



OCEAN CITY BEACH PATROL

WEEKLY BULLETIN

Week of September 14, 2009 to September 20, 2009

SUNDAY, SEPTEMBER 13, 2009

GENERAL MEETING: City Hall Council Chambers —1st Floor—3rd St.—0830hrs

OCBPSRA: None

Parking is available in the City Hall lot; enter through rear of the building.

Opportunity to Compete: None

Workout: 3 rounds of 50 squats; 10 tuck jumps; 5 broad jumps

2 rounds of 25 v-ups

Surfing Beaches: 9th/78th St.

Tides: High: 0230hrs and 1519hrs

Low: 0842hrs and 2152hrs

SURF FISHING AND CASTING

Sec. 106-131. Public beach restrictions.

It shall be unlawful for anyone to surf fish, surf cast or practice surf fishing or surf casting on the public beaches within the corporate limits of Ocean City between Friday of Memorial Day weekend to September 30 of each and every year, both days inclusive, between the hours of 10:00 a.m. to 5:30 p.m., prevailing time, except by permission from the Mayor and Council, within 50 yards of swimmers or persons in bathing attire lying, sitting, walking, surfing or standing on any part of said public beaches or areas adjacent thereto within the corporate limits of Ocean City.

(Code 1972, § 28-9)

MONDAY, SEPTEMBER 14, 2009

Officer in Charge: Lieutenant Ward Kovacs

Surfing Beaches: Modified

Opportunity to Compete: None

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

Tides: High: 0341hrs and 1625hrs

Low: 0950hrs and 2255hrs

S.R.T. Name:	Monday 9/14/2009	Tuesday 9/15/2009	Wednesday 9/16/2009	Thursday 9/17/2009	Friday 9/18/2009	Saturday 9/19/2009	Sunday 9/20/2009	CREW
Daily Assignment								
Rescues								Totals
Preventative actions								
First Aids								

TUESDAY, SEPTEMBER 15, 2009

Officer-in-Charge: *Lieutenant Ward Kovacs*

Opportunity to Compete: None

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

Surfing Beaches: Modified

Tides: High: 0447hrs and 1725hrs
Low: 1056hrs and 2351hrs

WEDNESDAY, SEPTEMBER 16, 2009

Officer-in-Charge: *Lieutenant Ward Kovacs*

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: Modified

Tides: High: 0546hrs and 1819hrs
Low: 1158hrs

THURSDAY, SEPTEMBER 17, 2009

Officer-in-Charge: *Lieutenant Ward Kovacs*

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: Modified

Tides: High: 0640hrs and 1909hrs
Low: 2442hrs and 1256hrs

Special Events: Delmarva Bike Week

FRIDAY, SEPTEMBER 18, 2009—Pay Day

Officer-in-Charge: *Lieutenant Ward Kovacs*

Opportunity to Compete: None

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

Surfing Beaches: Modified

Tides: High: 0730hrs and 1956hrs
Low: 0128hrs and 1349hrs

Special Events: Delmarva Bike Week

Guidelines for Modified Surfing

Surfers must still wear a leash.

Swimmers **always** have the right of way.

Surfers must remain no less than 50 yds. from the nearest swimmer or non-surfer.

Surfers should be moved to the area between the stands.

If there are too many swimmers, then the surfers must relocate or stop surfing altogether.

The use of skimboards and other watercraft (kite surfers, windsurfers, kayaks, etc. is still prohibited

If a surfer injures another person, he/she is responsible, and we must ID the surfer, involving the police if necessary.

Note: The surfing ordinance is in effect until Sept. 15th each year.

Winter Mailings

Newsletters and all Return to Work information and notifications for the 2010 season will be sent to the winter address that you provided. Updates and/or adjustments should be made through the office--either in person or by e-mail.

2010 W-2 Forms

The Town of Ocean City will send your W-2 form to the permanent address on record for you. This is the address that is printed on your paycheck. W-2's will be sent out by January 31, 2010. If you need to make any changes and/or adjustments, you must fill out a change of address form and submit it to the City Hall Human Resources department by January 1, 2010.

Important Notice

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

SATURDAY, SEPTEMBER 19, 2009

Opportunity to Compete: None

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

Surfing Beaches: Modified

Tides: High: 0819hrs and 2043hrs
Low: 0211hrs and 1439hrs

Special Events: Delmarva Bike Week



SUNDAY, SEPTEMBER 20, 2009

GENERAL MEETING: City Hall Council Chambers —1st Floor—3rd St.—0830hrs--Parking is available in the City Hall lot; enter through rear of the building.

Opportunity to Compete: None

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

Surfing Beaches: Modified

Tides: High: 0906hrs and 2128hrs
Low: 0253hrs and 1528hrs

Special Events: Delmarva Bike Week

BEACH PATROL EVENTS

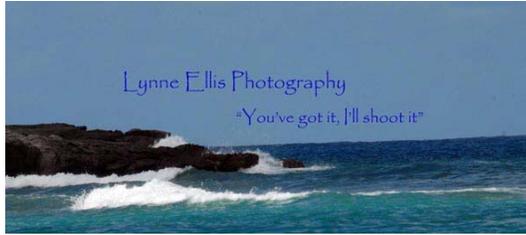
Sept. 20

5K Sun Fun Run—0700hrs

Town of Ocean City Special Events

Delmarva Bike Week	Sept. 17-20		
OC Sunfest	Sept. 24-27	Inlet	1000hrs
Sunfest Kite Festival	Sept. 24-27	N. Division-6 th St.	0900hrs
16 th Annual Pigs on the Beach Boardwalk Ride	Sept. 26	27 th St. –Inlet	1000hrs
30 th Annual Mid-Atlantic Surf Fishing Tournament	Oct. 1-3	20 th – 119 th 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
9 th Annual Pink Ribbon Classic 5K Run/Walk & 1Mile Walk	Oct. 17	OC Health & Racquet	0900hrs
Free State Corvette Club OC Weekend	Oct. 17	Inlet Parking Lot	0600hrs
ESA Sea Witch Surf Fest	Oct. 17-18	Inlet or 48 th St.	0700hrs
Light the Night Walk for Leukemia & Lymphoma	Oct. 24	Inlet/Boardwalk	1700hrs

<u>Stats.</u>	<u>Week 16</u> 8/31/09 to 9/6/09	<u>Week 16</u> Year-To- Date 2009	<u>Week 16</u> 9/1/08 to 9/7/08	<u>Week 16</u> Year-To- Date 2008	<u>Week 15</u> 9/3/07 to 9/9/07	<u>Week 16</u> Year-To- Date 2007
Action						
Preventions	881	69523	N/A	67584	N/A	76105
Rescues	71	3399	215	3747	28	2596
Minor First Aid	4	1445	N/A	2295	N/A	1880
Ambulance Calls	11	269	11	285	10	278
Police Calls	3	80	2	96	4	71
USCG/MDNRP	0	5	0	16	1	13
Lost/Found Persons	26	695	4	563	11	643
N. Surf Beach Population	N/A	629				
S. Surf Beach Population	N/A	4414				
Inlet Surf Beach Population	N/A	1046				
Beach Wheelchair Usage	17	420	6	431	10	405



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
 410-236-2483

lynne@lynneellisphotography.com

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



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.

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:

1. Contact Dolores in the City Hall Human Resources
410-289-8822
and
2. Contact Secretary Tyler at Headquarters.

This is Very Important

Tides for Ocean City Fishing Pier— Sept. 13 to 21, 2009

Day	High/Low	Height Feet	Sunrise Sunset	Moon Time	% Moon Visible
Su13	High 2:30 AM	3.0	6:41 AM	Rise 12:25 AM	41
13	Low 8:42 AM	0.5	7:11 PM	Set 3:51 PM	
13	High 3:19 PM	4.2			
13	Low 9:52 PM	0.7			
M 14	High 3:41 AM	3.1	6:41 AM	Rise 1:36 AM	30
14	Low 9:50 AM	0.3	7:10 PM	Set 4:35 PM	
14	High 4:25 PM	4.3			
14	Low 10:55 PM	0.5			
Tu15	High 4:47 AM	3.3	6:42 AM	Rise 2:50 AM	19
15	Low 10:56 AM	0.1	7:08 PM	Set 5:13 PM	
15	High 5:25 PM	4.4			
15	Low 11:51 PM	0.3			
W 16	High 5:46 AM	3.7	6:43 AM	Rise 4:05 AM	11
16	Low 11:58 AM	-0.1	7:07 PM	Set 5:45 PM	
16	High 6:19 PM	4.5			
Th17	Low 12:42 AM	0.0	6:44 AM	Rise 5:19 AM	4
17	High 6:40 AM	4.0	7:05 PM	Set 6:15 PM	
17	Low 12:56 PM	-0.3			
17	High 7:09 PM	4.5			
F 18	Low 1:28 AM	-0.2	6:45 AM	Rise 6:31 AM	1
18	High 7:30 AM	4.3	7:03 PM	Set 6:44 PM	
18	Low 1:49 PM	-0.4			
18	High 7:56 PM	4.4			
Sa19	Low 2:11 AM	-0.3	6:46 AM	Rise 7:42 AM	0
19	High 8:19 AM	4.5	7:02 PM	Set 7:12 PM	
19	Low 2:39 PM	-0.4			
19	High 8:43 PM	4.2			
Su20	Low 2:53 AM	-0.3	6:47 AM	Rise 8:53 AM	1
20	High 9:06 AM	4.6	7:00 PM	Set 7:43 PM	
20	Low 3:28 PM	-0.2			
20	High 9:28 PM	3.9			

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

Last Week's Question: I have seen a slogan the past couple of years that says, "Keep your feet in the sand until the lifeguard's in the stand!" I recently saw this message displayed on the Convention sign. I think I know what it means, but could you please clarify.

The fact that you are asking this question is a positive indicator to me that this particular saying and our safety campaign are attracting attention. With the primary aspect of the Beach Patrol's mission being education, we have attempted to get our safety message out at every opportunity. The saying, "Keep your feet in the sand until the lifeguard's in the stand!" is a catchy reminder to only swim when the Beach Patrol is on duty. If there's one safety message that I hope that everyone will remember and understand, it is, "Never Swim When the Lifeguards are Off-Duty." With drowning being one of the leading causes of preventable accidental death, following this simple rule would prevent hundreds of needless deaths nationwide on a yearly basis. It would help prevent several drownings each year in Ocean City alone.

Swimming without a lifeguard is a serious mistake. If a person in the ocean needs help and a call to 911 is made, the time a drowning person has is only a very few minutes at best. Although Ocean City emergency responders are among the fastest in the nation, a 911 response requires the use of critical minutes and most often results in an unsuccessful positive outcome by failing to save the person's life. However, in the case of a swimmer in distress on a guarded beach, the lifeguard may direct the swimmer out of danger without even getting off his/her stand or, if necessary, will rescue the victim.

It is dangerous to swim without a lifeguard on an ocean beach because swimmers may never intend to move away from shore or be in water over their heads, yet may find themselves taken "out" against their will by a dangerous rip current. However, on a guarded beach, the lifeguard is a trained professional who knows where rip currents are, how to identify them, and who will exercise caution and prevention in keeping beach patrons away from these dangers. They are also trained and experienced in rescuing people from these dangerous rip currents should the need arise.

Many people do not understand rip currents and believe that they are a rare occurrence, when in fact, they are the third leading cause of weather related death. These deadly currents account for over 90% of all rescues in open water worldwide and are the cause of the majority of our 2000-4000 seasonal rescues in Ocean City. Unfortunately, an all too common occurrence that I see are parents who decide to let their children swim when lifeguards are not on duty with the notion that they are there watching their children and will be able to help if necessary. Equally disturbing are the adults who overestimate their own swimming abilities and the misconception that, if necessary, they can get themselves out of trouble. We have seen too many times when poor judgment turns into a tragedy with the loss of a life. So, although our saying is a friendly reminder to only swim when lifeguards are on duty, it comes with a very serious warning. **However you remember it, swimming near a lifeguard could save a life—yours or someone you love!**

This Week's Question: I stayed in Ocean City past Labor Day thinking I could finally take my dog on the beach. The lifeguard informed me that I could not. I was surprised that the lifeguards were still even on duty. I thought they ended on Labor Day. How much longer will there be lifeguards on the beach and when do the rules change?

Although the Beach Patrol has never gone off duty following Labor Day (at least for the past 40 years) many people assume this to be our schedule. In reality, the earliest the Beach Patrol has gone off duty for the season has been the Sunday of Sunfest weekend (usually the 3rd weekend following Labor Day). This year the Patrol will end the regular guarding of the beach on Sunday September 27th. During this period following Labor Day, as Ocean City Beach Patrol personnel return to other obligations, we are in a reduced coverage scheme, and the number of Surf Rescue Technicians (Lifeguards) available to staff the stands along the 10.5 miles of beach decreases. The Ocean City Beach Patrol is committed to provide Surf Rescue Technicians (Lifeguards) along the entire beach for all visitors and residents so, rather than have unguarded areas, the number of available lifeguard towers are equally distributed along the beach front. As this redistribution occurs the location and distance between stands changes (sometimes on a daily basis).

This reduction in personnel is an annual occurrence but is complicated by the earlier start of college classes and the return of our education professionals to school systems throughout the United States. However, as a direct result of our recruiting and staffing the number of stands we have been able to deploy on a daily basis has been higher than any previous year. We will have additional returning Surf Rescue Technicians to allow us to increase the total number of stands (and decrease the distance between stands) on weekends.

Because of the dedication and commitment of these public servants, we will continue to provide daily coverage between 10:00 and 5:30 for all 10.5 miles of Ocean City beaches until Sunday, September 27, 2009. Although this coverage will be done with fewer personnel and less lifeguard towers (than during the summer), we will supplement this coverage by increasing the number of Mobil Rescue Units patrolling the beach. These mobile units are first-aid and AED equipped, with one SRT (rider) acting as the primary rescue swimmer while the other SRT (driver) maintains radio communication and backup during an emergency. Both are qualified as surf rescue technicians, medical first responders, and are quad (ATV) certified.

As far as the rules go (Town of Ocean City Ordinances) most remain in effect until September 30th. The specific ordinance regarding dogs states that dogs are not permitted on the beach or boardwalk from May 1st to September 30th. Other ordinances and laws such as public drinking, vehicles on beach, and fires on beach, remain in effect throughout the year.

Another difference in the beach during the fall season is surfing. Captain Arbin of the Beach Patrol will allow modified surfing along the entire beach, except where guards are posted. The Beach Patrol keeps the swimmers in front or near their stand and the surfers are encouraged to congregate away from the swimmers. This is a time of the year the surfers enjoy. They can surf while the patrol is on duty and not be confined to designated surfing beaches like they are during the summer. Surfers must still utilize an ankle leash and remain 50 yards from the nearest swimmer. Having surfers in the vicinity often proves valuable in saving lives. It is helpful to have the extra floatation devices in the water at this time of year when the coverage is spread over larger spans of beach. It is not unusual for surfers to aid a distressed swimmer and keep them afloat until a Surf Rescue Technician can reach them and take them safely back to shore. Although surfing is modified, the Beach Patrol still reserves the right to prohibit surfing in certain areas or under certain conditions. The use of skim boards and other watercraft (kite surfers, windsurfers, kayaks etc) is still prohibited.

SRTs will be on duty daily between 10:00 am and 5:30 pm. To aide your SRT, the beach patrol suggests taking extra precaution and make sure to walk the short distance to swim in the vicinity of a lifeguard stand. The first priority of the Ocean City Beach Patrol continues to be public safety. We strongly encourage all beach patrons to restrict any beach or water related activities to times when Beach Patrol personnel are on duty, never swim alone, always stay within the limits of their ability, and never rely on a flotation device.

From: patrick.martinez@
Sent: Tuesday, September 01, 2009 10:43 AM
To: ocbp@ococean.com
Subject: Thank you!

Dear OCBP

Many thanks for the super cool crew comp T-shirt Rick gave me on the beach patrol's behalf on my big birthday on Sunday. Thanks too for the many birthday wishes you gave me that afternoon on my walk to the Delaware line.

Most of all, thanks so very much for keeping all of us safe during our beach visits. We feel fortunate to have you watching over us and want to be sure you know that we do not take your attention for granted. On the contrary, we are most grateful.

My very warmest best wishes to all of you.
Pat

From: Brennan, Augusta M
Sent: Tuesday, September 01, 2009 12:07 PM
To: Arbin III, Melbourne L. [Butch] (CCPS)
Subject: Neck Injuries Story

Thank you and the Beach Patrol for assisting WBAL-TV and reporter Kerry Cavanaugh with her report this summer on neck injuries. Together I think we were able to get an important message out and, hopefully, prevent some injuries. As you know, we continue to run the rip current piece we put together with your help back in 2007. I know many people have learned from it. Sorry it has taken me until the end of the summer to get this note to you but I did want you to know how much we appreciate your commitment to safety and willingness to work with us. Please pass this message along to the rest of your outstanding team.

Sincerely,
Augusta

Augusta Brennan Jones
Exec. Producer - Special Projects
WBAL-TV

P.S. I've enjoyed hearing your live phone in reports the last few weeks on our weekend morning shows. It's been very informative.

From: Fred Plitt
Sent: Tuesday, September 08, 2009 1:09 PM
Subject: Great Job

Good Afternoon Captain Arbin

I just wanted to make you aware of an outstanding performance by one of your female beach patrol members on Saturday September 5, 2009. My wife and I were vacationing in Ocean City this weekend and spent several hours on the beach @ 56 Th Street. Your female beach patrol member made several citizen saves from the very rough and turbulent ocean on this date. I watched in amazement as she assisted/rescued a mother and young son who struggle with the waves and current to make it back to the beach. This young lady spent time after the rescue to calm both parties down and to reassure the vacationers that the situation at hand was over and they were safe. She even received an ovation from some of the other beach vacationers!! I witnessed first hand her "attention to detail" all day as she continued to monitor the ocean waters for troubled swimmers. I know you would have been proud to witness her work ethic and character.

Could you please forward to me this young ladies name for a formal letter of appreciation?

Thank you for a "Job Well Done"

Captain Frederick D. Plitt #1007
Commander, Special Operations Division

From: THE CLOUGH's
Sent: Tuesday, September 08, 2009 7:03 PM

I just wanted thank the OCBP who came to rescue my wife and me on Friday Sept. 5 around the 4th street beach. After being in the water about 45 minutes, my wife found herself in a powerful rip current and was carried to deeper water. As neither of us are very good swimmers, we were extremely grateful and impressed with the young lady's ability in getting to us very quickly. Her demeanor and knowledge of the situation was very reassuring, as was her explanation on how we were getting back to shore. The young man who arrived shortly after she did and quickly got my wife back to shore, was equally impressive with his demeanor, knowledge and abilities. cheers to the OCBP who's training and quality of people are the basis of it all.

Sincerely grateful,
Marv & Jim Clough

Commendation letter sent to Captain regarding a rescue by SRT Brad Smith on 14th St. on 8/31/09.

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.