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No. 12.

May, 1970.

SECRETARY'S NOTES.

Our match with Sevenoaks at Riverside on the 24th April proved to be very exciting. Our team were in the lead right up until the last four relay races. Unfortunately for us, Sevenoaks had some very fast youngsters and, although our older ones did their best to pick up time, they just could not make it. However, all our swimmers did very well and I am sure you will agree with me that the closer the points, the more exciting it is. Total points were, Sevenoaks 121, Erith 115. We also had some very interesting and surprising results from our "B" team. Their performance on that evening shows that we have some promising swimmers coming along.

A return match with Sevenoaks has been arranged for Thursday, 25th June at Sevenoaks, commencing 7.30 p.m. Further details as to team and transport arrangements will be posted on the Notice Board.

We entered Gillian Fitnum in the 11 years 100 yards Freestyle event of the Kent Championships which were held at White Oak, Swanley on 11th April. Although Gillian had 'flu the week before this event and she was unable to put in any practice, she swam well and came 2nd in her heat but did not qualify for the finals. If she had swum her usual time which she has clocked at Riverside, she would most certainly have been well up in the Finals.

We are holding our second Points Cup event on Friday, 12th June for back crawl. The races will start at 7.30 p.m. as in the breaststroke event and classes will be as usual up until 7.30. Also Adult Section as usual. When the races are over, there will be free time until 9.00 p.m. for all swimmers who took part in the races.

Our Six Club Match has been arranged for Friday, 19th June and, once again, classes will be as usual until 7.30 p.m. There will be no 7.30 - 8.00 classes (Groups 2 and 3) or 8.00 - 9.00 (Groups 1A and 1B) and NO adult section that evening. We hope this will be a very interesting and exciting match as we do not know much about the opposition so please come along to cheer your team.

D. S. Firmin.

APOLOGY.

One very important name was omitted from our last Newsletter regarding the Club Banner. Peter Mount played a very great part in designing the banner. Sorry Peter - we don't know what we would do without you, or your super posters.

TRACK SUITS.

I have in stock four scarlet track suits in nylon fleece, one size 30" (£3. 8. 0.), one size 32" (£3. 12. 6.) and two size 34" (£4. 7. 6.) These suits are very good value as they do not shrink like the cotton fleece. I have waited six months for these as they are so popular and cheap for nylon so, if you are interested, please contact me. (Several of the members have these suits already (including the Club Secretary).

M. Firmin.

THERE are vacancies in the Adult Section (9.00 - 9.30 p.m.) so if you know of anyone who may be interested, please ask them to come along on a Friday.

MAY I remind you once again that the 1970 subscriptions are now due. If you have not paid up by the end of May, your name will be crossed off the register. I would also like to remind members that they must carry their Membership Card with them each week to the Pool, this is necessary for identification purposes. The card is also needed for receipt purposes when paying subscriptions.

M. Firmin.

RESULTS OF THE POINTS CUP RACES - BREASTSTROKE.

Girls Under 12.

1st Gillian Fitnum
2nd Marion Finch
3rd Jayne Hamilton

Girls Under 14.

1st Sheila Humphreys
2nd Carol Moyse
3rd Janet Duffield

Girls Under 16.

1st Gillian Mount
2nd Mandy McConnell
3rd Ann Bennett

Boys Under 12.

1st Gary Morgan
2nd Paul Matthews
3rd Malcolm Sanders

Boys Under 14.

1st David Matthews
2nd Peter Frost
3rd Andrew Wallace

Boys Under 16.

1st Bill Selfe
2nd Perry Tidball
3rd Terry Fitnum.

Ladies.

1st J. McConnell
2nd A. MacGregor
3rd P. White

Men.

1st M. Parratt
2nd A. Bedford
3rd D. Fitnum.

Details as to times are on the Notice Board.

SWIMMING.

I have noticed that the breaststroke swimmers are still not using the turn and push off underwater to their advantage.

Please remember these simple rules :-

1. Touch the wall with both hands, tuck your head under the water, deep breath just before doing so.
2. Push off from the wall, underwater, head between arms, legs together in streamlined position.
3. As your glide begins to slow down, one complete arm movement, right round till hands meet thighs.
4. Then slide arms forward to the front position.
5. Now, one leg movement, lifting head slightly, as head breaks surface, arms commence the movement, once again you are on the surface, exhale and inhale quickly.

T. A. Davison.

VERRUCAE.

Many swimmers have recently suffered from verrucae. As we have said before, this is a very infectious condition and children should not swim until the condition has cleared completely. It is advisable for parents to inspect their children's feet weekly and if any sore patches or corn-like marks are found (especially on the sole of the foot) a doctor or chirpodist should be consulted.

ACHIEVEMENTS.

The following achievements have been made since our last Newsletter.

Joint National Award.

Stage I	Catherine O'Hehir Kathryn Harvey	Christine Harvey Neil Bunker.
Stage II	Malcolm Sanders	Debbrah Chapman.

A.S.A. Survival.

Bronze	Jayne Hamilton Alan Broad Gary Morgan Diane Tindall	Sandra Dent David Gee Patricia Topp.
Silver.	Diane Tindall.	

Names of any others wishing to take these tests to Mr. Davison by 1st June, please.

<u>One Length.</u>	Roy Chapman Wendy Dent Belinda Elliott	Linda Musgrave Colin Rainsbury.
<u>One Width.</u>	Jacqueline Tristram	Lyn Allen.

SOME of our swimmers in the "A" team will be leaving us next year by virtue of age and their places will be taken by swimmers in the lower groups. It is, therefore, of importance the swimmers in lower groups try to improve their time by training, practising racing dives and learning tumble turns. They should also enter for all the Points Cup Races and ensure that they know their fastest times on their first choice stroke. It is not sufficient just to train at the Club once a week, to improve your time you should practice at other times during the week.

Peter Mount.

SOCIAL SECTION.

Our Film Show and Social on 2nd May was successful, but rather warm. Mr. Firmin, our projectionist, gave us a very good film show. We had films on Trinidad and Tobago, Armand and Michaela Denis on Safari and a very funny Woody Woodpecker Cartonn.

I must apologise for the intense heat in the Club Room on that evening. We are trying to get something done to improve the situation and hope that things will be better next time.

Outing to Clacton.

We still have a small number of seats available for our outing to Clacton on 6th June. The coach leaves Riverside Baths at 8.30 a.m. Let's hope the sun is shining.

Pam Bedford.

NOW we are at the start of the holiday season, we think it would be a good idea for some of your younger members to write us a short holiday story. If, when you have had your holiday, you have a story to tell (not necessarily about swimming), please let us know.

REMINDERS.

AT LEAST 2 hours should be allowed after a heavy meal
before entering the water.

PLEASE, PLEASE, make sure that your name is in your costume,
especially if it is a red and white striped one. (If
we charged a small fine for recovering lost property,
we should make our fortune!)

CLUB BADGES. Cloth - for blazer or costume - 6s. Od.
Lapel badge - 4s. Od.

Saturday, 6th June	Outing to Clacton
12th June	Points Cup Races - Back crawl.
19th June	Six Club Match - NO swimming for adults.
Thursday, 25th June	Match at Sevenoaks.

FOR SALE.

1 pair boys trunks
in Club colours
(secondhand). 30"
waist. Please
enquire at door.