

## Spin Like a Hurricane

Submitted by Ryan Cowder

When I became a Sergeant in 2006, and became the First Aid coordinator, I first thought that the job would entail nothing more than making sure that the rookies received their first aid cards with a signature on the back. Little did I know that working with the Red Cross would become more than just part of my job. I not only became great friends with everyone at the local Red Cross chapter (we would meet for breakfast occasionally during the summer to exchange manuals and cards), but I was also approached to start a Junior Red Cross club at my school called the Decatur Lifesavers.

This past spring, I had my first opportunity to teach an American Red Cross Lifeguarding course, thanks to the instructor certification that I received shortly after becoming the coordinator. It was a very rewarding experience in the fact that I not only got to teach, which I enjoy doing, but I was able to pass the "rescue" experience on to several teenagers that were so desperately ready to climb into a lifeguard stand. Granted, pool guarding is much different than ocean lifeguarding, but the same enthusiasm for the job remains. We were extremely grateful with Ocean Pines for allowing the class to be held at their indoor pool.

About a month later, the first area youth triathlon, the IronHawk, was held at the Ocean Pines indoor pool, with the bike course traveling through Ocean Pines (right past Debi's house!) and the run working its way around the pond at the south gate. The Decatur Lifesavers hosted the event and the kids did a great job of organizing and running the entire event. We had great weather and a great turnout. Sgt. Thompson even showed up to help with traffic control, which was much appreciated. We raised a good deal of money for our local Red Cross chapter.

At the very end of the school year, I was also approached by the Red Cross chapter to be in their new commercial / PSA. I was honored to be asked and gladly accepted, and although I'm not much of a "Rodney", I thought it came out very well! If you live on the Eastern Shore, keep your eyes peeled for my 10 seconds of stardom!

When summer came it was time to order First Aid manuals for the rookies and make sure that they received their certification cards. I was thankful that it was not a first aid year for the entire patrol (but it will be this summer). That would mean making sure that instructors were available for every veteran recert and ordering lots of cards. Something to look forward to for next summer!!

Also, during the summer, I organized two different Red Cross classes for the benefit of our community and our personnel. The first was a community CPR and FA class, which was open to the public. It usually occurs over the course of two evenings, and I bring in instructors to help teach the class. Special thanks to all of the instructors that helped me out this past summer! The public always has great things to say about how professional our lifeguards are and how wonderful their teaching is! (I never tell them that most of our instructors really are professional teachers, not only professional lifeguards!) The second class, which benefits our personnel, was a lifeguard challenge course. Pool lifeguarding requires a certification from the Red Cross, and typically pools do not recognize our ocean guarding experience. By challenging the Red Cross Lifeguarding test, our guards can receive their pool certification by simply testing out on skills, requiring

only a few hours compared to the thirty-one hour course. This course has been popular the past two summers, and I was pleased to hear from a few people that they are currently using their certification at their gym or university.

Once summer ended and school began, my Lifesavers were back in action and eager once again to help their community. A few weeks ago, they organized a new event, called "Spin Like a Hurricane", in which the Junior Red Cross Clubs of Delmarva will join together at the Ocean City Health and Racquet Club on November 8<sup>th</sup> to raise awareness and funds for our Lower Shore Chapter of the American Red Cross. The money collected will be used to help Disaster Relief victims in our community. The club members have pledged to "spin" for two hours, a very demanding task, in an effort to show our community the importance of helping each other in the event of a tragic disaster. The owners of Live Long Fitness, located in West OC, will be coming to the event as our spin instructors. It should be a lot of fun!

Many of you, like me, enjoy helping in the community and working with people, which makes us an outstanding lifeguarding organization. If anyone is interested in becoming a Red Cross instructor, or if you're a local and would like to help with the Junior Red Cross Club, please let me know. I'm always looking for an extra hand!

**Captain's note:** Ryan does a great job year round in showing the community how well rounded and professional our personnel are. Like Ryan many of our people are furthering the mission of the patrol on a year round basis, even though they are away from the area and on their own time. What is particularly exciting about the Junior Red Cross Club is that it is attracting the youth from our local areas and will lead to some great employees in our future, who will not have to deal with some of the obstacles that those who are not from the greater Ocean City area must contend with. Things like housing, transportation and availability once school starts are all made easier when you live at home. But most important, this is yet another example of how diverse the Beach Patrol has become in the manner in which it carries out its mission.



A couple climbs the dune that formed on the fishing pier after the November Nor'easter.

## Beach Erosion from Fall Storms

Submitted by Lt. Ward Kovacs

Several weeks ago Sgt Cawthern asked me take some pictures of what he called the "North Rocks" in front of the Carousel Hotel on 118th Street. Back-to-back October nor'easters chewed so much sand away from the beach that the few little rocks that regularly poke out of the sand at 118 had become a regular jetty, stretching dozens of yards out into the ocean. Just as the beach began to repair itself (with some help from Public Works bulldozers) the November 11-14 nor'easter tore it up again. This last storm caused a lot of coastal flooding in town, and brought the bay to my doorsteps in West Ocean City. It also created the worst beach situation we have seen in over ten years. We started last summer with the widest beaches Ocean City has seen in years. Now we can only hope for a milder winter that will allow the beaches to build again.

**IMPORTANT NOTE:** There was a Beach Renourishment project scheduled for the entire length of Ocean City's beach for 2010. The project was originally planned for next Fall, but may now be started in Spring as a result of the storms mentioned above. This could have a big impact on our operations as far as scheduling and emergency response as different areas of the beach are shut down for the project.

**Captain's Note:** After we have lost substantial amounts of beach and the ocean begins to encroach into the dunes, people are often heard to comment that Beach Replenishment was a waste. The factual truth is that beach replenishment did exactly as it was intended to do. It saved lives and property. The sand that has built up following beach replenishment efforts is what was taken away. Had it not been for this "sacrificial" sand then the sand that washed away would have come from under buildings and houses which would have cost a tremendous amount in damages to property. Because people do not all understand this desired effect, I never miss an opportunity to show the many visitors and press, how well the dunes are working and how you can see evidence that the dunes have become self nourishing and continue to build themselves. Thanks to government efforts and beach replenishment you can be assured that we WILL have a beach to guard come Memorial Day weekend 2010.



12th street jetty exposed almost to the boardwalk during the November storm.



The view south from 27th street following the November storm.

## Another Summer with Rodney

Submitted by Kristin Joson

The Ocean City Council voted in late October to retain the service of MGH, the advertising agency that created the resort mascot "Rodney the Lifeguard". So it appears that Rodney is here to stay for another season. Blake Adams is the actor that portrays Ocean City's Rodney in promotions along the east coast. Last season Lt. Kovacs went along for the promotion tours visiting Washington, D.C. , Baltimore, and Philadelphia. Although Rodney is only an actor portraying an Ocean City lifeguard, having Lt. Kovacs along with his knowledge of beach and water safety helped us fulfill part of our mission and educate the public before they visit our town.



Rodney selling Ocean City and Philadelphia during the summer of 2009.

# OCBP NEWS

## OCBPSRA STORE

Submitted by: Lt. Mike Stone

For those of you who attended the Awards Ceremony this year, most of you may not be aware of how we were able to pay for the event. The past couple of years there had been funds available in the budget to specifically pay for the Awards Ceremony & dinner. This past summer all of that changed as the money was eliminated from our budget (understandably so).

In order to have the event Lt. Kovacs & Lt. Stone had to find a place that was affordable and large enough to hold all who wanted to attend. The Convention Center was unavailable due to already being booked and they had done such a nice job in 2008. We also looked at the Hilton, the Holiday Inn, and the Stowaway Grand. The Stowaway Grand turned out to be the best choice for many reasons. It was both affordable & available, had beautiful facilities, gave us a discount, and had easy access to parking.

Employees were asked to pay \$30 for a guest and \$15 for themselves. The rest of the bill was covered by the OCBPSRA. I hope that everyone appreciates the fact that we were still able to have such a nice event and that it was affordable. Everyone in attendance was treated to a t-shirt sponsored by the Greene Turtle / Blue OX and all employees were given an OCBP lanyard with their name imprinted. Special thanks to Butch Arbin, Ryan Cowder, Kristin Josen, Ward Kovacs, Mat Postell, & Mike Stone (& his wife Sandi).

Just remember the next time you purchase a whistle or a t-shirt from the store that the money is being put to good use. Special thanks to Aimee Bachman & Dana Zuiderhof for organizing the Women's Comp Team, Ryan Cowder for the American Red Cross classes, Colby Kaufman for ordering the jackets & fall patrol shirts, Mat Postell for the Under Armour & Triathlon gear, & Brent Weingard for the Lifeguard Lanyards. Hopefully I did not miss anyone, but thanks to all for supporting the OCBPSRA! We will have plenty of lanyards, stickers, sweats, swim caps, t-shirts, and whistles available for the start of 2010.

Lt. Stone!

**Captains Note:** We would also like to thank the OCBP Hoagie (sub) building team, Kevin Johnson, Brian Knapp, and Michael Cornman for winning the WaWa Hoagie Fest and contributing the \$1,000.00 winnings to offset the cost of the banquet (they received free admission). Participation in community events such as the regional Hoagie Fest supports our mission of education (public awareness) and as a result also provided the connection to have WaWa as the food sponsor for the Captain Craig swim. They provided 300 hoagies for the event. So if you have a chance to support WaWa or any of our other sponsors, please do so. And if you think about it, thank a manager.



## Ocean City Competition Team

Submitted by Sgt. Rick Cawthern



Photo by E. Fisher

This upcoming summer will be a new beginning for our competition team. We are in the process of ordering new paddleboards, two pairs of fins and team suits for competition. We currently have two surf skis, two paddleboards and a Pearson surf boat.

Sgt. Cowder and I have been taking out the surfboat at least once or twice a week since the stands were pulled off the beach. We also bought a "Big Foot" trailer for easy access from the beach house to the ocean. It is so easy to use that Kelly McGrath can pull the boat from the beach house to the ocean all by herself. (see page 16)

This is the time to start thinking ahead towards May for team workouts. I strongly feel the Ocean City Beach Patrol can and will be the top beach patrol in the Mid-Atlantic Region. We will be taking a team to the craft events in Belmar N.J. this July compliments of Sgt. Cowder and his trailer building skills. Start now, plan ahead chose your events and train for the summer. Here is a list of events for non-craft and craft Mid-Atlantics.

**Mile Beach Run**  
**400 Meter Surf Swim**  
**Swimmer Rescue Race**  
**Landline Rescue Race**  
**Rescue Board Race**  
**Run-Swim-Run**  
**4 x 100 Soft Sand Run Relay**  
**Beach Flags**  
**Surf Dash**

**Craft Events**  
**Paddleboard Race**  
**Surfboat Race**  
**American Ironman**  
**Ironman**  
**Taplin Relay**  
**Surfski Race**

**Captain's Note:** When you compare the Ocean City Beach Patrol to others you need to realize that some patrols recruit specifically for competitive athletes that can help them in competitions and they spend little if any time actually performing the duties of a lifeguard. However, in our case all of our competitors are working lifeguards (SRTs) and are training and competing during their time off. This philosophy of lifeguards first/competitors second keeps us in the spirit of true lifeguard competitions.

# TRAINING

## Use CrossFit to Get Fit

By Steve Rakow



fit.

The CrossFit training methodology, developed throughout the '80s and '90s by Greg Glassman, has evolved into one of the fastest growing fitness movements around. CrossFit's exponential growth took off in 2001 after Mr. Glassman, referred to affectionately by CrossFitters as "Coach", began posting his daily workouts of the day, or WODs, to the internet. His website, [www.crossfit.com](http://www.crossfit.com), has and always will remain free for anyone to use and follow. Those new to CrossFit are urged to go slow at first, learn the movements, become proficient in weightlifting, and slowly ramp up their intensity before going at the WODs full bore. Yes, CrossFit can be done on your own with minimal equipment. But training alone breeds inefficient and incorrect movements and limits improved performance without proper coaching and that competitive edge that comes with group training. The workaround is simple and effective - train at a licensed CrossFit affiliate.

In the Ocean City area, there is one licensed CrossFit affiliate - CrossFit Ocean City, located on Gray's Corner Road near Stephen Decatur High School. At CrossFit Ocean City, we train so your body improves across a whole host of physical domains. Although we do offer one-on-one training, our primary means of training people is via small groups of, on average, six to twelve CrossFitters. Group training stimulates the competitive nature within each of us and offers that extra push. Everyone is coached throughout the class to ensure proper form, safety, and maximization of potential. Imagine any sports team practice and you'll get the idea. Of course, this isn't boot camp, so you won't find us getting in your face and we don't yell. While our classes run about an hour, each WOD is preceded by a vigorous warm-up and instructional skill work. Both are used to prepare your body for the WOD itself. The WODs run anywhere from 6 minutes to 60 minutes depending upon what we're doing that day, so the warm-ups and skill work periods are adjusted to maximize the workout itself. After each WOD, we run through a series of stretches to ensure that everyone remains flexible after their hard and fast efforts.

Those who are new to CrossFit cannot comprehend the nature of what we do that's so different from other workouts. We lift weights, but we don't use machines to do it. We do bodyweight exercises that offer a direct benefit to everyday life. We improve cardiovascular endurance and stamina through running, rowing, jumping rope, and very intense interval training. Sometimes we're racing the clock. Sometimes we're just increasing the load on the lifts. Other times we're lifting weights, doing bodyweight exercises, and running and rowing all in the same workout. Every day is something new and challenging because the same workouts rarely repeat. The stimulus we dish out forces the body to adapt in ways you never thought possible. The result is improved fitness - with the body able to work harder and faster with greater efficiency and quicker recovery. And all of this without the boredom that comes from regular routines and periodized training routines that every other workout program promotes as the be-all-to-end-all means of getting

To top this off, we regularly see 70 year olds training right alongside 21 year olds. The needs of each person are the same. The differences are the loads and intensity of the workout itself. One of the beauties of the CrossFit method is the ability to scale the workouts for everyone. Old, young, new to working out, or elite athletes with a long history of training all find CrossFit challenging, fun, and different than anything they've ever experienced.

If you're ready to get fit, really fit, then CrossFit is something you should try for yourself. CrossFit Ocean City offers a free, one-hour introductory session that will expose you to several basic movements and a short CrossFit-style baseline workout to see just where you are on the fitness scale. CrossFit is for everyone, but not everyone is ready for CrossFit. If you think you'd like to become more fit than you've ever been in your life, then contact the coaches at CrossFit Ocean City via their website: [www.crossfitocmd.com](http://www.crossfitocmd.com).

Colby's note: I started with CrossFit 2 years ago and am stronger and faster than I have ever been in my life. What is wonderful is a few local Beach Patrol members are still doing it with me year round: Steve Fowler, Ben Davis, Jeanie VanDerclute, Emma Guiton, Tommy Spencer, Brent Weingard continues near his home. This is definitely something that will keep you in shape for the demands of our job!!!! Unit 15

**Captain's Note:** This is just one type of training and will lead to a generalized fitness which is important for an everyday healthy life. Just remember that in addition to a general fitness workout you also need to engage in specific training for the physical demands of the Surf Rescue Technician position. To pass the 300 meter soft sand run, you **MUST** spend training time running 300 -500 M fast and of course generalized fitness will not help you when it comes to being comfortable in the water and working on your swimming technique. Therefore, as you prepare this off-season for the upcoming summer, whether your entering Surf Rescue Academy as a rookie or returning for your 5<sup>th</sup> season as a veteran, remember, that it is your responsibility to arrive in shape and prepared for all the physical demands that the job requires.



Our OCBP USLA chapter bought this "Big Foot" trailer for easy access from the beach house to the ocean. It is so easy to use that Kelly McGrath can pull the boat from the beach house to the ocean all by herself.