



No. 15.

August, 1970.

ANNUAL GALA.

The Diving and Breaststroke Style events will be held on Friday, 11th September, commencing at 8.00 p.m. Classes for Groups 1A and 1B will be held as usual, in the shallow half of the Pool, and the Adult Section will be as usual at 9.00 p.m. All members, including Adults, who have entered for the Diving and Breaststroke Style events are requested to be at the side of the Pool by 8.00 p.m. No diving or breaststroke style events will be held at the Gala, owing to shortage of time.

Members taking part in the Diving events must perform one dive from the side of the Pool, one from the one metre springboard and the third dive from whichever position they choose. Cups and medals for Diving and Breaststroke events will be presented at the Gala.

Our Annual Gala takes place on Saturday, 19th September, commencing at 6.00 p.m. and all members taking part must be at the Pool by 5.30 p.m. We have a lot of races to get through at the Gala as there are heats for all events. I would remind you that any member who is not in their place when their name is called will be omitted from the event. All events commence at the shallow end. Many of the events have been divided into heats and I must point out to members, and parents that the six fastest swimmers from all the heats combined will go through to the finals.

I am very pleased to see that we have a large number of entries this year, a record in fact, as this Gala is designed so that all members can take part, whatever their speed. As most members will be in several events throughout the Gala, I would suggest you bring a towel or tracksuit to wear whilst awaiting your event.

Tickets for entrance for the Gala are now on sale - Adults 3/-, Children 1/6d. Competitors free.

Raffle tickets are also on sale at 1/- each or 3 for 2/-. I am rather disappointed to note the lack of response from members and parents to help sell raffle tickets, only a few have volunteered. The raffle is held to help counteract the cost of the Gala, which is always in the region of £75. We have some very nice raffle prizes :- 1st Phillips Electric Food Mixer; 2nd Stainless Steel Carving Set; 3rd Set of 4 Commemoration Mugs; 4th Large Iced Cake; 5th Bottle of Sherry and 6th Box of Chocolates.

All the Club Cups (and we have quite a few) which will be presented at the Gala will be on show at the Pool on Friday, 11th September.

D. S. Firmin.

SWIMMING for distance certificates for  $\frac{1}{4}$  and 1 mile will be held on Friday, 9th October commencing at 7.30 p.m. This will be held on similar lines to the sponsored swim and a list of members with their swim number will be put on the notice board. If we are unable to see everyone swim on that evening, another evening will be arranged. Distances must be swum in one type of stroke only, no changing half way through.

SWIMMERS are requested not to drop litter in the changing rooms. We have received complaints from the attendants about this so you are asked to please use the litter bins in the entrance hall.

ALL members of Mr. Mount's 7.30 p.m. Group 3 are reminded that the points competition commences on Friday, 4th September. Will each swimmer kindly keep their own book up to date. It is hoped that many personal bests will be gained during the Annual Gala.

## SWIMMING. - The Beginner - Part II.

After 4 or 5 lessons a noticeable change has taken place in our beginner. The submerging practice no longer has any terror for him, he is gaining confidence now, pushing the fear he had at first into the background. He can jump into the water, push and glide away from the side on his face or back, and regain his feet without staggering.

In other words, he is learning watermanship. No longer does he breathe water up his nose, and rub his eyes, the water pressure on his chest does not bother him. The smile, which was missing in his early lessons, has now returned once more, time to learn how to swim.

He will be taught the four strokes, during the stroke teaching his natural ability for one kind of stroke will be noticed, and encouraged, racing dives and turns for the four strokes will also form part of his instruction.

He will be encouraged to enter for the A.S.A./E.S.S.A. tests and the A.S.A. personal survival tests in order to assist him to survive in the water, if ever the need arises.

When he is able to swim all these strokes in an environment which is not man's primary element, one can say he has really made a fine achievement, which in conclusion cannot be found in any other sport.

T. A. Davison.

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## ACHIEVEMENTS.

The following achievements have been made since our last Newsletter :-

### A.S.A./E.S.S.A.

<u>Stage I</u>	Heidi Quittenden	Perry Smith	Brendon Bolger
<u>Stage II</u>	Patricia Mount	Catherine O'Hehir	
<u>One Length</u>	Carole Martin Jane Cole Jacqueline Curling.	Heidi Quittenden Barrie Chapman	Kevin Lee Ian Titchell
<u>One Width.</u>	Denise Smith.		

### ACHIEVEMENTS (Outside the Club).

Mrs. Warren has gained her Bronze R.L.S.S. badge.

Jayne Hamilton and Patricia Warren have gained their Elementary R.L.S.S. badges.

Pauline Dent came first in the Diving event at her school.

Clifford Didcock gained his Bronze Personal Survival.

David Gee has gained a Kent Schools Swimming Association Stage Certificate.

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Gary Morgan won the Southern England Judo Championship in the under 5st. 7lb. class and also won a medal in his Club Championships.

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## REMINDERS.

11th September	Diving and Breaststroke Style events.
Saturday, 19th September	G A L A
9th October	Distance Swimming. 1 mile and $\frac{1}{2}$ mile certificates.