



### Equipment Issues

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

**Reminder:** You are responsible for the care of all issued equipment. All uniform parts must be kept clean. Missing, damaged, or soiled uniforms or equipment will be charged to you.

## WEDNESDAY, AUGUST 12, 2009

**JBP Academy VI: Day 2**—0800hrs to 1130hrs (Instructors report at 0730hrs)

**OCBPSRA:** One Mile Swim—65<sup>th</sup> St.—0800hrs

**Opportunity to Compete:** None

**Workout:** 3 Rounds of (50 push ups, 20 V-Ups, 20 mountain climbers and 20 knee to elbow bicycles)

**Surfing Beaches:** Inlet/6<sup>th</sup>/75<sup>th</sup> St.

**Tides:** High: 1230hrs  
Low: 0612hrs and 1858hrs

**Special Events:** Concerts on the Beach—Zydeco-a-Go-Go—2000hrs—N. Division St.—2000hrs

### **JBP One Day Clinic Last One this Year! August 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 lifeguarding.

## THURSDAY, AUGUST 13, 2009

**JBP Academy VI: Day 3**—0800hrs to 1130hrs (Instructors report at 0730hrs)

**JBP One-Day Clinic:** 1300hrs to 1500hrs

**OCBPSRA:** None

**Opportunity to Compete:** None

**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/4<sup>th</sup>/73<sup>rd</sup> St.

**Tides:** High: 2444hrs and 1326hrs  
Low: 0701hrs and 1958hrs

**Special Events:** Free dinner at the Son Spot—12 Worcester St.—1730hrs  
Bonfire Story Hour on the Beach—OC Fire Dept.—N. Division St.—2100hrs

### The Annual OCBP Awards Ceremony Saturday, August 22, 2009

**The Stowaway Grand Hotel  
21<sup>st</sup> St.  
1845hrs**



\$15.00 for current working OCBP members. Guests: \$30.00 each  
RSVP to Lt. Stone by Friday, Aug. 14<sup>th</sup>

## FRIDAY, AUGUST 14, 2009— OIC-Lt. Mike Stone

**JBP Academy VI: Day 4**—0800hrs to 1130hrs (Instructors report at 0730hrs)

**OCBPSRA:** None

**Opportunity to Compete:** None

**Workout:** 4 rounds of (20 JUMP LUNGES followed by 20 TUCK JUMPS and 20 LATERAL HOPS)

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

**Tides:** High: 0140hrs and 1429hrs  
Low: 0756hrs and 2102hrs

**Special Events:** Free Breakfast—The Son Spot—12 Worcester St.—0700hrs  
Beach Safety Seminar—OC Library—1400hrs  
Evangelistic Outreach—1<sup>st</sup> St—1900hrs to 2100hrs  
Movies on the Beach—Monsters vs. Aliens—27<sup>th</sup> St.—2045hrs

## SATURDAY, AUGUST 15, 2009

**OCBPSRA:** None

**Opportunity to Compete:** None

**Workout:** 3 rounds of (25 PUSH UP SUPERMANS, 25 TORSO ROTATIONS, 10 leg unders)

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

**Tides:** High: 0246hrs and 1535hrs  
Low: 0857hrs and 2208hrs

### 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



## **SUNDAY, AUGUST 16, 2009—End of Pay Period**

**OCBPSRA:** None

**Opportunity to Compete:** None

**Workout:** 3 rounds of (20 burpees followed by a 25 yard high knees, then 25 yard sprints)

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

**Tides:** High: 0354hrs and 1640hrs  
Low: 1001hrs and 2313hrs

**Special Events:** Sundaes in the Park—*Jesse Garron's Tribute to Elvis*--Northside Park—1800hrs

## **MONDAY, AUGUST 17, 2009—Dinner Funds for Awards Ceremony due to Lt. Stone**

**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:** None

**Opportunity to Compete:** None

**Workout:** TBD

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

**Tides:** High: 0458hrs and 1741hrs  
Low: 1106hrs

**Special Events:** Endless Summer Boogie Board Camp—38<sup>th</sup> St.—1400hrs to 1600hrs  
Beach Safety Seminar—OC Lifesaving Museum—1030hrs

### **BEACH PATROL EVENTS**

August 10, 17, 24	Beach Safety Seminars at OC Life-Saving Museum
August 11	Ironguard Individual—130 <sup>th</sup> St.—1830hrs
August 11-14	JBP Academy VI
August 14, 21, 28	Beach Safety Seminars at the OC Library—1400hrs
Sept. 5	OCBP Pre-Employment Physical Skills Test

### **Town of Ocean City Special Events**

Skateboard Competition	Aug. 11	Ocean Bowl	1500hrs
Concerts on the Beach w/Zydeco-a-Go-Go	Aug. 12	N. Division St.	2000hrs
Bonfire on the Beach w/OC Fire Dept.	Aug. 13	N. Division St.	2100hrs
Sundaes in the Park w/Jesse Garron	Aug. 16	Northside Park	1800hrs
Endless Summer Boogie Board Camp	Aug. 17-19	Endless Summer--38 <sup>th</sup> St.	1400hrs to 1600hrs
Concerts on the Beach w/Captain Quint	Aug. 19	N. Division St.	2000hrs
Bonfire on the Beach w/OC Fire Marshall	Aug. 20	N. Division St.	2100hrs
ESA Maryland States	Aug. 22-23	Inlet	0700hrs
Sundaes in the Park w/Mary Lou & the Untouchables	Aug. 23	Northside Park	1800hrs
Concerts on the Beach w/Frankie & the Pack	Aug. 26	N. Division St.	2000hrs
Bonfire on the Beach w/OC Rec. & Parks	Aug. 27	N. Division St.	2100hrs
Labor Day Weekend Arts & Craft Festival	Sept. 4-6	Convention Center	1000hrs
Labor Day Beach Concert w Groove Train	Sept. 5	N. Division St.	2000hrs
OC Sunfest	Sept. 24-27	Inlet	1000hrs

<u>Stats.</u>	<u>Week 11</u> 7/27/09 to 8/2/09	<u>Week 11</u> Year-To- Date 2009	<u>Week 11</u> 7/28/08 to 8/3/08	<u>Week 11</u> Year-To- Date 2008	<u>Week 11</u> 7/30/07 to 8/5/07	<u>Week 11</u> Year-To- Date 2007
<b>Action</b>						
Preventions	5108	46899	4112	55028	6264	53407
Rescues	148	2487	27	3084	243	1504
Minor First Aid	86	845	241	1649	189	1157
Ambulance Calls	28	180	12	164	30	127
Police Calls	10	49	12	67	9	53
USCG/MDNRP	0	4	0	8	1	10
Lost/Found Persons	74	444	44	374	50	394
N. Surf Beach Population	29	542				
S. Surf Beach Population	445	3702				
Inlet Surf Beach Population	252	653				
Beach Wheelchair Usage	34	247	52	268	31	280

## Attaboys!

Dear Captain of the Ocean City Beach Patrol:

I'm writing to the Ocean City Beach Patrol to express my sincere gratitude to the lifeguard who SAVED MY LIFE on Friday, July 31, 2009 around 1:30 P.M in the 137th to 138th street area of Ocean City. This wonderful person is a white female with blond hair in her early to mid 20's. I would not be alive today if it were not for her monitoring of me while I was in the water and her exceptionally quick response time to assist me when I almost drowned.

I've been coming to Ocean City with my wife, daughter, and my sister since 1999 always staying on Fountain Road in a rented beach house. We always swim in the 137Th Street beach area. I've been riding a boogie board for many years with no problems until now. This wonderful lifeguard who saved my life saw me riding my boogie board 2 days prior to the accident and whistled me in because I wiped out a few times. She told me to pull up on the board so that I won't land on my neck. I followed her advice and I'm not paralyzed because of this advice that she gave me. I definitely am very grateful for this extremely important advice.

On July 31, 2009, I was riding my boogie board again and was thrown very hard to the sand by a wave. I barely managed to get up and was quite incoherent and very dazed when another wave immediately slammed me into the sand again almost knocking me out. This angel of mercy was watching me and pulled me out of the water and saved my life. Another male lifeguard also helped pull me out too when we got closer to the shore. Words simply cannot express my profound gratitude to this exceptionally brave, professional, and very talented young woman who saved my life. I would not be typing this letter today if she hadn't saved my life. The lifeguards asked me to move my toes and flex my fingers when I was lying in the sand. They slipped a board under my back and made sure that I didn't move my neck just in case I had spinal cord injuries. I was treated very well by everyone who was involved in saving my life. I was taken to the hospital by ambulance and was diagnosed with three fractured ribs and a sprained neck, but I'll be fine by mid September. I do remember thanking her for helping me, and she replied that she was just doing her job. She is a very brave and talented lifesaver who puts the needs of others before herself. To say that I'm lucky that she was on duty that day is a huge understatement. To whoever you are please know that your job is VERY IMPORTANT. My 11 year old daughter still has a Father, my wife still has a husband, and my sister still has a brother because of your exceptional bravery, and superior lifesaving skills. In my opinion, your actions are the standard by which all lifeguards should follow. You demonstrate the highest degree of professionalism by your superb actions

I owe you my life and will never forget what you did for me. I enjoy living and plan to return to the Ocean City again as always in 2010 and beyond. There is no doubt that the public is safe when you're on duty. God bless you again and you deserve the highest praise for outstanding lifesaving skills

Your friend for life  
Michael A Simms

**From:** Stover, Mark  
**Sent:** Fri 8/7/2009 1:33 PM  
**To:** Arbin III, Melbourne L. [Butch] (CCPS)

Hey Butch!

Hope things are well. Just wanted to drop a note and thank OCBP for giving me the foundation for my career successes and direction over years. I have no doubt, that without the drive, determination and leadership skills I learned in my 5 summers with OCBP, my career, that I love so well, very probably would have taken a different track...and for that I am grateful. I hope to get back there next summer to visit and catch up with those still in the area. Let the old guard know I said hello, and let the young ones know that the won't recognize the value of their current position until they see those learned attributes in retrospect in their future careers.

Stay safe,

Mark Stover, BS, NREMT-P  
Chief Fight Paramedic  
University of North Carolina/Carolina Air Care  
Chapel Hill, NC 27514

Mary Ann Jordan <majordan\_16@>  
8/3/2009 4:51 PM  
To the residents of Ocean City:

On Sunday, July 26, 2009 I was in the ocean with my husband when a huge wave knocked me into him, head first, I blacked out for a moment and only remember my legs twisting like a pretzel. The current was drawing me back towards the ocean. Fear took over and somehow I manage to get to mine feet. My husband quickly helped me out of the water. My back and neck was hurting me and I was confused. We went over to the lifeguard and he immediately notify his team. Within minutes, there were Arty Seamen, Jake Foy, Philip Fraley and Rick Cawthern, one holding my head while the others helped me to the sand. The paramedics were called and they checked me over. They wanted me to go to the hospital but I was feeling better.

These young men were terrific in getting me the help I needed. I want to thank everyone involved in my "rescue". The shores of Ocean City are patrolled with the BEST lifeguards and paramedics.

Again, thank you for a wonderful job that you men do everyday. May God bless you and keep you safe.

**From:** jhkrauss  
**Sent:** Tue 8/4/2009 3:29 PM  
**To:** Arbin III, Melbourne L. [Butch] (CCPS)  
**Subject:** lifeguard's actions

On Monday, August 2, 2009, at about 12:45 PM I witnessed one of your lifeguards going to the aid of a father and his child who were having difficulties in the water. I did not see much of the victims but I did see the guard rushing to their aid and seeing them safely back to the beach. I was there with my four grandchildren and want to thank you and your staff for the job that they do each day. I went to the guard's chair and told him thanks for the job he had just done and I wanted to pass on to someone what had happened.

Captain Arbin's Response: Thank you for noticing the fine job one of our Surf Rescue Technician's has done. If you can give me information on the location, then I will have a written commendation placed in his file.  
Captain Butch Arbin

**From:** jhkrauss  
**Sent:** Wed 8/5/2009 8:25 AM  
The incident that I observed took place at the beach accessed by 39th street. I am very pleased to have a commendation placed in the persons record. I am sure they get complaints from visitors more often than thanks for doing a good job.

**From:** Molly Malarkey  
**Sent:** Sat 8/8/2009 10:51 AM  
**To:** ocbp@ococean.com  
**Subject:** Compliments for your staff!

Captain Arbin,

My name is Molly Malarkey and my family has been vacationing in Ocean City since before my parents were married! (Since I was in my mom's belly) Over these past few years, we have been affiliated with multiple members of your staff. But none of them has made such an impact as your lifeguard- Joe. Joe has been working the 145th street stand for the past few years and we have never seen someone as dedicated to their job as Joe is. Not only has he done multiple educational sessions, on ripe currents and a multitude of other ocean dangers- but is always equip with his first aid kit when someone gets minorly injured. (I got stung by a jelly fish and he was quick to whip out a sting relief pen!)

He is always promptly on the beach setting up his chair first thing in the morning and takes his time in the afternoon to actually have a conversation with most of the families that are locals on our block. How many lifeguards do you see that take the time to shake someone's hand, and ask them how their day was? Not many. Joe clearly is very passionate about the work he does.

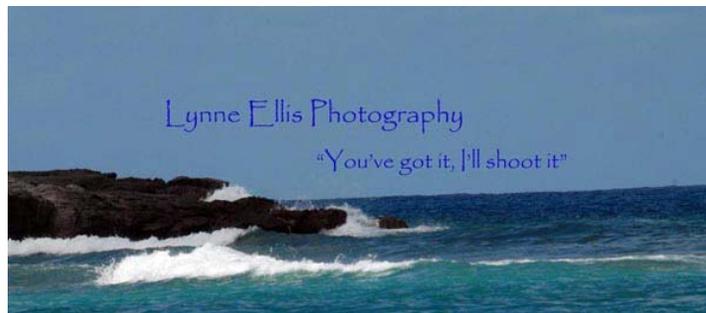
But it's not all serious- although your company has been saving lives for over 75 years. I believe that Joe has been saving lives and entertaining. I will never forget the one day he decided to jog for ten minutes- every hour. As my friends and I were sitting on the beach- every so often- Joe would stand up and jog in place for ten minutes.

In addition, on his lunch breaks he plays lacrosse with my little brothers AND covers other lifeguards stands if they need help- even though it was technically *his* time off. As if this time wasn't well spent- he came back to the beach *after* his shift to help my little brother set up a kite that he was having trouble with.

So Captain Arbin, not only do you have a wonderful person on your force- but also a fantastic lifeguard. You and your crew are truly blessed.

Have a fantastic summer and we will see you on the beach next July!!

Molly Malarkey



Thanks OCBP for another great photo year! The yearly portraits are online along with the Capt. Craig swim, fun crew shots, Crew Comps and lots more. Check them all out. Keep an eye out for notice of the 2010 OCBP Calendar that will be ready this fall...great for yourself and gift giving.

Follow all news feeds and tweets on Facebook and Twitter. Be a fan and catch all the deals and discounts thought the year.

Get your piece of the endless summer!

See you next year on the beach!

[www.lynneellisphotography.com](http://www.lynneellisphotography.com)  
[lynne@lynneellisphotography.com](mailto:lynne@lynneellisphotography.com)

410-236-2483

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

### Last Week's Question: What kinds of bodyboards are allowed on the beach during the "day." Are there any regulations on this?

Bodyboards or "Boogieboards" as they are commonly called are restricted by size, composition, use of skegs, and may not be used on the designated surfing beaches. Additionally, if used like a skimboard (riding in a standing position on the shoreline) they are considered a skimboard by definition and may not be used between 10:00 and 5:30.

For clarification, the ordinance that regulates bodyboards as it is defined in the official Code of Ocean City appears below:

Boogie board (bodyboard). A flexible, semi-soft, buoyant, semi-curved object, no longer than 3 1/2 feet and no wider than two feet 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."

Additionally, for safety reasons, these bodyboards should not serve as a flotation device for anyone with poor swimming ability. In water that is over the user's head they may slip off or be knocked off by wave action and then they are in a sudden desperate drowning situation.

Another consideration is the proper use of the bodyboard. Anyone using a bodyboard should ride on the rear half of the board with the board extended out in front. Failure to keep the board out in front of the body may result in being flipped by a wave or being thrown headfirst into shallow water with the possibility of striking the bottom with the rider's head resulting in a possible severe head/neck injury. Enjoy the ocean and enjoy the beach but know how to remain safe no matter what your activity is. Always remember our slogan, "Keep your feet in the sand until the lifeguard's in the stand!" It could save a life, yours.

### **This Week's Question: I heard a lifeguard telling a friend that the OCBP has already started to test for lifeguards for next summer (2010) on Saturday, August 8, 2009. Why are you testing now for next year? What does testing mean and what can I expect if I pass the test?**

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 10 phase pre-employment physical skills evaluation. Testing for the OCBP is offered in Ocean City and at select off-site locations. Once a candidate passes the physical skills test and a personal interview, he/she is appointed to a Surf Rescue Academy to be trained in all aspects of surf rescue and first responder skills. After successfully completing Surf Rescue Academy and passing a mandatory drug test, rookie Surf Rescue Technicians are assigned 3 weeks of supervised probation where additional training will take place.

The next two on-site tests in Ocean City will be August 8th and September 5th. Registration starts at 11 A.M. at Dorchester Street on the Boardwalk.

Because we have such a high return rate from one season to the next, it is important that anyone hoping to secure a position for 2010 test as soon as possible. Although we have scheduled testing through June 2010, recent experience has been that we did not need to hold any testing after our March off site test. Therefore, testing maybe suspended at anytime.

The reason we begin testing now is to take advantage of the great ocean conditions (warmer water) while recruiting those individuals who have spent a summer living and working in Ocean City but were under a misconception that they did not have the necessary credentials to seek employment as an ocean lifeguard. As these individuals have met Surf Rescue Technicians who are currently working for us over the summer, they come to realize that we provide paid training (\$13.25 per hour and \$14.42 after probation 2009 pay rates) and certifications in Surf Rescue Academy; all that is required is the physical ability to pass the test and receive an appointment to a Surf Rescue Academy. These potential recruits have already spent one summer in Ocean City and are familiar with the area and have already solved the problem of securing seasonal housing. Therefore, when they accept an appointment to a Surf Rescue Academy they are most likely to follow through and actually accept the position the following season (we loose a few recruits each year to personal logistical concerns).

A major reason that we also start testing a year ahead is that we want to have the opportunity to attract and hire the best. With a national lifeguard shortage, we work year round to assure that we have 100% of our positions filled each year, while many other local governments and Beach Patrols have to close pools and beaches.

We encourage anyone interested in becoming a lifeguard speak to the lifeguard on your beach, go to our website or contact Beach Patrol Head Quarters (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). Click on the JOBS button or email [ocbp@ococean.com](mailto:ocbp@ococean.com).

### Important Address Information

Make sure that the address on your paycheck is the same one as where you want your W-2 mailed.

If it is not the same:

Contact Dolores in the City Hall Human Resources  
410-289-8822

and

Contact Secretary Tyler at Headquarters.

**This is Very Important**

**Tides for Ocean City Fishing Pier—August 10-17, 2009**

Day	Tide	Time	Height Feet	Sunrise Sunset	Moon Time	% Moon Visible
M 10	Low	4:50 AM	0.4	6:11 AM	Set 10:37 AM	86
	High	11:01 AM	3.7	8:00 PM	Rise 9:57 PM	
	Low	5:12 PM	0.5			
	High	11:16 PM	3.6			
Tu 11	Low	5:28 AM	0.4	6:12 AM	Set 11:40 AM	78
	High	11:43 AM	3.8	7:59 PM	Rise 10:25 PM	
	Low	6:02 PM	0.6			
	High	11:57 PM	3.3			
W 12	Low	6:12 AM	0.5	6:12 AM	Set 12:46 PM	69
	High	12:30 PM	3.8	7:58 PM	Rise 10:58 PM	
	Low	6:58 PM	0.8			
Th 13	High	12:44 AM	3.1	6:13 AM	Set 1:55 PM	59
	Low	7:01 AM	0.5	7:56 PM	Rise 11:39 PM	
	High	1:26 PM	3.9			
	Low	7:58 PM	0.8			
F 14	High	1:40 AM	3.0	6:14 AM	Set 3:03 PM	49
	Low	7:56 AM	0.4	7:55 PM		
	High	2:29 PM	4.0			
	Low	9:02 PM	0.8			
Sa 15	High	2:46 AM	2.9	6:15 AM	Rise 12:29 AM	37
	Low	8:57 AM	0.4	7:54 PM	Set 4:09 PM	
	High	3:35 PM	4.1			
	Low	10:08 PM	0.7			
Su 16	High	3:54 AM	3.0	6:16 AM	Rise 1:29 AM	27
	Low	10:01 AM	0.2	7:53 PM	Set 5:08 PM	
	High	4:40 PM	4.3			
	Low	11:13 PM	0.5			
M 17	High	4:58 AM	3.1	6:17 AM	Rise 2:39 AM	17
	Low	11:06 AM	0.0	7:51 PM	Set 5:59 PM	
	High	5:41 PM	4.6			

**OCBP Slide Show**

Kristin is collecting photos to include in a slide show for the annual OCBP Awards Banquet. Please send any pictures that have potential for use in an OCBP slide show to her at



kjason@ococean.com

**Atlantic Edge Dive Center**  
Diving Made Easy



Saturday, August 22<sup>nd</sup> and Sunday, August 23<sup>rd</sup> 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](http://www.atlanticedge.com). Select training and then select the Salisbury location.

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

**Iron Guard Relay Results—July 21, 2009**

Team	Swim 1000 meters	Run 2 mile	Paddle 200 paddle	Final Time
1: Old School Units:9,7,10	9:37	25:35	37:09	37:09
2: Crew 16 Max, Thomas, Garrett	8:55	23:32	35:30	35:30
3: Decade Rymac, Jake, Mitch	7:43	20:12	32:26	32:26
4: Ba-Join Shane, Jason, ???	8:47	23:40	34:59	34:59
5: T-Wag Travis, Steve, Billy	8:10	22:17	33:11	33:11
6: Kablaaamm DeKemper, Lodge, Mitchell	8:07	23:02	34:04	34:04
7: Amy, Pat, Chris	9:22	25:19	42:35	42:35

1<sup>st</sup> place- Team Decade  
2<sup>nd</sup> place- Team T-wag  
3<sup>rd</sup> place- Team Kablaaamm

Thanks to all competitors and a special thanks to Boch-Ewok for helping with Kayaking!

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

### Monday

**1 round of TABATA Squat-Thrusts (20 seconds fast as possible, 10 second recovery) x 8**

*Squat Thrust: From an upright stance, the SRTs should squat down placing their hands in front of their feet, hop their feet back into a push up position, hop the feet back to their hands, and squat back up.*

### Tuesday

**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.*

### Wednesday

**3 Rounds of (50 push ups, 20 V-Ups, 20 mountain climbers and 20 knee to elbow bicycles)**

*V-Up: KEEPING YOUR LOWER BACK PRESSED AGAINST THE GROUND, raise your legs up while straight and your arms up while straight simultaneously and do an abdominal curl (or crunch). Don't let your lower back come off the ground.*

*Mountain climbers: In a push up position, run in place bringing your knees up toward your chest.*

*Elbow Bicycles: On your back, move your legs in a cycling motion while bringing your right elbow to your left knee and then your left elbow to your right knee.*

### Thursday

**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.*

### Friday

**4 rounds of (20 JUMP LUNGES followed by 20 TUCK JUMPS and 20 LATERAL HOPS)**

*A jump lunge is when you start in a lunge position, jump up in the air switch legs and land in a lunge position.*

*A tuck jump is when you jump straight up and tuck your knees to your chest before you land (like doing a cannonball, but without using your arms.).*

*Lateral Hops: Make a line in the sand. Using both feet at the same time, hop laterally (to the side) over the line and back continuously (like skiing).*

### Saturday

**3 rounds of (25 PUSH UP SUPERMANS, 25 TORSO ROTATIONS, 10 leg unders)**

*SUPERMAN PUSH UPS: perform a push up, but at the top extend your right arm and your left leg off the ground, attempting to make your body as long as possible. Return to a push up and then use your left arm and right leg. Make sure each rep is a fluid motion.*

*TORSO ROTATION: From a prone push up position in the up position, take the right arm out to the side and reach toward the sky as high as possible while rotating the spine to the right. The right leg should come off the ground and lay on top of the left leg while the body rotates. Return to the push up position and repeat to the other side.*

*LEG UNDERS: From a prone push up position, rotate your left hip and leg under your body, keeping the left foot off the ground while it reaches under the right side of your body. Rotate your torso back to the start and repeat using the right leg.*

### Sunday

**3 rounds of (20 burpees followed by a 25 yard high knees, then 25 yard sprints)**

*Burpee: From an upright stance, the SRTs should squat down placing their hands in front of their feet, hop their feet back into a push up position, Perform 1 Push Up, hop the feet back to their hands, and squat-jump back up clapping hands over their head at the end of each rep and landing on their feet.*

*High Knee: Using as much speed as possible while in a vertical and upright posture (back straight) pump the arms while bringing the knees toward the chest. The SRT should not be moving quickly over the horizontal distance, but quickly vertically. The goal is to take as many steps as possible within a given distance.*