
**California Surf
Lifesaving Association**

*Newsletter Vol. 13 No. 2
Fall 2009*



Kat Prichard 2009/H2OSportsPhotos.com

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Newsletter	– Richard Godino
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Junior Lifeguards	– Reenie Boyer
Website	– Bob Moore
Ways and Means	– Rob Williams

On the cover:

Surf under Seal Beach Pier at Regionals 2009.

Photo courtesy Kat Prichard.

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2010 CALENDAR

April 1 – Start USLA/CSLSA membership year
April 8-9 – Spring CSLSA meeting @ San Clemente City
July 1 – New EMT background standards
July 13 – Cal State Games @ Coronado
July 17-18 – San Clemente Ocean Festival
July 23 – JG Regionals @ San Diego
July 24 – Lifeguard Regional @ San Diego
July 30 – Santa Barbara Ocean Festival
July 31 – Taplin Relays @ Redondo Beach
August 5 – JG Nationals @ Huntington State
August 5-7 – Nationals @ Huntington State
August 29 – 35th Annual Catalina Classic
October 14-15 – Fall CSLSA meeting @ Encinitas

Cal Surf Magazine

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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

*Cris Dobrosielski – San Diego
Rob McGowan – L.A. County
Kat Prichard – H2O Sports*

Marketing and Promotion

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

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

By Rob McGowan

Welcome back to San Diego for the second fall meeting in a row and thank you very much to Jeff Hatfield and the newly revived San Diego Chapter for the hard work put into organizing this meeting. Another summer has come and gone, and with the exception of a few tragic events, the summer of 2009 was a good one for most of us in the CSLSA. We will be electing officers to serve the CSLSA as members of the Executive Board for the 2010 – 2011 term at this meeting. If you have ever thought about becoming more involved in you association, now may be the time.

The Regionals at Seal Beach went event better than last year if that's possible. We enjoyed nice weather and some pretty good surf. Thanks again to Seal Beach Chief Joe Bailey and his staff, particularly Lori Walton, Mike Westmoreland, and Chris Pierce for all of their hard work in making this possible. We had an excellent turnout of 164 competitors for the lifeguard competition. Thanks to Reenie Boyer, Junior Guard Chair, and her sidekick Jon Mitchell for their efforts on behalf of the JG's. Charlotte Graham, your Vice President, was again in charge of the registration process. The competition would not have been possible without the efforts of Competition Chair Jay Butki, who not only built and maintains the competition courses, but was also instrumental in their installation, and he even found time to compete in a couple of races. Jay took over my job of typing up the results and came to the conclusion that there must be a better way, so we may be using the Interfuse system used at Nationals for Regionals next year. Other members of the Executive Board that helped make the Regionals happen were Bob Moore, Bill Richardson and yours truly. We owe a debt of gratitude to all of the volunteers that helped out including Gordon Gray, Sandy Moore, Erin O'Donnell, Rob Patterson, Jan and Eldin Onsgard and Morgan McGowan. As is always the case, the CSLSA Regional Championships would not be possible without the fund raising efforts of SHP and the sponsors Scott brings us, thanks again. I cannot stress enough what a labor-intensive effort running a successful regional competition is, and we welcome all the help we can get. Please think about stepping up to help next year.

I did not attend the USLA Nationals in Fort Lauderdale this year, but I heard that it went fairly well, but did have some issues. I believe we again need to re-examine the entire Nationals program, from locations to funding to officiating. We intend to start this process at the next USLA National Meeting.

I'm still not sure how he finds the time, or the time off, but on top of what he does for CSLSA, Jay organized, coached and managed the USA team that competed in the "Sanyo Bussan Challenge" where the team finished second behind Australia, our best finish in an international competition in a long time! In addition to that, Jay just returned from competing in the World Masters Games at Manly Beach, Australia. Next up for the jet setting Jay is the 21st Wieland Shield, January 6 through 18, 2010 in Victoria, Australia and a possible trip to Alexandria, Egypt for Rescue 2010 in October.

The 2010 Nationals are on the calendar for August 5 through 7 at Huntington State Beach, and rumor has it that LACOLA is exploring the possibility of hosting again in 2012.

Thanks to the first president of this organization, Bob Burnside, we have a beautiful new perpetual trophy to be presented to the agency of the CSLSA Outstanding Junior Lifeguard of the Year. It is in memory of his son, Bobby, and will be known as the "Bobby Burnside Memorial Shield." The first recipient of the award will be selected in the fall Junior Lifeguard Committee Meeting. A huge thank you to Bob for the creation and donation of this outstanding award.

The CSLSA received two unexpected contributions recently, one from Dr. Brandt Lapschies, a surgeon in Hawaii and former Huntington City Lifeguard, and the other from Api Wienert of USOS and Laguna Beach. Thank you very much to these gentlemen for their generosity.

The next USLA National Meeting is in November in Williamsburg, Virginia and if there is anything the membership would like us to take back there, now is the time to let us know. It is an election meeting where the USLA Executive Board for the next two years will be determined, and the USOC/USLA affiliation is an unresolved issue that is still on the table at the USLA level. Your Executive Board welcomes your input on these or any other issues.

In closing, I would like to thank all of you for your support over the nine or so years that I have been your president. I would also like to thank all of the members of the Executive Boards that have served with me over the years. I will not be running for re-election, but do hope to continue serving the CSLSA as Past President/Advisor for at least the next couple of years.

FEATURED ARTICLE

A SEASON OF CHANGE

By Cris Dobrosielski CSCS, CPT, CMT

Surf racing, like life is full of transitions. Some are planned while others are out of our control. What we do have control over is the choices we make and the attitudes we take as we confront these inevitable transitions. How you approach the transitions (planned or unplanned) in a surf race or in life is the key. The transitions are opportunities to make constructive changes in our focus and energy expenditure. We can ignore them and pay the price later or we can embrace them and take some control of our future and apply our determination in a way that supports our current performance and our future goals .

One of the unique and stimulating things about the sport of surf lifesaving is the wide variety of physical events. The multiple disciplines of surf racing require varied neurological, skill acquisition and energy system training.



One commonality in every event of surf lifesaving is the presence and importance of physical and mental transitions within the event. There are the more obvious ones like the transition from board to ski in an International Ironman or the decision to go from dolphining to high stepping in the finish of a surf swim race. More subtle transitions exist like the turnover rate and breathing pattern catching runs on the return portion of a surf ski race or the running tempo (foot strike rate) of the final

exchange in a three lap dory race.

Whatever events you enjoy racing each summer, some level of awareness and attention to the necessary transitions within the event has the potential to greatly influence your success in the sport. Thorough preparation for summer competitions requires some level of attention to annual cycles and phases of transition. Fall is an often overlooked and important cycle in the annual preparation for summer racing. Although next season seems like a distant apparition, the choices one makes in October, November and December have a significant effect on an individual's performance in the upcoming racing season.

Most of us intuitively take some time after Nationals to allow our bodies and minds to relax and recover. Frequently however, many passionate racers jump right back onto their crafts and into the same training regiments they implemented in the summer with the intention of improving fitness and skill acquisition. If a healthy off-season and a successful competition season in 2010 are important to you, I recommend you consider the following ideas before diving into your next training pattern.

1) Heal Your Wounds Completely

This means some amount of inactive and active recovery consisting mostly of low to moderate intensity cross training activities. If you're dealing with basic over-use injuries, changing up your movement pattern (cross training) will likely be enough to allow the irritation caused by repetitive motion to subside. If your anterior shoulders are barking, consider some stationary bike work, stair stepping or perhaps some middle distance running.

If the lower unit is the problem, perhaps some multi-joint upper body resistance training and some more time in the pool or upper body ergometer will give those muscle systems the break they need to fully recover.

For those that are dealing more chronic pain on older bodies (like the kind I'm dealing with in my low

back) seeking the right medical care or physical therapist is the thing to do in early fall. Frequently we inadequately address real physical injuries instead of getting the help we need right away. Riding the fence on getting comprehensive care often translates into a slower recovery phase and ends up encroaching on training and fun in the New Year.

2) Reflect on Your Personal “Victories” and “Disappointments” of the Past Season

For some of you this may actually mean reflecting on decisions and training strategies that may have directly influenced “winning” or “losing” a race for a stick. For most of us this means considering our overall preparation for the previous season and the execution of the skills we attempted to display during competition. Did you put in enough time on the surf ski? Did you get out frequently enough with your rowing partner? Did you stick to your masters swim schedule throughout the summer?... and these types of considerations.

For others it may be: Did you hammer too hard, too long once the season began? Did you get enough rest and recovery between Regionals and Nationals? Did you do too many events at Nationals instead of focusing on a couple targeted races?

Remember, the goal here is not to beat yourself up for not getting it all just right; but rather to identify the aspects of your preparation and racing that were satisfying and worked for you so that you can include those in the upcoming year, and secondly to eliminate or tweak those strategies that limited enjoyment and decreased performance.



3) Develop a Basic (or detailed) Training and Racing Plan for 2010

For those that race to stay in shape this may be as simple as setting a few basic goals for winter training like: 3 master’s workouts a week or a certain number of days in the gym or running the beach.

For those that want to race at the top of their game, this means breaking the year up into major training cycles and breaking each major cycle into smaller cycles, focusing on gradual progression of intensity and frequency of training. The end result of a well executed periodized training cycle is peak performance at the desired time (regional, national or international competition), and a decreased frequency of over-use injuries due to improper progression and overload.

Regardless of your ability or desired level of achievement, setting some basic goals for participation and progression will serve as motivators and benchmarks to get you through what can feel like a long winter.

Whether you are dealing with nagging old injuries or you find yourself sitting on solid ground, I recommend you use this fall season as an opportunity to appreciate your past effort and shape your future successes. Fall is a great time to heal your body and restore you’re mind.

Reflecting on the highs and lows of the past season so as to improve the one ahead, and developing a basic plan for achieving your athletic and personal goals will also increase the likelihood of future achievement. Enjoy the process and enjoy the fall.

See you on the starting line,

Cris Dobrosielski was the first and only Junior Lifeguard on the cold shores of Salisbury State Beach in Massachusetts for 8 years before professionally guarding the same shore for 5 seasons.

From Massachusetts he moved to California and spent the next 8 seasons guarding in La Jolla, California and helping with San Diego Junior Life Guard Program.

He is currently a full time Strength and Conditioning Specialist and has been teaching, coaching and motivating athletes at every level of competition since 1988. E-mail Cris at Cris@MonumentalResults.com with comments or questions on this article or any aspect of surf lifesaving competition...



SAVE ME

Last July, a large swell hit Huntington State Beach, created by a storm off of Mexico. The sets were running six to ten and there were rips aplenty. Beachgoers in thigh deep water had their feet swept from under them when the larger waves receded back to the surf line. Less accomplished swimmers trying to body surf were lucky to catch the whitewater and scramble up the shoreline to safety. Two swimmers caught in a rip were not so lucky, and found themselves struggling against the current, carried a quarter mile out from the beach. Then, before they could wave for help, a lifeguard appeared at their side, and the big yellow **Surfwatch** rescue boat approached from seaside.



As frightening as it was for the swimmers, this is a frequent, even common, scene at many California beaches last summer and for all the summers of the last eighty or so years. Visitors from hot coastal valleys, sweltering city centers, vast inland empires in the east, or even communities across the street from the beach, come to enjoy the cool Pacific and its encompassing beaches.

But next summer, this may all change. The misappropriations of Wall Street, and the subsequent national, and global, fall out may have finally reached the ocean and lake shores of California. The swimmers noted above may not be thankfully surprised by a lifeguard

supported by a rescue boat. They may, instead, struggle as their strength ebbs and, if fortune is with them, make it back to shore. Or...not.

Lifeguard budgets are on the chopping block up and down the coast. The larger the agency, it seems, the more drastic the potential cuts. Lifeguards that are part of fire departments are, at present, less affected, but only slightly, than their independent or recreation department brethren. As governments that support most lifeguard agencies see their revenue and support dwindle, the city managers, mayors and councils struggle to allocate diminishing funds to the various departments and entities that fulfill the needs of their constituents. All governments profess the priority of public safety, and most citizens agree. Fire and law enforcement, public hospitals and clinics, infrastructure departments like water and power, struggle, and sometimes receive first consideration for funding. Lifeguard agencies hidden in "leisure" departments are often among the first to be cut.



In California, the **Governor** and legislature command the dispersal of the primary funding resource of most local governments. The state, of course, must prioritize its own dispersal as well, and the needs for all governments, state and local, will far exceed the funds available in the current economic downturn propagated by greed far from our lakes and beaches.

The budget horizon for many agencies within CSLSA looks bleak.

Agency	Pending	Implemented
California State Parks	Cuts to seasonal lifeguard budgets Partial closure at some parks	3 furlough days a month Cancellation of 3 out of 5 lifeguard training programs Limited hiring freeze
Camp Pendleton	Possible reduction in 2010 lifeguard coverage due to 10% - 20% budget shortfall	
Huntington City	2.8% lifeguard budget reduction 5.4% reduction in overtime 10% reduction in operating budget	7% reduction in lifeguard budget 4.4% reduction in overtime \$150,000 from special projects redirected to general fund
Los Angeles City	Possible elimination of 1-3 full time positions	24% reduction in operating budget 2 furlough days a month New lifeguard testing and training cancelled
Los Angeles County		New lifeguard testing and training cancelled 14% salary reduction Elimination of 1 Captain position Restrictions on travel and training
Long Beach	Reduction of service hours on two rescue boats	No break guards for towers Tower shifts reduced Elimination of 1 rescue boat
Newport Beach	\$5.8 million dollar city budget shortfall Early retirement Possible furloughs in 2010	
San Clemente City	Possible furloughs in 2010	Current hiring freeze Vacancies unfilled No COLA

Courtesy Alex Peabody – CSLSA Legislation Committee Chair

WHERE TO NOW?

What Should be Told

Last year (2008) 171,395,472 people visited our beaches and lakes. 129,297 were rescued or received medical aid from lifeguards. Five people drowned during guarded hours. But 99.3% of our visitors went to the beach, enjoyed themselves, and then went home safely without a scratch, relaxed, renewed and happy.

There was tragedy. Five people drowned while lifeguards were on duty. As lifeguards we know they most likely got caught up in a fast moving situation where lifeguards could not get to them in time. Some probably ignored warnings. Most of them likely over-estimated their ability. From a clinical, statistical perspective those five equaled less than 1 ten thousandth of a percent of the total visitors. But still, they were someone's son, daughter, father, mother, brother, sister, cousin, spouse or friend. They were part of a family and a community. They were lost, but likely not do to lack of effort by a lifeguard.

A more telling statistic is the 32 people who drowned during unguarded hours or at an unguarded beach. We know that most of these 32 were there at night when lifeguards were not on duty. They are not part of our tallied attendance and so have little relation to our busy beach scenes during the day. Total annual attendance at night is, at best, in the low thousands. Daytime is when people go to the beach. In a possible future scenario where 1.7 million people go to the beach and there are no lifeguards to warn, treat and rescue, the number of injuries and loss of life would be staggering.

A Centers for Disease Control (CDC) study in 1997 estimated that the comprehensive costs (family costs, insurance costs, loss of productivity) per unintentional death is \$2,862,261 (in 2009 dollars). In other words, the comprehensive cost of the five deaths last year during guarded hours was over 14.3 million dollars. One can imagine that, without lifeguard protection, the cost would have been in the billions....an amount similar to our current state budget deficit.

Who Should Tell to Who?

Every lifeguard chief or supervisor should try to speak with department heads, councilpersons and mayors if possible. But the gravitas and sway of lifeguard chiefs varies from place to place.

Only a few carry weight in state offices, where the funding purse resides, and their efforts are often focused on their own situations. A coalition of chiefs might create a buzz, but would have to avoid the strident appearance of a march to maintain credibility, and would have to represent the profession at large to do any good.

A coalition of chiefs *and* our CSLSA and USLA presidents (and Executive Boards?), bringing not only graphs and tables, and perhaps testimonials, but photos of lifeguards in action and a box set of *Ocean Force*, might provide a good opportunity to bring a little sand and saltwater to the desks of our elected representatives. This combination of operational supervisors, elected professional representatives, the compelling experience they all bring, and startling visual aids, has a chance at a modicum of success. Kind of like a closing argument combined with a science fair.

What Can YOU Do?

Bring your stories and experiences, your photos, your knowledge, needs and ideas to your supervisors and your association. When people are in trouble, you are who they are addressing when they scream "Save me!" You wear the red trunks, make the rescues, treat the wounds, and prevent injury. The lives of many depend on you. You make the difference, daily, between a great day at the beach and tragedy. YOU are the lifeguard profession. Let's make it happen...and soon.

FALL 2009 MEETING SUMMARY

By RICHARD GODINO

The Fall Meeting of the CSLSA Board of Directors was hosted by the San Diego Lifeguard Association at the Marina Villon October 15 and 16. It was a great location and, in spite of an early season rain storm from the OC north on Wednesday before the meeting, the weather in San Diego was SoCal perfect.

As always, the biannual meetings are wonderful opportunities to touch base with old lifeguard friends and meet new ones, and to experience another beach or lake community where CSLSA lifeguards live and work.

Derek Doler from Ventura County and Nicholas Sullivan from Huntington City are the new CSLSA representatives to the annual Lifeguard Exchange with New Zealand were introduced. They received the traditional \$250 check from the A.J. Summers Memorial Exchange Scholarship and \$500 from the CSLSA to help offset expenses for their trip down under. They will be leaving for Kiwi-land at the end of the year



The Membership Committee narrowed the 2010 kit item suggestions to nine: auto sun visor, beach towel, Ragz shammie, long or short sleeve T-shirt, aluminum water bottle, travel mug, sunscreen, beanie (fleece), and a cap or visor. Stand by to see what happens. Also Steve Reuter, of Huntington City, is working on a possible 10% member store discount at Sport Chalet and a whopping 40% discount from U.S. Divers is still in the works.

The Special Awards and Presentations Committee submitted three nominations for the USLA Medal of Valor consideration: James Northelfer and Tim Fellars of Cal State for a dramatic rescue of six people on a capsized fishing boat in 9 foot seas off Fitzgerald Marine Reserve near Moss Point on June 22; Nathaniel Buck of Cal State for his rescue of a victim of a vehicular suicide attempt at Gleason Beach in Sonoma County on October 16, 2008.

Bookmarks with JG artwork will be offered for Public Education use in 2010; Mike Silvestri is coordinating. Also, the Pub. Ed. Committee reminded the membership that the 2010 Action Sports Retailers event will be held in San Diego on February 2-3 and volunteers are needed to staff the CSLSA booth. Contact HB MSO Steve Reuter at (714) 321-8788 or rescuesentinel@aol.com if you are interested.

As usual, the Competition and JG Committee meetings were the most attended during the day on Thursday.

In Competition, the Regional location was finally hammered out (sort of) with the last minute offer from San Diego. At this point it looks like Pacific Beach Crystal Pier will be the location this July.

The JG meeting was very fruitful. JG bumper sticker designs were voted upon. The winners: AA – Ralph Torrez of L.A. Co. Lakes; A – Amy Reaser of L.A. County; B- Mary Meyer of Laguna; C – Natalie Selin of Laguna. Each was awarded a \$200 scholarship.

Also Junior Lifeguards of year were announced and a \$300 scholarship was awarded: Hayden Hemmens, Huntington Beach State; Ally McCormack, Newport; Kim Bellis, Avila Beach; Alex Hamilton, Pismo Beach; Austen McNicholas, Long Beach; Hogan Inscore, L.A. County; Joey Calladan, Seal Beach; and Michael Howard, Santa Cruz State.



Founding CSLSA president and former L.A. County Lifeguard Chief **Bob Burnside** presented the JG Committee with a new award for the Outstanding Junior Lifeguard of the Year. Bob created the award in honor of his son, Bobby Burnside. It will be a perpetual trophy called the “Bobby Burnside Memorial Shield.” This year’s Shield was awarded to Hayden Hemmens of Huntington Beach State and given to his coach.

On the final day, it was decided that, at the fall USLA meeting, the CSLSA representatives would vote to reject the USOC/USLA proposal tabled for research at the last meeting and, instead, propose that a new commission or federation be established that would be separate from the USLA, but composed of USLA members, to act as the National Governing Body for Lifesaving Sport in America.

And, finally, a new Executive Board was elected by the membership present. Your new Executive Board for 2010-2011:

- President – Mike Beuerlein, Huntington City
- Vice President – Charlotte Graham, L.A. County
- Secretary – Bill Richardson, Huntington City
- Treasurer – Rob Williams, Newport
- 1st Delegate – Jon Mitchell, Newport
- 2nd Delegate – Bob Moore, L.A. County
- 3rd Delegate – Reenie Boyer, Newport
- 4th Delegate – Jay Butki, L.A. County
- Past President/Advisor – Rob McGowan, L.A. County

2009 REGIONALS



Kat Prichard 2009/H2OSportsPhotos.com



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Kat Prichard 2009/H2OSportsPhotos.com

All photos courtesy of Kat Prichard of Newport Beach. She specializes in aquatics photography and has graciously provided Cal Surf with stunning photos of lifeguard competitions and activities for the past two years. See more of her work at H2OSports.com.



Kat Prichard 2009/H2OSportsPhotos.com