

OCEAN CITY BEACH PATROL

WEEKLY BULLETIN

Week of August 31, 2009 to September 7, 2009

MONDAY, AUGUST 31, 2009

Officer-in-Charge: Lt. Ward Kovacs

WEEKLY MEETING: CONVENTION CENTER - 40TH STREET

CREW CHIEF MEETING: 0800hrs

SEMAPHORE TEST: All Passed. No Testing Needed.

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: TABATA SQUATS: (20 seconds fast as possible, 10 second recovery) x 8
2 rounds of 25 burpees followed by 25 Sumo Pulse Ups

Surfing Beaches: 35th/High Point North/Inlet

Tides: High: 0503hrs and 1741hrs
Low: 1106hrs

Special Events: None

TUESDAY, SEPTEMBER 1, 2009

Officer-in-Charge: Lt. Ward Kovacs

OCBPSRA: None

Opportunity to Compete: None

Workout: Perform 25 Dive Bomber Push Ups, 25 Supermans

Surfing Beaches: 33rd/Capri/Inlet

Tides: High: 0550hrs and 1823hrs
Low: 2413hrs and 1155hrs

Important Notice

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

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

S.R.T. Name:	Monday 8/31/2009	Tuesday 9/1/2009	Wednesday 9/2/2009	Thursday 9/3/2009	Friday 9/4/2009	Saturday 9/5/2009	Sunday 9/6/2009	CREW
Daily Assignment								
Rescues								Totals
Preventative actions								
First Aids								

WEDNESDAY, SEPTEMBER 2, 2009

Officer-in-Charge: Lt. Ward Kovacs

OCBPSRA: None

Opportunity to Compete: None

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

Surfing Beaches: 31st/Quay/Inlet

Tides: High: 0633hrs and 1901hrs
Low: 2449hrs and 1240hrs

THURSDAY, SEPTEMBER 3, 2009

Officer-in-Charge: Lt. Ward Kovacs

OCBPSRA: None

Opportunity to Compete: None

Workout: 3 rounds of: 50 knee to elbow bicycles, 25 mountain climbers, 10 V ups

Surfing Beaches: 29th/English Towers/Inlet

Tides: High: 0713hrs and 1939hrs
Low: 0122hrs and 1322hrs

FRIDAY, SEPTEMBER 4, 2009—Pay Day

Officer-in-Charge: Lt. Mike Stone

OCBPSRA: None

Opportunity to Compete: None

Workout: 3 rounds of: 40 push ups, 20 torso rotation, 10 clap push ups

Surfing Beaches: 27th/Pyramid/Inlet

Tides: High: 0753hrs and 2016hrs
Low: 0155hrs and 1402hrs

SATURDAY, SEPTEMBER 5, 2009

OCBP 2010 Pre-Employment Physical Skills Evaluation #2: Dorchester St. & Boardwalk—1100hrs

OCBPSRA: None

Opportunity to Compete: None

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

Surfing Beaches: 25th/94th St.

Tides: High: 0832hrs and 2053hrs
Low: 0228hrs and 1442hrs

Special Events: K-Coast Open-Benefit for OC Firefighters and Paramedics Assoc.—35th St.—0700hrs to Dusk

SUNDAY, SEPTEMBER 6, 2009

OCBPSRA: None

Opportunity to Compete: None

Workout: 2 rounds of 25 Torso Rotations to Side Plank
2 Rounds of (20 Buoy Axe Chops with Lunge and 20 Dead Rock)

Surfing Beaches: 23rd/92nd St.

Tides: High: 0911hrs and 2131hrs
Low: 0302hrs and 1523hrs

Special Events: K-Coast Open-Benefit for OC Firefighters and Paramedics Assoc.—35th St.—0700hrs to Dusk
OC Cruzers—Somerset Plaza—1500hrs



MONDAY, SEPTEMBER 7, 2009—Labor Day!

WEEKLY MEETING: CONVENTION CENTER - 40TH STREET

CREW CHIEF MEETING: 0800hrs

SEMAPHORE TEST: All Passed. No Testing Needed.

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:

Surfing Beaches: 21st/90th St./Inlet

Tides: High: 00951hrs and 2209hrs

Low: 0337hrs and 1605hrs



BEACH PATROL EVENTS

Sept. 5	OCBP Pre-Employment Physical Skills Test—1100hrs
Sept. 8	Fall Patrol Meeting—HQ Training Room—0830hrs
Sept. 8	First Day of Fall Guarding
Sept. 20	5K Sun Fun Run—0700hrs

Town of Ocean City Special Events

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 th St. to N. Division	0930hrs
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
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 14</u> 8/17/09 to 8/23/09	<u>Week 14</u> Year-To- Date 2009	<u>Week 14</u> 8/18/08 to 8/24/08	<u>Week 14</u> Year-To- Date 2008	<u>Week 14</u> 8/20/07 to 8/26/07	<u>Week 14</u> Year-To- Date 2007
Action						
Preventions	9219	63067	3112	66261	5099	76105
Rescues	242	2898	104	3413	376	2454
Minor First Aid	147	1378	165	2259	213	1880
Ambulance Calls	18	251	33	246	55	251
Police Calls	11	68	11	89	3	65
USCG/MDNRP	0	4	1	16	0	12
Lost/Found Persons	59	645	42	525	24	594
N. Surf Beach Population	27	589				
S. Surf Beach Population	72	3914				
Inlet Surf Beach Population	96	842				
Beach Wheelchair Usage	34	369	44	392	20	364

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.

Discover an Ocean of Fun!

Ocean City Recreation & Parks

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--1for \$8.00/ 2 for \$15.00

Backpack--\$6.00 or 2 for \$10.00

Under Armour Shirts & Shorts--\$15.00 each



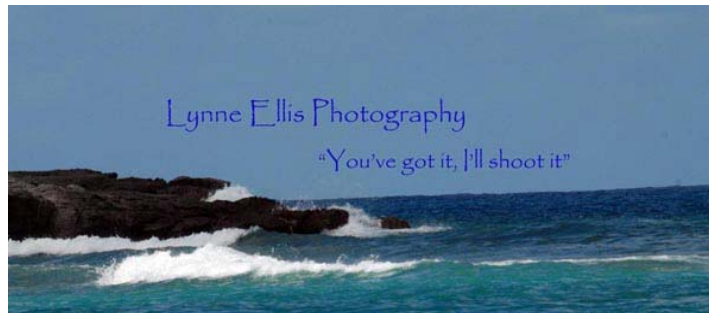
Banquet Videos and Slide Show

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.



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

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

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

Last 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!

Last Week's Question: I went to the beach a couple weekends ago and the lifeguards were not allowing any swimmers in the ocean at all, yet I saw surfers out in the ocean. The weather seemed like it was a great beach day, and I was surprised I wasn't even allowed to go wading. Why?

This is the time of year that Ocean City experiences an increase in the volume and size of waves due to tropical activity in the Atlantic. August and September are traditionally our large surf months, producing larger waves, dangerous rip currents and hazardous shorebreak. Larger waves bring more water into shore which has to escape out through the rips, meaning that rip currents become larger, longer, faster moving, and deadlier. This is exactly what was happening a couple weekends ago as Hurricane Bill passed the mid Atlantic region and is currently happening as additional tropical systems develop in the Atlantic. As these systems move closer to our coast, the impact becomes greater and the potential for dangerous conditions becomes more likely. The weekend that you are referring to had a high tide which occurred at 10:00 am. We had 4-6 foot wave height with an occasional 8 foot swell breaking right on the beach called shorebreak. As a result it was unsafe for anyone to be in the impact zone (wading to waist deep). Additionally as the tide receded going to low this is the perfect recipe for the most dangerous rip activity. For this reason there was no safe area for the general public to enjoy the ocean except for the pools of ocean water that became trapped on the beach (tidepools).

These tidepools are a result of the extreme high tides when large pockets of water are left pooling or trapped on the beach. Although the amount of water may vary from a few inches to a few feet deep and the size may be as small as a backyard pool or as large as several city blocks, most tide pools are only a few inches deep and less than a block long. Because of the relatively small quantity of water, the sun heats it and it is much warmer than the ocean and it usually has no wave action making it very inviting. So even though the ocean was closed to swimmers for one day, many people came to the beach and found a tide pool that they could play in.

Surfers and experience body borders with swim fins were allowed in the ocean on that day because the equipment used for these sports gives flotation and the people that who usually have this type of equipment are far more experienced. The extra flotation makes it safer for these individuals to enjoy their sport while providing additional assistance should a beach patron disregard the warnings of the beach patrol and find themselves being pulled away from the beach in a rip current. Typically surfers and body boarders have the experience and skills to keep themselves out of danger compared to the typical tourist who buys a boogie board at a sundry shop and has little to no knowledge of the ocean.

Note: At 7:15 pm on the day after the day in question (ocean closed to swimmers) 3 children who were allowed to go swimming with parents watching from the beach were suddenly pulled into deeper water and were unable to return to safety. Fortunately an alert surfer in the area recognized the developing situation and was able to paddle into the deadly rip current and place two of the struggling children on his board and assisted the third out of the rip current and eventually made their way back to the safety of the shore. The children were reunited with their helpless parents who were only minute away from watching their own children parish as a result of their foolish irresponsible lack of respect for the ocean.



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.

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 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

Tides for Ocean City Inlet--August 31 to September 7

Day	High/Low	Tide Height Feet	Sunrise Sunset	Moon Time	%Moon Visible
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			
Tu 1	Low 12:13 AM	0.9	6:30 AM	Set 3:28 AM	87
1	High 5:50 AM	3.0	7:30 PM	Rise 5:58 PM	
1	Low 11:55 AM	0.6			
1	High 6:23 PM	3.9			
W 2	Low 12:49 AM	0.7	6:31 AM	Set 4:28 AM	93
2	High 6:33 AM	3.2	7:28 PM	Rise 6:25 PM	
2	Low 12:40 PM	0.4			
2	High 7:01 PM	4.0			
Th 3	Low 1:22 AM	0.6	6:32 AM	Set 5:28 AM	97
3	High 7:13 AM	3.5	7:27 PM	Rise 6:49 PM	
3	Low 1:22 PM	0.3			
3	High 7:39 PM	4.0			
F 4	Low 1:55 AM	0.5	6:33 AM	Set 6:28 AM	99
4	High 7:53 AM	3.7	7:25 PM	Rise 7:13 PM	
4	Low 2:02 PM	0.3			
4	High 8:16 PM	4.1			
Sa 5	Low 2:28 AM	0.4	6:34 AM	Set 7:28 AM	99
5	High 8:32 AM	3.9	7:24 PM	Rise 7:37 PM	
5	Low 2:42 PM	0.2			
5	High 8:53 PM	4.0			
Su 6	Low 3:02 AM	0.3	6:34 AM	Set 8:29 AM	98
6	High 9:11 AM	4.0	7:22 PM	Rise 8:02 PM	
6	Low 3:23 PM	0.3			
6	High 9:31 PM	3.9			
M 7	Low 3:37 AM	0.3	6:35 AM	Set 9:33 AM	94
7	High 9:51 AM	4.2	7:21 PM	Rise 8:29 PM	
7	Low 4:05 PM	0.4			
7	High 10:09 PM	3.7			

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).

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.



Thank you note from Jen Carle.

2009-2010 Off-Season Contact Information

*The following numbers and addresses will ensure that you have all available means to communicate with the OCBP.
Keep this page available for future reference.*

Ocean City Beach Patrol
P.O. Box 158
Ocean City, MD 21843
410-289-7556
Rec. & Parks: 410-250-0125

Captain Butch Arbin
134 Quail Lane
La Plata, MD 20646
240-349-2834
barbin@ococean.com
barbin@ccboe.com

Lt. Skip Lee	slee@ococean.com	ocbp55@comcast.net
Lt. Wes Smith:	wsmith@ococean.com	w.smith5@umail.miami.edu
Lt. Mike Stone:	mstone@ococean.com	mkstone13@hotmail.com
Lt. Ward Kovacs:	wkovacs@ococean.com	
Sgt. Ryan Cowder	rcowder@ococean.com	ryancowder@hotmail.com
Sgt. Tim Uebel:	tuebel@ococean.com	timtubal@gmail.com
Sgt. Ed Fisher:	efisher@ococean.com	edward_m_fisher@mcpsmd.org
Sgt. Rick Cawthern:	rcawthern@ococean.com	surfrac@comcast.com
Sgt. Marc Bouloucon:	mbouloucon@ococean.com	mbouloucon@hotmail.com
Sgt. Brent Weingard:	bweingard@ocean.com	hairear@aol.com
Sgt. Jamie Falcon	jfalcon@ococean.com	jfalcon465@yahoo.com
Sgt. Colby Kauffman:	ckauffman@ococean.com	colbykauffman@yahoo.com
Sgt. Josh Wasilewski	jwasilewski@ococean.com	jwasilewski@hcpss.org
Sgt. Jeff Brabitz	jbrabitz@ococean.com	brabitzj@yahoo.com
Sgtr. Nick Thompson	nthompson@ococean.com	natrescu@hotmail.com
Sgt. Mat Postell	mpostell@ococean.com	gpostell@aacps.org
Debi Tyler	dtyler@ococean.com	debiocbp@aol.com
Stella Malone	smalone@ococean.com	bystarlight@verizon.net
Kristin Joson	kjoson@ococean.com	kjoson@ccboe.com

Ocean City Beach Patrol Workouts from Lt. Wes Smith

MONDAY

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 25 burpees followed by 25 Sumo Pulse Ups

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

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

Tuesday

Perform 25 Dive Bomber Push Ups, 25 Supermans

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.

Wednesday

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.

Thursday

3 rounds of: 50 knee to elbow bicycles; 25 mountain climbers; 10 V ups

Friday

3 rounds of: 40 push ups; 20 torso rotation; 10 clap push ups

Saturday

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

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

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

Sunday

2 rounds of 25 Torso Rotations to Side Plank

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

2 Rounds of 20 Buoy Axe Chops with Lunge and 20 Dead Rock

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

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