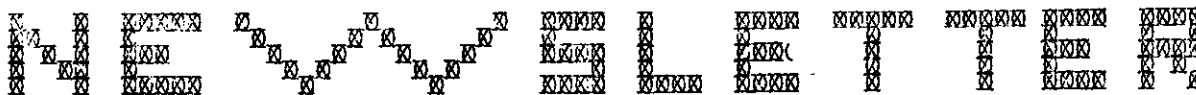


ERITH & DISTRICT SWIMMING CLUB



No. 33

1912 - 1972

December 1972

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SECRETARY'S NOTES

Quite a number of events have taken place since our last Newsletter but I should like first to report on the Annual Bazaar held on the 11th November. Many of you sent along gifts for the Bazaar and a lot of Mums must have spent quite a lot of time knitting and sewing. We had a beautiful selection of cakes for sale and a lot of attractively dressed dolls. As usual we had a good crowd of helpers to erect and decorate the stalls, including many of our young swimmers. Terry Fitnum did a great job in helping his Dad to assemble 'Santa's Grotto' and, needless to say, Father Christmas was a very popular figure this year. A very big THANK YOU to all members and parents who contributed gifts and to all the helpers in the morning and afternoon who came along to help. Total profit for the Bazaar amounted to £120 which I am sure you will all agree is a very good sum to add to Club funds. It is very gratifying to know that you are all willing to help on such occasions.

On Saturday 7th October the British Heart Foundation held a Sponsored Swim at Riverside Baths in which 33 of our swimmers took part. The total sum raised is not yet known but will be published at a later date. Thank you swimmers for your help towards this good cause, and also thank you to the officials for sitting so patiently throughout the evening checking lengths. Will all swimmers who have not already done so, please hand in the money collected as soon as possible. This can either be handed in to one of the Club officials on a Friday evening or sent direct to the British Heart Foundation.

We have had several matches recently. The first one, on 14th October, was at the B.P. (Kent) Limited Pool at Hoo when a lot of younger swimmers were included who are not usually at the competitive stage. The results were

1st B.P.	211	4th Erith	108
2nd Maidstone	172	5th Gravesend	81
3rd Sevenoaks	149		

The following week, 21st October, we were away at Ladywell Baths with Lewisham S.C. as hosts. Also on this day, 12 members of our team were swimming to represent the London Borough of Bexley at West Wickham in a London Inter-Borough match. This gave other members of the Club a chance to swim but unfortunately we ended up in 5th place. Results were

1st Ravensbourne	182	4th Eltham	117
2nd Lewisham	172	5th Erith	79
3rd Greenwich	118		

The next match was a home match at Riverside on 18th November when we put in two teams to swim. The 'B' team consisted of many swimmers who have never taken part in matches before and both teams put up a very good fight. The composition of the Gala was slightly different as all races were over one length. Many of the races were so close, with teams either clocking the same times or one second's difference, that it made a very difficult job for the officials to sort out. I think you will all agree that it was a very exciting

match due to the closeness of results. These were

1st	Sevenoaks	293	4th	Gravesend	202
2nd	Lewisham	283	5th	Eltham	201
3rd	Erith 'A'	274	6th	Erith 'B'	75

The last match of the season was at Downham Baths on Saturday, 25th November, with Lewisham Ladies & Ladywell S.C. as hosts. The evening got off to a bad start with 13 of the original team names crossed off, mainly through illness. In several events we were beaten only by a touch and, as usual, most of the relays were very exciting. One in particular was quite amusing when one of our boys, who shall remain nameless, was catching up very well with the leading team when he started to lose his trunks. He very ably recovered them and ended up in second place - with his trunks in tact. At this match the boys and girls points were recorded separately throughout the gala. At the conclusion of the match our boys were awarded first place and our girls second. Unfortunately an error was made at the recording table and it was later discovered that our boys should in fact have been awarded second place. The final points were :-

	<u>Girls</u>	<u>Boys</u>	<u>Total</u>
Beckenham 'D'	1st 68	3rd 46	114
Greenwich 'B'	3rd 54	1st 60	114
Erith	2nd 57	2nd 56	113
Lewisham Ladies	4th 32	4th 15	47

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Will all members of the Club who are chosen to swim at matches please check with the Team Manager that they are not required to swim again before they get dressed. At every match there is always someone who drops out at the last minutes due to illness, etc. and last-minute alterations have to be made. It is not always possible to inform each swimmer of every change in programme, although every effort is made to do so. At several matches in the past there have been occasions when just as the last relay is about to begin one of the team members feels ill and cannot swim. This is why we insist that all reserves for each race stay on the side until the race is actually under way.

Another reminder for team members - please bring a track suit and towel, also plimsolls or flip flops for wearing in between races. THIS IS MOST IMPORTANT. Most of the team do carry out these instructions now (due to constant nagging !!) but it is essential to keep warm during the match.

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A REMINDER to all that the Club year finishes on 29th December and that the new year commences on 5th January 1973 with an increase in Subscriptions to £1.00 for Seniors and 75p for Juniors. This takes membership round to the end of December 1973. All beginners who joined us in November 1971 and May 1972 finish their session on 29th December. We may ask one or two to re-join if they show potential as competitive swimmers. We shall commence a new beginners class in January on the same lines, that is for one year only.

ANOTHER REMINDER Swimmers' feet should be checked very regularly for verrucae. If you are unfortunate enough to get a verruca please do not attend the Club sessions. Feet will heal much more rapidly if they are kept dry.

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ACHIEVEMENTS

Gold Personal Survival

Carole Martin  
Sharon Dean  
Lesley Rushe  
Kenneth Mundy  
Stephen Bell

Niel Bunker  
Gary Burchmore  
Jeffery Stanley  
Ian Cranshaw  
Richard Atkins

1 Width

Colin Jackson  
Ruth Singh  
Lynn Williamson

Sally Risby  
Diane Tyson

1 Length

Kurt Gurney  
Nicholas Stearman  
Christopher Linford  
Lisa Foster  
Denise Gurney

Philip Stockdale  
Sharon Wratten  
Sally Risby  
Roy Tyler  
Kelly Swinerd

Achievements Outside the Club

Stage 1 and 2 Personal Survival - Suzanne Fitnum

At a Guide Gala at Plumstead Baths in September, Janet Wyatt came 1st in 3 heats and 3rd in Finals.

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OUR thanks to Mr. Peter Mount for the grand job he has been doing with orders from the WEBB IVORY catalogues. Although it is now too late to order items for Christmas we hope we may rely on your support during the coming year.

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THE Club's ANNUAL DINNER & DANCE will be held on Saturday, 3rd February 1973 at The Corinthian Restaurant at Erith, so do please make a note of it in your new diary. Further details will be published as soon as possible.

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PLEASE NOTE there will be NO Club session on Friday, 22nd December. Club will continue as usual on Friday, 29th December.

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PLEASE make sure that your name is in your costume and also in your track suit - both parts - and your plimsolls.

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SWIMMING NOTES by Mr. T. A. Davison

1. It is very obvious that Club swimmers who take part in competitions do not use the tumble turn in front or back crawl races - there are a few exceptions, but the majority do not.
2. The tumble is the fastest of all turns and should be used and practised to the exclusion of all others.
3. Practise this turn on every length swum and with either hand touching.

Front Crawl Turn

Provided that the wall is touched by part of the body the turn is permitted in competitive swimming. It is desirable, but not essential to touch with a hand. If the turn is taken too far from the wall for the hand to touch, the feet must do so as they are whipped over.

Back Crawl Turn

- (1) This is a blending of a half back somersault and a half twist
- (2) It is the fastest of all back turns. It should be practised to the exclusion of all others
- (3) Practise the turn with either hand touching
- (4) Practise the turn on every length swum, it must be perfect.
- (5) If possible, before a race in a strange pool, practise turning in the appropriate lane, looking for ceiling landmarks which give warning of the approach.

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\* A VERY MERRY CHRISTMAS AND  
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\* A HAPPY AND PROSPEROUS NEW YEAR  
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\* TO ALL OUR READERS  
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