



ROOKIE Success

We hosted the 2015 Branch Rookie competition on Sunday 22nd November with 11 Rookie Pairs from Sudbury, Deben, Ipswich and Bury competing to become champions. This year saw the pairs have 90 seconds to show their Lifesaving Skills to save as many of the drowning casualties as possible. Kian & Archie narrowly beat Ciara & Erin to be first & second respectively. Our other pairs Correy & Mason and Grace & Zaffron came =5th, Holly & Ella 7th.

The Rookies then had a first-aid incident to deal with, performing Adult resuscitation, calling 999 and putting a casualty in the recovery position. Ciara & Erin scored an impressive 88/100 to come 1st. Grace & Zaffron came 2nd, Holly & Ella 3rd, Kian & Archie 4th and Correy & Mason 6th. Next was the Rope Throw against the clock with the Sudbury pair winning, and although Kian & Archie would have been top, but for an earlier reach for the rope and came 7th! Our other teams came Ciara & Erin 2nd, Holly & Ella 9th, Grace & Zaffron 4th and Correy & Mason 5th. The final event was a Paddle Board relay over 1 length & saw Ciara & Erin winning, Mason & Correy 3rd, Holly & Ella 4th, Kian & Archie 7th and Grace & Zaffron 10th. It was a great success with many of the pairs competing for the first time and all did a fantastic job. Thanks to everyone that helped make it a success and our teams finished as follows;

1st and Branch Champions,

Ciara & Erin

Kian & Archie 2nd

Correy & Mason 5th

Grace & Zaffron 6th

Holly & Ella 7th

Well done to you all and thanks to everyone that bodied, judged, added up the scores and supported! George



Awards this term...Members have been busy working towards various awards and levels this term. The Rookies have been completing their Communication, Bronze & Silver awards. Paul's Survive & Save have almost completed their Life Support and many are well on their way to Bronze Core and Medallion. George's group have worked towards their Life Support 3 and the newer members are completing their Silver Core & Medallion while the top group have worked really hard to complete their Gold Core and Medallions (the first in the club). Watch out for the award slips and order to make sure yours is here for the presentation evening! Well done to all!

The Trainers

Richard's Christmas Message...

With this being the last newsletter of 2015 I would like to wish you all a very Happy Christmas and prosperous new year on behalf of the committee and trainers. We have already set the date for next year's club camp, which will be at Hemsby on 9th and 10th July. We will confirm future details early in 2016. Also, if anyone is interested in joining us for next year's Great East Swim which takes place on Saturday 16th June at Alton Water please let us know via our Facebook page (or speak to me or George on club nights). And finally, it would be great to finish a brilliant year off by reaching 100 likes on our Facebook by the end of 2015 so over to you and your family and friends!

See you all on Sunday 10th Jan 2016

Richard

National Recognition!

Each year the RLSS present awards to branch members for their work locally & regionally for clubs and for the RLSS. This year Kate was awarded the *Certificate of Recognition* for her work within the club. George received the *Medal of Distinction* for his notable contribution to the work of the society. Both of these were presented by Branch Chair Dave Pearsons at our Rookie competition. Jonathan went to the Guildhall in London over the summer to pick up his *'Young Lifesaver of the Year'* award which is a first for SELSC and a fantastic achievement for our Club Captain. This recognition is very well deserved and I'd like to add my personal well done to you all. **Rick**



**Have a Very
Happy
Christmas
From all at**



**Did you recognise the
Dummies in the last issue?**



Neve & Millie!

Events/ Diary Dates;

New Term starts 10th January, No Lifesaving – 14th February

Award Presentation Evening – 6pm 28th February

Last LSC – 20th March, New Term starts back 17th April