

ACHIEVEMENTS

The following swimmers have passed the Joint National Award,

<u>Stage I</u>	Vivienne Harvey	Julie Frost
	Michele Barnett	Geraldine Pusey
	Barbara Lasenby	Philip Chapman
	Debra Farley	

<u>Stage II</u>	Lynn Sawyer	Kevin Franklin	Philip Chapman
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<u>1 Width</u>	Julie Barraclough	Jennifer Bromley
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ACHIEVEMENTS (OUTSIDE THE CLUB)

Bronze Personal Survival (at school)	Carole Green	Christine Green
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Kent Schools S.A. - Intermediate Award. David Gee.

OUR team have had several away matches during the last month and although they put up a good fight at each, they only managed to finish in the last and second to last places. The most exciting of these matches was the one at Eltham on Saturday, 17th July, especially the relays when they all swam very well. We should like to thank the team for always trying so hard at all matches, regardless of their final position; the reserves for coming along each time and waiting so patiently in case they are needed, and also all our parents who bring their children along to the matches to support us and who regularly lend their voices at each match.

NEW SURVIVAL HONOURS AWARD

The Amateur Swimming Association have issued the tests and conditions for the Honours Award. This is in response to requests and in an endeavour to widen the teaching of survival skills, and to further new techniques they introduced as from 1st May a new Honours Award. It will be a difficult test although as always with their Awards, they have endeavoured to make the conditions as objective as possible. A feature of the new Award is that some clothing will be worn throughout the swimmer's stay in the water. This is in keeping with modern concepts of survival in water, where it has been found that unconsciousness results through loss of body heat and where it has been proved quite conclusively that clothes should be retained as long as possible consistent with swimming and floating ability. New, too, in the Award are the requirements for keeping afloat in a restricted area, for again in a true survival situation swimming is a dangerous waste of energy which is vitally required to sustain body heat. Unless help is nearby, or one must escape from the immediate environment of the accident, swimming is not recommended.

In Test 3 of the new Award, for keeping afloat the candidate is permitted to use drown-proofing techniques, floating or the conventional treading water. In other words, it is entirely objective and the manner and method of keeping afloat is at the discretion of the candidate. In Test 6 treading water is required with one entire forearm out of the water. This would simulate a situation where a swimmer was waving an arm to attract attention from approaching help. This new test should prove an exciting and stimulating challenge.

Candidates for the Honours Award must hold the Bronze, Silver and Gold Awards.

TESTS AND CONDITIONS

DRESS : Men and boys in vest, long sleeved shirt, trousers, pants, long-sleeved pullover, socks and gym shoes.

Women and girls in skirt, or slacks, vest, pants, long-sleeved blouse, long-sleeved pullover, socks or stockings and gym shoes.

NOTE : PYJAMAS MAY NOT BE USED.

1. Effect an entry from the side of the bath by a straddle or a tuck jump.
2. Swim 100 yards in less than $2\frac{1}{2}$ minutes.
3. Remove socks and shoes and keep afloat ,
 - (a) for $1\frac{1}{2}$ minutes using one arm and one leg, the free hand must hold ~~the~~ other leg below the knee
 - (b) for $4\frac{1}{2}$ minutes using both arms and legs
4. Swim 500 yards in less than 15 minutes. During the swim surface dive twice head first and twice feet first. On each dive swim through two hoops 4 yards apart without surfacing, the tops of the hoops shall be at least 3 feet below the surface.
5. Take off pullover. Make a float from shirt, blouse, trousers or skirt , taking off same if necessary, and use this float to swim 100 yards with legs only, re-inflating float if necessary.
6. Tread water for 2 minutes with one entire forearm out of water.
7. Climb out from deep water without the use of steps or assistance, the level of the water must be at least 9 inches below the landing place.

Award fee - 25p - costume badge 25p.

T. A. Davison

BREATHING

It is quite clear that a lot of swimmers do not breathe in a regular manner when racing or swimming for pleasure. It would appear to fall under two headings :-

- (a) Hold your breath, swim till you are forced to exhale with head out of the water, in a head up position. THIS IS DONE QUITE OFTEN BY ADULTS.
- (b) Hold your breath, head down in the water, and swim as fast as possible till you are forced to lift your head, then once again the performance is repeated.

You must breathe in a regular manner, fitted in with your swimming stroke in order that your body can perform in its normal manner, failure to do so will result in a slowing down of your movements and finally stopping altogether.

In (a) this applies to breaststroke swimmers

In (b) - Front Crawl swimmers.

Once again in order to breathe in this stroke, turn your head to one side and one side only.

Two and three length swimmers, you must breathe every stroke, it is a mistaken idea that you can swim faster by holding your beath for two or three strokes over this distance. Remember this advice and put it into practise.

T. A. Davison

FORTHCOMING EVENTS

Friday, 10th September

Diving and Breaststroke Style events.

Saturday 18th September

A N N U A L G A L A
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STOP PRESS

On Saturday 24th July our team swam against four other Clubs at the Gravesend Open Air Pool for their Annual Age Group Trophy. The City of Rochester Club won the trophy but our team put up an excellent fight and came second. With a very heavy shower of rain during the evening the spectators were almost as wet as the gallant swimmers.
