



Jan 24

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Issue; 48

Happy new year and I hope you all had a great Christmas holiday! Welcome back to club and the opportunity to burn off some of those Christmas goodies! This term the Rookies will continue to work towards more awards and the Lifesaving academy group should see our first exams under the new syllabus. We will also be looking at planning our annual camp so watch out for the email!



Congratulations
to Wills and Sarah on
completing and
receiving their 'Make a
Splash' medals and
certificates. *Well Done!*



Club Camp 2024

**More details
coming soon!**

Local Rescue...

Just before Christmas, Richard and his wife Mandy were walking the dog along the River Lark when 2 cyclists pulled up to them for a friendly chat. One of them remarked we are 'taking it easy today as we don't want to end up in the river'. Off they went and about a minute later Richard heard screams of 'Help, Help!' They both headed towards the shouts, letting whoever it was know someone was coming! Richard said he was already thinking of a rescue plan and what he might have to remove whilst heading towards the problem. He decided wellies and heavy jacket were coming off 'if I need to get in and use my jacket as a reaching aid!' Luckily, as he arrived he could see one of the cyclists had come off into the river and the other one had managed to grab her wrist. Both were panicking and weren't sure how much longer they could hold on! 'I quickly moved the bike out of the way so I could get a good grip to pull the casualty from the water. Once out, she couldn't feel her legs and whilst she hadn't been in the water very long it was only about 8 degrees and she was clearly suffering from shock'. Richard managed to calm them both and helped keep her warm whilst her friend arranged for some family help to come and get them.

It goes to show, you never know when you may need to use your lifesaving skills! Richard is pleased to say he saw them later being picked up and all was well!

Below is what the River looked like!



Christmas Cracker 2023

The last night of term saw our Christmas Cracker competition! The fun team competition saw a mix of Rookies & Academy members mixed to compete for the trophy in events from 'Fill Santa's Sack' to 'Round up the Reindeer'. As always, it was great to see the older members supporting the younger ones and hopefully everyone enjoyed a great evening. We saw some interesting techniques in some of the games, particularly when paddling the boat across the activity pool to 'Deliver Santa's Presents' didn't we Anya and team...

It was also great to see so many spectators to cheer the teams on and sometimes laugh! My thanks to the trainers for thinking of the games and organising the night as always and to our helpers scoring (Kate, Sarah and Elsie). Our overall winners for 2023 were the Julians – Harry, Maddie, Hannah, Milo, Felix, Oliver and Max.

Well done to everyone!

Game	Trainer	Team no	1	2	3	4	5	6
		Team Name	Julian's	Crampers	Christmas Julian's	Pigs in Blankets	The Nutcrackers	Six Baubles
Fill Santa's Sack	Neve	time	5m7s	8 5m48s	2 7m15s	1 5m34s	6 4m45s	10 5m36s
Deliver the presents	George	time	2m35s	10 4m1s	2 2m49s	8 6m	1 3m25s	4 2m51s
Down the chimney	Richard	time	5.00.31	8 5.07.91	6 4.11.05	10 5.18.09	4 5.20.22	2 5.26.00
Build the tree	Rhys	position	1	10	2	8	5	2
Pour the wine	Millie	position	1	10	3	6	2	4
Hat relay	Richard	position	1	10	2	8	3	6
Round up the reindeer	George	position	5	2	2	8	1	10
Pull the sleigh	John	position	1	10	3	6	4	4
Total Score				68	46	48	27	37



Events/ Diary Dates;

February Half term break – no lifesaving 18th February

Last night of term – 24th March

Summer Term starts – 21st April