

ERITH & DISTRICT SWIMMING CLUB.

N E W S L E T T E R

No. 1

February 1969.

Secretary's Notes.

We have now been at Riverside Baths for six months. Our training section has improved and we hope very shortly to have a friendly match with another Club. Whether or not we win, we think it will be good encouragement for our swimmers so it is hoped that you will all train hard.

Our "Ducklings" class is progressing well and most of them have learnt to swim and are being taught strokes other than breaststroke, which is always the first stroke to be taught. Those of our Ducklings who learnt very quickly were put into a higher group in order that the beginners could have more attention.

For every member who does not re-join us in May, another applicant will be brought in and the classes will then be re-organized. All classes are stationary at present and will remain so until our next financial year, which commences in May.

D. S. Firmin.

We would remind members that we always like to hear any complaints (which we hope are few, if any), or queries and to get them straightened out right away. Mr. Firmin, Secretary, or Mrs. McArdell, Assistant Secretary, will be only too pleased to help.

The "Crazy Nite" held on the 6th December proved to be popular so it is proposed to hold another shortly. The provisional date fixed is Friday, 18th April.

Achievements.

The following swimmers have all been awarded certificates or badges since we commenced at Riverside Baths.

Stage I of the Joint National Swimming Award.

Jill Amos	Christine Jeeves
Petina Beecham	Ian Ruddy
Ann Bennett	Joyce Ruddy
Janet Duffield	Mariska Smulders
Jacqueline Dyson	Gillian Watling
Martin Harvey	Anne Watson
	Gillian White

One Length.

Shirley Barton	Elaine Godley	Yvette Long
Melinda Bennett	Carol Green	Patricia Mount
Carole Chambers	Janet Green	Carol Newman
Susan Chambers	Susan Griffiths	Christine Parkes
Michael Dent	Jayne Hamilton	Sharon Pounder
Sandra Dent	Susan Higgins	Diane Tindall
Sandra Frost	Christine Jones	Shirley Watson

One Width.

Kim Chambers	Adrian Smith
Stephen Chambers	Ian Thomson
David Gee	Kim Wilmot.
Malcolm Sanders	

Certificates for one width and one length will be swum for on the first Friday of each month. Members wishing to swim for a Certificate should please give names to their teachers before each event.

Swimming.

A series of three turns for swimmers.

No. 1 Breaststroke Turn.

It is essential for the competitive swimmer to be able to execute a good turn at the end of each length, for races are won, and lost, at the turn. Practise makes perfect, so remember, practise.

At the turn in the breaststroke race, both hands must touch, swim into the wall, never glide, about turn, deep breath, head under, place both feet on the wall, a little way apart, push and glide from the wall under the water, then one arm movement and one leg movement under the surface are allowed, no more. You should be on the surface by now, swimming to win.

Ice Show.

In spite of the bad weather on Saturday, 3th February, a party of Club members, their families and friends attended "Dick Whittington on Ice" at The Empire Pool, Wembley. Two coaches went and a very enjoyable time was had by all.

Social Section.

The Club has recently formed a Social Section (organized by Pam and Alan Bedford). A Social Evening is to be held on Saturday, 1st March at The Club Room at Riverside Baths from 7.30 p.m. - 10.30 p.m. Admission will be strictly to members and their families 1/- adults, 6d. children. Do please come as there will be something to suit everyone.

It is hoped to have more social events for Club members and their families and anyone with any bright ideas should approach one of the Club officials with their suggestions.

Male.

crack suits. One red, size 12 and one
a, boys medium size. (Pam would welcome offers).

is swimsuit. Worn twice. Size 14 (long)
coloured. (Please see Mrs. Firmin).

ever members have any articles to advertise here,
pure issues, please let us have particulars.

Wors.

rch Social Evening at The Club Room,
Riverside Baths.

ril Annual General Meeting. A film
show on swimming will be given
after the Meeting. All members
will be notified of this in due
course and anyone with any
questions or ideas will have the
opportunity to put them forward.

ril Crazy Nite.

idges are available, for swimmers only.
adge for costumes or blazers - 6s. 0d.
adge - 4s. 0d.

hope members and parents will find this
eer of interest and as we hope to have further
we should like to hear from you with your
d comments.