

Official Newsletter  
of the  
California Surf Lifesaving  
Association

# The CALSURF

VOLUME 15 NO. 1



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On the Cover: Devon Lochte and Pat Jacobson  
In a tight finish at Nationals.

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## 2010 CALENDAR

11/4-6 USLA Fall Mtg. - Portland, OR  
12/27/10-2/12/11 - CA Lifeguards in NZ  
3/5-8/11 Project Ecuador  
4/14-15/11 CSLSA Spring Mtg. - LACOLA

## COMMITTEE CHAIRS

Certification – Bill Richardson  
Competition – Jay Butki  
Exchange – Jon Mitchell  
Special Awards – Bill Richardson  
Legislation – Alex Peabody  
Membership – Charlotte Graham  
Newsletter – Richard Godino  
Public Education – Bill Humphreys  
Training – Mike Scott  
Junior Lifeguards – Reenie Boyer  
Website – Bob Moore  
Ways and Means – Rob Williams

## CAL SURF MAGAZINE

Cal Surf News Magazine  
*is the official publication of the*  
**California Surf Lifesaving Association**

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**Scott Hubbell – L.A. County**

## ARTICLES NEEDED!

Agency Profiles / How to Articles  
California Lifeguard History  
Junior Lifeguard Stories / Unusual Rescues

Submit online to [newsletter@cslsa.org](mailto:newsletter@cslsa.org)

The CSLSA is a non-profit organization incorporated in the State of California. Its principle goals are water safety, education, and the promotion of professional lifeguarding standards. These goals are accomplished through beach safety presentations to school groups, educational exchange programs with members of the International Lifesaving Federation and participation in regional and national competitions.

## PRESIDENT'S MESSAGE

Regional and National Championships and continue to work hard on behalf of our members.

### MIKE BEUERLEIN

Passion, according to the dictionary, is a very strong or intense feeling of enthusiasm or desire. Passion can be expressed as a feeling of unusual excitement or compelling emotion toward a subject, idea, person, or object. Passion is a powerful, boundless, driving conviction. A person is said to have a passion for something when he has a strong positive affinity for it. A love for something and a passion for something are often used synonymously.

Lifeguards are passionate about oceans, beaches and lakes. They are passionate about swimming, boating and surfing. Lifeguards are passionate about public education, training and competition. But most importantly, lifeguards are passionate about saving lives.

Ron Schafer was a passionate person. He was passionate about life and lifesaving was a big part of his life. Ron Schafer was passionate about this association, what we have done and what we will do to promote professional lifesaving standards and ocean safety awareness. Ron will be missed, but not forgotten. CSLSA has donated \$250 to the United States Lifesaving Foundation in the name of Ronald P. Schafer.

**“Ron Schafer was...  
passionate about life  
and lifesaving was  
a big part of his life”**

Since the last edition of the *Cal Surf News*, the CSLSA Executive Board attended the Spring 2010 USLA Meeting in Galveston, Texas. CSLSA continues to work with USLA to find a way to affiliate with the United States Olympic Committee without drastically changing the structure of our organization. If this affiliation comes to fruition, many regions hope that they will not have to change their bylaws.

The 2010-11 CSLSA Executive Board has already had five meetings this year. In addition, our Executive Board members have volunteered as officials for our

The San Diego Lifesaving Association hosted 180 competitors at the 2010 Regional Championships. Despite some growing pains, the Pacific Beach venue proved to be a great competition site. Jeff Hatfield and his crew worked hard. Thanks to Jay Butki, Charlotte Graham, Bill Richardson, Bob Moore, Reenie Boyer, Rob McGowan, Bill Humphreys, Mike Silvestri, Nick Lerma, Chris Brewster and the City of Huntington Beach Junior Lifeguard Instructors for helping to make this event successful. Special thanks to Scott Hubbell and the San Diego Junior Lifeguard Foundation for providing the funding for 2010 Regional Championships. The CSLSA Competition Committee is now tasked with developing a Host Agreement and/or Policy and Procedure for our Regional Championships to address specific financial and operational details.

The 2010 National Championships were held at Huntington State Beach. The three day event was successful due in large part to the efforts of Craig Lumb, Gus Avila, Al Pepito, Mike Silvestri, Lon Graham and crew. Thanks to Jay Butki, Charlotte Graham, Bill Richardson, Bob Moore, Reenie Boyer, Rob McGowan, and the City of Huntington Beach Junior Lifeguard Instructors. Special thanks to Scott Hubbell once again for his sponsorship. The 2011 National Championships will be held in Cape May, New Jersey and LACOLA has expressed interest in hosting the 2012 National Championships.

Charlotte Graham has submitted proposal to the Nationals Re-Organization Working Group Committee. As the proposal concludes, “the future of the United States Lifesaving Association National Lifeguard Championships depends upon a re-organization which rightly places the fiscal responsibility for holding the annual event on the parent organization. The USLA is the national body with connections to NOAA, CDC, YMCA, American Red Cross, and other recognized national bodies. As such only the USLA is in a position to gain ongoing large-scale corporate sponsorship for its many endeavors, including the National Championships. It is unreasonable and unfair to expect small chapters of lifeguards throughout the nation to bear the financial responsibility of hosting a national event such as our Championships. It is also unfair to ask chapters

[PRESIDENT'S MESSAGE, from page 3]

with somewhat better financing to repeatedly host the event due to the inability of any other locations to do so. The time has come for the USLA to become the host of the National Lifeguard Championships.”

Like USLA, CSLSA continues to look for revenue streams. We have been approached with some exciting opportunities from the *Rock Bottom Brewery* and *Tidelines* personal calendars. Thanks to Mike Silvestri and crew, the Rock Bottom Foundation Fundraiser to benefit CSLSA raised \$3,034 and was a tremendous success. We hope to have a final *Tidelines* contract ready for action by the Fall 2010 CSLSA Board of Director's Meeting.

Bill Humphreys has volunteered to spearhead several special projects. He has drafted a policy and procedures for chapters planning to host a CSLSA Regional Meeting. He has also drafted an outstanding Public Education Brochure for USLA with a universal message (i.e. rip currents, swim near a lifeguard, etc.) for the main body of the brochure, but also containing a section dedicated to the USLA. This USLA specific section will be replaceable with regional information should a region such as ours decide to create their own brochure based on the USLA template.

At the beginning of November, six members of the CSLSA Executive Board will be in the Pacific Northwest representing our members at the USLA Meeting in Portland, Oregon. USLA Vice-President Joe McManus has resigned for personal reasons and the USLA is therefore taking nominations for that position. The CSLSA Executive Board will be nominating Reenie Boyer to finish the 2010-11 term as USLA Vice-President.

CSLSA is excited to be in Encinitas for the Fall 2010 Board of Directors Meeting. Thanks to Larry Giles and his crew for volunteering to host our members. We look forward to another productive meeting.

In closing, let's remember that Ron Schafer was planning to get more involved in CSLSA. He was committed to our team and committed to our goals. Our challenge is to carry his passion forward and to use it as an inspiration for us to fulfill our mission.

*Editor's note:*

*Ron Schafer was the superintendent of the California State Parks Angeles District. He pushed to develop urban parks and most recently built partnerships that resulted in the establishment of Rio de Los Angeles State Park along the Los Angeles River and Los Angeles State Historic Park north of Chinatown. He is also credited with strengthening the State Park's relationship with the National Park System in the Santa Monica Mountains and the Santa Monica Mountains Conservancy, which he chaired until 2008. He was a stellar athlete who learned to swim early and swam competitively at the University of Texas at Austin. He became a State seasonal lifeguard at 18 and became a permanent lifeguard/peace officer in 1984 at Huntington and Bolsa Chica State Beaches and oversaw the State Park lifeguard program. He died tragically from a stroke on September 12 not long after completing the Malibu Triathlon. He was 53.*



# SPRING MEETING SUMMARY

**RICHARD GODINO**

The Spring 2010 Board of Directors meeting was hosted by the San Clemente Lifeguard Association at the Ole Hanson Beach Club. It was a great location for one of the most highly attended meetings in recent years.

## MEMBERSHIP

Two important issues of concern to all members and chapters were considered: Definition of membership and dual membership.

The definition of membership, according to USLA, is fairly specific but there is an indication that some chapters have not been diligent in enforcing the criteria. To further clarify the definition of membership, the Committee recommends that Article V, Section 2 (1) of the bylaws be amended to read (changes in italics): "To qualify as a professional member an individual must (1) be a direct, active, seasonal or retired *individual* including a chief, director or equivalent *who has worked in the capacity of a lifeguard for* an ocean, bay, lake, river or lifesaving or rescue service."

Although strict adherence to Article V of the USLA bylaws limits membership to one chapter, the problem of dual membership has two forms: Membership by one individual in two chapters and, more troubling, membership as a professional member and as a junior lifeguard, which has been noted in some chapters who have allowed their older JG's to join as professional members as well (mainly for competition purposes). The Committee Chair has spoken to some chapters and the Committee encourages all chapters to adhere to the by laws.

## LEGISLATION

Three changes in or interpretations of codes have an impact on lifeguards. The first involves an amendment of Section 31470.6 of the Government Code that includes lifeguards as "active law enforcement" employees.

Secondly an interpretation of Coast Guard and Department of Boating and Waterways guidelines has determined that stand up paddleboards are, technically, vessels and are therefore subject to the regulations of those agencies. Finally, in the aftermath of the tragic junior lifeguard accident last year, JG's will be considered "passengers for hire" and boat operators of boats who allow junior lifeguards on board must be Coast Guard licensed operators.

## "Boat operators allowing JG's on board must be Coast Guard licensed"

## PUBLIC EDUCATION

The Committee continues to pursue additional educational presentation tools such as tide calendars and refrigerator magnets. They also discussed future fund raising efforts and the CSLSA booth, which by the way, would like new photos - contact Bill Humphreys. The Committee also recommends that the Association should try to encourage cities and departments to attach a link to the CSLSA beach safety tips web page.

## TRAINING

The Committee provided information on the new EMT National Registry bleeding control guidelines and requested that all agencies provide the following information: Department Training officer and contact information; information on past and future training exercises open to other agencies; rookie lifeguard training dates; and which agencies have already adopted the new EMT guidelines.

## OTHER COMMITTEE INFORMATION

Competition noted that the U.S. Team tied the Aussies 65-65 in the Weiland Shield competition, and Rescue 2010 World Lifesaving Championships will be held in Alexandria, Egypt 10/2 - 10/17. Exchange lifeguards, Derek Doler of Ventura and Nick Sullivan of Huntington Beach presented and great slideshow of their trip down under. The JG Committee appointed Lori Walton of Seal Beach to be the Committee Co-Chair.

[SPRING MEETING SUMMARY, from page 5]

Medals of Valor were presented to Nate Buck and James Nothhelfer and an Heroic Act Commendation was presented to Greg Wright by the Awards and Special Presentations Committee and CSLSA President Mike Beuerlien and USLA President Chris Brewster.



*James Nothhelfer*



*Nate Buck*



*Greg Wright*

## **COURAGEOUS RESCUE IN SAN DIEGO**

### **JON VIPOND**

On the morning of Saturday, November 28, 2009, the 29-foot, cuddy cabin sport fisher Defiance entered San Diego's Mission Bay channel returning from an offshore halibut fishing tournament. In addition to the skipper and vessel owner, Rob Sanford, there were five others aboard the Defiance including Sanford's son Steven, and friends Jared Hamilton, Kerry Feeney, Bradley Feller, and Bo Palmer. Little did the Defiance crew suspect that before the end of their voyage they would be fighting for their lives.

Defiance left Mission Bay that morning around 0630 hours at slack high tide, and, despite a large swell, channel conditions were manageable. A short time later, due to rough conditions offshore, Sanford decided to return to Mission Bay. Arriving at the channel entrance around 0800 hours, the tide was now approaching full ebb. There was breaking surf across the width of the channel, and the outgoing current was pushing wave heights up to twenty feet. The Mission Bay channel is about 250 yards wide and bordered north and south by rock jetties extending approximately one-half mile to seaward.

The channel is usually navigable, but swell direction and size, tide, and other factors occasionally result in breaking surf inside the channel.

Sanford, an experienced skipper, began piloting Defiance into Mission Bay channel following on the back of a large wave. Under normal circumstances, Sanford and the Defiance would easily have handled the hazardous channel conditions. Earlier, however, the propeller on one of Defiance's two 250 horsepower outboard engines had become wrapped with a significant amount of braided and monofilament fishing line. The many wraps of high-test fishing line bound the propeller shaft tighter and tighter, and Sanford discovered, too late, that Defiance lacked sufficient power to keep pace with the wave.

The wave ahead of Defiance left her behind, and the following wave picked her up by the stern and broached her. The next wave struck Defiance full broadside and capsized her. Defiance remained upside down with all six crew members trapped inside the pilot house.

Inside the inverted cabin, air was trapped below the sole allowing the crew to breathe. After taking a few moments to gather their wits, the crew opened the pilot house door.

[COURAGEOUS RESCUE, from page 6]

Five of the crew members swam to the surface immediately. Rob Sanford, however, was wearing an auto-inflating personal floatation device (PFD). As the water rose in the upside down cabin, Sanford's PFD inflated and pinned him inside the pilot house. With only eight inches of air remaining in the cabin, Sanford remembered that he had a folding knife in his pocket, which he retrieved and used to rupture the bladders of his PFD. His PFD now deflated, Sanford was also able to escape the pilot house and swim to the surface.

Once outside the vessel, the Defiance crew attempted to cling to the overturned hull. Large breaking waves rolled continuously over Defiance, and several of the crew members, including the skipper's son, Steven Sanford, became separated from the vessel. Steven was wearing heavy boots, waterproof pants, and several layers of heavy clothing. He was not wearing a PFD. Separated from the vessel and encumbered by his heavy clothing, Steven Sanford was in imminent danger of drowning.

Lifeguard Ric Stell was on duty in the San Diego Lifeguard Service 24-hour emergency dispatch center just inside the channel on Mission Bay. At 0807 hours, Stell received a 9-1-1 call alerting him to the plight of the Defiance. Stell immediately broadcast a radio call for all available lifeguard resources to respond to Mission Bay channel for a capsized vessel with multiple victims in the water.

Lifeguards Mark Feighan and Daryl McDonald responded from the San Diego Lifeguard Service dock on Mission Bay, less than one half mile away from the scene of the capsizing. Feighan piloted Rescue 6, a twenty-two foot, specially outfitted Boston Whaler powered by a 225 horsepower Yamaha outboard. McDonald, also an experienced vessel operator, was his crew.

Feighan and McDonald were first to arrive on scene where they found five victims in the water. The sixth victim, Feller had managed to swim to the south channel jetty and had fortunately been able to climb to safety, sustaining only minor injuries from the rocks and pounding surf.

On their initial survey of the scene, Feighan and McDonald determined that Steven Sanford was the most critical victim. McDonald jumped into the water with swim fins and a rescue buoy and retrieved Sanford from beneath the surface as he was submerging. Sanford was semiconscious, requiring McDonald to hold his head above water.

With five victims in the water and the unrelenting large surf, Feighan could not safely leave the helm of Rescue 6 to assist McDonald. Feighan knew he needed more help. Making a difficult decision, Feighan left McDonald in the water with the victims and powered Rescue 6 at full speed back up the channel toward Mission Bay. Only minutes before the capsizing, Lifeguard Sergeant Jon Vipond arrived at the Ocean Beach Lifeguard Station about one mile south of the Mission Bay channel. Vipond had planned to go for a run before the station opened at 0900. He heard the call for resources on the station radio, pulled the Ocean Beach patrol vehicle out of the station garage, and responded Code 3 (lights and siren) to the south Mission Bay channel jetty.

Vipond parked the vehicle at the edge of the San Diego River, which empties into the ocean along the south side of the south Mission Bay channel jetty. Vipond pulled the eleven foot rescue board off of the vehicle equipment rack. He paddled across the river, climbed over the jetty, and jumped into the channel in search of the capsized vessel. As Feighan sped away from the overturned Defiance in Rescue 6, the first lifeguard he came upon was Sgt. Vipond.

Vipond heaved himself over the gunwale of Rescue 6 and Feighan started back toward the Defiance.

As Sgt. Vipond was responding from south of the channel, Lifeguard Peter P.J. Liebig responded in an emergency vehicle from the Mission Beach Lifeguard Station to the north. Liebig parked his vehicle and entered the channel with his swim fins and a rescue buoy from the north jetty.

Initially, Liebig was picked up by Lifeguard Sergeant Bob Albers and his crewman, Lifeguard Tim Cicchetto, in Marine I, a 35 foot fire-rescue vessel. As Marine I approached the scene, Sgt. Albers quickly determined that conditions were too extreme in the area of the capsized Defiance for his large, heavy vessel. Reluctantly, Albers made the decision to keep Marine I in safer water, away from the breaking surf.

After picking up Vipond, Feighan headed for Marine I. Liebig jumped from Marine I into the water with his rescue equipment and Vipond helped Liebig quickly board Rescue 6. With these two additional rescuers, Feighan headed Rescue 6 at full speed back toward the capsized Defiance.

When Rescue 6 returned to the Defiance, the vessel had been pushed nearly against the south channel jetty. Immediately, Liebig entered the water with his rescue buoy to assist Hamilton.

[COURAGEOUS, from page 7]

Vipond entered the water with a rescue board and took Rob Sanford and Bo Palmer off of the overturned hull of the Defiance. Vipond and Liebig began to move the three victims away from the Defiance and the rock jetty so that Feighan, piloting Rescue 6, would have room to safely maneuver and pick them up.

On Feighan's first approach, he maneuvered to recover McDonald who was still in the water supporting Steven Sanford. Feighan had to leave the helm of Rescue 6 to lean over the gunwale and hold Sanford while McDonald climbed back into the vessel. As he climbed into the vessel, McDonald intended to assist Feighan with lifting Sanford but he noticed a 10-foot cresting wave headed for their vessel. McDonald scrambled to the helm of Rescue 6, still wearing his rescue buoy and swim fins, while Feighan single handedly lifted Sanford's water-soaked dead weight over the gunwale. McDonald had just enough time to throttle Rescue 6 through the breaking wave as Feighan sprawled over Steven Sanford to stabilize him on the deck.

The wave that struck Rescue 6 was the first of a set of several progressively larger waves that also struck Vipond and Liebig with their three victims. Vipond attempted to push his rescue board with two victims through the large breaking waves, but one of the first waves in the set knocked Palmer off of the board and he surfaced several yards away. Rob Sanford hung onto the board while Vipond swam after Palmer dragging him back to the board. Vipond instructed Palmer and Sanford to hang on tight to the handles of the rescue board as they were struck by several more of the massive waves. Liebig swam under each wave with Hamilton clinging to the buoy trailing behind Liebig.

The tidal current made conditions extremely hazardous for both victims and rescuers. The powerful outgoing current working against the incoming swells not only pushed wave heights to exaggerated dimensions, but simultaneously held the victims and rescuers in the worst part of the impact zone of the breaking waves. The action of the incoming waves, working against the out-flowing current, essentially trapped the group in the most dangerous part of the channel.

McDonald, still piloting Rescue 6, was able to make the best of a momentary lull and recover one of Vipond's victims, Palmer. Within moments, however, another set of huge waves marched up the channel. McDonald left Vipond and Rob Sanford on the rescue board to time their next approach between waves. On their next pass,

Feighan and McDonald picked up Liebig's victim, Hamilton, with McDonald once again powering Rescue 6 through a large breaking wave.

On their final pass, Feighan and McDonald took Vipond's last victim, Rob Sanford, onboard just in time to face a massive twenty-foot wave. With the giant wave approaching, Vipond had no time to board, so he paddled clear of Rescue 6 and rolled his rescue board under the wave. McDonald throttled Rescue 6 through the wave with Feighan sprawling over the four victims on the deck to prevent them from being thrown out of the vessel.

The last victim in the water, Kerry Feeney, had made her way toward the large boulders of the south channel jetty. Despite the powerful surf in the channel, Feeney was able to climb the jetty, sustaining only minor abrasions and contusions as she was pummeled against the rocks.

With four of the six victims onboard, McDonald and Feighan headed Rescue 6 for the lifeguard dock inside Mission Bay where ambulances awaited. Lifeguard Liebig and Sgt. Vipond remained in the channel, turning their attention to the two victims stranded on the south jetty. With Vipond calling the incoming sets, Liebig safely climbed the jetty rocks.

Liebig contacted Feller, who was lying face down on the jetty. After a quick evaluation, he determined that Feller was exhausted, but had sustained only minor injuries. Liebig helped Feller to his feet and assisted him in walking the several hundred yards along the tops of the jetty rocks to a place where they could walk off the jetty. Feeney had already begun to make her own way along the jetty where she was met by another lifeguard, Marcus Schreiber, who had also responded from Ocean Beach. Schreiber assisted Feeney the remaining distance to the beach.

Liebig, Schreiber, and yet another Ocean Beach lifeguard, Mike Gilmore, used rescue boards to transport Feeney and Feller across the San Diego River where they were transferred to a lifeguard emergency vehicle and then taken to waiting ambulances.

Paramedics transported all six members of the Defiance crew to the hospital. Emergency Room staff determined that Rob Sanford, Feeney, Feller, Hamilton, and Palmer had sustained only minor injuries and mild hypothermia. All five were released the same day. recovered.



[COURAGEOUS RESCUE, from page 8]

Steven Sanford had aspirated seawater, was admitted, and kept overnight. He was released the following day and has since fully recovered.



LG P.J. Liebig (left), Sgt. Jon Vipond (center), LG Daryl McDonald (right) and LG Mark Feighan (kneeling) with 5 of the 6 rescued crew



LG Daryl McDonald with Steven Sanford after his release from the hospital

*The lifeguards involved in this spectacular rescue effort are being considered for the Medal of Valor - Editor*

## THREE PILLARS OF FITNESS

### CRIS DOBROSIELSKI

Since 1988 I have had the privilege of working with male and female athletes at every level of competitive sports in the areas of strength, conditioning and fitness development. The unifying attitude amongst nearly all the successful athletes I've worked with has been a burning desire to maximize their potential and to play the game they love. Whether age group swimmers, NCAA track and field athletes or NFL linemen, much of the success my clients have experienced in their sport has come not from trendy, short term focused training strategies, but instead from diligent adherence to well rounded, research based, balanced training protocols that focus on building a solid mental and physical foundation that includes all three pillars of fitness.

#### THE THREE PILLARS OF FITNESS

- Sport Specific Energy System Training (aerobic, glycolytic and creatine/phosphate),

- Full Body Sport Specific Resistance Training (prime movers, antagonists and synergistic muscle groups)
- Flexibility and Stability (dynamic and static stretching, joint integrity)

The physical demands of competitive Surf Life Saving, (career lifeguarding for that matter) are as rigorous as any sport I have dealt with in the past twenty years. Multiple disciplines (crafts), varying times between events and constantly changing ocean conditions make preparation for such events both an art and a science. The most accomplished surf racers (open or age group) spend many hours per week, year round working on skill acquisition and fitness development. Although such intense preparation frequently results in high levels of sport specific fitness and success in competition, if not thoughtfully organized, progressive and periodized, it can leave the individual athlete exhausted, inflexible, imbalanced and vulnerable to injury. Over time a one dimensional approach to training (focus on skill acquisition through energy system training) frequently leads to chronic inflammation due to weakness

### [THREE PILLARS, from page 9]

and tightness in smaller stabilizing muscles which have been over-powered by over-developed prime movers. Inflammation, pain and flawed movement patterns lead to frustrating interruptions in our training programs. If we fight through these injuries without addressing the cause, chronic injury can occur which frequently leads to more time away from the sport we love, surgical intervention and a potentially shortened athletic/professional career.

The purpose of this article is two fold:

- To encourage all Surf Life Saving competitors to implement a year round training recipe that includes all three of the fitness pillars, not just sport specific skill acquisition. Such an approach to training will ultimately improve performance and decrease the likelihood of acute and chronic injury.
- To provide a list with descriptions of restorative stretches and exercises that can be part of a flexibility and stability program that can be immediately implemented, which will decrease the likelihood of over-use injuries.

The descriptions below are a partial list of some of the most valuable and relevant stretches/stabilizing exercises related to the various events that make up Surf Life Saving competitions.

### DYNAMIC STRETCHES

Active stretches that combine short, moderate intensity stretching with relevant range of motion movement. These stretches are to be done before training sessions. I suggest 1-3 sets of 10-20 repetitions per exercise.

#### Reverse Lunge With Overhead Arm Position

Stand tall with knees slightly bent and weight distributed evenly into both feet. Fully extend arm into v position while in alignment with the ears or behind them. Inhale as you step back into downward lunge position. Front knee should be aligned on top of front ankle. Avoid inward or outward movement of front knee. Forcefully exhale as you step forward to starting position. Alternate legs every repetition.



### Life Lifts

Stand tall with navel slightly drawn in, low back flat and chest up. Weight evenly distributed into both feet, knees slightly bent. Inhale as you slowly allow hips to



move backwards and slight increase in knee bend occurs. Keep your chest up, neck long and comfortable, shoulder blades drawn in. It is very important that the lower back stays flat as you bend forward from the hips.

Exhale as you smoothly use your hamstrings, hips and long back muscles (erector spinae) to raise yourself back into starting position.

### STABILIZING EXERCISES

Exercises that strengthen smaller muscles or antagonist muscles that are commonly over powered by stronger, prime mover muscles. Doing these exercises before sport specific training may cause pre-fatigue but guarantees they are addressed and serve as a useful part of a warm-up. I recommend 2-3 sets of 15-30 repetitions.

#### Single Leg Bridge

Neck long, shoulders broad, back relaxed into the ground. With one leg extended and the other leg bent with foot into the ground, keep both thighs parallel at all times. Inhale to prepare.

Slowly exhale as you press weight fully into the grounded foot and raise hips, lower back, and finally middle back up off the ground. Pause when hips, stomach and chest are in



even plank position. Slowly inhale as you lower middle back, lower back and finally hips back to starting position. Repeat same leg without resting.

### STATIC STRETCHES

Static Stretches focus on lengthening individual muscles or muscle groups without movement and are relaxing and restorative in nature. They are most useful after training sessions. Hold most static stretches for at least 30 seconds and a minute or longer for major muscle groups.

[THREE PILLARS , from page 10]

### Spinal Twist

Shoulders squared and broad, back long and relaxed into the ground. Eyes gaze upwards or away from knees.



Knees drop evenly to one side. Hips, knees, ankles all at 90 degree angles. To increase stretch you can extend your bottom leg straight below you for a single leg twist. Breathe regularly and comfortably.

### Pigeon

From an all fours position, slide one knee forward and lower leg across your body. Extend other leg behind



you as far as is comfortable. Weight should be distributed evenly into elbows and forearms, stretched leg and the extended leg. Keep chest slightly up and neck comfortable. Keep

breathing regularly and easy.

### SPECIAL NOTE

These stretches and exercises are just a sample of many restorative techniques that will assist you in improving your skills and increasing your longevity in Surf Racing and potentially your lifeguarding career. Take time to research and put together a comprehensive training program that includes a well balanced mix of Energy System Training, Resistance Training and Flexibility and Stability Exercises. If you currently are dealing with chronic injury or over-use symptoms, consult a medical professional before starting this or any exercise program.

*Cris Dobrzielski has been a coach and conditioning specialist for 21 years and a lifeguard for 13 years in Massachusetts and San Diego. Jay Germehle contributed information for this article. Photos by Marshal Vanderhoof. Questions or comments - Cris@monumentalresults.com.*

## LIFEGUARDS DESERVED COVERAGE TOO

### NAN KAPPELER

The United States Lifesaving Association's National Lifeguard Championships, which took place in Huntington Beach from Aug. 5 to 7, went virtually unnoticed by the press and community. The three-day event, which alternates from the East to West Coast each summer, attracted 1,000 guards from around the country who competed in ocean and beach competitions on the sand at Beach Boulevard and Pacific Coast Highway. While the guards enjoyed the intense competition and challenging water conditions (strong currents and chilly ocean), I was surprised to see the lack of coverage in the Independent. Editors state the lifeguards were simply overshadowed by the U.S. Open of Surfing competition. This should not be the case for this event or others that happen to run simultaneously with the surf contest. Deciding to report on only the top events is not only a disservice to your readers, but to the other event organizers and

participants. Recognition of local happenings not only spreads the word to the public and attracts spectators, but shows these groups that our city wants them to return. Huntington Beach has worked hard to bring in events that are in line with the Surf City image – let's try to support these events by providing press and having groups return and provide support for our city by spending in local establishments.

*Nan wrote this letter to the editor of the Huntington Beach Independent which was published August 18, 2010. The lack of publicity surrounding lifeguard competitions is notable. In 1964 and 1965, ABC's Wide World of Sports, arguably the genesis of sports broadcasting today, covered two lifesaving competitions, one at Huntington and the other on the East coast. Today it doesn't even get coverage in a small local newspaper. - Editor*

# 2010 Regional and National Competition

Photos by Joel Gitelson, L.A. County

(check out Joel's website at [www.atsealevel.net](http://www.atsealevel.net))



**Jay Butki - Competition Chair**



**Molica Anderson, Samantha Belisoe,  
Maddison Martin, Kelsey O'Donnell - Rescue Race**



**Allison Riddle, Taylor Spivey**



**Kelsey O'Donnell, Molica Anderson**



**Diane Graner-Gallas**

