

ALL groups have been re-arranged as from 7th May, so please look at the Notice Board to check your new groups and times. If you have any queries, please ask Mrs. Firmin or Mrs. McArdell who are on duty at the door.

We should like members to make a practice of looking at the Notice Board every week, particularly members of the team as it is not always possible to see every member every week when trying to relay messages. All members of the team must please wear track suit top or jumper and plimsolls on the side of the Pool at all matches. This is essential as some matches are lengthy and feet soon get cold on stone floors.

POINTS CUP RACES

Races for Boys, Girls, Ladies and Mens Points Cups will be held during the summer months commencing in May. Races are divided into four groups, Under 12, Under 14, Under 16 and Over 16 and all members are expected to take part. Points are awarded for the three fastest in each group, 5 points for the 1st, 3 points for the 2nd and 2 points for the 3rd place. Everyone who takes part in the race will receive 1 point for entering. Cups are awarded to the boy and girl who obtain the most points, so all age groups stand an equal chance. Races will commence at 7.30 p.m. on the following dates, so there will be no classes after 7.30p.m. on these nights :-

14th May 1971
11th June 1971
9th July 1971

To help you understand the age groups, these are as follows :-

Over 16	Members born in 1955 or earlier
Under 16	Members born in 1956 and 1957
Under 14	Members born in 1958 and 1959
Under 12	Members born in 1960, 1961, 1962, 1963 and 1964.

SOME members have enquired when the next Gold Personal Survival test will be held. As soon as Mr. Davison has twelve names on his list, this can be arranged. It will be appreciated that another examiner must attend and it would not be worth while asking someone to come along for a few people only. Mrs. Jenkins from Orpington Swimming Club assisted last time and can come again when we have sufficient people wishing to take the test.

ACHIEVEMENTS

The following swimmers have passed Stages in the Joint National Swimming Award and will receive certificates and badges shortly :-

<u>Stage I</u>	Karen Burroughs	Amanda Dott
	Lynn Sawyer	Yvonne Hayward
	Anita Green	Kevin Franklin
	Stephen Parrett	Edward Dennis.
<u>Stage II</u>	Kim Quittenden	Sandra Frost
	Janet Wyatt	Raymond Nottingham

During her School Gala on 6th April at Eltham Baths, Gillian Fitnum broke the school record for girls of all ages in the two lengths crawl.

At the same Gala Terry Fitnum captained his house team to win four cups out of a possible five.

SWIMMING NOTES

Will swimmers who are attempting the racing dive remember to enter the water as flat as possible, with the arms, head, body and legs in a streamlined position. The above dive should not be confused with the plain header.

Front Crawl racing dive

Entry, as flat as possible, as the glide slows down the arm on the breathing side should pull, the head should turn to breathe not lift.

Breaststroke racing dive.

Entry, slightly deeper than the crawl racing dive, only deep enough to allow once arm movement and one leg movement under water.

NOTE. More than one movement under water, arm and leg risks disqualification under the A.S.A. Laws.

Back Crawl racing dive

This is a back dive. The position of the limbs and body in this back dive should be feet on the wall, a little way apart, hands holding the rail or trough, arms bent, head forward, on the word 'go' the arms and head are flung back, the body is arched, legs are straightened, forcing the body away from the wall over the water. The body will sink slightly under the surface, the glide slows then the legs commence their action followed by arm action, one arm at a time.

T. A. Davison

VERRUCAE

Many swimmers have suffered from verrucae. These are small warts which appear on the feet. 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 chiropodist should be consulted. This is a very infectious condition and children should not swim until the condition has completely cleared.

SOCIAL SECTION

Another Ice Skating trip was held on 3rd April and we hope this was enjoyed by all who participated.

We are holding a JUMBLE SALE on Saturday, 5th June at St. Paul's Hall, Northumberland Heath so how about having a good Spring clean and turning out some jumble for us. Jumble may be handed in on a Friday evening at the Pool or brought to the Hall on the morning of 5th June.

We hope to have another coach outing to the seaside again this year, so keep looking at the notice board if you are interested.

The Club was delighted to receive the following letter recently :-

* * * * *
*
*
* 26.3.71. 65B Hythe Avenue, *
* Bexleyheath, Kent. *
*
* To all the people connected with the Erith and District Swimming Club. *
*
* Last year, my sisters and myself entered the Sponsored Heart *
* Foundation Swim. My sisters swam two lengths with effort and myself *
* ten lengths, but this year, due to all your hard work and patience, *
* my sisters last week swam twenty four lengths and I swam FIFTY. Mum *
* and Dad join us in thanking you all for our Friday night classes. *
*
* signed: Heidi, Debbie and Kim *
* Marion and John Quittenden. *
* * * * *

FORTHCOMING EVENTS :

Friday, 14th May - Points Cup races
Monday, 17th May - Match at Sevenoaks.
Friday, 28th May - Home Match.
Saturday, 5th June - Jumble Sale.
Friday, 11th June - Points Cup Races.
Friday, 25th June - Home Match.
Friday, 9th July - Points Cup races.

REMINDERS :

Is your name in your costume ?
CLUB BADGES - Cloth Badges 30p. Lapel Badges 20p.
Track suits and Club costumes can be ordered in most sizes.

LATE NEWS :

Our team took part in another four-way match at Beckenham on Saturday last, 17th April - the hosts being Bromley. Although we came fourth, our team swam very well considering that one-third of the usual team was either ill or on holiday. All the reserves put up a good fight and our thanks to the other reserves who came along but did not swim.
