

ERITH & DISTRICT SWIMMING CLUB.

NEWSLETTER.

No. 3.

May, 1969.

Secretary's Notes.

Congratulations to our team on our two recent matches. They did a very good job in beating Swanscombe S.C. on the 11th April and they put up a very good show against Sevenoaks S.C. on the 22nd May, but they beat us in a very close fight. At Sevenoaks our swimmers had to contend with extra turns in the various events and this is where they lost time. However, we hope to put this right when we have the return match at the Riverside pool.

Our Annual General Meeting was held on the 8th April in The Club Room and was followed by some very interesting films on swimming. I wish more younger members had been there to see them.

Most of our regular members have re-joined us so we shall shortly be letting new members into the Club and these will be taken in rotation from the waiting list, which is still very lengthy. All classes have been re-organized and as Groups 1 and 2 are full, vacancies will be filled in Groups 3 and 4.

The Groups are as follows :-

<u>Group.</u>	<u>Taken by</u>	
1.	Mr. Derrick Firmin and Mr. Charlie Coad	8.30 - 9.15. This Group is strictly a training group.
2.	Mr. Alan Davison	8.30 - 9.00
3.	Mr. Alan Davison	8.00 - 8.30, at the deep end of the pool.
4.	Mr. Ken Bardell & Mr. Peter Mount	8.00 - 8.30 in the middle section of the pool.
5. (Ducklings).	Mrs. Pam Bedford & Mr. Allan Bedford.	8.00 - 8.30 at the shallow end.

Adult Section. 9.00 - 9.30. We should like to see a few more parents join in this section.

We are holding Points Cup races for all members on the first Friday in each month. 6th June will be for breaststroke. 4th July - front crawl, 1st August - back crawl. These races are divided into age groups - under 11, under 13, under 16 and over 16. All members are expected to take part. Points are awarded for the fastest in each group: 5 points for first place, 3 for second, 2 for third. All members competing will be awarded 1 point. Cups are awarded to the boy and girl who obtain the most points. There are also two cups for Ladies and Men. PLEASE NOTE THAT THERE WILL BE NO CLASSES FOR DUCKLINGS ON THESE EVENINGS.

D. S. Firmin.

CLUB ACTIVITIES.

Our first match was on 11th April against Manscombe S.C. All our members did extremely well and we had a real walk-over. This was a good boost for the morale of the Club, but perhaps when we are swimming in their "cold" pool later in a return match, they will walk-over us!

On Thursday 22nd May we were lavishly entertained to a match by Sevenoaks S.C. Although our swimmers were beaten, the result did not do justice to the effort put up by them. We hope to have a return match with Sevenoaks in about a month's time at Riverside Baths. Refreshments were very kindly provided for us at Sevenoaks, and these were most welcome. Two coach loads from the Club visited Sevenoaks, one for competitors and the other for parents and friends and it was good to see we had such keen interest amongst the parents.

Crazy Nite on the 18th April was a lot of fun and a welcome break from routine classes.

ACHIEVEMENTS.

The following have been awarded certificates since our last Newsletter:-

<u>One Width.</u>	Vivienne Harvey.	<u>One Length.</u>	Michele Barnet
			Malcolm Sanders
			Ian Thomson
			Kim Willmott.

A.S.A. CENTENARY C.L.A.

The Amateur Swimming Association sent the Club two invitations to this event which was held at The Crystal Palace Sports Centre on Thursday, 15th May in the presence of H.M. The Queen and Princess Anne.

Mrs. Firmin and Mrs. Mc Ardell attended to represent the Club and report that they had a very enjoyable time and only wish more members could have been present on such a great occasion.

SOCIAL SECTION.

Our Jumble Sale held at St. John's Hall, West Street, Erith on the 10th May was a great success. I would like to thank all members and parents who contributed jumble and also the helpers who so willingly came along to sort the jumble and to serve. The result of this marvellous effort was a total of £35. 4. 7. to add to the funds.

We think it would be a good idea to have a Club outing to the coast one Saturday, but before arranging anything we should like to have a rough idea of how many people would be interested. Please let us know if you are interested.

Pam Bedford.

SWIMMING.

No. 3. Back Crawl Turn.

- (1) This is a blending of a half back somersault and a half twist.
- (2) It should be practised to the exclusion of all others.

Learning the Turn.

- (1) Practise back somersaults with tuck in deep water.
- (2) Practise the approach to the wall at speed with the head thrown backwards as the touch is made.
- (3) Practise the somersault against the wall, followed by a push off and glide on the front.
- (4) Practise the somersault and twist in deep water away from the wall.
- (5) Try the turn slowly at the wall.
- (6) Practise the turn with either hand.
- (7) Practise the turn on every length swum.
- (8) Practise swimming hard into the wall.

NEVER GLIDE IN.

Finishing.

The race is not complete until the wall is touched with a hand and then, as in the turns, the body must be on the back.

T. A. Davison.

FOUND: Girl's purse - green and red tartan.
Still unclaimed - silver identity bracelet. No name.

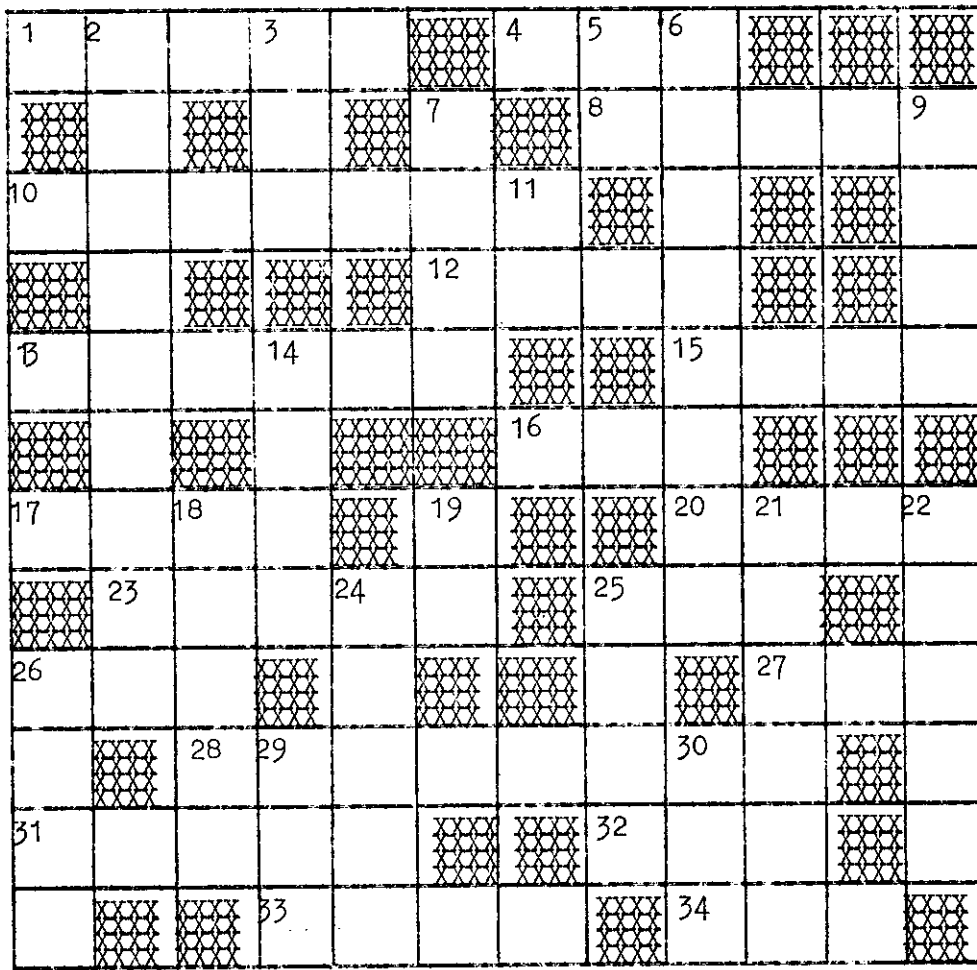
As you will have noticed, we are introducing Club costumes in red and white stripes. We think it would be rather nice to see all members in these costumes eventually (especially the team) so if you are thinking of buying a new costume, why not have the Club colours? Mrs. Firmin will be pleased to take orders.

REMINDERS.

First Friday in
June, July and
August.

Points Cup Races.

CLUB CROSSWORD.



CLUES.

Across.

- 1 & 4, Across, 6 Down,
- 28 & 20 Across. That's us.
- 4. See 1 Across.
- 8. Stopped the squeak.
- 10. See 13 Across.
- 12. Mislaid.
- 13 & 10. When we meet.
- 15. Contest of speed.
- 16. Go by water or snow.
- 17. Husband's partner.
- 20. See 1 Across.
- 23. Dig.
- 25. Eaten.

- 26. Meal.
- 27. Used for catching fish.
- 28. See 1 Across.
- 31. Foolish action.
- 32. Full stop.
- 33. Information.
- 34. Question.

Down.

- 2 & 22. Where we meet.
- 3. X.
- 5. Negative.
- 6. See 1 Across.

- 7. Solely.
- 9. Plunge.
- 11. Green light.
- 14. One way to settle a quarrel.
- 18. Sumptuous meal.
- 19. Myself.
- 21. From shallow to deep.
- 22. See 2 Down.
- 24. Necessary for speech.
- 25. Sour.
- 26. Combined effort.
- 29. Come first.
- 30. At this moment.