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## **PRESS RELEASE**

### **FOR IMMEDIATE RELEASE**

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### **Kerrville Guard Team Places 1<sup>st</sup> at the Central Texas Lifeguard Competition**

**Kerrville, Texas (July 18, 2017)** – The City of Kerrville Parks and Recreation Department’s Competitive Guard Team competed against 13 other teams at the Central Texas Lifeguard Competition in New Braunfels, Texas on July 17, 2017. The Kerrville team placed 1<sup>st</sup> place overall, with the City of Cedar Park following suite with 2<sup>nd</sup> and 3<sup>rd</sup> at this regional qualifier competition. The Kerrville Guard Team qualified for the Games of Texas State Lifeguard Competition to be held in Round Rock, Texas on July 31<sup>st</sup> by placing 1<sup>st</sup> out of 24 teams at the Texas Super Guard Competition held last week in College Station.

Out of the four events at this competition, the Kerrville team placed 1<sup>st</sup> in two events, the “main scenario” event and the “first-aid” event; 2<sup>nd</sup> in the “spinal injury management scenario” event; and 3<sup>rd</sup> in the “scanning” event. Participating teams consisted of both Ellis & Associates (E&A) and Red Cross trained lifeguards. Both the City of Kerrville and City of Cedar Park are E&A facilities.

A Lifeguard Competition Team or “Guard Team” consists of four lifeguards, typically two female and two male. The 2017 Kerrville Guard Team members are Wren Vogel, Jacob Pierz, Courtney LaQuey, Carlos Nava, and alternates Megan Myers and Michael Tran. Ms. Vogel, Ms. LaQuey, Mr. Nava, and Mr. Pierz were the four that competed in the competition.

In addition to their regular lifeguard duties, the team endures rigorous and specialized training to prepare for the competitions. “I am so proud of our team, they have really trained hard, and are so humble about their accomplishments,” said Ashlea Boyle, Director of Parks and Recreation. “This particular team of four competed together last year and won the State competition. The bond they share is remarkable. They work cohesively together and as a coach, you hope to get to a point with a team during training where it just clicks. The team members complement each other and are able to anticipate how the others will react and respond during the scenarios. It’s something that we strive for. State is next and it won’t be easy, there is tough competition this year.”

The Central Texas Lifeguard Competition consisted of four unknown scenarios / events and simulations that encompass First-Aid, Cardio Pulmonary Resuscitation CPR, spinal injury management, water rescues, conscious and unconscious guests, scanning, and additional lifesaving techniques. The City of Kerrville guards are trained and licensed under the Jeff Ellis & Associates lifeguard training program. They are trained to use basic life support equipment such as supplemental oxygen and an automated external defibrillator (AED).

Competition coordinators do their best to simulate emergencies with makeup, props, fake blood, and in some competitions, a theatric professional to create life like injuries. Teams are then meticulously judged on their ability to recognize and react to each

emergency, problem solving, confidence, teamwork, rule enforcement, triage, and overall skill level and management of the scenario.

“Guard competitions are interesting, they are much more intense than you would think” added Ms. Boyle. “They are trained to respond and manage situations such as cardiac arrest, respiratory arrest, airway obstruction, diabetic emergencies, heart attack, stroke, lacerations (both minor and major), eye injuries including avulsions and impaled object in the eye, broken bones, mouth injuries, nosebleeds, snake bites, allergic reactions including the use of an epi-pen, hypovolemic shock, fainting, seizures, asthma attack, poisonings, amputations, stab wounds, gunshot wounds, burns (thermal, chemical, electrical), heat and cold emergencies, pool fouling’s, and more. There’s a lot not only for the guards to know, but to know well enough to effectively and accurately respond, especially under pressure. They have to be well-rounded in all of their skills. The scenarios are a complete surprise during competition. We never know what the coordinators will challenge us with.”

The City of Kerrville would like to invite the public to attend in-service on Friday, July 28<sup>th</sup> at 9:00 a.m. to observe the guard team practice as they prepare for State. In-service will be held at the Olympic Pool at 601 Olympic Drive. All are welcome to attend.



Kerrville Competitive Guard Team  
Pictured from left to right:  
Carlos Nava, Wren Vogel, Jacob Pierz, and Courtney LaQuey



Above Carlos Nava and Courtney LaQuey begin providing care for a possible spinal injury guest during the Central Texas Lifeguard Competition held at the Landa Park Aquatic Complex in New Braunfels.