



# OCEAN CITY BEACH PATROL

**WEEKLY BULLETIN**  
**WEEK OF JUNE 6, 2010 to JUNE 13, 2010**

**SUNDAY, JUNE 6, 2010— End of Pay Period**

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

**CREW CHIEF MEETING:** 0800hrs—SRA I-Week 1 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—Mr. Dick Malone from the TOC Dept. of Public Works to speak

**LIEUTENANTS' MEETING:** 0945hrs

**OCBPSRA CERTIFICATION:** Starts Tuesday, June 15--See the schedule on P. 6

**Opportunity to Compete:** None

**Workout:** TABATA Burpees: 8 rounds of 20 second burpees, 10 sec. recovery (4 minutes total)

**Surfing Beaches:** 56<sup>th</sup> St/136<sup>th</sup> St.

**Tides:** High: 0328hrs and 1605hrs

Low: 0921hrs and 2201hrs

**Special Events:** 2010 15<sup>th</sup> Annual Sand Duels Beach Soccer Challenge—Dorchester St.—0900hrs

OC Car & Truck Show—Convention Center—1000hrs to 1800hrs

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

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

**OC Air Show-16<sup>th</sup> St. Beach 1200hrs to 1600hrs**

Play It Safe Karaoke—Dorchester St. Boardwalk—1800hrs to 2000hrs

Ocean City Restaurant Week ends—[www.oceancityrestaurantweek.com](http://www.oceancityrestaurantweek.com)

**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.

**2010 OCBP Themes**

**Let's remember these overarching themes while performing our roles for the OCBP:**

**Public Theme:** *Hospitality First-We are glad you are here!*

**Organizational Theme:** *Integrity is doing what's right when no one knows and no one is watching.*

**Leadership Theme:** *Be quick to listen—slow to speak—and slower to anger!*

S.R.T. Name:	Monday 6/6/2010	Tuesday 6/7/2010	Wednesday 6/8/2010	Thursday 6/9/2010	Friday 6/10/2010	Saturday 6/11/2010	Sunday 6/12/2010	CREW
Daily Assignment								
Rescues								Totals
Preventative actions								
First Aids								

## **MONDAY, JUNE 7, 2010**

**Officer in Charge:** Lieutenant Kovacs

**OCBPSRA CERTIFICATION:** Get ready for the 15<sup>th</sup>!

**Workout:** 25 Dive Bomber Push Ups; 25 Supermen

**Surfing Beaches:** Inlet/54<sup>th</sup> St/134<sup>th</sup> St.

**Tides:** High: 0420hrs and 1656hrs

Low: 1007hrs and 2256hrs

**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—2220hrs

## **TUESDAY, JUNE 8, 2010**

**Officer in Charge:** Lieutenant Kovacs

**OCBPSRA CERTIFICATION:** Starts in One Week!

**Workout:** 20 squat thrusts, 50 lateral hops

**Surfing Beaches:** Inlet/52<sup>nd</sup> St/132<sup>nd</sup> St.

**Tides:** High: 0511hrs and 1744hrs

Low: 1055hrs and 2350hrs

**Special Events:** US Marine Corps Pull-Up Challenge- Dorchester St.—1100hrs to 1800hrs

*Play It Safe* Beach Volleyball Tournament—Dorchester St.—1630hrs

*Play It Safe* Karaoke & Dance—Dorchester St.—1700hrs

*Play It Safe* Beach Safety Seminar

*Play It Safe* Pancake Eating Contest—Happy Jack Pancake House—26<sup>th</sup> St.—2200hrs

## **WEDNESDAY, JUNE 9, 2010**

**Officer in Charge:** Lieutenant Kovacs

**OCBPSRA CERTIFICATION:** Keep Training!

**Workout:** 3 rounds of 10 dive bomber push ups, 20 burpees, 20 torso rotation

**Surfing Beaches:** Inlet/50<sup>th</sup> St/130<sup>th</sup> St.

**Tides:** High: 0600hrs and 1831hrs

Low: 1143hrs

**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—2100hrs

*Play It Safe* Buccaneer's Booty Miniature Golf—146<sup>th</sup> St.—2100hrs—2300hrs

## **THURSDAY, JUNE 10, 2010**

**Officer in Charge:** Lieutenant Kovacs

**OCBPSRA CERTIFICATION:** Right around the corner!

**Workout:** 3 rounds of: 40 knee to elbow bicycles, 20 mountain climbers, 10 V ups

**Surfing Beaches:** Inlet /48<sup>th</sup> St/128<sup>th</sup> St.

**Tides:** High: 0649hrs and 1919hrs

Low: 2442hrs and 1232hrs

**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* Dodgeball—Northside Park—125<sup>th</sup> St.--2100hrs to 2300hrs

*Play It Safe* Laser Tag/Mini Golf/Rock Climbing—Planet Maze—33<sup>rd</sup> St.—2300hrs to 0100hrs

### **2010 Officers**

Unit 2- Captain Butch Arbin

Unit 3- Lt. Mike Stone

Unit 4- Lt. Wes Smith

Unit 5- 1st 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. Marc Bouloucon

Unit 12- Sgt. Brent Weingard

Unit 13- Sgt. Jamie Falcon

Unit 15- Sgt. Colby Kauffman

Unit 16- Sgt. Steve Fowler

Unit 17- Sgt. Jeff Brabitz

Unit 19- Sgt. Mat Postell

### **OCBP Office Assistants**

Debi Tyler

Stella Malone

Kristin Joson

### **OCBP**

P.O. Box 158

Ocean City, MD 21843

Phone # 410-289-7556

Fax # 410-289-8358

e-mail: ocbp@oceancitymd.gov

### **Tax Form Changes**

If you would like to change any deduction information on either of your tax forms, please go to the Human Resources office at City Hall.

If you need to update your personal data information, including any changes in your local address, please see Secretary Tyler.

## **FRIDAY, JUNE 11, 2010—PAY DAY**

**OCBPSRA CERTIFICATION:** Starts Tuesday, June 15

**Workout:** TABATA Squats and Push Ups (hard day)

8 rounds of 20 seconds push ups FAST, 10 seconds recovery (4 minutes total)

8 rounds of 20 seconds body squats FAST, 10 seconds recovery (4 minutes total)

**Surfing Beaches:** Inlet /46<sup>th</sup> St/126<sup>th</sup> St.

**Tides:** High: 0737hrs and 2007hrs

Low: 0131hrs and 1320hrs

**Special Events:** 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 and Tugos Pizza Eating Contest—OC Paintball--Rte. 50--2100hrs*

### **Equipment Needs**

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

## **SATURDAY, JUNE 12, 2010**

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

*Priority will be given to those with the best August and September availability.*

**OCBPSRA CERTIFICATION:** Three Days!

**Workout:** 3 rounds of: 25 jump lunges, 25 mountain climbers, 25 tuck jumps

**Surfing Beaches:** 44<sup>th</sup> St/124<sup>th</sup> St.

**Tides:** High: 0826hrs and 2056hrs

Low: 0219hrs and 1409hrs

**Special Events:** OCBP Triathlon Training-27<sup>th</sup> St. Beach house-0700hrs-Bike/0800hrs-Run

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-Tye-Dye T-Shirt Design-OC Art league--94<sup>th</sup> St.—1000hrs to 1200hrs*

OCBP Triathlon Training  
Saturday, June 12  
27<sup>th</sup> St. beach house  
0700hrs-Bike  
0800hrs-Run

## **SUNDAY, JUNE 13, 2010**

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

**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

**OCBPSRA CERTIFICATION:** Two Days!

**Opportunity to Compete:** Captain George Schoepf Relay—7<sup>th</sup> St.—1000hrs—See P. 8 for more info.

**Workout:** 3 rounds of 25 knee to elbow-bicycles (abdominals), 25 torso rotation, 25 push up Supermen

**Surfing Beaches:** 42<sup>nd</sup> St/122<sup>nd</sup> St.

**Tides:** High: 0916hrs and 2145hrs

Low: 0307hrs and 1458hrs

**Special Events:**

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 14, 2010**

**OCBPSRA CERTIFICATION:** Tomorrow! See the schedule on P. 6

**Workout:** Perform 3 rounds of 3 rounds of: 25 abdominal curls ups, 10 V-ups, 20 dead rock

**Surfing Beaches:** Inlet/40<sup>th</sup> St/120<sup>th</sup> St.

**Tides:** High: 1007hrs and 2235hrs

Low: 0355hrs and 1549hrs

**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—2200hrs*

**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 21, 2010—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 8	Play It Safe Beach Safety Seminar
June 11	Pay Day
June 12	OCBPSRA Pre-Employment Ocean Test
June 12	OC?BP Triathlon-27 <sup>th</sup> St.--0700-Bike-0800-Run
June 13	Weekly Meeting- Convention Center
June 13	Captain Schoepf Relay Swim
June 15-June 25	OCBPSRA Events
June 17	JBP Instructor Training
June 21-27	Surf Rescue Academy II
June 20	Assateague Sprint Triathlon
June 21	Weekly Meeting Moves to Mondays--Convention Center
June 22	Floor Hockey Begins
June 25	Pay Day
June 26	CC Requalification
June 26	SRA 2 Supper Seminar
June 28-July 6	Veteran Re-certification
July 6-9	JBP Session A
July 8	Rookie Graduation
July 10 & 24	Veteran Re-certification
July 11	Captain Craig Swim
July 13-16	JBP Session B
July 14	USLA Mid-Atlantic Regionals
July 16	Ironguard Relay
July 20-23	JBP Session C
July 22	Rehoboth Olympics
July 24	Mitch Maiorana Run Swim Run

**Upcoming Town of Ocean City Special Events**

Play It Safe Events	June 6-June 25	Various Times and Places	<a href="http://www.playitsafeoceancity.com">www.playitsafeoceancity.com</a>
Pro Beach East Volleyball Tour	June 12-13	0900hrs to 2000hrs	Dorchester St.
MD Firemen's Parade	June 16	1300hrs	Inlet to 9 <sup>th</sup> St.
Art's Alive	June 19-20	1000hrs to 1800hrs	Northside Park
Professional Mixed Martial Arts Show	June 19	1900hrs	Convention Center
OC 5 Mile Run	June 19	0700hrs	N. Division St.
Camp Horizon	June 21-25		
Scamper Camp	June 22-24		
Family Beach Movie Night	June 28	1830hrs	27 <sup>th</sup> St.
Family Beach Olympics	June 29	1830 hrs	27 <sup>th</sup> St.
4 <sup>th</sup> of July Fireworks	July 4	2130hrs	N. Division St./Northside Park
Bonfire Story Hour	July 8		N. Division St.
Sundaes in the Park	July 11		Northside Park
Concerts on the Beach	July 14		N. Division St.



**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.



**Keep your feet in the sand,  
until the lifeguard's in the stand!**



**Week 1 Stats-May 29 to  
May 30**

Preventions	1611
Rescues	26
Minor First Aid	18
Ambulance Calls	3
Police Calls	1
USCG/MDNRP	0
Lost/Found Persons	15
Beach Wheelchairs	2

**Week 2 Stats-May 31 to  
June 4**

Preventions	570
Rescues	8
Minor First Aid	15
Ambulance Calls	4
Police Calls	1
USCG/MDNRP	0
Lost/Found Persons	7
Beach Wheelchairs	4

**2010 OCBPSRA Events**

Event	Date	Location	Time
2 Person Rescue	June 15	Dorchester St	1815hrs
Run-Swim-Run	June 16	130 <sup>th</sup> St.	1815hrs
200m Soft Sand Sprint	June 17	Dorchester St.	1815hrs
1 Mile Run	June 18	130 <sup>th</sup> St.	1815hrs
2 Mile Run Needed for Basic	June 22	130 <sup>th</sup> St.	1815hrs-
1 Mile Swim Needed for Basic	June 23	27 <sup>th</sup> St.	1815hrs
Quad Recert.	June 24		
Paddleboard and Landline	June 25	130 <sup>th</sup> St.	1815hrs

Crew	2010 Crew Chiefs	Assistant Crew Chiefs
1	Ben Davis	Jenelle Irwin
2	Jon Clouser	J.B. Miller
3	Randy Wheeler	Greg Evanoff
4	Joe Osborn	Nick McClueb
5	Alex Desy	Shane Neumann
6	Jason Konyar	Dillon Levy
7	Tommy Spencer	Aaron Steely
8	Patrick Riley	Jonathan Wallender
9	James McVey	Laura Allen
10	Dustin Stokes	Tradd Cummings
11	Mark Muller	Jason Mohring
12	Steve DeKemper	Tommy Hammond
13	Dave Haight	A.J. Smith
14	Adam Atwood	Harrison Fisher
15	Travis Wagner	Dan Pogonowski
16	Garrett Lee	Sean Snee
17	Jake Foy	Thomas Moyer

**OCBP Surf Rescue Association – Price List**

Water Bottles \$10.00  
Travel Coffee Mugs \$10.00  
Whistles \$5.00  
Lanyards \$6.00  
Buoy Key Chains \$4.00  
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  
Long-sleeved T-shirts \$15.00  
Hats – 1 for \$6.00 or 2 for \$10.00 Swim Cap 1for \$8.00/ 2 for \$15.00



## 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.

**This Week's Question:** Lifeguards don't go on duty until May 29. Why do I see them running up and down the beach with their buoys before then?

The beach patrol starts recruiting for the next season at the end of July in the prior year and then throughout the winter. Once a candidate passes the rigorous physical test to become a surf rescue technician, the Ocean City Beach Patrol provides training for the job during surf rescue academy. The lifeguards you see on the beach during this time are in one of the training academies that we offer. They are called probationary SRTs, and are taught all necessary skills, techniques, procedures and protocols of the beach patrol.

This is an eight-day, paid training program conducted by beach patrol instructors with support from other public safety agencies, followed by three weeks of supervised, on-the-job probation. When you see an SRT guarding your beach after May 29, you can feel confident that they have been through one of the most rigorous testing and training programs in the nation.

Our veteran guards are also required to pass a drug test, re-qualify in physical skills and complete re-certification and update training each season. If you or someone you know would like to work for OCBP as a surf rescue technician, there will be a pre-employment physical skills test on June 12. Once a candidate passes the skills test they will receive an appointment to a paid surf rescue academy where all training and certification will be provided. For more information, visit the OCBP website at [www.ococean.com/ocbp](http://www.ococean.com/ocbp).

**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 weather conditions vary 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 two 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 10 documented cases of people who have been struck by lightning while on the beach (not in the water). 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.

### Tides for Ocean City Inlet starting with June 6, 2010. to June 14, 2010

Day	High Low	Tide Time	Height Feet	Sunrise Sunset	Moon Time	% Moon Visible
Su 6	High	3:28 AM	1.9	5:37 AM	Rise 1:39 AM	41
6	Low	9:21 AM	0.5	8:21 PM	Set 2:38 PM	
6	High	4:05 PM	2.1			
6	Low	10:01 PM	0.6			
M 7	High	4:20 AM	1.9	5:37 AM	Rise 2:04 AM	31
7	Low	10:07 AM	0.4	8:22 PM	Set 3:38 PM	
7	High	4:56 PM	2.3			
7	Low	10:56 PM	0.5			
Tu 8	High	5:11 AM	1.9	5:37 AM	Rise 2:33 AM	22
8	Low	10:55 AM	0.3	8:22 PM	Set 4:41 PM	
8	High	5:44 PM	2.5			
8	Low	11:50 PM	0.5			
W 9	High	6:00 AM	1.9	5:36 AM	Rise 3:05 AM	14
9	Low	11:43 AM	0.2	8:23 PM	Set 5:47 PM	
9	High	6:31 PM	2.7			
Th 10	Low	12:42 AM	0.3	5:36 AM	Rise 3:45 AM	8
10	High	6:49 AM	2.0	8:23 PM	Set 6:53 PM	
10	Low	12:32 PM	0.1			
10	High	7:19 PM	2.9			
F 11	Low	1:31 AM	0.1	5:36 AM	Rise 4:32 AM	3
11	High	7:37 AM	2.0	8:24 PM	Set 7:58 PM	
11	Low	1:20 PM	-0.1			
11	High	8:07 PM	3.0			
Sa 12	Low	2:19 AM	0.0	5:36 AM	Rise 5:30 AM	0
12	High	8:26 AM	2.1	8:24 PM	Set 8:57 PM	
12	Low	2:09 PM	-0.1			
12	High	8:56 PM	3.1			
Su 13	Low	3:07 AM	-0.1	5:36 AM	Rise 6:35 AM	0
13	High	9:16 AM	2.1	8:25 PM	Set 9:49 PM	
13	Low	2:58 PM	-0.2			
13	High	9:45 PM	3.1			
M 14	Low	3:55 AM	-0.1	5:36 AM	Rise 7:47 AM	2
14	High	10:07 AM	2.2	8:25 PM	Set 10:33 PM	
14	Low	3:42 PM	-0.2			
14	High	9:12 PM	3.2			

### Ocean City Beach Patrol Workouts from Lt. Wes Smith

**Monday:** 25 Dive Bomber Push Ups; 25 Supermen

**Tuesday:** 20 squat thrusts, 50 lateral hops

**Wednesday:** 3 rounds of 10 dive bomber push ups, 20 burpees, 20 torso rotation

**Thursday:** 3 rounds of: 40 knee to elbow bicycles, 20 mountain climbers, 10 V ups

**Friday:** TABATA Squats and Push Ups (hard day)  
8 rounds of 20 seconds push ups FAST, 10 seconds recovery (4 minutes total)  
8 rounds of 20 seconds body squats FAST, 10 seconds recovery (4 minutes total)

**Saturday:** 3 rounds of: 25 jump lunges, 25 mountain climbers, 25 tuck jumps

**Sunday:** 3 rounds of 25 knee to elbow-bicycles (abdominals), 25 torso rotation, 25 push up supermans,





### **Annual Captain George A. Schoepf Memorial Relay** **Sunday, June 13, 2010**

**Run-Swim-Run Begins at 7<sup>th</sup> St.      1000hrs**  
**Run South to Rockpile      Swim North to 146<sup>th</sup> St.      Run South to 7<sup>th</sup> St.**

Captain Schoepf served as Captain of the Ocean City Beach Patrol from 1987-1996; although his leadership role on the beach patrol was quite extensive, beginning with his appointment as "Assistant" to Captain Craig in the late 1960s. Every year in June, in honor of his many years of service to the OCBP a relay is held where a classic steel rescue buoy is passed along by alumni guards and current lifeguards. The relay begins at 7<sup>th</sup> street, Captain Schoepf's old stand and Street, with a run to the end of Ocean City followed by a swim the entire length of Ocean City where it is swam back into the beach and run back to the starting point at 7<sup>th</sup> street. The direction of the relay is contingent on the direction of the ocean current on the morning of the relay. Sergeants and crew chiefs on quads cover each stand as each SRT takes a turn running or swimming the buoy along the beach toward the inlet or the Delaware line (depending on the current that day). This honorary relay begins with a prayer and has been led off by various people that have been influenced by Captain Schoepf such as his daughter, his wife, as well as former beach patrol members that served under him. This year 2 of Schoepf's grandsons will begin the running leg of the relay. This relay is open to the Ocean City Beach Patrol as well as anyone that has worked for the beach patrol in the past or has a personal connection to Captain Schoepf. The relay takes place during the regular workday beginning at 10:00 am. Visitors to Ocean City have enjoyed watching this relay as the vintage buoy travels up the beach and then back down in the ocean with the many exchanges along the way. It usually takes approximately 5 hours for the buoy to make the full circle from 7<sup>th</sup> street and back.

#### **Background Information on Captain Schoepf:**

In 1950 George Schoepf applied for a job and was tested thoroughly by Captain Craig. After serving admirably for a couple of years, he was advanced to Sergeant, then to Lieutenant. Ocean City had grown by expanding the city limits from 15th Street to 24th Street, then to 41st Street and finally to the Delaware State line, a distance of ten miles. Obviously, the Patrol had to be increased to cover the additional distances and greater influx of visitors. Additional supervision was also needed. With the approval of the Mayor and City Council, a new position was created to be designated "Assistant to the Captain" It was his idea to divide the Patrol into crews. The idea of an annual crew competition was also Captain Schoepf's. The competition was good public relations with the visitors who had a chance to see the various abilities of the guards in running and swimming. In 1980 the Ocean City Beach Patrol formed a local chapter of the United States Life Saving Association. Three years later under the direction of Chapter president George Schoepf the Ocean City chapter began hosting regional life guarding competitions. Captain Schoepf was given the complete responsibility for setting up and running the USLA Mid-Atlantic Championships and he did the job extremely well. When Craig retired in 1987, Schoepf was appointed Captain by the Mayor and City Council. He served the Town of Ocean City well for over 40 years.