



Annual Club Pairs Competition



Some of the Rookies competed in their first competition at the end of term, experiencing an unknown incident, putting the skills they have learnt to the test with great success! A Rope throw in the fastest time followed, before a Swim & Tow...a long way for some of our smaller Rookies. Everyone did really well and enjoyed the evening. The full results are available on the website, but this year's Champions were Holly & Ella, 2nd Eva & Emily and 3rd Joseph & Philippa.



The more experienced senior competition was a close affair, and again some of the newer club members seemed to enjoy their first time in competition. This year the winners were Sallie & Molly, with Joe & Sam 2nd and Ella & Elizabeth 3rd. A really well done to everyone for showing some excellent lifesaving skills!

ROOKIE Awards!

Well done to all the Rookies who have passed their awards...

Achievement One – Isobelle, Charlie, Sam, John, Sam M, Lucian,

Achievement Two – Isobelle, Charlie, Harry, Sylvia, Sam, John, Tom, Sam M, Joseph, Savannah, Phillipa, Lucian, Rosie, and Alfie

Bronze 3 - Rosie Wallace, Holly Attwell, Ella Garrard

Communication – Ella Garrard

Rookie Life Support – Jamie Raja, Emily Golding

Survive & Save...

Silver Core & Medallion – Erin, Zoe, Peter, Charlotte, Jasmine and Ciara

Bronze Core & Medallion – Kian, Dan, Oliva, Abbi, and Zaffron

See your Trainers to organise getting certificates and badges!

A reminder...Those members who have conditions that may require medication whilst at lifesaving (such as Asthma) should remember to have it with them during club activities. Better to never need it, than not have it with you!

Swimming the Channel!

We would like to share with everyone the very brave, challenging, and totally inspiring experience that Richard and George have signed themselves up for.

They are taking part in the **East and West Channel Swim** Challenge, during July 2017, date dependant on the weather, and even their GPs have declared them fit to swim!!

There will be two teams, consisting of six swimmers in each team, who will swim across the English Channel from England to France, Dover to Calais. The teams are based in East Suffolk and West Suffolk and are mostly paramedics, with two lifesaving trainer/assessors thrown in for good measure, namely Richard and George. During the event, there will be one swimmer from each team in the water at any one time, swimming for an hour before returning to the support boat and passing the baton. They will NOT be wearing wet suits or arm bands!!

So, at least 22 miles of fish, including jellyfish-infested water and container shipping everywhere.....

The swimmers are hoping to raise as much money as possible for two great charities. These are: **The Ambulance Wish Foundation UK**, which aims to help terminally ill people to fulfil their final wish. They are raising money for their first specially designed ambulance to transport these people in safety and comfort, with appropriately trained volunteer staff. **The Ambulance Staff Charity (TASC)** support working and retired ambulance staff and their families when facing difficulties or unexpected circumstances. They offer financial aid, advice, rehabilitation, and support for those with poor mental health. They help those who save lives!

If you would like to see how the training is going and donate to the worthy causes please log on to the **Virgin Money Giving page, East and West Channel Swim**. Everyone involved in St Edmundsbury Lifesaving Club would like to wish Richard and George the very best of luck, you are truly inspirational.

Nigel & Sarah

Events/ Diary Dates;

Summer term starts back – Sunday 23rd April 6pm

Club AGM (Please support this) – 4th June 6pm

Annual Club Camp – 24th & 25th June – more details on the website!