



No. 17

November, 1970.

SECRETARY'S NOTES.

I am very pleased to say that on the 9th October 10 members completed the distance of half mile and 43 members completed one mile and certificates have been awarded to all concerned.

We are holding a Christmas Bazaar at St. Paul's Hall, Mill Road, Northumberland Heath on Saturday, 21st November, commencing at 2.00 p.m. to raise funds for the Club. Two or three times a year it is necessary to ask your support for fund raising events to help towards the expense of running the Club. We have a lot of parents interested in the Club who I am sure enjoy watching their children swim every Friday and I would like to ask once again for help towards the Bazaar. So far very few of you have come forward with offers. What we need is help in making toys, knitted dolls clothes, gifts or anything that is saleable. If you are unable to make anything to present to the Club (and if you all gave just one item we should not need to worry) a gift of a pot of jam or packet of tea, etc. would be most welcome. For any Mums who may be interested in helping out at future bazaars, I would like to form a working committee so that items may be made during the long winter evenings and not left to the last minute next year. If you can help in any small way, will you please give your name to one of the officials at the door. Please do not leave it to the few who do so much now.

Also, on the subject of helpers, have we any Dads or Mums in the Club who could help out as timekeepers or who are willing to learn timekeeping. It is only a matter of practice and I feel that we should have some more reserve timekeepers for future Galas to avoid the long interval, thus making Gala nights very lengthy.

I am sorry that the match arranged for 24th October at Eltham had to be postponed. This was due to a ban on overtime by the attendants at Eltham Baths. The match at Ladywell on 7th November is also cancelled, but we hope to send relay teams to Beckenham on 14th November. Details are on the Notice Board. We are arranging a 6-way match at Riverside on Friday, 27th November so on that evening the only classes to be held will be the 6.30 p.m. to 7.00 p.m. classes (Groups 5 and 7) NO OTHER CLASSES WILL BE HELD ON THAT EVENING OR ADULT SECTION. The match is due to start at 7.30 p.m. and we must have the Pool clear by 7.00 p.m. We would like you all to come along though to support your team as this will probably be the last match this year.

D. S. Firmin

WE should like to remind all members that a register is kept of your attendances on Friday evenings and we do expect you to attend regularly. If you are unable to come along because of illness or verrucae, perhaps you would let us know; verrucae in particular can last several weeks. As we have such a long Waiting List, if you do not attend regularly without good reason, then we must let the next one on the Waiting List take your place. If you lose interest in swimming or have other commitments which keep you away on Fridays so that you feel it would be better to resign, please let us know.

IF you have a verruca we prefer you to stop away from the Pool until it is cured as these are very contagious. It is not sufficient to wear a plaster over it because these can come off in the water. Also if you are having treatment, any contact with water immediately dilutes the treatment on your foot and it will take longer to cure. Verrucae are small warts that appear on the foot and if not treated immediately, can be very painful, so remember to inspect your feet regularly.

SOCIAL SECTION.

I wish to remind all those going Ice Skating that the money is now due and I should like to receive it before 13th November.

Pam Bedford.

ACHIEVEMENTS.

1 Width Delia Elliott Gold Personal Survival Anne Tyson
1/4 mile Nicola Renshaw Bronze Personal Survival Neil Monk (School)

Distance Swimming held on 9th October 1970.

1/4 Mile Alan Broad David Gee
Geoffrey Betts Jayne Hamilton
Sandra Dent Christine Jones
Peter Atkins Ian Thomson
Marion Finch Phillip Dodds

1 Mile David Arnell Ann Chapman Lynda Green Ian Ruddy
John Arnell Michael Dent Gillian Hobbs Perry Smith
Keith Atkins Pauline Dent Sheila Hamilton Richard Simmonds
Shirley Barton Janet Duffield Ian Lock Malcolm Sanders
Susan Bloss Sharon Evans Kevin Lee Bill Selfe
Ann Bennett Gillian Fitnum Paul Matthews Mariska Smulders
Trevor Bradshaw Terry Fitnum Patricia Mount Perry Tidball
Brendon Bolger Helen Finch Gary Morgan Andrew Wallace
Yvonne Blakemore Peter Frost Carol Moyse Gillian Watling
Jane Cole Paul Fruen Neil Monk Jenny Wilkinson
John Crockford Stephen Griffin Sharon Pounder

SWIMMING

Although Friday night is the Club's practise night, members should not regard it as the only time that they need practise. Most swimmers pay one or two visits a week to a swim pool. It is on these visits that they can practise what has been taught on a Friday night. By this I do not mean practise the whole time you are in the water, but set aside a fixed time for practise, then enjoy your leisure swim.

10 minutes practise in this way will achieve a better standard of swimming.

This practise could consist of 1 length, progressing to 3 or 4 or more, of breaststroke, front crawl, back crawl and butterfly. Then on to widths with turns for the above strokes. Practise makes perfect.

If you have been in the diving group, you can still practise for the same amount of time, as for swimming. The plain dive from the spring board, running dive, straight with tuck, with pike and plain header from the side.

T. A. Davison.

REMINDERS.

Saturday, 14th November Match at Beckenham
Saturday, 21st November B A Z A A R, St. Paul's Hall.
ICE SKATING at Streatham.
Friday, 27th November Six-Way Match at Riverside.
Saturday, 12th December DINNER & DANCE.