

LBLG ASSOCIATION SUMMER '23 NEWSLETTER



Welcome to the very first edition of our LBLGA newsletter! The hope is that we can use this to highlight our lifeguards, competition, events, and share any notable information throughout the year. If you have anything to contribute for the next edition, please reach out to any of the LBLGA board members! Read on for some highlights of the 2023 summer season!

COMPETITION

THE ROGER COULTER RELAY, a 6-person run, swim, and paddle kicks off the summer each year in honor of the late Long Beach Lifeguard legend, Roger Coulter. **WEST BEACH** took home the championship this year with a strong performance!



The **DUTCH MILLER** took place at 39th Place this summer, with **STILLWATER** coming in first place! West Beach was close behind in second, and East Beach was third. A big thank you to **Sean Guerin** for marshaling the event!



CSLSA REGIONALS took place in Newport Beach, and the Long Beach team had an impressive 5th Place finish out of 15 total teams! Thank you to everyone who showed up to compete and represent!



Lastly, we had two lifeguards compete at **USLA NATIONALS** in Virginia Beach! Well done to **Austin Trinkle** and **Georgia Buffington** for competing, and a big shout out to **Skip, Denise, and Ruby Prosser** for being part of the scoring team!



SUMMER EVENTS

THE MEGACOLOSSUS

A true lifeguard endurance event! 8.5 miles of running interspersed with 4,000 yards of swimming. We had 20+ participants from Long Beach this year!



HEROE'S REGATTA

This sailing event is put on by the Long Beach Yacht Club to honor first responders. The LBLG Team took home the first place trophy for the second year in a row!



AUGUST STATS

ACROSS EAST BEACH, WEST BEACH, AND STILLWATER AREAS

Boat Rescues: 31



Medical Aids: 1,989

Swim Rescues: 1,636



LIFEGUARD SPOTLIGHT: VALERIA GAMEZ

Valeria Gamez has been a Long Beach Lifeguard since 2022, but her involvement with Marine Safety started in 2019 with Long Beach Junior Lifeguards. Valeria started out as a cadet, and was later on one of the first LBUSD Cadet Interns. Valeria is a motivated, hard working, and focused individual. She was also honored earlier this year as one of three 2023 Ben Carlson Scholarship Recipients!

Valeria moved to Long Beach in 2018, where she started to swim competitively at Long Beach Poly while maintaining a 4.62 GPA.

Valeria is currently a sophomore at USC where she is studying computer science and engineering. She obtained her EMT certification during her freshman year of college, and also continued her volunteer activities with Su Casa to aid victims of domestic violence. This summer, Valeria worked at 3rd Place and Beach Ops, and her favorite part of the summer was boat training and snorkeling at the breakwall!

We are so proud of Valeria and excited to see what her future holds!



UPCOMING EVENTS

- **CSLSA Fall Board of Directors Meeting** - Thursday, October 5th and Friday, October 6th in Coronado.
- **California Community Science Symposium (CCSS)** - Saturday, October 21st from 8am-6pm at the Aquarium of the Pacific. \$20 ticket includes AoP admission, parking, breakfast & appetizers at the reception. More info to follow via email.
- **LBLG Holiday Party** - Friday, December 8th at Anchors Away (more details and flyer to follow)

LBLGA BOARD MEMBERS

Aaron Fletcher, President

Chris Gonzales, Vice-President

David Guerra, Member

Devon Beebe, Public Relations

Scott Crail, Treasurer

Derek Pakiz, Member

Sabrina Zavala, Secretary

Reed Conforti, Member

CROSSING FOR KJ



On September 9th, 28 paddlers crossed the Catalina Channel from Avalon to Long Beach in honor of Kobe Jackson. This was the second annual "Crossing for KJ". There were 13 solo paddlers and 4 relay teams made up of Kobe's friends, family, and co-workers.

Kobe suddenly passed away two years ago on August 25, 2021. Kobe greatly valued his aquatics background - as a Wilson High School swim and water polo alumni, and as a Long Beach Lifeguard. Friends and family started an annual crossing to raise money for the Crossing for Kobe scholarship to support aquatics, lifeguarding, and education.

The majority of the 28 paddlers are ocean lifeguards from Long Beach, Seal Beach, and other local agencies. The team is grateful the lifeguarding and aquatics community has come together to support him and his family. The hope is that the paddle keeps growing each year in Kobe's honor!

A big congratulations to everyone who participated in this year's 30 mile crossing! Conditions were tough all the way across the channel, but it ended up being a successful event in Kobe's honor.

The following past and current LBLGs participated solo or on a relay team: Nicole Gordon, Ella Pachler, Anja Oca, Aaron Fletcher, Jeff Gillott, Mazen Abouelela, Jake Zuanich, Joey Roman, Spencer Allen, Willis Allen, Abbey Vince, Max Vandevent, and Zach O'Connor.



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