



We hope you have all had very happy holidays and are fighting fit for the busy programme ahead of us. Now to catch up on some of the news -

On the 8th July our team took part in a five club gala at Gravesend Pool. It was the second match at an open air pool this year and the weather was just as bad as at the first one. The pool was completely unheated and proved too much for some of our swimmers, although they all tried hard and put up a good show against the other clubs, all of whom are used to swimming in open air pools. The final result was :-

1st Rochester	258	4th Black Lions	151
2nd Gravesend	235	5th Beavers	88
3rd Erith	188		

Some of our swimmers took part in a Gala at Crook Log Baths on Saturday last, 26th August, against the German twin-town of Neheim-Husten and other local clubs. The Borough of Bexley was represented by a combined team from the Bexley Swimming Club and our own Club. A separate account of points was taken for the races between Neheim-Husten (Neptun) and the Bexley 'A' team. Bexley finished first with 123 points and Neptun with 140. (Bexley S.C. score so that the lowest number of points wins). The final scores for all clubs were

1st Greenwich A.S.A.	55	4th Orpington S.C.	202
2nd White Oak S.C.	125	5th Bexley 'B'	228
3rd Bexley 'A'	142		

Some of our members and their parents have been hosts to the German team this weekend and we understand that they have all enjoyed themselves. A sight-seeing tour of London was arranged for Sunday morning and afternoon and a disco and Social was held at the Sidcup Youth Club on Sunday evening. The German Athletics Team who accompanied the swimmers took part in various events at the Erith Stadium on Monday against the Erith Athletics Club and the swimmers went along to support their colleagues.

ACHIEVEMENTS

<u>1 length</u>	Nicola Harvey	<u>1 width</u>	John Giddins	Denise Gurney
<u>1 length</u>	Jacqueline Adby		Sharon Wratten	Kurt Gurney
& <u>1 width</u>	Frances Kingsland		Nicholas Stearman	Graham Creed
	Sharon Kerschel		Philip Stockdale	Jonathon Rose
			Anita Sutton	Lisa Foster
				Theresa Maguire

Achievements outside the Club

Silver Personal Survival (at school)

Kim Jarvis	Denise Smith	Sandra Blakemore
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At Picardy Swimming Gala Carol Moyses won the Senior Championship Cup for the best swimmer throughout the school.

Mr. Mount would like to draw the attention of all members to the fact that he now has available a supply of WEBB IVORY Xmas Card and Gift catalogues. The cards are of extremely high quality and are very reasonably priced. Please have a look through and let him have your orders at any time up to Xmas. Every order, no matter how small, will help towards Club funds and the gifts could help to solve your problems. Please destroy any Spring catalogues (green ones) and obtain new ones.

SWIMMING NOTES by Mr. T. A. Davison

The use of the hands when swimming.

The hand position in all swimming strokes is very important, it is similar to the blades of an oar. To use the oar correctly the blade is kept at right angles to the water surface. This is what must be done with the hands when swimming.

Front Crawl The hand enters the water, fingers first with the elbow held up. The palm faces the water, every effort should be made to maintain this hand position throughout the pull-push movement.

Back Crawl In this stroke the arm is behind the head with the little finger entering the water first. When the hand is underneath the surface, the palm should be at right angles once again throughout the pull-push movement.

Butterfly Both hands enter the water at the same time, fingers first, pointing downwards. Once more, the palms are held at right angles to the surface till they reach the thighs.

Breaststroke From the arms out stretched position, with the palms flat down (glide position) the hands are turned back to back then bend from the wrists. Keep this position throughout the pull-push movement.

In the first three strokes, namely front crawl, back crawl and butterfly, the arms are the dominant factor and to some swimmers this also applies to breaststroke. Be wise, use your paddles correctly.

A FEW REMINDERS

1. All money, counterfoils and unsold tickets must be handed in by 1st September. For those members still on holiday, these will be accepted on the 8th September.
2. On Friday 8th September the Diving and Breaststroke Style events will be held from 8.00 p.m. All classes will be as usual, and Group 1 will swim in the shallow part of the pool whilst the events are being held. Three dives are required for the Diving event, one from the side, one from the springboard and the third one is optional.
3. Our ANNUAL GALA will be held on Saturday, 16th September at 6.00 p.m. Tickets are now on sale from any of the Club officials. We have a good number of entries so would like to see a lot of support for the children. The Club cups which are presented at the Gala will be on show on Friday, 8th September.
4. A Sponsored Swim organized by the British Heart Foundation is being held at Riverside Baths on Saturday, 7th October and forms will be available to swimmers shortly. Our Club has been awarded a trophy for two consecutive years as being the Club raising the most money for a sponsored swim, so let's make it a hat trick by helping again this year.

FORTHCOMING EVENTS

Friday, 8th September	Diving and Breaststroke Events 8.00 p.m.
Saturday 16th September	<u>G A L A</u>
Saturday 7th October	British Heart Foundation Sponsored Swim
Saturday 14th October	Match at Hoo Pool at 7.00 p.m.
	Hosts - B.P. (Kent) Swimming Club.
Saturday 21st October	Match with Lewisham S.C. at Ladywell Baths.
Saturday 11th November	ANNUAL BAZAAR. 2.00 p.m. at St. Paul's
	Hall, Northumberland Heath.
Saturday 18th November	Invitation Gala at Riverside Baths.
Saturday 25th November	Match with Lewisham Ladies S.C. at
	Downham Baths.