



## SWIMMING:

When swimming in a race, the following points must be strictly adhered to :-

1. Breast Stroke Race. 1 arm pull, 1 leg drive are allowed under water, when commencing the race, and following the turn at the wall.

At the finish of the breaststroke race, the touch must be made with BOTH hands on the wall, or scum trough. Keep your hands well up near the surface.

2. Back Crawl Race. At the start of the race, make sure your feet are placed well up on the wall, your arms bent at the elbow, head near the wall.

At the end of the back crawl race, make sure you are still on your back when you touch, one hand to touch the wall is all that is required. If you twist on to your side you may be disqualified. At the turn make sure you are on your back before pushing off.

3. Front Crawl Race. Tumble turn at the wall, don't swim too close, commence the turn an arms length away, your feet should touch the wall as they flip over.

In a front crawl race, the tumble turn should be used and practised to the exclusion of all other types of turn. Use this turn on every length swum. The touch is made with one hand.

T. A. DAVISON.

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WE should like to remind members that they can only be "first claim" to one Swimming Club. If you do wish to swim for another Club, then you must send a letter of resignation to the Secretary.

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WE have pleasure in announcing the birth of a son, Colin, on the 22nd October, to Mrs. Jacqueline Lawrence who has been a staunch member of the Club for many years. Congratulations Jackie. (Another Duckling!)

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WE hear that Denise Dix, a member of Group 1, swam well at the St. John Ambulance Gala at Bromley earlier last month, coming first in the girls backstroke event. We like to print your swimming achievements outside Club time in the Newsletter so please let us hear if you win any races at school Galas, etc., or if you obtain any swimming badges.

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PARENTS may like to know that a new type of track suit has just been brought out. Made by "Discus", the suits are made of nylon with a fleecy backing - ideal for winter months. Sizes range from 24" chest and the retail prices start at £3. 10. 0. The suits are obtainable through the Club, however, with 10% discount. Mrs. Firmin has one for display purposes.

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### REMINDERS :-

1st November	SOCIAL. Club Room, Riverside Baths.
22nd November	JUMBLE SALE. St. Paul's Hall, Northumberland Heath.
5th December	Return match with Sevenoaks S.C. at Riverside Baths. NO SWIMMING.
6th December	CHRISTMAS DINNER & DANCE at The Running Horses, Erith. LOST PROPERTY - Still quite a few articles unclaimed. DON'T EAT a heavy meal before swimming. REPORT any sores or marks on the feet immediately. CLUB badges and costumes are available, as usual.