

ERITH & DISTRICT SWIMMING CLUB

No. 29

- 1912 - 1972 -

May 1972

Secretary's Notes.

Congratulations to our team on their very good performance at the first two matches of the season. We took part in an Inter-Club Gala at Crook Log Baths on Saturday 15th April and finished in second place after a good fight. Final results were 1st - Bexley 69 points, 2nd - Erith 135 points, 3rd - Eltham 136 points, 4th - Lewisham 140 points.

The following week the team had been invited by Eltham Swimming Club to a match at Woolwich Baths. This was a very close and exciting contest and it was not long before our team romped away with first place in many of the races, taking first place in 7 out of 12 relays. Much praise goes especially to the younger members of the team who came in first place, as for some of them it was their first Gala. Final results were 1st - ERITH 311 points, 2nd - Eltham 303 points, 3rd - Lewisham 260 points, 4th - Gravesend 242 points and 5th - Granby 82 points.

A very big thank you to all parents who sent along jumble for the Jumble Sale and to all the willing helpers who helped sort and sell the jumble on Saturday, 29th April at St. Paul's Hall. Although it was a very wet day, we made a grand profit of £21 which goes into Club funds.

A new beginners class commenced on Friday, 5th May and this will end on 29th December. I would remind you that beginners are allowed to join for one year (or part year) only and must leave at the end of their course. As we are a competitive Club now, we are looking for future competitive swimmers and if any beginners show signs of being potential competitive swimmers, then we shall invite them to rejoin the Club for a further year.

1972 subscriptions are now due - 50p for juniors and 75p for seniors. These take us to the end of the year and our new financial year commences on 1st January 1973. The increased subscriptions will be payable then.

POINTS CUP RACES

Races for Boys, Girls, Ladies and Men's 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 must take part, who can swim one length or more. 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 at the Annual Gala 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 7.30 p.m. on these nights :-

May 12th	Breaststroke and Butterfly
June 9th	Back Crawl
July 14th	Front Crawl

D. S. Firmin

The Social Section is hoping to arrange a Mystery Trip for the Annual Outing this year. Further details will be given on the Notice Board when available.

SWIMMING NOTES - Competitive Swimming

To those swimmers who are chosen to swim for the Club in a competition it is very important that you bring with you something warm to wear while waiting for your event, this could be a track-suit, warm towel, or a towel robe. Also very important, a pair of 'flip-flops' or plimsols. All these items should have your name on them. When you fetch these things with you, don't leave them in your locker but bring them on to the bath side. Please remember this in future events, other swimming pools are not as warm as Riverside.

Before the start of any event, stand one pace back from the edge of the pool. When you do 'take your marks' make certain your toes are gripping the edge. Do not try to beat the starter, or over-balance, you are allowed two false starts but if there is a third you will be disqualified.

If the event is backstroke, wait till the starter tells you to enter the water. In front crawl and butterfly events, the dive into the water should be as flat as possible. The dive should be a little deeper in breaststroke events, and do take advantage of the underwater pull with the arms, and one leg kick, this is all you are allowed under water. At the finish in this event, the touch must be made with both hands on the same level this also applies in the butterfly event.

In the front crawl and freestyle events the finish is made with one hand. Back crawl finish is made with one hand, and you must be on your back when you do so, do not twist on your side. At the finish of all events stay in the water in your own lane till told to get out.

T. A. Davison

ACHIEVEMENTS

The following swimmers have passed the Bronze stage of Personal Survival and will receive their certificates in due course :-

Gary Burchmore	Roderick Denis	Sharon Dean
Fiona Robertson	Yvonne Skilton	Paul Benyon
Howard Rogers	Kenneth Mundy	Wendy Green
Susan Burnett	Janet Green	Yvonne Hayward
	Ian Cranshaw	

Swimmers who wish to take their Personal Survival tests should please contact either Mr. Bardell or Mr. Davison, and the fees for the tests must be paid in advance.

ACHIEVEMENTS (Outside the Club)

Lynne Harvey	200 Metres and 400 Metres	S.T.A. Distance Award
Vivienne Harvey	400 Metres and 800 Metres	S.T.A. Distance Award.
Lesley Rushe	Silver and Bronze Personal Survival	
Lynda Jones	Silver Personal Survival at School.	
Jackie Durrant	1 mile - at School.	
Anthony Linford	1 length.	

Mr. Mount has a number of Webb Ivory catalogues of greetings cards and gifts. Any profit made on the sale of these goods goes into Club funds so we should appreciate it if any parents who have not already seen the catalogues would have a look at one.
