

ERITH & DISTRICT SWIMMING CLUB.



No. 18

December, 1970.

SECRETARY'S NOTES.

November was rather a busy month for the Club, socially and otherwise. Our first event in November was on Saturday, 14th, when relay teams, one boys and one girls, took part in a five Club match at Beckenham Baths at the invitation of Bromley Swimming Club. It was a terrible evening, weather wise, pouring with rain but in spite of the weather our boys and girls turned out to swim for the Club. Unfortunately one car broke down on the way and we were one boy short. As we did not take any reserves on this occasion, the boys team did not qualify for points as we had to swim one boy in each year from 9 years old to 14 years. The girls team put up a great fight with Bromley only to finish second to Bromley's first. Other Clubs competing were Greenwich, Orpington and Lamorbey. Our Girls team this time had a newcomer, Carole Martin aged 9, who joined us in January as a non-swimmer and who now qualifies as the fastest 9 year old girl in the crawl stroke. Well done Carole.

Our next swimming event was on Friday, 27th November when we invited five other Clubs for a match. Those of you who were spectators will agree, I am sure, that it was a very close and exciting match, with many events finishing in a tie or 0.1 seconds between each Club. All our swimmers gave good performances, especially the relay teams. Sevenoaks came first with 184 points, second were three Clubs - Bexley, Lewisham and ourselves with 149 points, third Lamorbey with 107 points and fourth Gravesend with 50 points.

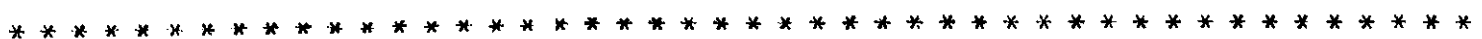
D. S. Firmin.

On Friday, 8th January, 1971, the Club will be receiving a visit from The Mayor, Mr. Raymond Pope. He will be visiting us between 6.45 p.m. and 7.45 p.m.

CHRISTMAS BAZAAR.

A very, very big THANK YOU to all the people who helped us on Saturday, 21st November at our first Christmas Bazaar. In the last Newsletter we asked all of you to bring something for the Bazaar but we certainly did not anticipate such a terrific response. We were swamped with gifts of groceries, cakes, hand-made items, books and toys and I do wish you could all have seen the wonderful display your gifts made at St. Paul's Hall when the stalls were all set up. The stalls were very artistically decorated by Mr. Mount who also did a roazing trade with "Guess how many nails in my jar". This competition was won by Mr. Vincent who guessed correctly - 254. We also had a "Guess the weight of the cake" made and decorated by Gillian Mount; the winnder was Mrs. Firmin with a guess of 3lbs. 4oz. and no-one will believe her when she says she had nothing to do with it!

We had a lot of willing helpers in the morning, setting up the stalls, who returned in the afternoon to sell the goods. After such a tiring day, most of them went ice skating in the evening - how's that for energy!! The Bazaar raised a grand profit of £75 which will go into Club funds. Next year the Club will have to purchase several pieces of essential equipment, all of which are quite expensive, so this money will help a great deal. So, once again, to all of you who sent gifts along, and to all our helpers, many thanks for such wonderful support.



Still on the subject of the Bazaar, I expect we shall make this an annual event so we shall be after you again next year for help. Any Mums (or Dads) who are willing to make items during the year might like to give their names to any of our officials as we hope to have regular meetings for helpers throughout the year to get ideas for the next Bazaar. Also, with Christmas approaching and gift time, I would like to make an appeal for empty gift boxes, any oddments of wool or material and any used nylon stockings or tights which can be used for stuffing toys. We will accept these items at any time during the year.

M. Firmin.

SWIMMING.

Conservation of Energy or Efficiency of Movement.

When a beginner commences to swim he or she will use almost every muscle in the body in order to move in the water. After a period of lessons the body will adapt itself to this new element in which it finds itself and only those muscles required to produce the desired movement will be used. In other words, the swimmer is gaining efficiency of movement enabling him to swim further without tiring quickly, also specific relaxation is obtained by certain muscle groups during the swimming time.

After more lessons, the rythm will be established which is a pleasure to watch. Now after that short explanation, the crunch. A number of the Club swimmers who swim quite well have, for reasons best known to themselves, adopted some wierd hand and arm waving movements which are not correct, nor do they follow the above explanation. It is noticeable in the front and back crawl so swimmers, stop and think, 'does it mean me?' because if you don't correct it you are not obtaining conservation of energy. When racing you have no time to indulge in hand waving movements.

To those concerned, remember, I AM WATCHING.

T. A. Davison.

ACHIEVEMENTS.

One Width - Denise Farley Wendy Elliott

One Length - Denise Smith.

ACHIEVEMENTS OUTSIDE THE CLUB.

Silver Personal Survival. Christine Harvey Kathryn Harvey
Jenny Wilkinson John Arnell
Brendon Bolger.

SOCIAL CLUB.

In the October Newsletter we mentioned that we had at last booked tickets for The Black & White Minstrel Show on 24th April 1971. We now find that the combined ticket and coach fee will be £1.10. 0. (£1.50). We are quite willing to accept payment by instalments and perhaps anyone wishing to pay this way will have a word with me.

Pam Bedford.

A VERY MERRY CHRISTMAS AND
A HAPPY AND PROSPEROUS NEW YEAR
TO ALL OUR READERS.

