



OCEAN CITY BEACH PATROL

WEEKLY BULLETIN

Week of July 27, 2009 to August 2, 2009

MONDAY, JULY 27, 2009

WEEKLY MEETING: CONVENTION CENTER - 40TH STREET

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

GENERAL MEETING: 0845hrs

LIEUTENANTS' MEETING: 0945hrs

OCBPSRA: Beach Safety Seminar Training—Headquarters—1830hrs—Required for Basic Certification

Opportunity to Compete: Bethany Beach Ocean Series—Garfield Pkwy—1730hrs

Employee Softball at Northside Park—OCBP 2 vs. Fire EMS —Field 2—1830hrs

Rec & Parks vs. OCBP 1—Field 3—1830hrs

Fire EMS vs. OCBP 1—Field 2—1930hrs

OCBP 2 vs. OCBP 3 —Field 3—1930hrs

OCBP 3 vs. Rec & Parks—Field 3—2030hrs

Workout: 1 round of TABATA PUSH UPS (20 seconds fast as possible, 10 second recovery) x 8
2 rounds of 25 Torso Rotations to Side Plank

Surfing Beaches: Inlet/38th St./Carousel

Tides: High: 1232hrs

Low: 0618hrs and 1856hrs

Special Events: Free Breakfast—The Son Spot—12 Worcester St.—0700hrs to 0830hrs

Beach Safety Seminar—OC Lifesaving Museum—1100hrs

Free International Students Dinner—OC Baptist Church—N. Division St.—1800hrs to 2000hrs

Jesus at the Beach—N. Division St.—1900hrs to 2200hrs

Movies on the Beach—Kung Fu Panda—27th St.—2045hrs

Employee Softball

Please note the change!
The schedule remains
the same, but the
games have been
changed from
Wednesdays to
Mondays.



S.R.T. Name:	Monday 7/27/2009	Tuesday 7/28/2009	Wednesday 7/29/2009	Thursday 7/30/2009	Friday 7/31/2009	Saturday 8/1/2009	Sunday 8/2/2009	CREW
Daily Assignment								
Rescues								Totals
Preventative actions								
First Aids								

TUESDAY, JULY 28, 2009

JBP Academy IV: Day 1—0800hr –1130hrs (Instructors report at 0730hrs)

OCBPSRA: None

Opportunity to Compete: OCBP Triathlon Club—Boardwalk Run—Meet at HQ—0800hrs

OCBP Floor Hockey—Northside Park—1900hrs--\$5.00 per person

Workout: 3 rounds of (20 leg raises each leg; followed by 25 body squats; followed by 25 tuck jumps)

Surfing Beaches: Inlet/36th/Sea Watch

Tides: High: 2447hrs and 1327hrs

Low: 0708hrs and 1958hrs

Special Events: Free Breakfast—The Son Spot—12 Worcester St.—0700hrs to 0830hrs

Free Dinner—The Son Spot—12 Worcester St.—1730hrs

Free Lifeguard Dinner—OC Baptist Church—N. Division St —1800hrs

Family Beach Olympics—27th St.—1830hrs

Free Music Tuesdays at Sunset Park—*TKO Band* (Polish Music)—S. Division St.—1930hrs

Jesus at the Beach— N. Division St.—1900hrs to 2200hrs

OCBP Floor Hockey

Northside Park
Tuesdays--1900hrs
\$5.00

*Wear Your Athletic
Shoes—No Blades*

July 28, Aug. 4, Aug. 11



Equipment Issues

Sgt. Kauffman will be available for any equipment issues until 1830hrs on Wednesdays.

WEDNESDAY, JULY 29, 2009

JBP Academy IV: Day 2—0800hrs –1130hrs (Instructors report at 0730hrs)

OCBPSRA: None

Scamper Camp: N. Division St.—0945hrs—1145hrs (Instructors report to HQ at 0900hrs)

Camp Horizon: N. Division St.—1145hrs—1515hrs

Opportunity to Compete: All Women's Tournament--NY

Workout: 3 Rounds of (20 Buoy Axe Chops with Lunge, 20 Long Lever Crunches, and 20 Dead Rock)

Surfing Beaches: Inlet/34th/Rainbow

Tides: High: 0141hrs and 1427hrs

Low: 0759hrs and 2102hrs

Special Events: Jesus at the Beach— N. Division St.—1900hrs to 2200hrs /Baptism in the Ocean—40th St.—1400hrs

THURSDAY, JULY 30, 2009

JBP Academy IV: Day 3—0800hrs –1130hrs (Instructors report at 0730hrs)

JBP One-Day Clinic: 1300hrs-1500hrs

OCBPSRA: None

Opportunity to Compete: OCBP Triathlon Club—130th St.—Bike—0715hrs

Run—0815hrs

Workout: 3 rounds of 25 burpees followed by 25 Sumo Pulse Ups

Surfing Beaches: Inlet/32nd/Golden Sands

Tides: High: 0239hrs and 1530hrs

Low: 0851hrs and 2207hrs

Special Events: Free dinner at the Son Spot—12 Worcester St.—1730hrs

Bonfire Story Hour on the Beach—**The OCBP**— N. Division St.—2100hrs

JBP One Day Clinic

Thursday

afternoons

July 30,

August 6, 13

1300hrs to 1500hrs

Spread the word to
kids 10-17 who hang
around the stand.

This weekly one-day
activity is perfect for
introducing kids to
life guarding.

*Notice: Participation in activities that use equipment
not issued or authorized by the OCBP while on duty in
uniform (including breaks) is strictly prohibited.
e.g.:surfing, bodyboarding, fishing, etc.*

**Special Note: Allowing non-employees to use our
equipment without the permission of an officer is
also prohibited.**

FRIDAY, JULY 31, 2009

JBP Academy IV: Day 4—0800hrs –1130hrs (Instructors report at 0730hrs)

OCBPSRA: None

Opportunity to Compete: OCBP Triathlon Club—Changed to Thursday, 7/30/09. See above.

Workout: TABATA SQUATS: (20 seconds fast as possible, 10 second recovery) x 8
2 rounds of 5 x 10yd BEAR CLIMB SPRINTS

Surfing Beaches: Inlet/30th/Sheraton

Tides: High: 0341hrs and 1630hrs

Low: 0945hrs and 2312hrs

Special Events: Free Breakfast—The Son Spot—12 Worcester St.—0700hrs to 0830hrs

Beach Safety Seminar—OC Library—1400hrs

Movies on the Beach—*Tale of Despreaux*—27th St.—2045hrs

SATURDAY, AUGUST 1, 2009

OCBPSRA: None

Opportunity to Compete: ***Crew Comps—Surf Ave.—1830hrs***

Workout: 3 rounds of 50 lunges followed by 10 broad jumps

Surfing Beaches: 28th/Plaza

Tides: High: 0439hrs and 1723hrs

Low: 1040hrs

Special Events: ESA Chauncey's Surfabout—54th St.—0700hrs

Free Breakfast—The Son Spot—12 Worcester St.—0700hrs to 0830hrs

OC Custom Car & Bike Celebrity Show—Convention Center—1000hrs to 2200hrs

SUNDAY, AUGUST 2, 2009—End of Pay Period

OCBPSRA: None

Opportunity to Compete: None

OCBP Soccer—Semi Final #1 (2nd vs. 3rd)—Northside Park—1830hrs

Workout: 3 rounds of (25 V-Ups, 50 push ups, 50 body squats)

Surfing Beaches: 26th/Flying Cloud

Tides: High: 0531hrs and 1810hrs

Low: 2406hrs and 1133hrs

Special Events: ESA Chauncey's Surfabout—54th St.—0700hrs

OC Custom Car & Bike Celebrity Show —Convention Center—1000hrs to 2200hrs

Sundaes in the Park—The Adrian Duke Projek— Northside Park—1800hrs

MONDAY, AUGUST 3, 2009

WEEKLY MEETING: CONVENTION CENTER - 40TH STREET

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

GENERAL MEETING: 0845hrs

LIEUTENANTS' MEETING: 0945hrs

CREW CHIEF SEMINAR: Training Room—1100hrs to 1730hrs—Lunch Provided

Opportunity to Compete: Delaware Jr. Guard Competition—Rehoboth

Workout: TBD

Surfing Beaches: Inlet/24th/93rd

Tides: High: 0617hrs and 1852hrs

Low: 2449hrs and 1221hrs

Special Events: Beach Safety Seminar—OC Lifesaving Museum—1100hrs

White Marlin Open begins.

Community CPR/First Aid Class—OCBP Training Room—1830hrs

Sunset Park Concert Series—David Bach—S. Division St.—2000hrs

Movies on the Beach—*Beethoven's Big Break*—27th St.—2045hrs

Please keep Bob Holthaus, a long-time friend and supporter of the OCBP, in your thoughts and prayers as he continues to battle his illness.



OCBP Ironguard Individual

Please note the **change in location** for the event. The date has been changed **from** July 28th **to** August 11th.



BEACH PATROL EVENTS

July 27	Beach Safety Seminar at OC Life-Saving Museum
July 31	Beach Safety Seminar at the OC Library—1400hrs
July 27	Beach Safety Seminar Training—HQ Training Room—1830hrs
July 28-31	JBP Academy IV
July 30	Bonfire Story Hour w/The OCBP
August 1	Crew Comps-1830hrs
August 5	Camp Horizon All-Day Beach Day—0945hrs
August 3, 10, 17, 24	Beach Safety Seminars at OC Life-Saving Museum
August 4-7	JBP Academy V
August 7, 14, 21, 28	Beach Safety Seminars at the OC Library—1400hrs
August 8	OCBP Triathlon—142 nd St.—1815hrs
August 11	Ironguard Individual—130 th St.—1830hrs
August 11-14	JBP Academy VI
August 15	OCBP Pre-Employment Physical Skills Test

Town of Ocean City Special Events

Endless Summer Boogie Board Camp	July 27-29	Endless Summer--38 th St.	1400hrs to 1600hrs
Movies on the Beach— <i>Kung Fu Panda</i>	July 27	27 th St. Beach	2045hrs
Jesus on the Beach Festival	July 27-29	N. Division St.	1900hrs
Free Music at Sunset Park—TKO Band	July 28	S. Division St.	1700hrs to 2100hrs
Family Beach Olympics	July 28	27 th St. Beach	1830hrs to 2030hrs
Bonfire Hour on the Beach-w/OCBP	July 30	N. Division St.	2100hrs
Movies on the Beach— <i>Tale of Despreaux</i>	July 31	27 th St. Beach	2045hrs
ESA Chauncey's Surfabout	Aug. 1-2	54 th St.	
Sundaes in the Park w/The Adrian Duke Projek	Aug. 2	Northside Park	1800hrs
Movies on the Beach— <i>Beethoven's Big Break</i>	Aug. 3	27 th St. Beach	2045hrs
Family Beach Olympics	Aug. 4	27 th St. Beach	1830hrs to 2030hrs
Concerts at Sunset Park w/No Byscuys	Aug. 4	S. Division St.	1930hrs
Concerts on the Beach w/N.O.M.A.D	Aug. 5	N. Division St.	2000hrs
Movies on the Beach— <i>The Incredibles</i>	Aug. 7	27 th St. Beach	2045hrs
Sundaes in the Park w/Queen City Funk & Soul	Aug. 9	Northside Park	1800hrs
Concerts on the Beach w/Zydeco-a-Go-Go	Aug. 12	N. Division St.	2000hrs

<u>Stats.</u>	<u>Week 9</u> 7/13/09 to 7/19/09	<u>Week 9</u> Year- To-Date 2009	<u>Week 9</u> 7/14/08 to 7/20/08	<u>Week 9</u> Year-To- Date 2008	<u>Week 9</u> 7/16/07 to 7/22/07	<u>Week 9</u> Year- To-Date 2007
Action						
Preventions	5091	33755	13935	43001	7713	36682
Rescues	162	1688	1032	2845	152	652
Minor First Aid	107	627	316	1170	120	789
Ambulance Calls	27	122	45	117	15	73
Police Calls	5	31	13	49	4	36
USCG/MDNRP	1	4	2	7	4	8
Lost/Found Persons	53	298	32	288	48	299
N. Surf Beach Population	46	478				
S. Surf Beach Population	205	2655				
Inlet Surf Beach Population	81	221				
Beach Wheelchair Usage	41	183	24	175	44	221



The Ocean City Beach Patrol, in conjunction with the Lower Shore Chapter of the American Red Cross, will be offering a Community First Aid Course at a discounted price of \$30. Participants will become certified in Adult, Child, and Infant CPR along with Standard First Aid. The course will take place at Beach Patrol Headquarters on Monday, August 3 and Tuesday, August 4 from 6:30 pm to 10:30 pm. This course is open to the public and there is no minimum age requirement. The course has a limited number of openings and is expected to fill up quickly so reserve your spot today. Register by contacting Beach Patrol Headquarters at 410-289-7556. Checks can be made payable to OCBPSRA.

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: Does the Beach Patrol provide any activities for children vacationing at the beach?

Yes, we have our **Junior Beach Patrol Program**. This program offers children ages 10-17 the opportunity to experience the training and daily routine of real "Lifeguards." We call them "Surf Rescue Technicians" (SRTs). The program models itself after the duties and responsibilities of the SRT and focuses on the development of skills associated with the enjoyable and safe use of the beach environment. It is designed to instruct boys and girls in the skills and techniques of beach safety, water safety, surf rescue and physical fitness. Registration for these programs begins in early March. Registration question maybe be directed to the Ocean City Recreation & Parks Department at 410-250-0125 or the Ocean City Beach Patrol at 410-289-7556. Many SRTs made their start in lifesaving in the Junior Beach Patrol.

This program is offered in two types of sessions. We offer a four-day academy from Tuesday through Friday from 8:00 until 11:30 as well as a one-day introduction session, which takes place on Thursdays at 1:00- 5:00 pm. The four-day academy consists of five levels that children can advance through learning new skills at each level. The programs are repeated each week for six weeks so there should be a JBP academy that will work during your stay here in Ocean City.

In addition to the Junior Beach Patrol Program (JBP), the Beach Patrol also provides special activities, programs, speakers, and seminars to various groups such as scouts, church groups, camps, schools, and civic organizations. They conduct these water safety seminars both in Ocean City and throughout the region. The safety training focuses primarily on drowning prevention and safety around the water. They also provide many helpful tips on how to keep children safe at the beach. These presentations and hands-on activities are critical in allowing the Beach Patrol to fulfill their 3-part mission of education, prevention, and intervention. If you have a group that is interested in a beach safety program or a speaker, contact the Beach Patrol at 410-289-7556 or email ocbp@ococean.com. There is no charge to the organization for these presentations of how to keep children safe at the beach.

If you have a question, please ask. If you see an inappropriate or unsafe situation, please bring it to the attention of the SRT. We are here to serve you.

This Week's Questio: What are the rules as far as what you can and cannot do on the beach?

The Beach Patrol is responsible for maintaining a safe, secure, and enjoyable atmosphere on the beach and in the ocean. The Surf Rescue Technician on the stand carries out this responsibility by informing the public and enforcing applicable rules, laws, and local ordinances.

Basically the Ocean City Beach Patrol regulates all beach activities. For your protection and safety, the activities below are either **Prohibited** or **Regulated R** on the beaches of Ocean City.

- Ø Consuming alcoholic beverages
- Ø Allowing dogs on the beach (May 1 – Sept 30)
- Ø Sleeping on beach (10 p.m. – 6 a.m.)
- Ø Using a skim board after 10 a.m and before 5:30 p.m.
- Ø Bringing glass containers onto the beach
- R Starting open fires on the beach
- R Playing loud music

These activities are under the discretion of the Beach Patrol BP

- BP Ball playing and Frisbee throwing
- BP Umbrellas placement beyond established line
- BP Kite flying
- BP Digging holes in the sand
- BP Fishing while the OCBP is on duty
- BP Surfing in designated areas only

We would like to suggest that you always follow these safety tips

- Parents should monitor all activities of any children they are responsible for to make sure they remain safe at all times and don't become lost.
- Apply sunscreen liberally and often.
- Drink plenty of water.
- Wear eye protection.
- Establish and check landmarks.
- Keep valuables off the beach.
- Please put trash in its place.
- No glass containers, please.
- And finally, take seriously the warning of the SRT when storms are in the area. The Ocean City Beach Patrol is in constant communication with the National Weather Service. When instructed by the Beach Patrol personnel, please secure your belongings and leave the beach immediately for your safety and ours!

If you have a question, please ask. If you see an inappropriate or unsafe situation, please bring it to the attention of the SRT. We are here to serve you and we are glad you are here!



BETHANY BEACH PATROL / MANGOS

Surf Rescue Challenge 2009

DATE: Monday, July 27, 2009

TIME: Registration 5:45 – 6:15 / Start 6:30

*Registration will take place on the bandstand on Garfield Parkway, and the competition will be on the beach right out in front.

ENTRY FEE: \$10.00 per competitor: Includes entry, t-shirt (limited supply – first come, first serve), and after party at Mangos

EVENT 1—Main Beach Melee Relay: Team of 5 guards (any gender) competing in a series of sprint running, swimming, and paddling legs. **BIG RED PADDLE BOARDS**

EVENT 2—Run-Swim-Run Relay (5 competitors, 1 female)

EVENT 3—Rescue Dash with can (5 competitors)

EVENT 4—Swim / Run Suicide (4 competitors, 1 female)

EVENT 5—Water Flags: Team (team of 2 competitors) beach flag concept (alternating runs). Upon the command, competitors will execute a beach flag start, turn, and sprint/swim a short distance to the flags out in the water.

EVENT 6—6 x 200 soft sand sprint relay (1 female)

Parking: Wellington Parkway from 5:30 – 8:30, which is 3 blocks south of Garfield Parkway (main street). Put something from your patrol in the dashboard. Guards may park at the meters and in permit parking along that street. Parking will also be available on **Atlantic Ave** should space run out on Wellington Pkwy. Do not park at any BLUE colored meter.

After Party: Mango's will be hosting a party afterwards with a light appetizer buffet and drink specials. The championship belt will be awarded to the winning team during the after party.

The OCBP Triathlon Club

Please note the changes this week!

Tuesday—Boardwalk Run—Meet at HQ—0800hrs

Friday—Changed to Thursday—130th St.—Bike—0715hrs
Run--0815



CrossFit Training for the OCBP

**Tuesdays and Thursday at 0645hrs
Saturdays at 0700hrs**

OCBP Surf Rescue Association – Price List

Please bring the exact amount.

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
 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
 Backpack--\$6.00 or 2 for \$10.00
 Under Armour Shirts & Shorts--\$15.00 each



The 2009 OCBP Softball Schedule

OCBP 1—Jon Clouser
OCBP 2—Dustin Stokes
OCBP 3—Adam Atwood

Date	Home	Away	Time	Place
Mon., 7/27	OCBP 2	Fire/EMS	1830hrs	Field 2
Mon., 7/27	Rec & Parks	OCBP 1	1830hrs	Field 3
Mon., 7/27	Fire/EMS	OCBP 1	1930hrs	Field 2
Mon., 7/27	OCBP 2	OCBP 3	1930hrs	Field 3
Mon., 7/27	OCBP 3	Rec & Parks	2030hrs	Field 3
Mon., 8/3	Playoffs			
Mon., 8/3	Playoffs Continued			

Tides for the Ocean City Fishing Center starting with July 27, 2009

Day	Tide	Time	Height Feet	Sunrise Sunset	Moon Time	% Moon Visible
M 27	Low	6:18 AM	-0.1	5:59 AM	Rise 12:26 PM	29
27	High	12:32 PM	3.8	8:15 PM	Set 11:16 PM	
27	Low	6:56 PM	0.2			
Tu 28	High	12:47 AM	3.3	5:59 AM	Rise 1:32 PM	39
28	Low	7:08 AM	0.1	8:14 PM	Set 11:47 PM	
28	High	1:27 PM	3.7			
28	Low	7:58 PM	0.5			
W 29	High	1:41 AM	2.9	6:00 AM	Rise 2:36 PM	50
29	Low	7:59 AM	0.3	8:13 PM		
29	High	2:27 PM	3.6			
29	Low	9:02 PM	0.7			
Th 30	High	2:39 AM	2.7	6:01 AM	Set 12:22 AM	60
30	Low	8:51 AM	0.4	8:12 PM	Rise 3:38 PM	
30	High	3:30 PM	3.6			
30	Low	10:07 PM	0.8			
F 31	High	3:41 AM	2.5	6:02 AM	Set 1:03 AM	69
31	Low	9:45 AM	0.5	8:11 PM	Rise 4:36 PM	
31	High	4:30 PM	3.6			
31	Low	11:12 PM	0.8			
Sa 1	High	4:39 AM	2.5	6:03 AM	Set 1:49 AM	78
1	Low	10:40 AM	0.5	8:10 PM	Rise 5:28 PM	
1	High	5:23 PM	3.7			
Su 2	Low	12:06 AM	0.8	6:04 AM	Set 2:41 AM	85
2	High	5:31 AM	2.6	8:09 PM	Rise 6:13 PM	
2	Low	11:33 AM	0.5			
2	High	6:10 PM	3.8			
M 3	Low	12:49 AM	0.7	6:05 AM	Set 3:38 AM	91
3	High	6:17 AM	2.8	8:08 PM	Rise 6:52 PM	
3	Low	12:21 PM	0.4			
3	High	6:52 PM	3.9			

Atlantic Edge Dive Center

Diving Made Easy



www.atlanticedge.com

Saturday, August 22nd and Sunday, August 23rd 2009

The location is the Salisbury YMCA Pool.

Cost is \$295.00 and includes all of the equipment and study materials. You just show up with a bathing suit and towel.

To sign up for the course, visit www.atlanticedge.com. Select training and then select the Salisbury location.

For additional info please contact Atlantic Edge at (301) 519-9283.

2009 USLA COMPETITION SCHEDULE

JULY

29 – All Women's Tournament -NY

AUGUST

3 – Delaware Junior Guard Competition—Rehoboth
 6,7,8 – USLA Nationals—Fort Lauderdale, FL



Ocean City Beach Patrol Workouts from Lt. Wes Smith

Monday

1 round of TABATA PUSH UPS (20 seconds fast as possible, 10 second recovery) x 8

When you fatigue, continue with your knees on the ground.

2 rounds of 25 Torso Rotations to Side Plank

In a push up position rotate to your left side with your right arm up toward the sky and your left arm straight and locked holding your body weight. Allow your right leg to lay along top of your left. Switch to the other side; that is one rep.

Tuesday

3 rounds of (20 leg raises each leg; followed by 25 body squats; followed by 25 tuck jumps)

Leg Raises: while standing, kick your left leg up as high as possible while keeping it straight. Mainly a flexibility exercise for your hip extensors.

Tuck Jump: Jump as high as possible and pull your knees up toward your chest.

Wednesday

3 Rounds of (20 Buoy Axe Chops with Lunge, 20 Long Lever Crunches, and 20 Dead Rock)

Buoy Axe Chop: While standing straight and holding the buoy beside the right hip (holding the crown and nose with both hands) lunge the right leg backwards placing the body weight over the front left foot, while swinging the buoy up and over the left shoulder as high and far as possible. Use the obliques, abs, and lats to return the buoy to the right hip while standing back to the starting position.

Long Lever Crunch: Perform an abdominal curl while holding the buoy over the head, with the arms and shoulders in an upright and fixed position. Do not let the shoulders or arms move throughout the range of motion. Repeat while keeping the lower back firm and against the ground.

Dead Rock: While paused in the up position of a V-Up, use momentum to rock like a rocking chair toward the feet and back to the head. The body should remain in a fixed and isometric position while rocking back and forth each rep. The back should be completely straight and the abdominals recruited throughout the range of motion. Perform 10-30 reps.

Thursday

3 rounds of 25 burpees followed by 25 Sumo Pulse Ups

Burpee or Sandcrab feeder: From a standing position, squat down and place your hands in front of your feet, jump into a push up position, and do 1 push up, jump your feet back toward your hands and from a squat position jump into the air. Repeat.

Sumo Pulse Ups: Feet should be spread wide. Perform a squat down to the end range of motion. Pause 2-5 seconds. Pulse down further and jump up as high as you can, landing with your feet together. Stand up straight.

Friday

TABATA SQUATS: (20 seconds fast as possible, 10 second recovery) x 8

Use your arms to propel your squat faster. You should get more than 20 squats in 20 seconds, shooting for 23-25. Go all the way down to your end range of motion and back into a full standing position as fast as you can.

2 rounds of 5 x 10yd BEAR CLIMB SPRINTS

From a four-point stance with backs flat and knees off the ground, pick a spot about 10 yards in front of you. Sprint as fast as possible running on all fours like a quadruped. Stop and sprint back to the start.

Saturday

3 rounds of 50 lunges followed by 10 broad jumps

Lunge: Step in a straight line 1 step in front of the other. Shift the center of gravity with the step and place the weight on the heel of the front foot. Keep the shoulders back and lower the back knee toward the ground (do not touch the ground). Push off the front foot back up to the starting position.

IMPORTANT: keep the knee of the front leg behind the toe of the front leg and the lordotic curvature of the L-Spine should be maintained.

Broad Jump: Jump with both legs as far as possible.

Sunday

3 rounds of (25 V-Ups, 50 push ups, 50 body squats)

V-Up: The lower back should be flat against the sand with the legs straight and off the ground and the arms straight over the head. The arms and shoulders in an upright and fixed position should curl up with the torso while the straight legs come up toward the hands. You do not need to touch the feet to the hands, but should come up in a "V" position with the lower back flat on the sand. Return to the start position. The back should be perfectly straight, and should not curve at all. An arch in the lower back can lead to an injury. Do not let the shoulders or arms move throughout the range of motion. Repeat while keeping the lower back firm and against the ground.



Attaboys!!!

To Whom It May Concern:

I am sure your organization gets these type of e-mails all of the time, but I thought this was the least I could do for congratulating your organization on a job well done. Last week my family and I (who have been coming to Ocean City for quite some time) walked out onto the beach at 9:15 and were greeted by something we had never seen before; a surfing beach. When we saw this surfing beach set up we were puzzled as to its implications, but within ten seconds a young man from your organization came running over to give us all the information we could want about surfing beaches. After hearing about this my young family wanted to sit close and watch the surfers. We set our umbrella and chairs next to the young man's yellow chair and were very happy we did so. Not only were we entertained by the surfers, but we marveled at how courteous and patient the young man was with people in the water (especially the surfers). We got to talking to your guard throughout the day and he wowed us continuously with his knowledge and charisma. He gave my youngest son body surfing tips and told us about great places to eat, all the while monitoring the water in front of him and people on the beach like a hawk. We were so impressed we decided the next day to leave our beach in the North because the young man was working at the Inlet! We even went as far as asking him whether he would like to take our daughter out for dinner (he was busy that night and declined respectfully)! At the end of the day, he picked up trash on his way off the beach and helped my husband strap some stuff to the roof of our van. Please extend our warmest regards to Ronnie (we did not get his last name) and give him a hearty pat on the back for a job well done! We will keep coming to Ocean City as long as your employees shine like this wonderful young man!

Keep up the excellent work and God Bless,

The Kominsky Family

P.S- We are planning another vacation in August because of the wonderful time we had in OC. And hopefully this time Ronnie won't be too busy to take our daughter out for some Mini Golf!

Dear Captain Arbin,

I just wanted to let you know how much we appreciate the OCBP and what a great job they are doing, especially a Lifeguard named Natalie.

We are staying at the Quality Inn Beachfront on 33rd Street all week and Natalie has been at this post for the last two days. On Tuesday 7/21/09 in the early afternoon, my 8 old year old son Jacob went missing. My wife and I had only seen him moments prior and then we lost sight of him. We starting to search up and down the beachfront for a few minutes without any luck. Within a few minutes I approached Natalie and informed her of the situation and she immediately took action. She was completely professional, reassuring and calm. Within 15-20 minutes I was informed that they had found my son. He had managed to make it all the way down to 27th street on his boogie-board. I give him a big pat on the back for realizing he was lost and approaching a Lifeguard and informing them of his situation.

Natalie has been wonderful this last two days and we are greatly indebt to her and all of OCBP for finding my son. It was been a wonderful experience having her around and I have the highest respect for her and all of the OCBP personnel. My sincerest Thanks to you and all of the OCBP staff!, keep up the great work.

Sincerely,
David R. Humphrey
Lewisburg, PA
7/22/09

Sgt. Cawthern had a conversation with one of the beach patron's after a neck and back incident at 137th St. on July 22nd. The family had been Delaware patrons until speaking with a guard there who mentioned that he had failed the OCBP Physical Skills Test, as well as witnessing the OCBP's expertise in handling a spinal injury. After this, the family decided to complete their vacation in Ocean City and vowed never to return to the Delaware beaches.

I was so proud of our organization today when my mother heard a compliment in her Miami nursing home about the guards of OCBP. Knowing my Mom has connections in OC and is a Marylander, some nurses who are friends with my Mom commented to her about a trip they took to Ocean City to visit some friends. They key story was one about the beach patrol. They stayed in the 133-136th street area (the trailer park up in the north along Coastal Hwy...I don't have the specifics) so I assume the emergency they witnessed was in Jakes or Garrett's crew, or both. They said they observed an amazing rescue..but described the victim as a patient that was perfectly stabilized so I'm sure it was a neck back. I am quoting my Mom here: "They couldn't believe how quickly everyone responded and how each beach patrol member automatically knew the emergency was taking place and performed their role. The nurses said they didn't even bother asking to help because it was handled like textbook." When my Mom let them know her son is on the beach patrol, they wanted me to know that the beach patrol is "amazing." I know one lady's name is Michelle Wrebleski and I don't know the others...but even in Miami we get recognized for the job we do.

Best,

Wesley Smith, Ph.D.
Clinical Assistant Professor
University of Miami

To Whom It May Concern,

I just wanted to drop you a small note of "Praise". My husband and I arrived this passed July 16th and stayed until July 20th 2009 in your lovely city and were quite impressed with your lifeguards. We stayed at the Comfort Inn and as we layed on the beach and ventured into the waters, we felt watched over. The lifeguards were Alert, Courteous and Professional. Every morning we would see them start their watch and every evening, we could see them drag their lookouts back up the beach and when all was clear, their backed their way away from the beach, to make sure everyone was out of the water. WOW! I don't make it a habit of passing on praises to complete strangers, but again WOW! Many thanks to each and everyone of them for an excellent job. Take care and give them all our sincerest of thanks!

Sincerely,
Charlotte and Darrel Passman

Chief Arbin,

I am writing to you to recount a job well done by one of your crew chiefs (Jake Foy) on Thursday, July 16th. My 9 yr. old daughter had been doing a good job of riding the waves for a couple days, but on that Thursday the waves were a bit stronger and bigger. She had been with an older more experienced friend, but she got out and left my daughter alone. I was watching her but realized after awhile she wasn't getting out because she didn't want to but because she couldn't. She was crying and gesturing to me she was stuck. I grew up on a lake and am not used to big waves, so I would have been no help all.

Fortunately, the guard was directly behind us, so I got his attention, and he quickly went into action. He helped her find the right waves to ride back and calmed her fears while doing so. He then took the time after she was safely on shore to try and explain how to ride the waves, but he also mentioned her strengths noting that she had been doing a good job. Ultimately, he made my daughter feel safe and not silly. In her words, "it was awesome" how he saved her.

Thank you for hiring and training guards that exhibit such experience and knowledge. And please let Mr. Foy know how much we appreciated his efforts.

Keep up the good work,
Ranny McKay

Captain Craig Mile Swim Order of Finish

Place	Number	Competitor Name	Time
1	75	Charlie Sparks	19:41.00
2	93	Greg Evanoff	19:47.00
3	54	Ethan Nyberg	20:15.00
4	88	Nick Sakell	20:34.00
5	53	Julia Wisler	21:29.00
6	6	Steve Everett	22:09.00
7	70	Craig Jones	22:21.00
8	9	David Speier	22:33.00
9	24	Katie Rowe	22:56.00
10	86	Catie Rosenberger	22:57.00
11	71	John Lorman	23:07.00
12	55	Hannah Nyberg	23:09.00
13	26	Travis Wagner	23:10.00
14	44	Lisa Hertz	23:10.00
15	80	Frederick Forsyth	23:16.00
16	37	Jake Blazer	23:32.00
17	85	Jamelle Irvin	24:01.00
18	90	Emanuelle Ouellet	24:01.00
19	8	Artie Seaman	24:25.00
20	73	Cineva Kline	24:28.00
21	68	Jane Saunders	24:29.00
22	89	Amiee Bachman	24:32.00
23	99	Jeff Fellman	24:51.00
24	106	Steve Reddick	25:00.00
25	15	Paul Turner	25:20.00
26	62	William Snyder	25:29.00
27	51	Michael Silvers	25:33.00

Place	Number	Competitor Name	Time
28	35	Al Via	25:37.00
29	16	Sean Williams	25:48.00
30	107	Dana Zuiderhof	25:54.00
31	66	Paige MacLeod	25:55.00
32	83	Brandon Milligan	25:59.00
33	2	Rich Devine	26:09.00
34	72	Patrick Martinez	26:16.00
35	33	Emily Seldomridge	26:24.00
36	27	Bart Drummond	26:31.00
37	23	Adam Haines	26:42.00
38	74	Holly Donnelly	27:02.00
39	65	Bobby Robinson	27:18.00
40	101	James Mcvey	27:23.00
41	7	Jeff Kotz	27:24.00
42	77	Ed Fisher	27:35.00
43	100	Val Hicks	27:59.00
44	76	Josh Wasileski	28:00.00
45	92	Emily Bock	28:05.00
46	36	Larry Merrifield	28:08.00
47	25	Amy Tillman	28:09.00
48	20	Chris Barton	28:38.00
49	63	Gwyneth Hazel	28:42.00
50	34	Austin Close	28:48.00
51	97	Ryan Cowder	28:49.00
52	104	Genevieve Beaulieu	29:03.00
53	82	Jesse Crone	29:10.00
54	94	Wayne Shepherd	29:14.00

Place	Number	Competitor Name	Time
55	22	Billy DePaola	29:16.00
56	103	Ryan Grantham	29:23.00
57	96	Matt Postell	29:26.00
58	5	Patricia Everett	29:29.00
59	102	Steve DeKemper	29:40.00
60	84	Dillon Levy	29:46.00
61	98	Sam McElvaney	29:51.00
62	10	Katie Sterling	30:10.00
63	32	Lauren Arnold	30:19.00
64	17	Brent Weingard	30:24.00
65	78	Brenna Stuhler	30:27.00
66	87	Bobby Forristal	31:26.00
67	13	Milan Turek	31:28.00
68	19	Drew Barnes	31:59.00
69	95	Mark Engberg	32:56.00
70	28	Page Fisher	33:02.00
71	105	Brian Joiner	33:08.00
72	81	Mark Granger	33:11.00
73	31	Rob Gawler	33:57.00
74	30	Janet Gawler	35:19.00

Ginny Craig ¼ Mile Swim Order of Finish

Place	Number	Competitor Name	Time
1	52	Bethany Nyberg	10:40.00
2	47	Susan Gebhardt	11:00.00
3	58	Grant Skilling	11:54.00
4	42	Garrett Spicer-Davis	11:58.00
5	4	Billy Eckert	12:03.00
6	49	John Dickson	12:44.00
7	46	Tim Gosnell	12:45.00
8	59	Jackson Desjardins	12:49.00
9	57	Daniel Winters	12:53.00
10	38	Gabrielle Hoisington	13:00.00
11	79	Harvey Evans	13:12.00
12	61	Emily Barrett	15:22.00
13	39	Sarah Allen	15:44.00
14	64	Carys Hazel	15:54.00
15	67	Eddie Porter	16:00.00
16	12	Trista Taylor	16:32.00
17	50	Kaylee Dickson	16:36.00
18	43	Nathan Spicer-Davis	16:36.00
19	41	Emily Skeen	16:54.00
20	11	Mark Taylor	16:33.00

32nd Annual Rehoboth Beach Lifeguard Olympics 2009

	Beach Patrol	1/2 mile swim	1 mile run	Public Board	Lead Line	1/2 mi. paddle	Iron Man Med.	Run Swims Run	Surf Dash	5x250 sprint	Beach flags	Tug of war	Total points	PLACE
	place / total pts	place / total pts	place / total pts	place / total pts	place / total pts	place / total pts	place / total pts	place / total pts	place / total pts	place / total pts	place / total pts	place / total pts		
Rehoboth	1st / 10 points	4th / 14 points	1st / 26 points	1st / 16 points	4th / 36 points	2nd / 46 points	2nd / 54 points	1st / 64 points	5th / 66 points	1st / 76 points	5th / 76 points	76	1st	
Ocean City	3rd / 6 points	2nd / 14 points	5th / 14 points	00 / 14 points	7th / 14 points	1st / 24 points	1st / 14 points	2nd / 42 points	3rd / 48 points	8th / 48 points	2nd / 56 points	56	2nd	
Sea Cokony	7th / 0 points	6th / 1 point	2nd / 9 points	8th / 9 points	2nd / 17 points	3rd / 23 points	5th / 25 points	5th / 27 points	9th / 27 points	5th / 29 points	00 / 29 points	29	6th	
Denery	9th / 0 points	7th / 0 points	10th / 0 points	5th / 2 points	6th / 3 points	9th / 3 points	00 / 3 points	8th / 3 points	6th / 4 points	2nd / 12 points	4th / 16 points	16	9th	
Middlesex North	2nd / 8 points	10th / 8 points	9th / 8 points	2nd / 16 points	10th / 16 points	4th / 20 points	6th / 21 points	7th / 26 points	7th / 28 points	4th / 32 points	00 / 32 points	32	5th	
Berthary	5th / 2 points	8th / 2 points	4th / 6 points	00 / 6 points	1st / 16 points	5th / 18 points	7th / 18 points	10th / 18 points	10th / 18 points	00 / 18 points	00 / 18 points	18	8th	
Berthary South	9th / 0 points	1st / 10 points	3rd / 16 points	3rd / 22 points	5th / 24 points	6th / 25 points	4th / 29 points	3rd / 35 points	1st / 45 points	7th / 45 points	1st / 55 points	55	3rd	
Berthary	4th / 4 points	3rd / 10 points	4th / 14 points	4th / 18 points	3rd / 24 points	7th / 24 points	3rd / 30 points	4th / 34 points	9th / 34 points	9th / 34 points	6th / 35 points	35	4th	
Delaware State Parks	8th / 1 point	5th / 3 points	6th / 4 points	7th / 4 points	9th / 4 points	8th / 4 points	8th / 4 points	9th / 4 points	4th / 8 points	3rd / 14 points	3rd / 20 points	20	7th	
Fenwick Island	00 / 0 points	9th / 0 points	7th / 0 points	6th / 1 point	8th / 1 point	10th / 1 point	9th / 1 point	6th / 2 points	2nd / 10 points	6th / 11 points	00 / 11 points	11	10th	

Scoring : 1st
place: 10
points 2nd
place: 8 points
3rd place: 6
points 4th
place: 4 points