



No. 8.

December, 1969.

SECRETARY'S NOTES.

It seems that I am always opening my notes on the same theme - but once again we have to congratulate our team on their victory over Sevenoaks on Friday, 5th December. We had expected to give them a good run for their money but certainly did not expect a score anything like 120 - 101 points. We really had something to toast them for on Saturday at the Dinner & Dance. Special thanks are due to Mrs. Matthews and Mrs. Pitrum for their hard work in preparing the refreshments for all the swimmers. They were greatly appreciated by our team, as I am sure they were by Sevenoaks.

We shall again be swimming against Orpington, at Beckenham baths, towards the end of January but final arrangements for this match have not yet been made.

Commencing on 2nd January 1970, all classes will begin earlier as the Club has been allocated extra time on Fridays. The new timetable is as follows :-

<u>Class</u>	<u>Time.</u>	<u>Now taken by.</u>
5 (Beginners)	6.30 - 8.00 p.m.	Mr. and Mrs. Bedford.
4	7.00 - 7.30 p.m.	Messrs. Bardell and Mount.
3	7.30 - 8.00 p.m.	Mr. T. A. Davison
2 & 1	8.00 - 9.30 p.m.	Messrs. Davison and Firmin.
Adults	9.00 - 9.30 p.m.	

A Diving class and/or land drill will be held between 7.30 p.m. and 8.00 for Groups 1 and 2. Examinations for Badges and Awards will be held between 8.00 - 9.00 p.m. on the first Friday in each month. Any members interested must please give their name to Mr. Davison.

D.S. Firmin.

THE Committee have co-opted Bill Selfe and Mandy McConnell as Vice Captains of the Club.

IT is with deep regret that we record the recent death of Mrs. Richmond who was a member of the Club for many years.

ACHIEVEMENTS.

The following swimmers have all passed the Joint National Swimming Award, Stage II, and will receive their Certificates and Badges in due course.

Ananda McConnell	Benjamin Offner	Trevor Attwood
Bill Selfe	Paul Matthews	Susan Griffiths
Janet Treadway	Valerie Crockford	Ian Titchell
Jill Edmiston	Jenny Wilkinson	John Crockford.
Carol Moyse	Melinda Bennett	

If any swimmers wish to take Stage I or II or the Bronze or Silver survival awards, please contact Mr. Davison.

ACHIEVEMENTS (Continued).

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

<u>One Width.</u>	Belinda Elliott.	<u>One Length.</u>	Amanda Dott
	Colin Rainsbury		Vivienne Harvey
			Perry Smith.

ACHIEVEMENTS (OUTSIDE THE CLUB).

Anne Tyson obtained a Silver Personal Survival Award in October at Rockcliffe Manor Primary School.

Christine Jones swam $\frac{1}{4}$ mile at Barnehurst School.

Ian Ruddy gained two Certificates at the recent Scouts Gala at The Pool - he came 1st in the backstroke event and 1st in the crawl.

Gillian and Terry Fitrum took part in a charity swim for their school, St. Michaels, Welling, recently and helped to raise £30. 0. 0. by each swimming a mile.

Well done all of you.

SWIMMING : by T.A. Davison.

The following remarks concern primarily the "A" team - "B" team please notice.

I have noticed at recent swimming matches those who are about to take part in these events, stand at the starting point almost like statues. Now this is not good for your muscles, which will be used to propel you through the water, in a few seconds time. You will also be very keyed up ready for the start, probably have butterflies in your stomach, some of you might even experience a feeling of sickness. Now, please be fair to yourselves, do obtain some relaxation from this muscle tension.

A few simple exercises at the water's edge, before you race will assist you to obtain this.

1. Arms swinging backwards (windmill fashion)
2. Arms swinging forwards (" ") Hands loosely held.
3. Bend at waist, arms and head held down, shake both arms vigorously, relax hands.
4. Bend arms across chest, fingers touching, keeping elbows bent, push arms backwards. Return arms across chest, repeat several times.
5. Stand on one leg, shake the other vigorously, relax the ankle, repeat with the other leg.
6. Breathe in deeply all the time.

One of the fundamentals of swimming is BREATHING. The following remarks concern the youngsters and the adults.

1. Breathing must be fitted into the stroke-cycle, not the other way around.
2. Some swimmers hold their breath too long, others don't breathe at all until they are forced to, or have swam a width. If you wish to swim for pleasure, racing or any activity in the water you must be regular.
3. Breast stroke.
 - (a) Arms press down, breathe in (mouth will be clear of the water when you do this arm movement).

(b) Arms bend, hold breath.

(c) Arms push forward, exhale quickly, followed by breathing in once more, repeat, on and on.

4. Back crawl.

Some swimmers think that because their face is clear of the water, there is no need to worry about breathing, this is quite wrong. You should breath in when the arm has finished its pulling and pushing movement (when it has reached the thigh).

You should adopt the same out-in method as for the breast-stroke.

5. Front crawl.

Use the same method once again - out - in quickly, it is very important in this stroke that the timing of the out-in breath is late. The smooth movement of the arms should not be broken by the breathing movement.

Do turn your head, don't lift it.

One side only, not side to side.

Do come and support your team when it races, if you are not swimming in the race, use your voice to cheer them on, it does help.

REMINDERS:

19th December General Swimming 8.00 - 9.25 p.m. No classes.

17th January Jumble Sale. St. Paul's Hall. 2.00 p.m.

January Match with Orpington.

Club Badges: Cloth - for blazer, costume or track suit
6s. Od.

Lapel Badge - 4s. Od.

Club costumes. Please give your order to Mrs. Firmin.

SOCIAL SECTION.

1st Annual Dinner & Dance.

Our first Dinner and Dance ran very smoothly and a good time was had by all. Every ticket was sold, but unfortunately a few people had 'flu at the last minute, including our President and his wife, Mr. and Mrs. Hind.

The meal was excellent, but I must apologise to any Christmas 'Pud' haters for their fruit salads mysteriously turning into the seasonal pudding.

The dancing to Jack Laurence and Orchestera was enjoyed from the youngest to eldest and the dances ranged from the Lambeth Walk to the latest.

I hope our 2nd Dinner and Dance next year will be as good as our first.

Jumble Sale.

Due to unforeseen circumstances our Jumble Sale which was to be held on the 17th November had to be cancelled. Thank you to everybody who contributed jumble.

We have now set the date for 17th January. It will be held at St. Paul's hall, Northumberland Heath at 2.00 p.m.

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 * A MERRY CHRISTMAS AND
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 * A HAPPY AND PROSPEROUS NEW YEAR
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 * TO ALL OUR READERS.
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