

ERITH & DISTRICT SWIMMING CLUB.  
NEWSLETTER.

No. 2.

March, 1969.

Secretary's Notes.

Our present members will have the opportunity during the month of April to re-join the Club for the next year, commencing 1st May. If you have not paid your subscription by the 1st May we shall assume that you do not wish to belong any more and shall let more new applicants into the Club.

As Training Clubs are being formed in the Borough of Bexley, I should like to remind our members that you can only be "first claim" to one Swimming Club. If you wish to join the Bexley Borough Club, then you must send me a letter of resignation.

There will be no swimming on Good Friday, 4th April, as the Riverside Baths are closed, but please come along to give your support to our first Friendly Match between Swanscombe Swimming Club, on the 11th April at 8.00 p.m. Some of our swimmer's Groups I and II will be competing. We hope to see you all on Friday, 18th April too, when we are holding another "Crazy Nite". Bring your parents and friends to watch the fun.

D. S. F.

SOCIAL SECTION. Our Social held on the 1st March at the Club Room was enjoyed by all and we hope that we shall see more members and their families at the next. We made a small loss at this function, mainly because it was a "try out" in order to raise funds for the Social Section, we propose to hold a Jubilee time in May. We hope to book a hall in Erith, but no definite arrangements have yet been made. Will all members please let us have any old clothes which are no longer of use to them. All items can be handed in at the Club to Mrs. Bedford or Mrs. Firmin who would also be glad to hear from a friend to assist on the stalls. Arrangements can be made to collect jumble, if you wish. We need your support for this so start turning out all that old junk at the Spring Clean, Mums!

Wanted. Fancy plastic or glass containers with screw tops or stoppers or bubble bath containers would be ideal.

Found. One silver identity wrist strap with tassel - no name.

ACHIEVEMENTS. The following have been awarded certificates during the

One Width. Michele Barnet  
Julie Frost  
Barbara Lassenby

One length. David Gee.  
Angela White.

The following have passed the Joint National Swimming Award :-

Stage I.

Christine Benbow  
Jill Edmiston  
Gillian Fitnum  
Clive Garrett  
Graham Poole  
Perry Tidball  
Patricia Topp  
Nigel Trent.

Stage II.

Jill Amos  
Petina Beecham  
Christine Benbow  
Ann Bennett  
Jacqueline Dyson  
Clive Garrett

Martin Harvey  
Christine Jeeves  
Graham Poole  
Ian Rutty  
Joyce Rutty  
Mariska Smulders

Perry Tidball  
Patricia Topp  
Nigel Trent  
Gillian Watling  
Anne Watson  
Gillian White.

## SWIMMING.

### No. 2. Front crawl tumble turn.

#### Learning the turn.

- 1) Practise a slow somersault as the wall is approached and then add a push off from the wall on the back.
- 2) Practise the somersault and twist in deep water away from the wall.
- 3) Practise this slowly at the wall.
- 4) Speed up the somersault movement and endeavour to perform the half twist a little earlier.

If the wall is touched before commencing the somersault, one will be too close to successfully complete the movement.

Provided that some part of the body touches the wall, the turn is permitted in competitive swimming.

#### Swimming.

Again, remember, a race is not complete until the wall is touched with a so, swim hard into the wall every time - never glide in.

P.A. Davison

#### Swimming.

Over the passing weeks, the Life Saving Class has been progressing very well, although there are not as many members as I expected there to be. I hope to see children entering for Life Saving as it is very useful to them, and to parents who have no need to worry about them. At the moment we have sixteen members, which is quite good. During the next four weeks the following members will be receiving the Silver Award and Bronze Medallion. I wish them luck in everything they do.

Margaret Bibby	Paul Matthews	Ian Ruddy
John Bloss	Carol Moyse	Theresa Walker
Johnne Freeman	Mandy McConnell	Anne Watson
Christine Jeeves	Kevin Roll	Julie Wright.

Congratulations to all the Group I and II swimmers on receiving the bronze and silver awards. Numbers in all, 23 Bronze - 18 Silver. In the short time we have been at Riverside Baths, we have achieved a great deal in awards and swimming. We have a great future ahead of us, the first thing being the match on the 11th April against Swanscombe Swimming Club. Let's knock 'em out at the events, so that all other Clubs will think again! We have got a meeting after the Annual General Meeting on the 8th April showing all strokes and a lecture. I would like to see all the boys and girls in the Club there, and their parents as well. Remember the motto "Swim to health and be happy".

"Charlie" Coad

#### REMEMBER.

Tuesday, 8th April	Annual General Meeting at Club Room, Riverside Baths, followed by a film show on swimming.
11th April	Friendly Match with Swanscombe Swimming Club. 8.00 Riverside Baths.
18th April	"Crazy Nite" 8.00 Riverside Baths. Members only.
May	Jumble Sale. Social Night.

Club badges are available, for swimmers only. Cloth badge for costumes or blazers - 6s. Od. Lapel badge - 4s. Od.

Annual Subscriptions: Adults - 15s. Od. Juniors 10s. Od.