



# OCEAN CITY BEACH PATROL

## WEEKLY BULLETIN

Week of August 24, 2009 to August 30, 2009

### MONDAY, AUGUST 24, 2009

**Officer-in-Charge:** Lt. Ward Kovacs

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

**CREW CHIEF MEETING:** 0800hrs

**SEMAPHORE TEST:** Cancelled-Last chance to pass semaphore is 9/7/09

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

**OFFICERS' MEETING:** 0830hrs

**GENERAL MEETING:** 0845hrs

**LIEUTENANTS' MEETING:** Cancelled

**OCBPSRA:** None

**Opportunity to Compete:** None

**Workout:** 100 burpees. Try to rest as little as possible

**Surfing Beaches:** Inlet/49<sup>th</sup>/129<sup>th</sup> St.

**Tides:** High: 1109hrs and 2327hrs

Low: 0454hrs and 1732hrs

**Special Events:** None

#### Equipment Return Procedure

***Have all your equipment with you so you may go straight to HQ and do not have to stop at your residence.***

In order to expedite a smooth return process, please double check that you are returning all the equipment that you signed for on the pink receipt. This will include (but will not be limited to) the following:  
training manual, CPR mask, flags, umbrella, all clothing, etc

*The full cost of any missing or damaged equipment will be deducted from your pay.*

### TUESDAY, AUGUST 25, 2009

**Officer-in-Charge:** Lt. Ward Kovacs

**OCBPSRA:** None

**Opportunity to Compete:** None

**Workout:** 3 rounds of 20 jump lunges followed by 50 yard high knee sprints/strides  
3 rounds of 10 broad jumps followed by 25 yard skips

**Surfing Beaches:** Inlet/47<sup>th</sup> St./127<sup>th</sup> St.

**Tides:** High: 1158hrs

Low: 0540hrs and 1828hrs

**Special Events:** Greek Festival Night at Sunset Park-S. Division St.—1700hrs

#### Banquet Videos and Slide Show

If you are interested in obtaining a personal copy of any of the videos or slide shows previewed at the Awards Banquet, **let Lt. Mike Stone know.** Official Beach Patrol Video,- \$5.00.

**John Dunnigan video slide show DVD-** \$10.00  
(see Lt. Stone for a copy)

**Lynn Ellis-** Go to her website to get pictures.

S.R.T. Name:	Monday 8/24/2009	Tuesday 8/25/2009	Wednesday 8/26/2009	Thursday 8/27/2009	Friday 8/28/2009	Saturday 8/29/2009	Sunday 8/30/2009	CREW
Daily Assignment								
Rescues								Totals
Preventative actions								
First Aids								

**The Exiting Process**

**Reminder!**

Make sure that you have completed and turned in all necessary paperwork, equipment, and/or provided the required official documentation before leaving.

**Bring the following to Headquarters:**

- Notification of Last Day Agreement
- Official Documentation of your Next Commitment
- All Uniforms and Equipment
- Fall Employment Agreement

**WEDNESDAY, AUGUST 26, 2009**

***Officer-in-Charge:*** Lt. Ward Kovacs

**OCBPSRA:** None

**Opportunity to Compete:** None

**Workout:** 1 round of TABATA (20 sec. hard / 10 sec easy) crunches  
1 round of TABATA (20 sec. hard / 10 sec easy) push ups

**Surfing Beaches:** Inlet/45<sup>th</sup> St./125<sup>th</sup> St.

**Tides:** High: 2414hrs and 1250hrs  
Low: 0629hrs and 1927hrs

**Special Events:** Concerts on the Beach—*Frankie and the Pack*—2000hrs—N. Division St.

**THURSDAY, AUGUST 27, 2009**

***Officer-in-Charge:*** Lt. Ward Kovacs

**OCBPSRA:** None

**Opportunity to Compete:** None

**Workout:** 2 rounds of (75 squats as fast as possible, 10 tuck jumps, 25 mountain climbers)

**Surfing Beaches:** Inlet/43<sup>rd</sup> St./123<sup>rd</sup> St.

**Tides:** High: 0105hrs and 1348hrs  
Low: 0720hrs and 2029hrs

**Special Events:** Bonfire Story Hour on the Beach—*The OC Rec. & Parks Dept.*—N. Division St.—2100hrs

**Important Tax 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**

**FRIDAY, AUGUST 28, 2009**

***Officer-in-Charge:*** Lt. Ward Kovacs

**OCBPSRA:** None

**Opportunity to Compete:** None

**Workout:** 5 rounds of (10 push up side hops, 10 push up superman, 10 torso rotation)

**Surfing Beaches:** Inlet/41<sup>st</sup>/121<sup>st</sup>St.

**Tides:** High: 0202hrs and 1452hrs  
Low: 0815hrs and 2133hrs

**Special Events:** None

**SATURDAY, AUGUST 29, 2009**

**OCBPSRA:** None

**Opportunity to Compete:** None

**Workout:** 2 rounds of 50 knee to elbow bicycles, 25 VUPs, 25 crunches, 25 dead rock

**Surfing Beaches:** 39<sup>th</sup>/119<sup>th</sup> St.

**Tides:** High: 0306hrs and 1557hrs  
Low: 0912hrs and 2237hrs

**Special Events:** None

## **SUNDAY, AUGUST 30, 2009—End of Pay Period**

**OCBPSRA:** None

**Opportunity to Compete:** None

**Workout:** 4 rounds of 20 squat thrusts, 20 lateral hops, 20 mountain climbers

**Surfing Beaches:** 37<sup>th</sup>/Fountainhead

**Tides:** High: 0409hrs and 1654hrs

Low: 1010hrs and 2331hrs

**Special Events:** None

## **MONDAY, AUGUST 31, 2009**

**Officer-in-Charge:** Lt. Ward Kovacs

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

**CREW CHIEF MEETING:** 0800hrs

**SEMAPHORE TEST:** Cancelled-Last chance to pass semaphore is 9/7/09

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

**OFFICERS' MEETING:** 0830hrs

**GENERAL MEETING:** 0845hrs

**LIEUTENANTS' MEETING:** Cancelled

**OCBPSRA:** None

**Opportunity to Compete:** None

**Workout:** TBD

**Surfing Beaches:** 35<sup>th</sup>/High Point North

**Tides:** High: 0503hrs and 1741hrs

Low: 1106hrs

**Special Events:** None

### **BEACH PATROL EVENTS**

Sept. 5	OCBP Pre-Employment Physical Skills Test—1100hrs
Sept. 8	First Day of Fall Guarding
Sept. 20	5K Sun Fun Run—0700hrs

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

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
9/11 Memorial Motorcycle Ride	Sept. 11	27 <sup>th</sup> St. to N. Division	0930hrs
OC Sunfest	Sept. 24-27	Inlet	1000hrs
Sunfest Kite Festival	Sept. 24-27	N. Division-6 <sup>th</sup> St.	0900hrs
16 <sup>th</sup> Annual Pigs on the Beach Boardwalk Ride	Sept. 26	27 <sup>th</sup> St. -Inlet	1000hrs
30 <sup>th</sup> Annual Mid-Atlantic Surf Fishing Tournament	Oct. 1-3	20 <sup>th</sup> - 119 <sup>th</sup> St.	0700hrs
Wine on the Beach	Oct. 2-3	Inlet	1100hrs
M.O.O.D Bay to the Bridge Charity Drive (Miata Parade)	Oct. 3	Boardwalk Parade	1600hrs
ESA Sea Witch Surf Fest	Oct. 17-18	Inlet or 48 <sup>th</sup> St.	0700hrs
Light the Night Walk for Leukemia & Lymphoma	Oct. 24	Inlet/Boardwalk	1700hrs

<b>Stats.</b>	<b>Week 13 8/10/09 to 8/16/09</b>	<b>Week 13 Year-To- Date 2009</b>	<b>Week 13 8/11/08 to 8/17/08</b>	<b>Week 13 Year-To- Date 2008</b>	<b>Week 13 8/13/07 to 8/19/07</b>	<b>Week 13 Year-To- Date 2007</b>
<b>Action</b>						
Preventions	2609	53848	4484	63149	7241	71006
Rescues	44	2656	201	3309	231	2078
Minor First Aid	271	1231	188	2094	216	1667
Ambulance Calls	12	233	27	213	20	196
Police Calls	3	57	6	78	4	62
USCG/MDNRP	0	4	2	15	1	12
Lost/Found Persons	57	586	75	483	80	570
N. Surf Beach Population	0	562				
S. Surf Beach Population	18	3842				
Inlet Surf Beach Population	9	746				
Beach Wheelchair Usage	34	335	38	348	28	344

#### **Crew Chief Equipment**

*All issued equipment must be returned on your last day. Equipment that is given to you does not need to be returned: collared shirt, jacket, bathing suits, whistle, and hats. Once all equipment is accounted for, you will be immediately reissued equipment that is necessary for participation in the winter testing program. If you do not plan on becoming involved in the off-site tests, then you will not need to be issued any additional equipment. As with all employees, a crew chief who leaves without completing his/her commitment will be required to return ALL equipment that was given to them by the Beach Patrol. The purpose of this policy is to have an accurate inventory and to minimize the loss of equipment should a Crew Chief decide not to return in subsequent years. Any and all equipment not returned will be deducted from your final paycheck.*

#### **Employee Evaluations – Not the Entire Picture**

Although having satisfactory evaluations is very important, they are only one aspect of each person's summative performance rating. Employee commendations, incidents, responsibility for equipment, amount of time worked, amount of time taken off, fulfilling work agreement, and last day worked are all considered by the review panel. Only once a full and complete assessment is made will a final recommendation be made to the Captain, regarding an employee's status for the next season.

#### **Attaboys**

**From:** trisanne70@  
**Sent:** Fri 8/14/2009 5:23 PM  
**To:** ocbp@ococean.com  
**Subject:** Lifeguard Emily, 127th street

I wanted to thank Emily for doing a wonderful job keeping a watchful eye over our children. While playing on the beach today, I witnessed Emily pull aside 4 young man to explain water safety to them. In the 3 hours we were out today, Emily's attention was never diverted from the water. She is a very mature, conscientious lifeguard. Please extend our thanks to her and to all the lifeguards, we greatly appreciate the work they do.

Thank you

**From:** linda malinowski  
**Sent:** Mon 8/17/2009 8:50 AM  
**To:** ocbp@ococean.com  
**Subject:** Kudos

Good Morning,  
I had the good fortune to be staying at the Carousel Hotel at 118th St on Friday, August 14th 2009 where Billy was on beach patrol. My 7 year old daughter went missing on the crowded beach. After searching for her by myself for 5 minutes, I approached Billy and told him that my daughter was missing. I was pretty confident that she would not have gone into the water (she likes to jump waves at the shoreline unless someone is there to hold her hand) but I was afraid that she had wandered down the beach. Billy asked me her name, what she was wearing and what she looked like. He transmitted the info in both directions and before I could even respond to his query about where I was sitting, the lifeguard directly south of him was signalling to him. Billy told me that the other lifeguard had my daughter and I could walk down and meet them as he was walking her up toward us as we spoke. Billy's commanding, efficient, and calm demeanor was so impressive. I still can't believe how quickly my daughter (who didn't even know she was lost :) was located. My only regret is that I can't identify by name the other lifeguard who made the find. They should both be commended.

Thank you and thank them.

Linda Malinowski

**From:** nardella35@  
**Sent:** Mon 8/17/2009 10:13 AM  
**To:** OCBP@ococean.com  
**Subject:** Compliments to the lifeguards

Dear Captain Arbin~

I was a visitor vacationing in OC last week with my family and I just wanted to send you an email complimenting the fine crew of lifeguards you have.

I am a mother of three small children ages 8 1/2, 7 and 4 years old and I have to say that your guards at the 62nd street post were excellent. One guard in particular stood out above the others, his name is Jake. I am not sure if you have more than one Jake, but I know he is from Delaware and goes to college at UNCW. I have to say that he was very attentive as well as informative. Being from CT I have no idea what a rip current looks like and he took the time to explain what a rip current is and then pointed a very small one out to me so I could see first hand what one looks like. He also called all the people out of the water to explain that the current was real strong on this particular day and to stay close to shore to be safe. You have an excellent guard in Jake.

Thank you to all the staff at the OCBP for doing a tremendously tough job at keeping everyone as safe as possible. =)

Sincerely~ Elizabeth Nardella

**From:** Chris Wanzer [mailto:capemay21@verizon.net]  
**Sent:** Tuesday, August 18, 2009 7:16 AM  
**To:** ocbp@ococean.com  
**Subject:** August 17th

I just wanted to take this opportunity to let you know how impressed my wife and I were yesterday with the participation of 5 members of the OCBP at the Ocean Pines kids camp at the Ocean Pines Beach Club on the beach. Each member of your team was enthusiastic and gave the image that the only place in the world they wanted to be was with these 60+ kids. They played with them, built sand castles, and kept the focus of the event on safety at the beach.

We just happened to be at the beach yesterday and wanted to share with you our experience with team members from the OCBP. All too often, we see negative things around us. This was quite the opposite. It appeared that a good time was had by all. We departed the beach around 1330 hrs and things were still going strong.

A proud citizen,

Chris and Carol Wanzer  
 Olney, Md and "The Parke" at Ocean Pines

<u>Iron Guard Results</u>	<u>Competitor</u>	<u>Swim</u>	<u>Run</u>	<u>Paddle</u>	<u>Finish</u>
1 <sup>st</sup> Nick Sakell	Jason Lippman	6:56	12:32	22:08	22:08
2 <sup>nd</sup> Jason Lippman	Steven Reddick	7:49	14:35	23:59	23:59
3 <sup>rd</sup> David Miller	John Lorman	6:57	13:49	24:23	24:23
4 <sup>th</sup> Tom Everett	Jay Kleman	7:00	13:04	22:43	22:43
5 <sup>th</sup> Jay Kleman	Chris Barton	8:47	15:05	24:48	24:48
6 <sup>th</sup> Aaron Steely	Colby Smith	7:56	14:16	24:37	24:37
7 <sup>th</sup> Shawn Seibert	Shawn Seibert	7:04	13:09	23:01	23:01
8 <sup>th</sup> Steven Reddick	Jp Miller	8:43	15:13	25:51	25:51
9 <sup>th</sup> Rick Cawthern	Ed Fisher	8:04	15:06	25:05	25:05
10 <sup>th</sup> John Lorman	Chris Meeker	9:36	16:02	25:46	25:46
11 <sup>th</sup> Colby Smith	Mitch Witherow	8:30	13:47	24:57	24:57
12 <sup>th</sup> Chris Barton	Tom Everett	7:01	13:09	22:22	22:22
13 <sup>th</sup> Mitch Witherow	Nick Sakell	6:17	11:57	21:49	21:49
14 <sup>th</sup> Ed Fisher	David Miller	7:25	13:20	22:21	22:21
15 <sup>th</sup> Chris Meeker	Aaron Steely	7:35	13:11	22:53	22:53
16 <sup>th</sup> Jp Miller	Pat McElvaney	9:36	16:04	29:22	29:22
17 <sup>th</sup> Zach Mitchell	Zach Mitchell	8:43	15:06	26:30	26:30
18 <sup>th</sup> Pat McElvaney	Rick Cawthern	7:36	13:43	24:12	24:12

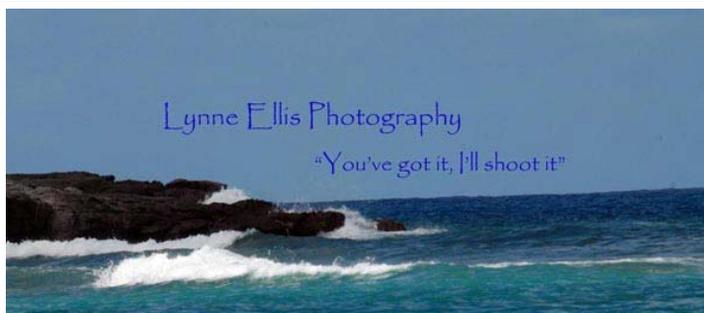
**OCBP Question-of-the-Week for The Worcester County Times**

***This Week's Question:*** I was staying on the beach in one of the high rises when the guard pulled everyone together and told us to be careful because the shorebreak was expected to be particularly bad. Although the lifeguard explained to all of us the dangers of shorebreak, what else can you tell me about this type of danger?

Before you can understand shorebreak, you need to understand a little bit about wave action and the contour of the ocean's bottom close to shore. A wave is a body of water moving along the surface of the ocean. It loses speed and gains height when it approaches the shore. As this happens, the depth of the water below the wave is becoming increasing more shallow. The size of the wave is affected by how strong the wind is, the direction from which it is blowing and tropical activity in the Atlantic. As tropical events form and approach the east coast they cause large and sometimes rough surf especially in late July and August. As a wave passes over the ocean bottom and the depth decreases, the energy of the wave is forced up until the wave can no longer maintain its form and it breaks (top of wave plunges forward). Depending on the tide, and the depth of the water, the waves may break on the sandbar causing the force of the wave to plunge into the deeper trough (this is the type of wave that is appropriate for body surfing or body boarding). However, during high tide the depth of the water over the sandbar will allow the wave to continue toward the beach continuing to build in size until it eventually runs out of water depth as it arrives on the beach. When this happens, the wave will break on the shoreline with all of its crushing force. This is what we call shorebreak and consequently, swimmers in shorebreak, land directly on the sand. These waves are unpredictable and dangerous because they can cause serious shoulder, neck, and spinal injuries to even the most experienced swimmer. The Beach Patrol recommends that you never attempt to ride waves that are breaking on the shore or play in the impact zone (the area where the force of the wave is being delivered)

Although the Beach Patrol treats even the most minor injury to the head (abrasion on forehead, bloody nose etc.) as though it was a life and death spinal cord injury, most turn out to be minor muscular injuries rather than the more serious fractures of the vertebral column. Of the suspected head/neck and spinal injuries we respond to, 60% are caused by swimmers who ride a wave into shore incorrectly, and the other 40% are caused by swimmers diving into shallow water or doing tricks such as flips and striking their head or neck on the ocean floor. Be reassured that when the need arises, the Ocean City Beach Patrol is ready to respond. We have worked with trauma Doctors to develop a specialized technique to manage suspected head, neck and back injuries. Although every Surf Rescue Technician is trained and skilled in the use of these techniques it is far better for our beach patrons to have injuries prevented rather than treated. When body surfing, we recommend doing so with your head up and your arms out in front of the body to protect yourself. If using a boogie board, make sure you keep it in front of you to prevent your head from hitting the shore.

Taking responsibility for your own actions and spreading the caution about spinal cord injuries is the greatest form of prevention we have. Many people just do not realize that wet sand is just as un-yielding as concrete and that it is the bones of the spinal column that cause the damage and possible paralysis that results from the impact of your head, neck or back with the beach. Most people would never think of attempting a flip in the middle of a parking lot for fear of striking the ground. However, many of these same individuals will attempt these aerial maneuvers on the beach or into a few inches of ocean water, with the all too often result, of witnessing our spinal extraction technique first hand. Please, use your head to protect your spine and think before diving or riding breaking waves into the beach. Have fun but remain safe! The Beach Patrol reminds you to always check water depth before diving. Our saying is, "feet first, first time" which is to remind you to walk out into the surf rather than running and diving. Whenever in doubt, please feel free to ask the lifeguard on duty what the current conditions are. We are happy you are here and want to help keep you safe!



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

<b>Tides for Ocean City Inlet starting with August 24, 2009</b>						
Day	High/ Low	Tide Height Feet	Sunrise Sunset	Moon Time	% Moon Visible	
M 24	Low 4:54 AM	-0.2	6:23 AM	Rise 11:15 AM	15	
24	High 11:09 AM	4.2	7:42 PM	Set 9:46 PM		
24	Low 5:32 PM	0.1				
24	High 11:27 PM	3.5				
Tu 25	Low 5:40 AM	0.1	6:24 AM	Rise 12:22 PM	24	
25	High 11:58 AM	4.0	7:40 PM	Set 10:21 PM		
25	Low 6:28 PM	0.4				
W 26	High 12:14 AM	3.2	6:25 AM	Rise 1:27 PM	34	
26	Low 6:29 AM	0.3	7:39 PM	Set 11:00 PM		
26	High 12:50 PM	3.8				
26	Low 7:27 PM	0.7				
Th 27	High 1:05 AM	2.9	6:26 AM	Rise 2:27 PM	44	
27	Low 7:20 AM	0.5	7:37 PM	Set 11:45 PM		
27	High 1:48 PM	3.7				
27	Low 8:29 PM	0.9				
F 28	High 2:02 AM	2.6	6:27 AM	Rise 3:22 PM	54	
28	Low 8:15 AM	0.7	7:36 PM			
28	High 2:52 PM	3.5				
28	Low 9:33 PM	1.0				
Sa 29	High 3:06 AM	2.6	6:27 AM	Set 12:36 AM	63	
29	Low 9:12 AM	0.8	7:34 PM	Rise 4:10 PM		
29	High 3:57 PM	3.5				
29	Low 10:37 PM	1.1				
Su 30	High 4:09 AM	2.6	6:28 AM	Set 1:31 AM	72	
30	Low 10:10 AM	0.8	7:33 PM	Rise 4:52 PM		
30	High 4:54 PM	3.6				
30	Low 11:31 PM	1.0				
M 31	High 5:03 AM	2.8	6:29 AM	Set 2:29 AM	80	
31	Low 11:06 AM	0.7	7:31 PM	Rise 5:27 PM		
31	High 5:41 PM	3.7				

**Notice**  
**Last Opportunity To Take the Semaphore Test for 2009**  
**MONDAY, September 7, 2009**

**Beach Patrol Training Qualifies for University Credit**

Lieutenant Smith has confirmed with Dr. Muller from Salisbury University that anyone interested in receiving college credit for Ocean City Beach Patrol training this summer (2009) needs to register for the course. You must register for a course called "Special Topics" for the fall semester, and Lieutenant Smith will submit your grade in December. You will have no additional course work because you have already completed the course as a normal part of your employment training. If you have any questions Please contact Lieutenant Smith directly.

Wes Smith, Ph.D.  
w.smith5@umail.miami.edu  
**Lieutenant; Director of Training**  
OCEAN CITY BEACH PATROL  
**Assistant Professor**  
UNIVERSITY OF MIAMI  
Department of Exercise & Sport Sciences  
Laboratory of Clinical and Applied Physiology  
Office: 305-284-5756  
Fax: 305-284-5168

**Important Notice**  
Please note the dates and times of the remaining weekly meetings and adjust your calendar accordingly.

Monday, August 24  
Convention Center—0800hrs

Monday, August 31  
Convention Center—0800hrs

Monday, September 7 (Labor Day)  
Convention Center—0800hrs

Tuesday, September 8 (Start of Fall Patrol)  
HQ Training Room—0830hrs  
**Beginning on September 13, the weekly meetings will move to City Hall on Sundays.**

Sunday, September 13  
City Hall—0830hrs

Sunday, September 20  
City Hall—0830hrs

Sunday, September 27  
City Hall—0830hrs

**DO NOT FORGET THE BEACH PATROL WHEN YOU MAKE CHANGES**

*If you make any changes in the contact information that you have on file with us, it is your responsibility to let us know. If this coming season is as we predict, we will not be allowing personnel to return who have missed deadlines. Having mail returned or lost in forwarding may cause you to miss an important deadline.*

**E-mail** – With free accounts and school accounts that are often changed you need to let us know immediately. We use e-mail to keep everyone informed of events and activities as well as confirming information and to get out quick updates.

**Winter address** – This is used to send U.S. mail such as newsletters, incentive checks, invitations to return, and other paperwork.

**Permanent address** – This address is not used by the Beach Patrol but is used by the Town of Ocean City to send tax information (W-2).

**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



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

**Monday:** 100 burpees. Try to rest as little as possible

**Tuesday:** 3 rounds of 20 jump lunges followed by 50 yard high knee sprints/strides  
3 rounds of 10 broad jumps followed by 25 yard skips

**Wednesday:** 1 round of TABATA (20 sec. hard / 10 sec easy) crunches  
1 round of TABATA (20 sec. hard / 10 sec easy) push ups

**Thursday:** 2 rounds of (75 squats as fast as possible, 10 tuck jumps, 25 mountain climbers)

**Friday:** 5 rounds of (10 push up side hops, 10 push up superman, 10 torso rotation)

**Saturday:** 2 rounds of 50 knee to elbow bicycles, 25 VUPs, 25 crunches, 25 dead rock

**Sunday:** 4 rounds of 20 squat thrusts, 20 lateral hops, 20 mountain climbers

### Request for Recommendations

Between seasons, I am often asked to complete references and recommendations. If you need me to provide something like this for you, I ask that you make the request in writing. In that request you should give me any information that will help me in giving you the best possible recommendation. I will need to know whom it goes to and if there is a particular format or form that is required. It will also be helpful to remind me of some of the Beach Patrol activities that you have been involved in, such as JBP, Camps, special duties, etc. I also will need a fair amount of lead-time since personnel files are secured in Ocean City while I am in La Plata. You may send your request by e-mail or if you are required to mail to a physical address, you may use:

Captain Butch Arbin  
134 West Quail Lane  
La Plata, Maryland 20646

### Crew Comps Photos by John P. Dunnigan Photography

Be sure to check out the shots taken by John P. Dunnigan of this year's Crew Comp. Fabulous prints from wallet to poster size are available as well as various types of merchandise (mugs, key chains, pins, magnets, etc.). Also, check him out on Facebook when you get the chance.

<http://johnpd.smugmug.com>

<http://jpdphotography.com>

