



St Edmundsbury Life Saving Club

e-Newsletter

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www.stedmundsburylifesavers.org.uk

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Welcome back! I hope you had a good Christmas and are looking forward to another great year of Lifesaving! Please enjoy your classes and don't forget if you have any suggestions about how we can improve or if you can help support the club's activities, please come and see me or email via the website! **Thanks Richard**



A Christmas Day at Felixstowe! I'm not sure why, but club members Nigel & Sarah and Charlotte & Sarah took the plunge on Christmas Day along with many others to raise money for charity. Christmas outfits and hats aren't much insulation for the cold water (Sarah's wetsuit was a better plan!). Very well done to you all! **George**



Club Camp

Hemsby 2019

Following another great camp last year we will be heading back to Hemsby again this year. It would be great to see as many of you as possible....**please save the date:**

28th – 30th June



Classes & House keeping

Some of you will have moved classes this term, this helps us balance our classes and keeps you progressing through the awards. Please chat to your trainer if any of this causes any concerns as we can be flexible!

As we start the new term could we remind members of a few of things:

- Please remember to bring ALL your clothes to swim in every Sunday
- Jewellery should be removed before entering the pool
- Please remember to remove outdoor shoes before entering the changing rooms

Thank you

Christmas Cracker 2018

The last night of term saw our annual team Christmas Cracker competition with 6 teams, and over 55 members, plus spectators watching as everyone competed in Christmas themed events.

The first race was a straightforward Hat relay with team 'Mr Claus' coming home in first place. It was then time for a Mince pie delivery with some teams more careful than others! First team back was 'Santa's Reindeer' and they were also awarded bonus points for the best kept pie!

A Sleigh ride was easy for one team member, but lots of towing for others as the teams had to collect team members at each end of the pool, well done 'Santa's Reindeer's' with 'Candy Canes' 2nd and 'Mr Claus' 3rd. Using the ropes our next game was 'Sleigh Pull' and again saw the strain being taken by 1 team member, pulling their whole team in, with 'Candy Canes' showing their strength. A 'Sack relay' saw more lengths and 'Santa's Reindeer' winning again. The traditional 'Boat race' themed as a sleigh relay was won by 'Mr Claus', and the 'Christmas Present relay' was won by 'Candy Canes'. 'Santa's tippie' was great to watch for the spectators, all the teams carefully moving the 'tippie' across the pool with varied strategies...the 'Christmas Sleighs' seemed to have the best technique and won this game. The final game in the small pool saw teams 'Dash' down the pool as quickly as possible, well done to the 'Christmas Sleighs' again who were making a late dash for the shield!

It was a fun night and my thanks to all the team captains, team helpers, Kate, Sarah & Hannah for the scoring and of course our 'little Elf' and the spectators. The final positions for 2018 were:

1 st	Santa's Reindeer
2 nd	Mr Claus
3 rd	Candy Canes
4 th	Christmas Sleighs
5 th	Sexy Turkeys
6 th	Snowy Sprouts

Thanks again and well done to everyone. **Richard**



Events/ Diary Dates;

Half Term no classes – Sunday 17th Feb

Last night of term – Sunday 31st March