



Welcome Back & Happy New Year! We start this term looking forward to getting back into the pool and getting some exercise, working towards finishing the awards we almost completed last term. The Rookies will be completing Achievement 2, Bronze 3, Communication award and Rookie Life Support awards, with Survive & Save groups finishing off elements of Bronze, Silver & Gold! It is also good to see some new members joining both Rookies and Survive & Save classes, and I hope you enjoy being a member of the club! **Rick**



National Championships 2016

Back in November the East Region competed in the National finals of the Lifesaving Championships at Ponds Forge in Sheffield.

The team (above) included 4 club members, Natalie & Molly in the Jnr Girls and Rhys & Jack in the Snr Boys competing against teams from across the UK in 4 elements. This year the incident was 7 casualties needing rescuing from the water in just 90 seconds with competitors working together to keep themselves safe and ensuring the highest priority casualties were rescued first. The girls were 6th and boys 13th in this section. Next was the first-aid incident with the teams using their resuscitation skills on a manikin to ensure the casualty got help. The girls were =9th, the boys 15th. The rope rescue is about the speed to coil and throw the rope and pull your casualty to safety in the quickest time – The girls came 11th and the boys 8th. The last event is a test of speed and stamina to swim 50m (25m for the Juniors) to your casualty and then tow them back 50m in the fastest time. The girls finished 11th and the boys 16th in a fiercely competitive race. All 4 did exceptionally well in each element of the competition, worthy of being some of the best lifesavers in the UK. Thank you to all those that came along to support, it was a long day as you can see from Molly at the end of the presentation!



George, Nigel & Terry



**Nat was
asleep
out of
sight as
well!!!**

Christmas Cracker 2016

Our last night term saw all our classes join together for the annual *Christmas Cracker* fun competition, which this year was organised by Jules, Neve & Jonathan (Thank you!). Once the group was split into teams they selected their Christmas themed team name and they started Jonathan's quiz. The teams were very close, **Dancers** 19, **Heros** & **Elfsafety** 21, and equal 1st with 22 points were **Mistletoe** and **Nuts**. The teams headed down to the pool for the first race 'Super Sleigh Relay' where they had to use the body boards over one length, swapping the Santa hat between them. The first team to finish were Nuts, Elfsafety 2nd, followed by Heros, Dancer and Mistletoe. We stayed in the main pool for the Rudolph Relay where the teams collected more members and Christmas bits as they 'towed' each other up and down the pool. This was won by Elfsafety, Heros were 2nd and Nuts 3rd, Dancer 4th followed by Mistletoe.



The teams rotated around the next events, '**Down the Chimney**' racing down the flumes, won by Dancers who also played their Joker! '**Stuff the Stocking**' grabbing as much as possible from the pool which Nuts won again with a well played Joker! '**Mulled Wine Mayhem**' needed a steady hand to transport the cup across the pool without spilling it, with Nuts & Mistletoe sharing first place. '**Winter Warmer**' saw the teams dressing up as they swam numerous lengths,

getting heavier as they went! The winning team was Mistletoe.



It was a fun night with '**Nuts**' finishing as our winning team for 2016! Well done to everyone, particularly team '**Nuts**' - Sallie, Elizabeth, Jasmine, Tom, Mollie, Eva and Jamie.

Jules, Neve & Jonathan



Events/ Diary Dates;

Half term break (no Lifesaving) 12th February

Last night of term – 26th March

Remember our website is great for all club information, and follow us on

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