

ERITH & DISTRICT SWIMMING CLUB

N E W S L E T T E R

No. 45

February 1975

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SECRETARY'S NOTES

We should like to welcome all beginners who joined us in January and wish you every success in your lessons. Your course of lessons is for six months only so you must all work hard if you want to learn to swim. This means not only working hard during the Friday lesson, but at home, practising your strokes in front of a mirror and laying face downwards on the bed. Also going to the Pool when it is possible, to get used to the water and to enjoy being in the water. Most of you just want to learn to swim and that is what we hope you will be able to do at the end of your course. Some of you may get on quicker than others and if we think you will make a competitive swimmer, then we will ask you to stay on for a further six months. Otherwise, your course will end and then we start again with another batch of beginners.

SUBSCRIPTIONS

All regular members are reminded that 1975 subscriptions should be paid by the end of January each year (75p juniors and £1 seniors) failing this your name will be struck off the register and your place filled by another swimmer. All members are also reminded that unless satisfactory progress is made during the year, then you will not be allowed to re-join next year and someone else will have a chance instead.

NEW RULE

Your attention is drawn to the new set of Rules inserted in your Membership Book, in particular the addition to the end of Rule 4. This states that if you are a member of this Club, you must not belong to another Swimming Club at the same time. If you do, then you must either resign from us or the other Club.

ANNUAL GENERAL MEETING

Our Annual General Meeting is being held at the Club Room, Riverside Baths on Tuesday, 18th February at 8.p.m. and all members should have received notification of this by now, together with a copy of the 1974 Balance Sheet. If you or your parents have any suggestions or queries or any matter to discuss, this is the time to do it, at the A.G.M.

POINTS CUP RACES

We are holding our Points Cup Races a little earlier this year so as to avoid the holiday months. For the benefit of new swimmers, these races are held each month, usually the second Friday in the month, commencing at 8.30 p.m. All swimmers of one length or more are expected to take part as these races are just as important to you as classes. It will show you, your parents, and your teachers, what progress you are making and will help us to decide who should represent the club at

matches throughout the year. We now have two teams, an "A" and a "B" so most of you will get an opportunity to represent the Club at some time. Races are divided into four age groups - under 12 (that is, you must not be more than 11 years old this year to compete in this group) under 14 (for the 12 and 13 years old) under 16 (for the 14 and 15 years old) and over 16. Races are as follows :-

February 14th - Breaststroke & Butterfly (time permitting)  
March 14th - Back Crawl  
April 18th - Front Crawl

Points are awarded as follows :- 5 points for 1st position in each group (not 1st in each heat) 3 points for 2nd and 2 points for 3rd. Every swimmer who takes part receives 1 point for entering. Cups are awarded for the girl and boy with most points.

D.S. Firmin

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### SPONSORED SWIM

We have been asked by "Age Concern" to help in a sponsored swim on Saturday, 15th March at Riverside Baths to raise money for a "Pop-in-Parlour" in Erith for the elderly. For the benefit of younger folks, this is not a place for the older people to play their pop records, but somewhere they can go to meet other people, to relax and enjoy a cup of tea, etc. and something to eat. We think this is a good cause and would like the help of members to raise some money for this project. Forms will be available from Club officials shortly so please help if you can.

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### ANNUAL DINNER & DANCE

Our Sixth Annual Dinner & Dance was held on Saturday last, 1st February at The Falconwood Social Club, Welling and a good time was had by all. An excellent meal was provided consisting of Cream of Vegetable Soup, Roast Sirloin of Beef with Mixed Vegetables, served with Red or White Wine, Fruit Salad and Ice Cream, Coffee and Cheese and Biscuits. Mr. D. Hind, our retiring President, proposed a toast to the Club and the reply was given by Mr. Peter Frost, our Boys Captain. This was followed by continuous dancing to the Embassy Three. Our thanks for arranging such a successful evening go to Mrs. Pam Bedford and Mr. Peter Mount, Social Secretary, who also proved an excellent M.C.

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### "B" LEAGUE

Once again, I would like to say thank you to the "B" team. Although they came 3rd on the 18th January at Eltham Baths, the points between the winners and Erith are getting less and less with each Gala. At the last Gala the points were Sevenoaks 103, Eltham 95, Erith 91 and Greenwich 86. I feel that this is due not only to the growing enthusiasm of the "B" team but also to less and less disqualifications as the team begin to get used to swimming in Galas. Finally, may I say from the "B" team to the "A" team "Watch out, we are on our way up!"

Our next "B" team Gala will be on Saturday, 22nd February at Plumstead Baths. Please watch the Notice Board for list of competitors. The "B" team Gala on 8th March has been postponed and the new date will be put on the Notice Board when it has been arranged.

D. Fitnum

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## The Beginner - Part 1

Much has been said about the swimmer, how he or she should swim, turn and dive, but let us pause for a while and think about the period when he or she could not swim; in other words, the beginner.

Let us assume our beginner is a small boy who has never been in a Swimming Pool before. He enters the Changing Room clutching his towel and costume, presently emerging dressed for the job and making his way towards the Pool. Standing near to the end of the water, his courage begins to ooze away. He has never seen such a big expanse of water. There seems to be lots of noise and echoes; it looks deep! He edges closer to the other children for comfort. "What do we do now?" That is the question they all seem to be saying to themselves.

The teacher appears and reads out their names. Then, into the water he goes via the steps. As the water level reaches his chest, two things happen (1) his feet won't stay on the bottom and (2) he can hardly breathe. He clutches the rail, fear is creeping upon him as he does his exercises. Then, "put your head under the water, sit on the bottom". Must be mad, he thinks! Keep Close to the other pupils, hold the rail; survival is uppermost in his mind, with fear clutching at his heart.

After 20 minutes of this, he is glad to climb out and get dressed, thinking to himself "They told me swimming was fun!" After 4 or 5 lessons, he will have forgotten his first experience and will realise that swimming is fun and will tell other boys that they should learn to swim also as it is great fun.

T.A. DAVISON

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### ACHIEVEMENTS

1 length - Andrew Abbott

At School - Sean Williams - Bronze & Silver Personal Survival.

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### LOST PROPERTY

Many items of lost property are handed in to Club Officials each week and some are never claimed. Most are small items but we have just been handed a girls mauve fur lined duffle coat which must surely have been missed by someone? As this is a large and expensive item to lose, we hope that this will soon be claimed.

May we draw your attention to the fact that very few of you name your costumes or track suits. As these are all alike, it leads to great confusion, so please Mums, a name in Biro will be sufficient, somewhere on the lining.

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### FORHCOMING EVENTS

- Fri. 14th Feb. 8.30 p.m. POINTS CUP RACES - Breaststroke - for all swimmers. Riverside Baths.
- Sat. 22nd Feb. 6.00 p.m. "B" LEAGUE MATCH - hosts Erith S.C. - at Plumstead Baths.
- Fri. 14th Mar. 8.30 p.m. POINTS CUP RACES - Back Crawl - for all swimmers. Riverside Baths.
- Sat. 15th Mar. SPONSORED SWIM at Riverside Baths in aid of "Pop-in-Parlour" for the Elderly in Erith
- Sat. 12th Apr. 7.00 p.m. INTER CLUB GALA "A" teams - at Riverside Baths - hosts Erith S.C.
- Fri. 18th Apr. 8.30 p.m. POINTS CUP RACES - Front Crawl - for all swimmers. Riverside Baths.
- Sat. 21st June 7.00 p.m. INTER CLUB GALA "A" teams - at Riverside Baths - hosts Erith S.C.
- Sat. 3th Nov. 6.00 p.m. ANNUAL GALA - Riverside Baths - for all members of Erith & District S.C.
- Sat. 13th Dec. 7.00 p.m. INTER CLUB GALA "A" teams - at Riverside Baths - hosts Erith S.C.

Future invitations to other Galas will be posted on Notice Board as and when received.

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We apologise for the sub-standard printing of this Newsletter but the substitute Editor of this edition just cannot get the hang of the duplicating machine! Miss Phyllis Rayfield, our very capable regular Editor, has unfortunately fractured her Achilles tendon and is well encased in plaster having just been discharged from Hospital. We all wish her a speedy recovery to health and hope she will soon be back "in the swim".

### MORE ACHIEVEMENTS

The following swimmers have passed the A.S.A. Personal Survival test,  
GOLD STANDARD

Ian Leach  
Jonathon Rose  
Carol James  
Tony Linford  
William Geapin

Ian Friend  
Paul McKenzie  
Andrew Scott  
Alison Fox  
James Geapin