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No. 10

March, 1970.

SECRETARY'S NOTES.

WELL, our team have finally been beaten, but only just. It was a very exciting and close match with the Bexley Borough Club as a number of the races were won only by a hand's length. Our swimmers did extremely well against such opposition and all put up faster times than previously recorded. We were pleased to have the support of so many parents and swimmers and I think we all deserved the free "Mac" sweet kindly offered to us by Mr. Peter Mount after the match had finished. This was a very good and thoughtful idea - thank you Mr. Mount. The final result was Bexley 122 and Erith 111. We now look forward to a return match with the Borough Club when we hope the scores will be reversed!

A few classes have now been altered to give the swimmers more scope in length swimming, but it means that the Diving Class has been brought forward to 7.00 - 7.30 instead of 7.30 - 8.00. We hope that all swimmers who have had their class times changed can come at the new times, but if any one is unable to make the new times, will you please have a word with your teacher and he will try to fit you into another class at your previous time, if this is at all possible. New class lists are on the Notice Board and all classes have been re-numbered, so please have a look to check your class time and number.

As quite a number of articles are left in the cloakrooms each week and never claimed, I would ask mothers to kindly see that their child has his/her clothing marked with their name. I realise that it is probably impossible to put a name tag on every article that is worn to the Pool, but at least towels, hats, trunks and costumes be named please? It is more essential now for costumes and trunks to be named as a number of members have Club costumes.

D. S. Firmin.

PLEASE NOTE that there will be no swimming on Friday, 27th March (Good Friday) as the Pool is closed.

SPONSORED SWIM.

Will all members taking part in the Sponsored Swim on Saturday, 7th March please be at the Pool by 7.15 p.m. and bring their two forms with them. These will be marked by the Judges after your swim and then it is up to you to collect the money from your Sponsors as soon as possible and hand the money to either Mrs. McArdell, Mrs. Hind or Mrs. Firmin at the Pool. Do not on any account send the money direct to the Heart Foundation as they have arranged to collect the money from us at Riverside Baths.

SOCIAL SECTION.

I have now fixed a date for the Social, which will be held on 14th March at The Club Room from 7.30 to 11.00 p.m. I hope you will all try to come and don't forget to bring Mum and Dad with you. The more people the more fun. If you have any records which you think may add to the evening's entertainment, please bring them along.

The Cafeteria will be open until 10.00 p.m. for refreshments. There will be a raffle during the evening and also spot prizes for competitions and dances.

Mums and daughters. Would you like to come to a Lingerie Party? It is hoped we shall have one in the Club Room and it will be held on a weekday evening. If you are interested in coming, please contact me.

Pam Bedford.

MEMBERS will have been notified that the Annual General Meeting of The Club will be held on Wednesday, 18th March at The Club Room, Riverside Baths at 8.00 p.m. It is hoped to have a film show on swimming and diving after the meeting.

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### SWIMMING. (Breast Stroke turn).

The Breast Stroke Swimmers are still not making the most of the turn at wall, the following faults occur time and time again: -

- (1) Lack of breathing before the head is tucked under the surface, before the turn.
- (2) Failure to put both feet on the wall a little way apart, before the push-off - result, swimmer goes off at an angle.
- (3) Surfacing too soon, SEE NOTE (1). Failure to use the full arm movement, before surfacing.
- (4) Eyes shut.

### Breast Stroke Start - faults.

- (1) Diving too deep.
- (2) Failure to use the full arm movement before surfacing.
- (3) Eyes shut.

You are allowed one full arm movement and one leg movement under the surface at the start and every turn.

Do keep your eyes open under water, so that you can judge your depth, not too deep and not too shallow.

T. A. Davison.

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### ACHIEVEMENTS.

The following swimmers have passed the Joint National Swimming Awards, and will receive certificates and badges in due course :-

<u>Stage I</u>	Alan Broad	Sandra Frost	Jayne Hamilton.
	Sandra Dent	David Gee	

<u>Stage II.</u>	Joy Chilcott	Sheila Hamilton.	
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### A.S.A. PERSONAL SURVIVAL.

<u>Bronze.</u>	John Arnell	John Crockford	Gillian Hobbs
	Trevor Bradshaw	Valerie Crockford	Andrew Wallace,
	Dennis Button		

The following Club Certificates have been awarded since our last Newsletter.

<u>One Width.</u>	Mark Draper	Katharine Maguire	Nicola Renshaw
	Philip Draper	Kimberley Martin	Christopher White.
	Wendy Edwards		

<u>One Length.</u>	Lynn Sawyer.
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### REMINDERS.

7th March	Sponsored Swim
14th March	Social at The Club Room, Riverside Baths.
18th March	Annual General Meeting & Film Show at The Club Room.

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