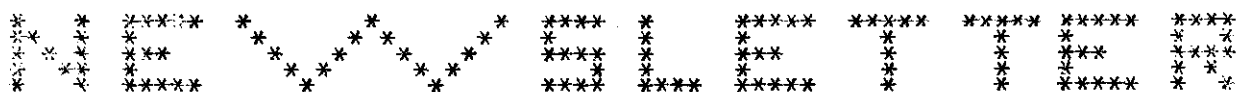


ERITH & DISTRICT SWIMMING CLUB



No. 34

February 1973

We should like to welcome all new members who joined us in January and to wish them every success in their lessons

Our Annual General Meeting this year will be held on Tuesday, 13th March 1973 in the Club Room at Riverside Baths at 8.00 p.m. Notices and copy of the Balance Sheet will be circulated to all members and we should like to see as many as possible at the Meeting.

ACHIEVEMENTS

The following swimmers have passed the Bronze Personal Survival Test

Nicholas Singh	Wendy Dent	Vivienne Harvey
Jacqueline Durrant	Denise Farley	Lynne Harvey
	Michael Dent	

The following swimmers have passed the Stage I test of the Joint National Swimming Award

Janet Parrett	Maureen Dent	Betty Fitnum
Andrew Scott	Tracey Regan	Tony Linford
Trevor Chambers	Michael Dent	Diane Coppins
Christopher Foster	Nicola Harvey	Wendy Dent
Moirira Firmin	Allan Bedford	Pam Bedford
Joan Betts	Sandy Fitnum	

The following swimmers have passed the Stage 2 test

Diane Coppins	Christopher Foster	Denise Farley
Lynne Harvey	Vivienne Harvey	

Swimmers who wish to take any of the tests should give their names to Mr. Bardell or Mr. Davison

Tests are in this order

- (1) Stage I E.S.S.A & A.S.A.
- (2) Stage II E.S.S.A. & A.S.A.
- (3) Bronze Personal Survival A.S.A.
- (4) Silver Personal Survival A.S.A.
- (5) Gold Personal Survival A.S.A.
- (6) Honours Personal Survival A.S.A.

ACHIEVEMENTS OUTSIDE THE CLUB

Silver Personal Survival - At School Susan Burnett

A further donation of £20.00 has been made to the Club by Peter Mount from the proceeds of the sale of goods from the Webb Ivory catalogues. Please continue to support the Club in this way. New catalogues are now available.

SWIMMING NOTES - T. A. ' Davison

Hygiene

Swimmers should play their part in keeping the swimming bath clean. Clothes should be arranged tidily in the cubicles or changing rooms, girls should wear caps; boys should be encouraged to keep their hair short and to wash any hair cream from it. The use of the handkerchief, the toilet, the showers and foot bath should be an essential part of the preparation for the lesson. Pupils suffering from catarrh, sore throat, foot infection (e.g. verruca, athlete's foot) or any kind of open sore should not be allowed to swim.

Swimming costumes should be washed after use as they may be overlooked as a source of dirt and infection. Walking along the bathside in outdoor shoes is highly undesirable. Eating sweets and the chewing of gum should be strictly prohibited while at the baths. After each swim children should dry themselves thoroughly, particularly the hair, ears and feet.

SOCIAL SECTION

Our 4th Annual Dinner & Dance was held at The Corinthian Restaurant on 3rd February. A good time was had by all but we should like to have seen more members present.

We are trying to book seats for The Tony Steele Show at The London Palladium and a possible date is 12th May. Tickets will be in the region of £1.73 - £1.98. Further details will be posted on the Notice Board as soon as possible.

SOME DATES FOR YOUR DIARY

- 13th March 8.00 p.m. ANNUAL GENERAL MEETING
- 7th April Match at Maidstone
- 14th April Match at Riverside Baths
- 21st April Match at Lamorbey Baths

A FEW REMINDERS

- Club Badges are available as follows
- Cloth Badges (for swimmers of 1 width or more) 30 p
- Lapel Badges 20 p
- Costumes and Track Suits may be purchased through the Club, please see one of the officials about this.

Once again this year it will be necessary to hold a ballot for the Boys' Team Captain. Ballot papers will be issued to all members and we should like these returned to us by 9th March please.
