

SWIMMING.

Once again I must impress on the front crawl and back crawl swimmers the need to be able to swim into the wall, tumble turn, push off and carry on swimming in the shortest possible time.

The tumble turn is the fastest of turns for crawl swimmers, practise this as often as possible.

Some back crawl swimmers say they are frightened to use this turn in case their head should hit the wall, This will not happen if the turn is used properly, as follows :-

Back Crawl.

Swim into the wall, until one hand touches then, push the head well back, tuck the legs up, the free hand assists by sculling, this is the somersault part, the twist is given to the body by the hand that touches the wall.

When this half somersault and half twist are completed, both feet should push against the wall. The arms should be close to the body. Slide the arms beyond the head, ready for swimming.

Front Crawl.

Swim into the wall at speed (never glide), when close to the wall, head down for the somersault part, then twist as you push off.

Points to remember :-

1. Pike into the somersault, then tuck.
2. Do not attempt to twist during the somersault.
3. Make sure that both hands are beyond the head on push-off.

T. A. Davison.

SOCIAL SECTION.

Our trip to Clacton on 6th June was a great success. We had a gorgeous day and all came home looking very brown (or red). Unfortunately the tide was in whilst we were on the beach so it was regrettably impossible to have a lot of games but we had plenty of fun in the water! On the way down we had a sweepstake for "The Oaks". Mrs. Morgan came 1st, Mrs. E. Bedford, 2nd and 'Wally' the coach driver 3rd. It is hoped that we shall have another outing next year but it will be on a Sunday next time.

P. Bedford.

FOR SALE. Ladies' costume, blue and white, worn once. 34" bust.
10/-d.

STABLE accommodation for horses and ponies, full or half livery if required. Brick built stables with rain porches for thorough dryness. Lessons given to adults and children. Also living out with large shelter for horses. Very reasonable prices. Stables situated in Bexleyheath. For full details apply ; 88 Olron Crescent, Bexleyheath (near golf course).

REMINDERS.

We have track suits and club costumes in some sizes in stock.

** 10th July - POINTS CUP RACES.

STOP PRESS 18th July - Lemorbey S.C. have invited us to a Six-Club
Saturday Match at Eltham Baths, commencing 7.00 p.m.