

Official Newsletter
of the
California Surf Lifesaving
Association

The *CalSurf*

Volume 16 No. 1

INTRODUCING THE JUNIOR LIFEGUARD PAGE
STARTING THIS ISSUE THE NEW COMPETITION COLUMN



2010-2011 BOARD OF DIRECTORS

President	Mike Beuerlein
Vice President	Charlotte Graham
Secretary	Bill Richardson
Treasurer	Rob Williams
1st Delegate	Reenie Boyer
2nd Delegate	Bob Moore
3rd Delegate	Jay Butki
4th Delegate	Bill Humphreys
Past President/ Advisor	Rob McGowan

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
Certification – Bill Richardson

On the Cover: A beach whichever way you turn.
Cape May NJ. Photo by Joel Gitelson

INSIDE CAL SURF

Presidents Message	Page 3
NEW! Junior Lifeguard Page	Page 5
New Book by San Diego Lifeguard	Page 6
NEW! Competition Column	Page 8
Summer Competition Photos	Page 11

CAL SURF MAGAZINE

Cal Surf News Magazine
is the official publication of the
California Surf Lifesaving Association
P.O Box 366, Huntington Beach CA 92648
www.CSLSA.org Fax (714) 374-1500

Editor

Richard Godino – L.A. City

Contributors

Mike Beuerlein - Huntington City
Cris Dobrosielski - San Diego
Joel Gitelson - L.A. County

Marketing and Promotion
Scott Hubbell – L.A. County

2011/12 CALENDAR

10/13-14 CSLSA Fall Mtg. - LACO Lakes
11/3-5 USLA Fall Mtg. - Maui, HI
4/12-13/2012 CSLSA Spring Mtg. -
Huntington City
7/28 2012 Regional Championships

ARTICLES NEEDED!

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

Submit online to 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

MIKE BEUERLEIN

Over the years, I have been asked "what does CSLSA do to help local chapters and agencies?" My reply usually includes the following:

- The CSLSA Executive Board represents our membership at USLA meetings where projects like the USLA Standards Coalition, the USLA Certification Program and public education programs are developed to raise standards, certify agencies and educate the public.
- CSLSA promotes beach safety education to raise awareness about hazardous conditions and prevent aquatic accidents.
- CSLSA organizes and coordinates events that demonstrate the athleticism and skills required to be a lifeguard.
- CSLSA organizes and coordinates junior lifeguard programs to provide beach safety education to children who may become the lifeguards of our future.
- CSLSA bestows awards to recognize lifeguards for heroic actions.
- CSLSA educates our members on legislation that can affect their profession.
- CSLSA collects and maintains statistics that document our performance.
- CSLSA shares information on training exercises, standards and practices.
- CSLSA networks with international lifeguards to exchange methods and procedures to advance lifesaving.
- CSLSA maintains a website to make all of the previously mentioned information available to our members and chapters.

When we last met at the Spring 2011 CSLSA Meeting in El Segundo, CSLSA hosted a 2-hour Budget Summit entitled "**Lifesaving in the New Economy**". Key Lifeguard and Marine Safety policy makers and staff were invited to discuss the severe fiscal impact the current economic downtrend is causing on Beach Operations statewide, with a goal of assisting with getting out the message on the efficacy

and need for appropriate lifesaving service on open water beaches in California. Thank you to Bill Humphreys for organizing the CSLSA Budget Summit. The Moderator Rick Gould set the tone, the panel speakers were enlightening and board member questions helped to clearly define the economic challenges that lie ahead for our profession. Judging from the comments we have received from those in attendance, the summit was a huge success and should benefit all chapters and agencies.

Since the last edition of the *Cal Surf News*, the CSLSA Executive Board represented our members at the Spring 2011 USLA Meeting in the Outer Banks of North Carolina. In addition, the 2010-11 CSLSA Executive Board has had five meetings this year, our Executive Board members have volunteered as officials for our Regional and National Championships, and they continue to work hard on behalf of our members.

Judging from comments about the "Budget Summit" it was a huge success and should benefit all chapters and agencies.

On July 13th, I had the pleasure of presenting Kris Okamoto with a lifetime achievement award for her 19 years as Coordinator of Hoag Hospital's Project Wipe-out Program.

We owe a huge debt of gratitude to Seal Beach for hosting the 2011 CSLSA Lifeguard and Junior Lifeguard Championships. They supplied a great venue, a hard-working staff and a "can do" attitude. Simply put, without Seal Beach stepping up at the last minute, Regionals may not have happened.

As of October 1st, we are seeking a host for the 2012 CSLSA Lifeguard and Junior Lifeguard Championships. Interested chapters need to have the support of their agency.

Drafting a CSLSA Lifeguard and Junior Lifeguard Championship Hosting Policy & Procedure was discussed at the Fall 2010 CSLSA Meeting. The purpose is to clarify the expectations of both the host chapter and CSLSA, and to provide financial options for the Host Chapter. A draft Letter of Agreement and bid

[PRESIDENT'S MESSAGE, from page 3]

application process should be included. A core group of CSLSA Competition and Junior Lifeguard Committee members with knowledge and expertise are needed to work over this winter on this very important Policy & Procedure.

Also as of October 1st, LACOLA has resubmitted its bid to host the 2012 USLA National Lifeguard Championships. The LACOLA bid seeks to have the USLA assume more fiscal responsibility for the national competition per the previously submitted USLA Nationals Re-Organization Working Group Committee Proposal. Cape May, New Jersey has also submitted a bid in line with the USLA past practice. It will be interesting to see if USLA steps up and returns the national competition to the west coast as scheduled.

**We owe a huge debt of gratitude
to Seal Beach for hosting
the 2011 CSLSA Lifeguard
and Junior Lifeguard Championships.
They supplied a great venue,
a hard-working staff and
a "can do" attitude.
Simply put, without Seal Beach
stepping up at the last minute,
Regionals may not have happened.**

In addition to significantly reducing meeting costs, the CSLSA Executive Board is asking CSLSA Committees with restricted funds (i.e. Competition, Junior Lifeguards and Public Education, etc.) to consider funding their Committee Chair's travel to the Fall 2011 USLA Meeting.

In November, the CSLSA Executive Board will be in the Hawaiian Islands representing our members at the USLA Meeting on Maui. CSLSA has nominated Rob Williams for re-election as USLA Treasurer.

On behalf of CSLSA, I would like to thank the following key contributors:

On behalf of CSLSA, I would like to thank the following key contributors:

- Our Webmaster, Pat Francis, for her professional service to our association. This year, Pat donated her \$657.50 fee back to the CSLSA. She has donated over \$3,600 to the CSLSA over the last ten years. Pat's selfless efforts continue

to assist CSLSA in pursuing our mission to promote ocean safety awareness.

- Mike Silvestri for continuing to spearhead the Rock Bottom fundraiser to benefit the CSLSA Public Education Committee.
- Gus Avila for his continued pro bono work as legal advisor to CSLSA.
- Scott Hubbell once again for his sponsorship. He provided critical funding to allow the 2011 California Surf Lifesaving Championships to succeed. As always, Scott is toiling hard to supply our membership kits and fund the 2012 regional competitions.

HBSLSA has agreed to host the Spring 2012 CSLSA Board of Directors Meeting in Huntington Beach. We are looking for chapters to host future meetings.

One of our relatively new traditions is to present the Bobby Burnside Memorial Award to the CSLSA Junior Lifeguard of the Year. The 2011 Award will be presented at the Fall 2011 CSLSA Meeting.

Since the Fall 2011 CSLSA Meeting is an election meeting, the President will ask the Board of Directors if they wish to move the elections from the 2nd meeting day (as listed on the agenda) to the first meeting day when attendance is better.

Finally, I would like to thank Los Angeles County Lakes for hosting the Fall 2011 CSLSA Board of Directors Meeting at Bonelli Park in conjunction with their 80th year of service.



NEW COLUMN

JUNIOR LIFEGUARD PAGE

Junior Lifeguard programs throughout the State were initially designed to provide beach and water safety training for children ages 9 through 17. From that foundation it expanded to become a quasi lifeguard training program, eventually providing qualified candidates for professional lifeguard positions for agencies throughout California.

Junior lifeguard programs vary in content, but all



State JGs at Leo Carrillo

provide education and experience in ocean safety, first aid, rescue activities, physical fitness, and marine safety operations, while exposing participants to an environment that emphasizes courtesy, respect, discipline and good sportsmanship.

Junior lifeguards participate in inter-squad and inter-



Ventura JGs waiting for their event

agency ocean competitions throughout the session as well as the Cal State Games and the Regional and National Championships.

Each summer CSLSA provides rewards for outstanding junior lifeguards through contests and nominations. And votes by JG instructors and Committee members. One contest awards a \$100 savings bond to a winning junior guard entry in each of the age divisions. The type of contest is decided each year by the CSLSA Junior Guard Committee and could involve poster design, patch designs, photography, or essays. Junior lifeguards of the year are also nominated by JG coaches

and selected by the Committee at the Fall CSLSA meeting each year. The winners receive \$200 towards scholarships. And, finally, the Bobby Burnside Memorial Award is awarded to the California Junior Lifeguard of the Year who is chosen by the Junior Lifeguard Committee. The award was designed and made by former Los Angeles County Lifeguard Chief Bob Burnside in memory of his son Bobby and was presented to CSLSA in 2009 by Chief Burnside as a perpetual award.



Chief Burnside with the Bobby Memorial Award

There are currently nearly 7,000 junior lifeguards in California and hundreds of junior lifeguard instructors. These instructors are represented by the members of the Junior Lifeguard Committee, co-chaired by Reenie Boyer and Lori Walton. The Committee, using budgeted resources and funds raised by the junior guards themselves, guides program policy, awards programs and other activities. While trying to remain humble, many regard the JG programs in California as the best in the nation. And this is due to the JG Committee, its leaders and the instructors that dedicate themselves to the participants who will eventually be the lifeguards manning the towers down the beach from yours.



Junior Lifeguards practice with spine board



JG's listen to safety lecture

**NEW BOOK BY SAN DIEGO
LIFEGUARD**

**Surveying the Scene discusses exercise,
training goals, and lifelong
health philosophy**

By Cris Dobrosielski

On January 2012, I will be publishing the first E book, Surveying The Scene, in a three book series. The aim of the entire series is to help athletes, fitness enthusiasts, and physically active professionals, do the sports, activities and jobs they love longer and with fewer avoidable orthopedic interruptions.

The first book addresses the necessary philosophical approach and three of what I call *The Five Pillars of Lifelong Fitness™*: 1) Proper Warm-Up; 2) Core and Major Joint Stability Training; and 3) Proper Cool Down. The content is derived from the most recent exercise science literature, my 23 years of clinical experience as a Strength and Conditioning Coach/Personal Trainer, interviews with some of the most successful athletes on the planet and the lessons I have learned as a competitive athlete over the last 35 years. I welcome your questions, feedback and your own personal stories of injury, loss, change and victory. Missing from the *Five Pillar Philosophy* is the sensationalism, short-term promises, and one size fits all exercise prescription that is available every where you look. Instead, what you can expect from this series and in particular, Surveying The Scene, is a detailed description of the mind set, decision making process and specific exercises that are age appropriate and that provide the raw materials for developing durable, dynamic fitness foundations for life, for those that are willing to do the work. Enjoy!

Excerpt from the introduction of Surveying The Scene

One weekday morning in late September 2009, I woke up much earlier than usual because of significant lower back pain. Unable to return to sleep, I tried to do something productive and drove to San Diego's Mission Valley YMCA. The Y is a few miles from my house and when I am healthy, I regularly train with the Masters Swim Team and do my resistance training there. Some hot water therapy and low intensity swimming seemed like a good choice to manage the pain in my back and ease my frustrated spirit that morning.

A month and a half before this painful episode, at forty years of age, I realized two personal athletic goals that were over 2.5 decades old: I won a USLA Masters National Championship in the International Ironman, perhaps the most grueling of all lifeguard ocean races and on the same day, I also earned a qualifying spot in the Open Division finals in the 1 Kilometer Paddleboard race, which attracts the greatest number and some of the most practiced competitors of any of the lifeguard events. Although the joy and satisfaction of accomplishing these two goals was monumental, I could have never predicted the cost; radiating lumbar pain that not only made most of my preferred fitness training impossible but also made sitting, bending, sleeping and many daily activities a nuisance weeks after the event.

**...the book addresses the necessary
philosophical approach and
three of the *Five Pillars of
Lifelong Fitness*:
Proper Warm-up;
Core and Major Joint Stability Training;
and Proper Cool-down**

It was well before six a.m. when I arrived at the nearly vacant YMCA facility and I headed directly for the Jacuzzi. As I cautiously stepped down the stairs into the therapy pool, I made eye contact with a towering figure who himself was getting some hot water treatment. The man looked deeply familiar to me. My mind, working much better than my body at that time, instantly flashed back to nearly a quarter of a century earlier. As I eased into the swirling water, I recalled watching the Boston Celtics about to defeat the Houston Rockets in the deciding game of the 1986 NBA Championship series. This particular Celtic team consisted of Larry Bird, Kevin McHale, Robert Parish, Dennis Johnson, Danny Ainge and ... Bill Walton, whom I now identified as the tall man sitting in front of me soaking his aging body. The last image I had of Walton was of him on the sidelines in the old Boston Garden, a white towel draped around his neck, and an enormous grin of confidence and enthusiasm on his face. His arms were held over his head in exultation, high fiving the Celtics starters as they came off the court in the game's last moments with victory firmly in hand. Now this once world champion athlete named one of the 50 best basketball players in NBA history, rested quietly in the Jacuzzi, sipping a large water bottle. His once flaming red hair having turned mostly to grey and presently doing what he could to sooth a chronically irritated back. We each shared our stories of pain that morning though

NEW BOOK, cont'd from page 6

Bill's was a lot older and more radical than mine. A friendship and a professional relationship were born that day. Over the next 12 months Bill and I would both make great strides in eliminating/reducing pain and resuming, at some level, our favorite passions, paddleboard racing for me, long distance cycling for Bill. The healing process was so slow for me in the first few months for me that at times I questioned whether recovery was really a possibility. Bill had lived with debilitating pain for over twenty years and I prayed that was not my destiny. Giving up however, was not an option, it never has been. If I learned anything from the three lifeguards that stepped in as father figures for me when my dad died when I was just nine, it was to control the controllable and Never Give UP....

**Missing is the sensationalism,
Short term promises,
and one size fits all
exercise prescriptions
that is available
everywhere you look..
Instead, Surveying the Scene provides
a detailed description of the
mind set, decision making process
and specific exercises.**

With the same relentless determination and perseverance that had helped me achieve my athletic goals, I would eventually turn a corner on my back pain. The progress came from my complete commitment to do all that I could in terms of self care, seeking out the best possible medical team and setting proximal goals that at times felt like I was barely moving forward. As I progressed, the next challenge became how to safely test/stretch my limits.

**...lay an intelligent physiological
support foundation,
and regularly assess
where we are at
any given time and
make decisions that
honor our limitations
yet still stretch our limits.**

I had to soberly determine if the risk of doing further damage to my two bulging disks was worth the joy of engaging in my activities of choice, paddling, and surf-ski racing. I had come to a cross road. Although I had

always been far more attentive to my self care and maintenance than most, if I was going to continue doing the demanding sports I loved so much I had to raise the bar on my commitment to making good decisions on matters of volume and intensity and on the details of fortifying my weak links.

The victories at Nationals, the pain that followed and lingered, the slow healing process and the serendipitous connection with my childhood hoop hero in large part lead me to the philosophy and spirit of Surveying the Scene. Most of us can do what we love longer in life if we embrace the fact that we are bodies changing, lay an intelligent physiological support foundation, and regularly, if not constantly, assess where we are at any given time and make decisions that honor our limitations and yet still stretch our limits. It is this lifelong balancing act that I will map out for the reader and continue to negotiate all my days on the planet.



Cris Dobrosielski is a Certified Strength and Conditioning Coach/Personal Trainer and owner of Monumental Results Inc in San Diego. Cris was a seasonal lifeguard in Massachusetts and San Diego for 13 years. You can e-mail your stories, questions, and comments or get more information on his upcoming book by visiting his web site, MonumentalResults.com.

NEW COLUMN

COMPETITION COLUMN

NOTES FROM THE SPORTS DESK

INAUGURAL COLUMN BY
RICHARD GODINO

THE OFFICIALS



We, the officials, enjoy our competitions as much as you do, in spite of our sighs, complaints and eye rolls. We were all, and some of us still are, competitors. We understand the fun and the challenge.

Spectators come to see you. You come to compete. We come to facilitate both. We accept responsibility to set up and administrate the competition. But you, the competitor, must accept responsibilities as well, which I will summarize near the end – read that section, if you read nothing else.

YOUR OFFICIALS

Set-up Crew The stout individuals that comprise this group are usually volunteers from the host agency. They work closely under the direction of the Competition chair. Water and shore flaglines and other universal equipment is set up on Thursday prior to the J.G. competition on Friday. After the J.G. competition, some equipment is taken down and stored for safety/security. The next morning, often before first light, the crew is out restoring competition equipment;

setting up tents, the announcer's stand, chairs, tables and the check-in area, scoring area and awards.

Around 6:30 AM the rest of the Officials arrive and start their own specialty set ups:

The Administration crew comes in three separate sections – Check-in; Score Table and Awards.

The Check-in Crew starts getting the registration area set up. They start organizing the entry goodies for distribution; putting out registration materials (entry forms, liability releases, pens – *these are ours not yours* – event schedules; and pulling out labeling materials to mark you up. Usually 5 people comprise this crew and they are generally up and running by 7 am. There is a slow down around 10 am, although there is someone there pretty much throughout the day (we understand shift coverage vagaries. (You may not get a goodie if you arrive late, but you can usually enter events).

The competitor must accept responsibilities as well, which are summarized near the end - read that section if you read nothing else.

The Score Table crew starts organizing the materials used to tabulate the order of finish and score events. That means organizing and bundling the result sticks; preparing the Individual Score Sheets per event including all heats; prepare the Running Scoresheet with score tally per team. This is the document used to create the results seen on the website. They also prepare to receive and re-bundle score sticks. 2 to 3 people run this booth. They like to be good to go by 7:45 Am. The table runs constantly throughout the day.

The Announcer – Usually this is one soul (sometimes 2), who works closely with the Set-Up Crew to get the sound system set up. Once the sound system is set, the Announcer starts making the initial announcements (check-in info, first event call, etc.). The Announcer must also check event lists, time estimates, and beanie designs vis-à-vis teams present. Through experience, the announcers know how long most events last, which ones will require multiple heats and where events may be combined. He/she works closely with the On-Course Officials to accomplish this. Throughout the day, the most important responsibility is to make event calls. Depending upon the event, calls may start 45-15 minutes prior to the start. Keeping in mind that some events

THE OFFICIALS, cont'd from page 8

require multiple heats, the Announcer's calls are extremely important to all competitors. As an added benefit for competitors and spectators, the Announcer keeps things lively and in perspective by providing play-by-play and color commentary. By having been a competitor, Announcers are able to provide info on event strategy and equipment use and history as well as on-going updates, usually with team and/or competition info. Entertainment is often part of the presentation with music, guests, and occasional "friendly" comments for some competitors. Of course there are also announcements and kudos for our many sponsors who help to make the competition a success. And, finally, the Announcer works closely with the On-Course Officials to keep the event rolling.

The On-Course Officials hit the beach upon arrival, and, with the Competition Chair, start placing Start and Finish areas, measuring distances for compliance and help the Score Table organize stick bundles, usually taking a couple of bundles each for use on the course. The On-Course Officials are responsible for:

Knowing –

- Event parameters and rules
- Heat information

Also –

- Explaining how the event is run
- Answering competitor's questions regarding the event

These officials –

- Oversee lane picks when necessary
- Make sure competitors have beanies and equipment in place properly and their handlers ready as needed
- Keep careless bystanders and spectators clear of the competition area
- Start each event and heat
- Oversee event competition as the event proceeds
- Hand out place sticks and determine places (occasionally by conference if necessary for fairness)
- Keep in communication with the Announcer and each other
- Set up and take down start and finish areas throughout the day
- Run around the Beach like crazy people all day to keep the competition fair and on time.

There are usually 5-6 On-Course Officials in place throughout the day. Some events ideally require 10 (or more) officials to assure accurate results (when you see officials running madly across the finish area yelling instructions to each other and dodging competitors, you'll know there are less than the ideal complement for that event).

**Be friendly and courteous, we're
all lifeguards, at the beach,
for a day of friendly
competition in the sun
and sea air. Some of you take
your competitions seriously.
but it is a moment in time.
It's a reward just to
cross the finish line
with yourself and your
equipment intact.**

COMPETITOR'S RESPONSIBILITIES

You come to compete for your team in your favorite events; watch your friendly competition compete; spectate and enjoy the general camaraderie of the day. And you've got a shift covered; sometimes driven hours to get there and paid good money to park and compete. Even so, you have responsibilities to the smooth running of the competition as a whole.

As a Competitor:

- You must JOIN USLA. Do this well before the competition. Let your Chapter President or Membership Chair know when you join so they can make a comprehensive list to help at Check-in.
- Take the time *at home* to download the registration and liability forms from the CSLSA website and fill them out ahead of time.
- Have your entry fee check filled out or your cash ready
- Come prepared! You must have a team beanie to compete; bring your competition equipment (everything from fins to dories) and make sure it is good to go before your event. The officials will not hold an event due to your equipment problem
- LISTEN TO ANNOUNCER'S EVENT CALLS. Do not be late to your event. All events start with a short pow wow with the starters. It is

THE OFFICIALS, con't from page 9

here that the event rules, parameters and course are explained. If there is a lane draw, this is where it is done

- As you finish your event or heat it is your responsibility to GET YOUR FINISH STICK. Officials give out 10-30 sticks each event. Result accuracy depends on you grabbing your stick immediately when it is handed to you.
- TURN IN YOUR STICK. The Score Table is stuck at your event if you don't go *immediately* to the table. Failure to turn in your stick stalls the running score and award distribution. Good team members remind fellow team members to TURN IN THEIR STICKS
- Be friendly and courteous, we're all lifeguards, at the beach, for a day of friendly competition in the sun and sea air. I know that some of you take your competitions very seriously. But it is a moment in time. It's a reward just to cross the finish line with yourself and your equipment intact.

We see each other 2 or 3 times a year. Enjoy the moment. We have the best job on earth. Civilians want it, but can't qualify. We have qualified and stay qualified. We have the job! For those of us who are retired, our appreciation is even more profound. It was, and still is, our life. For us alumni it is truly a case of *Lifeguards for Life*. Truly.

So, train hard, work hard, support our organization and come down to our wonderful beaches to gather in friendly competition with your fellow lifeguards. Enjoy the fun and camaraderie throughout the day (and usually the night as well). And then come back again to other competitions and other gatherings. Like I said, we're a family that sees each other a couple of times a year. Make the most of it.

Yours in lifesaving.

NOTE: The Competition Column will appear regularly and include information from officials, competitors and the Competition Committee. It is here that you can learn about events and rule changes, equipment use and care and competition strategy. Feel free to contribute.



Many of you know Joel Gitelson from his amazing performances in competitions. Most L.A. County lifeguards know him as one of their co-workers and a deckhand on one of the Baywatch rescue boats. Some of you may know that he received both the USLA and the L.A. County Fire Department Lifeguard Division's Medal of Valor in 2006 for an amazing rescue at around five in the morning of some boaters aground on Santa Barbara Island. Most of you who read the Cal Surf, will recognize the amazing photos of our competitions; not just the competitors in action, but the little things that occur throughout the event: The withdrawn looks of concentration, the lone dory sitting on the sand, a competitor catching a short nap before an event. Those are photos by Joel. He somehow catches them between his own events, and they are amazing. He has been a contributor and collaborator with Cal Surf for a couple of years now, And I wanted to give him credit - for his prowess as a competitor, for his lifeguard spirit and service, and for his awesome photos.

Check out Joel's work at www.atssealevel.net Buy some - suitable for framing in any lifeguard's house.

2011 Competition Photos

courtesy of Joel Gitelson



Surfboat Race at Regionals



LA City team finishes 2nd lap at Regionals



State team finishes Rescue Race at Regionals



Mike O'Donnell
contemplates daughter
Kelsey's Taplin race



Taplin Bell



Aussies start Paddleboard leg at Taplin



Part of the surfboat chaos at Taplin (3 boats out)

2011 Competition Photos

courtesy of Joel Gitelson



Symbol of summer on the East Coast



LA Co lifeguards finishing Rescue Race at Nationals



Cape May lifeguards on duty at Nationals



All I need is my umbrella and a place to sit

THANKS TO OUR SPONSORS








**Scott Hubbell
Productions**








