

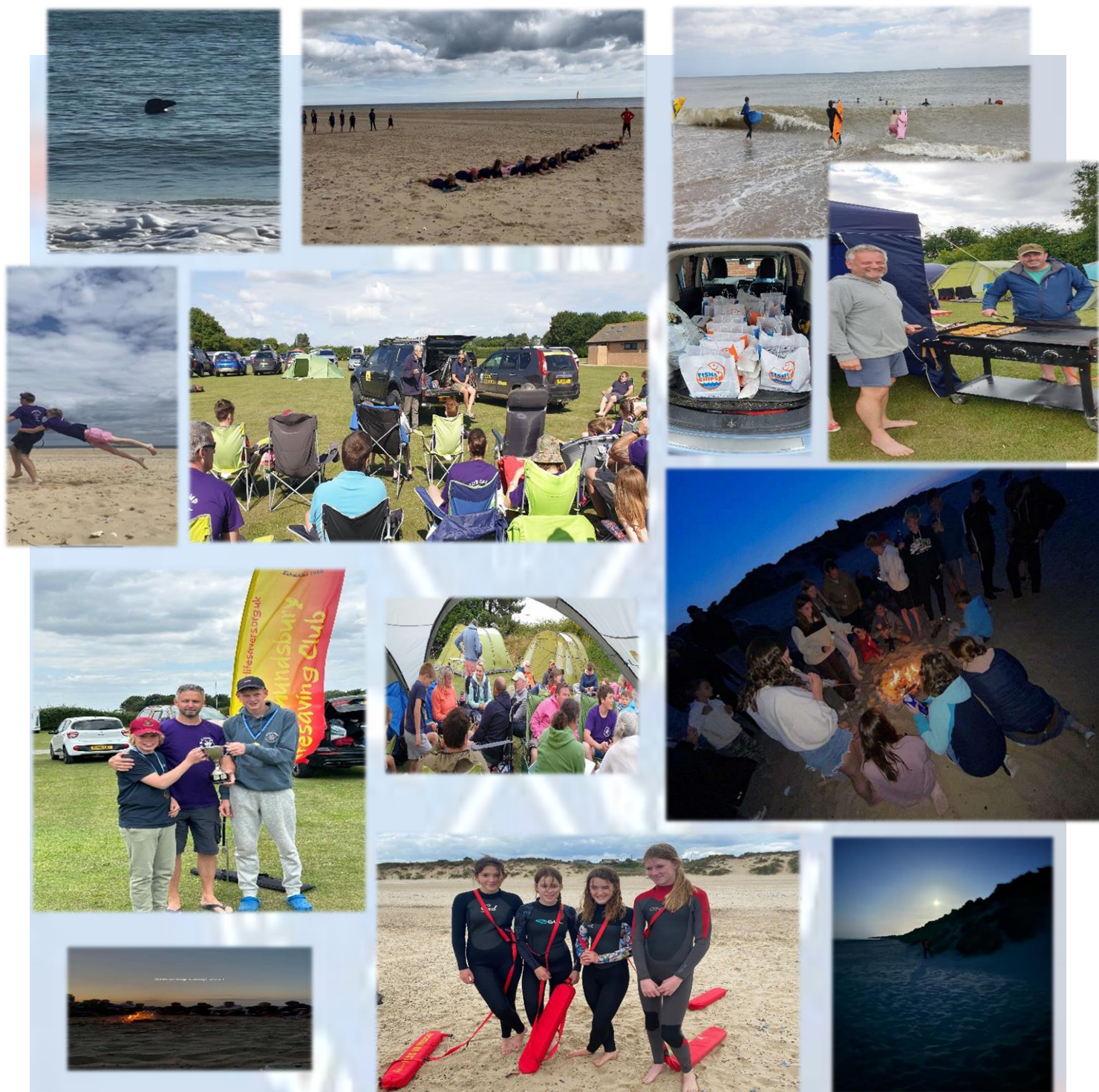


Welcome back to another lifesaving year! We hope you all had a safe and enjoyable summer in and around the water. This term sees the older members starting the new Lifesaving Academy Bronze medallion award. This award recognises the heritage of the RLSS and links lifesaving to lifeguarding, so we hope you all enjoy the award. It is also great to welcome new members to the club and as always if you have any questions please speak to your trainer or committee member on a Sunday night.

Club Camp Special

Our annual family camp took place over the weekend of the 2nd & 3rd July with around 60 members and families joining us at Hemsby. We set up on the Friday evening and it was great to see the increasing number of tents being erected and the kids playing while we waited for the Fish & Chip order. As always, the local chippy did us proud with everyone heading off to bed with full bellies! Saturday morning started with the smell of bacon across our area, and we headed down to the beach for a day of Beach flags, rounders, tug of war (always a favourite) and of course open water lifesaving – where we were joined by ‘Sammy the seal’ our camp mascot. The evening BBQ and quiz was followed by us heading back down the beach for a camp fire, music and marshmallows. Sunday (after more bacon!) we were joined by *Friends of Horsey Seal Rescue* for a talk on their work and the seals we see along the Norfolk coast. Back down the beach and the waves were bigger today, and pairs competed in the Bob Myles Open Water Challenge (see below) with a fantastic effort by everyone. As always, our thanks go to local businesses ‘**St Edmunds Butchers**’ for our meat discount, ‘**Krazy Horse**’ for lending us their BBQ and ‘**Practical van hire**’ who gave us a discount. Thanks also to all the trainers, families and members for making it another memorable camp and we look forward to next year already!





Well done to everyone and thanks to my timekeeper & in the water support! Well done to Thomas & Harry this year's winners of this years Bob Myles Open Water Challenge!

Pair	Flags Points	Lifeguard Fitness	Paddle Board	Rope Throw	Torpedo Rescue	Overall	Position
Josh & Rhys T		2=	4	1=		7	
George & Ryan	1	4	3=	1=	3=	12	3rd
Thomas & Harry	4	5	5	3=	5	22	1st
Grace & Isla		1=	1		3=	5	
Issy & Charlotte	3	2=	3=	5	4	17	2nd
Ethan & Oskar	5					5	
Tilly & Emily				3=	1	4	
William & Rhys				4	2	6	
Matthew & Albert	2	3	2	2		9	
Spencer & Henry		1=				1	
Eva & Max						0	



Lake Swimming....

In the late July rain, we had our first club experience of lake swimming thanks to the Nutty Mermaids (visit: [Open Water](#) | [Nutty Mermaids](#) | [West Stow](#) for more details). We ran two sessions giving members the opportunity of trying still, open water. It was a great success and although the banks of the lake don't lend themselves to lifesaving rescues, getting in and swimming in nature was enjoyed by all. We will definitely look for more sessions. Thanks to Jodie and the Nutty Mermaids for the opportunity!



Felixstowe Open Water



A small group joined us at Felixstowe on a beautiful morning (which ended up clashing with the world cup final). We were also joined by members of Sudbury LSC, with everyone enjoying a warm sea and the sunshine!



Events/ Diary Dates;

Sheila Norman Branch Open Water Competition – Felixstowe 24th September

Half term break, No Lifesaving – Sunday 22nd October

Christmas Cracker Fun Competition & Last night of term – 17th December