

## ERITH & DISTRICT SWIMMING CLUB

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No. 28

- 1912 \* 1972 -

April 1972

### CONGRATULATIONS

We offer our congratulations to Mr. T. A. Davison for attaining his Advanced A.S.A. Teachers Diploma. We all know what a lot of hard work he has put into achieving this.

I would like to take this opportunity to thank all the swimmers who were pupils for the teachers' examinations at the Abbey Wood Sports Centre. They did very well during the 50 minute lesson period. Club swimmers who took part were :

Janet Wyatt  
Kathryn Harvey  
Sandra Blakemore.

Christine Harvey  
Sharon Dean

T. A. Davison

OUR ANNUAL GENERAL MEETING was held on Thursday 23rd March 1972 and I was very disappointed with the lack of interest shown by the parents and members.

Gillian and Terry Fitnum were elected Girls' and Boys' Captains for the coming year.

It was decided at the meeting to change the subscription year to commence in January instead of May to bring it in line with the accounting year, and it was also decided to increase the subscriptions with effect from January 1973. The new subscriptions will be 75p for juniors and £1.00 for seniors. The current subscriptions of 50p for juniors and 75p for seniors will be collected in May 1972 and this will take us over to the end of 1972. The new subscription will then come into force at the beginning of the revised subscription year.

We would remind members that under Rule 14 beginners are now taken on for one year and only those of the members who joined us in May 1971 who have made satisfactory progress will be allowed to re-join the Club. Some of our other members will not be allowed to re-join on the 1st May if, according to their teacher, they have not made any progress during the past year. You have all had a year in which to learn to swim and to improve your stroke and if you have not made progress then you must make way for other people who wish to have the same chance as you have had.

D. S. Firmin

### ACHIEVEMENTS

<u>1 Length</u>	Hazel Abbott	
<u>1 Width</u>	Linda Abbott	Stacey Chilton
	John Parker	Maria Woods

## ACHIEVEMENTS (Outside the Club)

120 Metres - Hazel Abbott at School  
Silver P.S. - Richard Atkins at School  
Bronze P.S. - Sandra Blakemore at School  
- Pamela Walker at School  
1400 Metres - Lesley Rushe at School

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## SWIMMING NOTES

### Competition Starts for front crawl, breaststroke and butterfly

A lot of swimmers do not adopt a good position when starting a race. The following points should be remembered :-

1. Feet about six inches apart.
2. Toes over the edge, to give a vertical surface for the eventual thrust.
3. Knees bent to give some degree of balance.
4. Body dropped to a natural 'ready' position.
5. Head dropped to follow the line of the back for comfort.
6. Arms held in any comfortable position for balance.

These are some common details based upon sound mechanical principles for a good racing start.

### Competition Start for back crawl

1. Hands on the rail or trough.
2. Knees together, with one foot a little higher than the other.
3. On the instructions to 'take your marks', the elbows are bent the head is close to the wall, at the word 'Go', the arms are flung upwards and backwards, the legs are quickly straightened and the body is launched over the water.
4. The body will then sink under the surface, the arms are still held behind the head, as the glide slows down, the legs commence to drive one arm will pull the body to the surface ready for swimming.

DO NOT PULL WITH BOTH ARMS AT THE SAME TIME.

T. A. Davison

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## FOR SALE

Girl's plain red costume (7 - 8 years)  
Marks & Spencers make. 50 p.

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## REMINDERS

PLEASE keep the changing rooms tidy. Litter bins are provided in the entrance to the Baths .

Saturday, 8th April	ICE SKATING at Streatham
Saturday, 15th April	Match at Crook Log Baths 6.45 p.m.
Saturday, 22nd April	Match at Woolwich Baths, 6.30 p.m.
Saturday, 29th April	JUMBLE SALE at St. Paul's Hall, Northumberland Heath.

PLEASE, PLEASE turn out your jumble and bring it along to the Baths on a Friday evening.