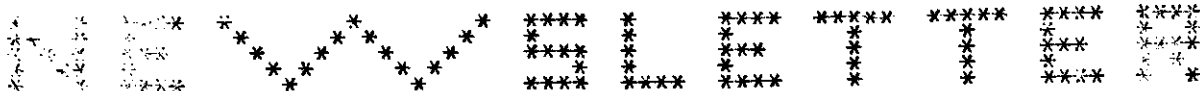


ERITH & DISTRICT SWIMMING CLUB



No. 46

March 1975

Our Beginners' Classes are progressing well and quite a number have swum the width and have been awarded a certificate. These children are now learning the second stroke, the back crawl, and classes have been re-arranged slightly to cater for them. Progress may be noted on the achievement chart which is on the notice board.

The Points Cup Races for butterfly will be held on the 9th May as there was insufficient time to include this item on the same night as the breaststroke races. The results of the Points Cup Races are on the notice board.

The Club organised a sponsored swim at Riverside Baths on Saturday last, 15th March in aid of Age Concern. The object was to raise money for a Pop-In-Parlour for the old people of Erith. About 85 swimmers took part and a total of 1145 lengths were completed during the evening. The grand sum of £400 was raised and this money should be collected in from the sponsors as soon as possible and sent to Councillor Price whose address is on the sponsor form, or handed in to Club Officials on Friday evenings. Quite a number of Club members took part in the swim and special mention must be made of one of our swimmers - Graham Cordell of 112 Hythe Avenue, Dextersmeath - who was sponsored for nearly £49. Well done Graham.

'B' Team. The team took part in a match at Plumstead Baths on 22nd February and the results were

|           |     |
|-----------|-----|
| Erith     | 116 |
| Eltham    | 96  |
| Greenwich | 94  |
| Downham   | 59  |

Congratulations to the team. As we have said in the past, the 'B' Team has steadily progressed to achieve first place in a competition. Let us hope that in future they can maintain this high standard. The 'A' Team must now look to their laurels! Thank you to all competitors for turning up and putting on such a fine display. Thank you also to the parents who made sure their children attended and who supported the team.

D. Fitton

The final 'A' League Match which was postponed from 8th March is to be held on Friday 11th April at Eltham Baths commencing at 7.00 p.m. A coach has been hired to take all competitors. This will leave Riverside Baths at 6.00 p.m. on that evening. Club session will be as usual for the remainder of the Club.

THE SWIMMER - Part II

After four or five lessons a noticeable change has taken place in our beginner. The submerging practice no longer has any terror for him. He has gained confidence, now pushing the fear he had at first into the background. He can jump into the water, push and glide away from the side on his face or back and re-gain his feet without stumbling. In other words, he is learning watermanship. No longer does he breathe water up his nose and rub his eyes; the water pressure on his chest does not bother him. The sense which was missing in his early lessons has now returned once more. Time to learn how to swim.

T. A. Davison

There will be NO Club session on Good Friday, 28th March, as the Pool is closed for Easter. Classes resume on 4th April.

ACHIEVEMENTS

|                               |  |   |
|-------------------------------|--|---|
| <u>Width</u>                  | Janice Porter<br>John Carver<br>Martin Dott<br>Michele Dott<br>David Ryan<br>Christopher Johnson<br>Rosemary Johnson | Lisa Parrott<br>Mark Mitchison<br>Janet Scrace<br>Colin Singh<br>Alison Lucas<br>Maria Sawkins<br>Julie Tevendale |
| <u>Stage I</u>                | Christine Ryan<br>Kenneth Collinge<br>Martin Parratt   | Kevin Hurley<br>Andrew Abbott   |
| <u>Stage II</u>               | Karen Bragg  | Kenneth Collinge  |
| <u>GOLD Personal Survival</u> | Ian Leach<br>Jonathon Rose<br>Carol James<br>Tony Linford<br>William Geapin  | Ian Friend<br>Paul McKenzie<br>Andrew Scott<br>Alison Fox<br>James Geapin   |

---

FORGOTTEN EVENTS

|                     |  |
|---------------------|--|
| Friday 28th March   | NO CLUB SESSION  |
| Friday 11th April   | 'B' League match at Eltham Baths, 7.00.<br>Coach leaves Riverside Baths at 6.00 p.m.<br>Club session as usual. |
| Saturday 12th April | Inter-Club Gala at Riverside Baths - 'A' Team. 7.00  |
| Friday 18th April   | Points Cup Races. Front Crawl. 8.30 p.m.<br>For all members of the Club.                                       |
| Saturday 19th April | Ice Skating at Streatham.  |
| Saturday 26th April | 'A' Team match at Sevenoaks.   |
| Friday 9th May      | Points Cup Races. Butterfly. 8.30 p.m.<br>For all members of the Club.   |
| Saturday 10th May   | Inter-Club Gala at Beckenham Baths - 'A' Team.   |
| Saturday 21st June  | Inter-Club Gala at Riverside Baths - 'A' Team. 7.00  |

---

FOR SALE Girls' 28" Club Costume - £1.00.