



OCEAN CITY BEACH PATROL

WEEKLY BULLETIN

Week of August 17, 2009 to August 23, 2009

MONDAY, AUGUST 17, 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: None

Opportunity to Compete: None

Workout: Perform 25 Dive Bomber Push Ups, 25 Supermans (back extensions)

Surfing Beaches: Inlet/63rd/143rd St.

Tides: High: 0458hrs and 1741hrs

Low: 1106hrs

Special Events: Endless Summer Boogie Board Camp—38th St.—1400hrs to 1600hrs

Beach Safety Seminar—OC Lifesaving Museum—1030hrs

Equipment Turn in Procedure for Full Time Changing to Part-Time

If you live more than 30 miles away, you are required to turn in all equipment once you end your full-time position (available 7 days a week). If you are working part-time after this time, you will pick up equipment before you are scheduled for duty.

TUESDAY, AUGUST 18, 2009

Officer-in Charge: Lt. Mike Stone

Special Training: Hurricane Exercise—Convention Center-Room 215—0830hrs to 1300hrs—Participating Staff will be notified.

OCBPSRA: None

Opportunity to Compete: OCBP Floor Hockey—Northside Park—1900hrs--\$5.00 per person

Workout: 3 rounds of: 25 v-ups, 25 lunges, 20 jump lunges, 10 tuck jumps

Surfing Beaches: Inlet/61st/141st St.

Tides: High: 0558hrs and 1837hrs

Low: 2412hrs and 1208hrs

Special Events: Endless Summer Boogie Board Camp—38th St.—1400hrs to 1600hrs

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

Free Music Tuesdays at Sunset Park—*Full Circle*--S. Division St.—1930hrs

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

S.R.T. Name:	Monday 8/17/2009	Tuesday 8/18/2009	Wednesday 8/19/2009	Thursday 8/20/2009	Friday 8/21/2009	Saturday 8/22/2009	Sunday 8/23/2009	CREW
Daily Assignment								
Rescues								
Preventative actions								
First Aids								
								Totals

WEDNESDAY, AUGUST 19, 2009

Officer-in Charge: Lt. Mike Stone

OCBPSRA: None

Opportunity to Compete: None

Workout: TABATA Squats and Push Ups

Surfing Beaches: Inlet/59th/139th St.

Tides: High: 0655hrs and 1929hrs
Low: 0106hrs and 1307hrs

Special Events: Endless Summer Boogie Board Camp—38th St.—1400hrs to 1600hrs
Concerts on the Beach—*Captain Quint*—2000hrs—N. Division St.

THURSDAY, AUGUST 20, 2009

Officer-in Charge: Lt. Ward Kovacs

OCBPSRA: None

Opportunity to Compete: None

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

Surfing Beaches: Inlet/57th/137th St.

Tides: High: 0749hrs and 2020hrs
Low: 0154hrs and 1401hrs

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

FRIDAY, AUGUST 21, 2009-Pay Day!

Officer-in Charge: Lt. Mike Stone

OCBPSRA: None

Opportunity to Compete: None

Workout: 3 rounds of: 25 push-ups, 25 torso rotation, 10 clap push-ups

Surfing Beaches: Inlet/55th/135th St.

Tides: High: 0841hrs and 2108hrs
Low: 0240hrs and 1454hrs

Special Events: Beach Safety Seminar—OC Library—1400hrs

SATURDAY, AUGUST 22, 2009

OCBPSRA: None

Opportunity to Compete: None

Workout: 3 rounds of: 25 lateral hops, 25 good mornings (Romanian dead lifts), 5 broad jumps

Surfing Beaches: 53rd/133rd St.

Tides: High: 0931hrs and 2155hrs
Low: 0325hrs and 1546hrs

Special Events: ESA Billabong & Von Zipper Maryland States Competition—Inlet—0700hrs
OCBP Annual Awards Banquet—Stowaway Grand Hotel—21st & Baltimore Ave.—1845hrs

SUNDAY, AUGUST 23, 2009

OCBPSRA: None

Opportunity to Compete: None

Workout: Set 1: TABATA Burpees: 8 rounds of 20 seconds burpees, 10 sec. recovery (4 minutes total) try to do 8-10 burpees during each 20 second interval. / Set 2: 50 sit ups, 20 crunches, 10 dead rock

Surfing Beaches: 51st/131st St.

Tides: High: 1020hrs and 2241hrs
Low: 0409hrs and 1638hrs

Special Events: ESA Billabong & Von Zipper Maryland States Competition—Inlet—0700hrs
OC Cruisers—Somerset Plaza—1500hrs to 1900hrs
Sundaes in the Park—*Mary Lou & the Untouchables*—Northside Park—1800hrs

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

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--1 for \$8.00/ 2 for \$15.00
Backpack--\$6.00 or 2 for \$10.00
Under Armour Shirts & Shorts--\$15.00 each



The Annual OCBP Awards Ceremony

Saturday, August 22, 2009

**The Stowaway Grand Hotel
21st St.
1845hrs**



**This event is a ceremonial occasion.
Please dress and conduct yourself accordingly.**

MONDAY, AUGUST 24, 2009

Officer-in Charge: Lt. Ward Kovacs

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: Cancelled

OCBPSRA: None

Opportunity to Compete: None

Workout: TBD

Surfing Beaches: Inlet/49th/129th St.

Tides: High: 1109hrs and 2327hrs

Low: 0454hrs and 1732hrs

Special Events: None

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 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.

BEACH PATROL EVENTS

August 17, 24
August 21, 28
August 22
Sept. 5

Beach Safety Seminars at OC Life-Saving Museum
Beach Safety Seminars at the OC Library—1400hrs
OCBP Annual Awards Ceremony—Stowaway Grand Hotel—1845hrs
OCBP Pre-Employment Physical Skills Test

Town of Ocean City Special Events

Endless Summer Boogie Board Camp	Aug. 17-19	Endless Summer--38 th 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 12</u> 8/3/09 to 8/9/09	<u>Week 12</u> Year-To- Date 2009	<u>Week 12</u> 8/4/08 to 8/10/08	<u>Week 12</u> Year-To- Date 2008	<u>Week 12</u> 8/6/07 to 8/12/07	<u>Week 12</u> Year-To- Date 2007
Action						
Preventions	4340	51239	3637	58665	10358	63765
Rescues	125	2612	24	3108	343	1847
Minor First Aid	115	960	257	1906	294	1451
Ambulance Calls	41	221	22	186	49	176
Police Calls	5	54	5	72	5	58
USCG/MDNRP	0	4	5	13	1	11
Lost/Found Persons	85	529	34	408	96	490
N. Surf Beach Population	20	562				
S. Surf Beach Population	122	3824				
Inlet Surf Beach Population	84	737				
Beach Wheelchair Usage	54	301	42	310	36	316

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.

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

Last 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. Click on the JOBS button or email ocbp@ococean.com.

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 out 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!

Striking the ocean bottom with your head or neck may cause serious injuries, paralysis, or death.
"Feet first, first time" to check the water depth.



Tides for Ocean City Inlet—August 17-24, 2009						
Day	Tide Time	Height	Sunrise	Sunset	Moon Time	% Moon Visible
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				
Tu 18	Low 12:12 AM	0.2	6:18 AM		Rise 3:55 AM	9
	High 5:58 AM	3.4	7:50 PM		Set 6:41 PM	
	Low 12:08 PM	-0.3				
	High 6:37 PM	4.7				
W 19	Low 1:06 AM	0.0	6:19 AM		Rise 5:13 AM	3
	High 6:55 AM	3.7	7:49 PM		Set 7:17 PM	
	Low 1:07 PM	-0.5				
	High 7:29 PM	4.8				
Th 20	Low 1:54 AM	-0.3	6:20 AM		Rise 6:30 AM	0
	High 7:49 AM	3.9	7:47 PM		Set 7:49 PM	
	Low 2:01 PM	-0.6				
	High 8:20 PM	4.7				
F 21	Low 2:40 AM	-0.4	6:20 AM		Rise 7:44 AM	0
	High 8:41 AM	4.2	7:46 PM		Set 8:18 PM	
	Low 2:54 PM	-0.6				
	High 9:08 PM	4.5				
Sa 22	Low 3:25 AM	-0.4	6:21 AM		Rise 8:56 AM	3
	High 9:31 AM	4.3	7:45 PM		Set 8:46 PM	
	Low 3:46 PM	-0.4				
	High 9:55 PM	4.2				
Su 23	Low 4:09 AM	-0.3	6:22 AM		Rise 10:06 AM	8
	High 10:20 AM	4.3	7:43 PM		Set 9:15 PM	
	Low 4:38 PM	-0.2				
	High 10:41 PM	3.9				
M 24	Low 4:54 AM	-0.2	6:23 AM		Rise 11:15 AM	15
	High 11:09 AM	4.2	7:42 PM		Set 9:46 PM	
	Low 5:32 PM	0.1				
	High 11:27 PM	3.5				



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



To All Employees:

For many years, the Bank of America has offered free checking for Town employees who have direct deposit through the Bank of America Group Banking Program. Recently, an employee was notified by the bank that her checking account would now be subject to fees. This was incorrect as the free checking program is still in effect. However, it was determined that the employee's account was not flagged for group banking with the Town of Ocean City or set up as a "My Access Account" by the bank.

If you have received a fee notice, please call the customer service number below or go to the branch to have this checked. The fee letter was a generic letter that went out to all clients.

Bank of America Group Banking instructions for our employees: "If any of your associates received one of these letters, and they are already enrolled in Direct Deposit with you, they can either visit the closest banking center or call us at: 1-800-432-1000. They may say: 'speak to an associate' to be connected to a Customer Service Representative and get it checked out."

Sorry for this inconvenience.

Thank-you,
Martha Lucey
Finance Administrator
Town of Ocean City, MD
410-289-8941
mlucey@ococean.com

Atlantic Edge Dive Center
Diving Made Easy



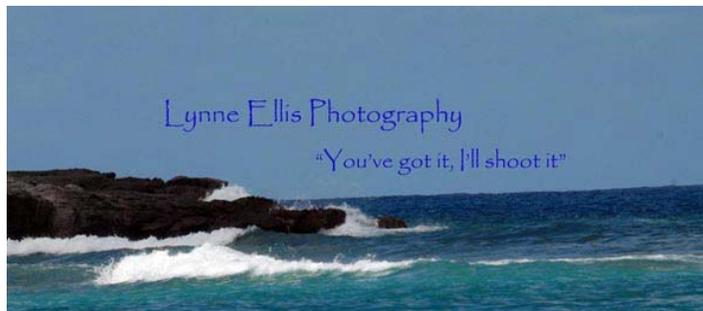
Saturday, August 22nd and Sunday, August 23rd 2009

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.



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
lynne@lynneellisphotography.com
410-236-2483

Attaboy!!!

I would like to let you know about an incident that happened today at the Beach near the Holiday Inn at 67th street. I guess that the SRT that is stationed at the 66th street Public Beach Access is the proper way to refer to this young man, who's name is Patrick.

Our 7 year old son, who is experiencing his first trip to Ocean City, MD since he was 9 months old, experienced several Jelly Fish stings at the same time.

I would like to give you a little background on our son, whose name is Tyler John Rompala, but has chosen to be called T.J. He is a pretty decent little beginning swimmer. He has had swimming lessons several times in pools at home, is a member of our local swim club, and is confident and capable swimming in a pool, and has really loved every minute that he has spent in the ocean on this trip. He also has a diagnosis of an Autism Spectrum Disorder called Pervasive Development Disorder/ Not Otherwise Specified.

What this means is that he is "Wired Differently" than neuro-typical kids. He is wicked smart, with a phenomenal intellect and memory, but what he doesn't understand can really set him into some distress.

T.J. was happily bopping along in the surf and riding the waves with me when he was stung a few times by a jellyfish. He became upset and said that his arm was hurting and started to cry. He and I left the water and joined my wife on the beach to see what was wrong. She had approached Patrick and told him what we thought had happened and he immediately secured his position by letting an adjacent SRT know that he was leaving the "Chair", [I am calling it that because I don't know what you guys refer to it as] and proceeded to talk with T.J. and we saw that this was not going to work well because of how T.J. was reacting. We basically told Patrick what we thought had happened and that we would probably be the best people to administer any first aid to our child. He patiently advised my wife of what to expect, gave her some sort of antiseptic swab form his kit, answered my wife's questions confidently and patiently, while I helped our son calm down enough to accept in his own mind what was happening to him.

Our son has no visible traits that could identify him as having his condition. AND " when you have met one autistic child, that is all that you have met, one autistic child". So Patrick had no way of knowing what he was dealing with in addition to a very upset little boy with some unwanted jelly fish contact.

From either his training or his intuition, He was able to handle what is traditionally a very minor situation properly for our son.

Your man is one of the "Good Guys", and we appreciate how this man dealt with our little boy.

T.J. took about 2 and a half hours to feel better, as Patrick said would happen, and when the weather turned better, he happily asked us to "Let's go to the ocean Daddy, and get back into the waves".

He also expressed a desire to work as an SRT when he gets bigger. 😊

Thank you again.
John Rompala

OCBPSRA 2 Mile Run August 11, 2009

Name	Crew #	Time
Tomas Turek	3	13:02
Milan Turek	8	13:46
Zach Mitchell	12	14:13
John Lorman	2	14:33
Matt Hein	14	14:59
Travis Sevier	10	15:33
Tradd Cummings	8	15:55
Jarred Sears	4	16:02
Robert Forristal	1	16:14
Emmanuelle Ouellet	1	16:41

OCBPSRA Mile Swim August 12, 2009

Name	Crew #	Time
Gregory Evanoff	1	24:00
Emmanuelle Ouellet	1	28:54
Aaron Steely	7	31:42
Travis Sevier	10	34:36
Kelly McGrath	17	36:16
Michael Traum	14	37:29
William Wilkinson	10	39:51
Jarred Sears	4	41:26

Internal Posting Only

Town of Ocean City Emergency Services Communications Operator 1

Receives and dispatches police, fire, and rescue calls to appropriate Ocean City emergency personnel with accuracy, speed, and courtesy. Candidate will work a rotating shift including, weekends and holidays. Must be computer literate, ability to multi-task, have high school diploma; or one to three months related experience and/or training; or equivalent combination of education and experience, valid driver's license, knowledge of Town's geography, work with minimal supervision, and able to pass a criminal background investigation. Experience is preferred. Starting salary \$30,000 plus benefits. Submit Town's application by 8-28-09 to :

Human Resources-City Hall-Room 106
P.O. Box 158
301 Baltimore Avenue
Ocean City, MD 21843
EOE
www.town.ocean-city.md.us

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>



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).

Ocean City Beach Patrol Workouts from Lt. Wes Smith

Monday

Perform 25 Dive Bomber Push Ups, 25 Supermans (back extensions)

Dive Bomber Push Up: From the regular pushup position with your hands under your shoulders, spread your feet shoulder width apart and, keeping your legs as straight as you can, push your hips into the air and your chest down towards the ground. Try to keep your back as straight as you can while leaning back and stretching the hamstrings before beginning the movement.

Next, allow your elbows to flare outward and lower your nose toward an imaginary spot between your hands as if you are trying to slide under a wire, flatten yourself out so that your body is parallel to the ground. You've made it half way!

Keeping your pelvis close to the ground and your hands directly beneath your shoulders, drive your head up using your triceps like performing a dip until you are looking straight ahead. Now, reverse the process, dipping back under the imaginary bar, back to the original position.

Tuesday

3 rounds of: 25 v-ups, 25 lunges, 20 jump lunges, 10 tuck jumps

Wednesday

TABATA Squats and Push Ups

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

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

Thursday

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

Friday

3 rounds of: 25 push ups, 25 torso rotation, 10 clap push ups

Saturday

3 rounds of: 25 lateral hops, 25 good mornings (Romanian dead lifts), 5 broad jumps

Sunday

Set 1: TABATA burpees: 8 rounds of 20 seconds burpees, 10 sec. recovery (4 minutes total); try to do 8-10 burpees during each 20 second interval.

Set 2: 50 sit ups, 20 crunches, 10 dead rock



OCBP License Plates

Listed below are the guidelines for receiving these special logo plates



Your vehicle must be registered in Maryland.

Pick up the MVA form VR-124 from Captain Arbin.

Fill out form completely.

Attach a check made payable to the Ocean City Beach Patrol Surf Rescue Association (OCBPSRA) for \$50.00. This is a one-time fee and will not be charged again.

If you are requesting a specific number, make sure it is still available.

Return form to Beach Patrol Headquarters. Do not send or take to MVA—the form needs an authorizing signature to process.

Once the VR-124 form and check have been received, it takes 4-6 weeks to receive the tags. They will be mailed to the address on your registration.

In the future, you will receive the regular tag renewal application directly from the MVA every 2 years.