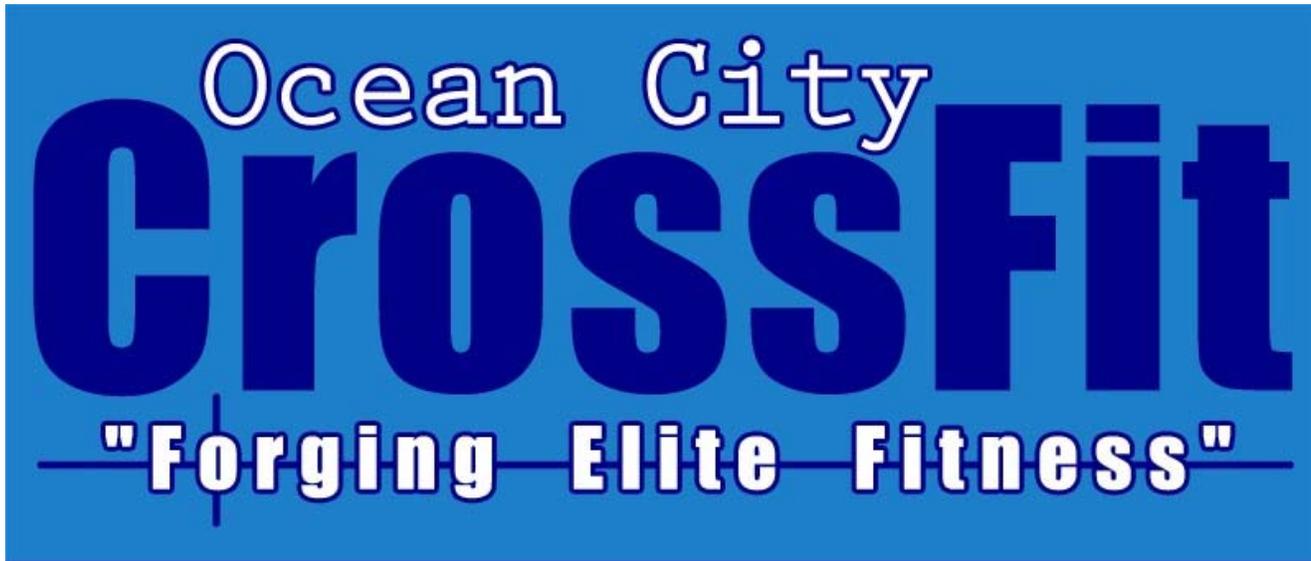


**Summer Rental—Club Ocean Villa 2—120<sup>th</sup> St. Area**

**Bright and airy waterfront condo sleeps four  
Large master suite and efficiency kitchen with a  
private locked entrance, which can be locked  
separately from the rest of the unit. This room is part  
of a 2BR 2BA unit. The unit has a shared living room  
and washer/dryer. The 2<sup>nd</sup> bathroom has a garden  
style Jacuzzi tub. \$500.00 per renter per month.**

**Tides for Ocean City Inlet starting with June 7, 2009.**

Day	High /Low	Tide Time	Height Feet	Sunrise /Sunset	Moon Time	% Moon Visible
Su 7	Low	2:23 AM	0.1	5:37 AM	Set 5:07 AM	99
7	High	8:19 AM	1.8	8:22 PM	Rise 8:45 PM	
7	Low	2:01 PM	0.1			
7	High	8:46 PM	2.7			
M 8	Low	3:01 AM	0.1	5:37 AM	Set 5:58 AM	99
8	High	9:02 AM	1.8	8:22 PM	Rise 9:33 PM	
8	Low	2:41 PM	0.1			
8	High	9:28 PM	2.7			
Tu 9	Low	3:39 AM	0.2	5:36 AM	Set 6:53 AM	98
9	High	9:44 AM	1.9	8:23 PM	Rise 10:15 PM	
9	Low	3:22 PM	0.1			
9	High	10:09 PM	2.6			
W 10	Low	4:18 AM	0.3	5:36 AM	Set 7:52 AM	95
10	High	10:26 AM	1.9	8:23 PM	Rise 10:50 PM	
10	Low	4:03 PM	0.2			
10	High	10:50 PM	2.5			
Th 11	Low	4:58 AM	0.3	5:36 AM	Set 8:51 AM	91
11	High	11:08 AM	1.9	8:24 PM	Rise 11:20 PM	
11	Low	4:45 PM	0.3			
11	High	11:31 PM	2.5			
F 12	Low	5:38 AM	0.4	5:36 AM	Set 9:51 AM	85
12	High	11:51 AM	1.9	8:24 PM	Rise 11:47 PM	
12	Low	5:31 PM	0.5			
Sa 13	High	12:12 AM	2.3	5:36 AM	Set 10:50 AM	78
13	Low	6:19 AM	0.5	8:25 PM		
13	High	12:35 PM	1.9			
13	Low	6:19 PM	0.5			
Su 14	High	12:53 AM	2.3	5:36 AM	Rise 12:11 AM	69
14	Low	7:01 AM	0.5	8:25 PM	Set 11:49 AM	
14	High	1:22 PM	1.9			
14	Low	7:12 PM	0.6			



**FREE TWO-HOUR CROSSFIT INTRO SESSION**

CrossFit's unique training philosophy, and the immediacy of the results produced by CrossFit training, has captured the attention of elite athletes, fire service and law enforcement, service members, weekend warriors, recreational athletes, and general fitness participants. With over 1000 CrossFit Affiliates worldwide, interest continues to grow. CrossFit's broad-based approach to overall fitness, functionality, and applicability to life has CrossFitters from around the world proclaiming CrossFit's superiority to traditional training methods.

CrossFit is a core strength and conditioning program built on constantly varied, if not randomized, functional movements executed at high intensity. CrossFit training maximizes the rate of return of fitness by utilizing multiple modes of training, including monostructural metabolic conditioning, weightlifting, and bodyweight exercises. Creative fitness programming ensures physical competence in each of the following general physical skills: endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy. Basically, everything a member of the Beach Patrol needs to save lives.

**Come to a FREE two-hour introductory session on Saturday, June 13, 2009, from 6:30 – 8:30 PM. You'll learn more about the CrossFit program and about CrossFit Ocean City, the only all CrossFit training facility in the greater Ocean City area!**

Location: 10545 Friendship Road, Berlin  
Time: 6:30 PM to 8:30 PM, Saturday, June 13, 2009

Route 50 heading West, take a right on Friendship road (light at Exxon and Arbys across from SDHS) Stay on Friendship Rd about 2-3 miles and CrossFit OC is on Left at the end of that road. Questions, call Steve - 443-235-5649

For more information about CrossFit or the Free Intro Session, contact Steve at 443-235-5649 or via email at [steve@crossfitocmd.com](mailto:steve@crossfitocmd.com). Visit [www.crossfitocmd.com](http://www.crossfitocmd.com) for more in-depth information about CrossFit Ocean City.

**OCBP Surf Rescue Association – Price List**

Please bring the exact amount of money because we sometimes cannot make change

- Water Bottles \$10.00
- Travel Coffee Mugs \$10.0
- Whistles \$5.00
- Lanyards \$6.00
- Buoy Key Chains \$4.0
- Car window sticker Ocean City Beach Patrol \$2.00
- Beach Patrol Logo Tattoos \$.25
- Grey or White Ringer T-Shirts \$10.00
- Sweatshirts adult \$30.00
- Child \$25.00
- Captain Craig T-Shirts \$10.00
- Iron Guard T-shirts from 2003 and 2004 \$5.00
- Hats – 1 for \$6.00 or 2 for \$10.00
- Swim Cap 1for \$8.00/ 2 for \$15.00