

# UCSB Junior Lifeguards

## JG JOURNAL

Rookie Week 2007

UCSB "In the field" JG cell phone: 451-0431  
Recreation Center Lifeguard Office: 893 7213

UCSB JG land line: 893 7616  
Emergency: 911

### Our ROOKIE WEEK and WEEK 1 focus is SAFETY!!

We hope you have prepared for a safe and fun summer by getting lots of exercise!

**Sunburns and lost clothing disproportionately occur at the start of summer!** Hats and sunglasses are encouraged. We provide sunscreen & shade pavilions. We encourage the use of sunblock and sunscreen every day.

The ocean temperature is cool compared to later in the summer. The sandy ocean bottom shifts in response to transition from winter to summer swell direction so rip currents can occur in unusual places.

Be sure your uniform items are clearly marked with indelible ink!!

**Photo: Jake Boysel's attitude, effort and leadership skills make him a positive example for us all. We congratulate James Sweeney for being the first recipient of the "Jake Boysel Memorial UCSB Junior Lifeguard Scholarship."**



**ROOKIE WEEK** is for new students (free) and the occasional returning student whose family has paid for his or her participation. Assistants and Captains may participate for free as helpers.

**ROOKIE WEEK STUDENT DROP-OFF** on Tuesday **June 19<sup>th</sup>** will be at the **Rec Center** turnout on Ocean Road off of Mesa Road.

Wednesday to Friday morning drop-offs will be at **Campus Point**.

**One more time: STUDENT PICK-UP Tuesday** will be at the **Rec Center**, and **Wednesday to Friday** at **Campus Point**.

When picking up at Campus Point, please park in lot 6 or in 30 minute parking by Santa Cruz Hall across from our assembly area. Parking permits are provided free of charge. Please see "DIRECTIONS" link at our website for further details.

### **Rookie Week Tuesday June 19<sup>th</sup> to Friday June 23<sup>rd</sup>**

Tuesday drop-off and pick-up will be at the REC CENTER!! Wed-Friday we are at Campus Point

**Tues** At Rec Center: Rules and Regulations, swim technique & conditioning, intro to water polo

**Wed** At Campus Point: Intro to new surfboards, paddleboards, boogie boards, beach games

**Thur** At Campus Point: Paddling, surfing, running and related skills introduced

**Fri** At Campus Point: Fun Friday

### **Meet our awesome 2007 Junior Lifeguard Instructor staff!!**

**Buzz Collins:** 8 years experience as a JG Instructor and Director; Former Junior Lifeguard and Instructor's Aide (6 years); Aquatic Biology degree; UCSB swim team; entering the UCSB Graduate School of Education to matriculate towards his Teaching Credential.

**Josh Usher:** Returning recently certified EMT Lead Instructor; has many years of Lifeguard experience; 3<sup>rd</sup> Grade Swim Program Instructor; recent UCSB Engineering graduate; He once had 25 rescues in one day!

**Megan Goddard:** Returning EMT certified Lead Instructor; UCSB Women's Water Polo; Swim and Water Polo coach (SB Water Polo Club). She recently completed her UCSB Degree in English and Sports Management. She is working towards nursing certification.

**Becky Payawal:** Returning "B" Lead Instructor; veteran lifeguard and swim instructor; Majoring in Biology and Business; competitive swimmer since age 6; WSI certified.

**Chris Goodman:** former head swim coach (Exeter), veteran lifeguard & facilities manager; coaches 14U water polo for SB Water Polo Club; experienced kayaker and body surfer.

**Rachel Roesch:** Majors at UCSB in Psychology & minors exercise and health science; was in Capitola JGs from the age 8-18; lifeguard & swim instructor for 7 summers for City of Santa Cruz; taught swim lessons for over 7 summers; swimming and water polo for over 8 years.

**Madisen O'Laughlin:** 6 year lifeguard and swim instructor; 3<sup>rd</sup> grade swim program Instructor; WSI certified.

**Jackson Snyder:** UCSB student; veteran Lifeguard and swim coach; FAST runner.

### "Up and coming" Instructors:

**Sean Feliciano:** UCSB student; Swim & Water Polo veteran; Huntington Beach JG veteran

**Andrew "Wheeler" Gans:** 3 year UCSB Junior Lifeguard veteran

**Katie Heacock:** UCSB student, Pismo Beach Jr Lifeguard veteran, High School Swimmer.

### "Over the hill" instructor:

**Rob Gibson:** EMT certified; Credentialed Teacher; 30+ years of Lifeguard experience, 9th year JG Instructor and Coordinator, Credentialed Coach (swimming and water polo); SB Water Polo Club conditioning and stroke technique coach.

### Meet our outstanding cast of Session 1 Lifeguard Assistants!

**Dan Balch (14):** D.P.H.S. Water Polo; veteran UCSB Jr Guard; has been awesome as a helper with swim lessons for low income children.

**Angelia Bottiani (17):** D.P.H.S. Water Polo veteran; highly recommended by her coach.

**Alex Clark (17):** Returning UCSB JG Assistant

**Max Gomez-Devine (17):** Returning UCSB JG Assistant; SMHS Swim and Water Polo; graphics design; helped with swim lessons for low income children.

**Sebastian Gomez-Devine (14):** Soon to be SMHS swimming and water polo; we hope he turns out as well for us as his big brother.

**Abel Hamilton (15):** UCSB JG veteran, SMHS water polo and swimming

**Matt Massanari (16):** Returning UCSB JG; returning Assistant; awesome paddler; SMHS Swimming and Water Polo team member

**Kevin Massanari (16):** Matt's twin brother.

**Jessica Morelos (16):** veteran JG, DPHS Water Polo, swam 500 meters in 6:58! She has done a great job helping to teach swim lessons to low income children.

**Nicole Morelos (14):** veteran JG, soon to be DPHS Water Polo; she has also helped with swim lessons for low income children.

**Lexi Spaulding (15):** 6 year veteran of UCSB Junior lifeguards

**Brittany Thompson (17):** strong surfer with great skill at teaching swim lessons. She is very popular with the kids!

**Gus Wood (17):** SMHS water polo and swim team veteran.

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We would like to congratulate SARAH JAMIESON for passing the UCSB Junior Lifeguard CAPTAIN tryout!

**PHOTO:** Sarah poses for a "glamour" photo with friend Taryn during a 2006 "Picture Day".

