

## ERITH & DISTRICT SWIMMING CLUB

No. 48

NEWSLETTER

June 1975

ANNUAL GALA We are holding our Annual Gala on Sat. 8th November this year and you will soon be receiving your entry forms. These are sent out to you early as the medals have to be ordered a long time in advance of the Gala date and it is not until we receive your entry forms back, that we know just what to order. So please, members, let us have your entry forms back as soon as possible and remember that the Gala is held for your benefit so that everyone can take part. This is the only Gala at which you have a choice to enter. All Inter-Club Galas are for the swimmers that we choose to take part. Our Annual Gala is for every member of the Club no matter how fast or slow they are. We so often hear you saying "I'm not good enough to enter" and this is quite the wrong attitude to take. You are all good enough to enter if you are members of the Club. This gives your teachers a chance to see how you are improving and gives your parents (who, we hope, will all come along to watch) a chance to see what you have learnt during the year. It also helps us to choose who will represent the Club in future matches.

As usual, with the Gala entry forms, we are enclosing raffle books and as our Gala is late in the year, we are giving prizes with Christmas in mind. Please try to sell as many tickets as possible as this helps towards the cost of the Gala which amounts to over £100.

PERSONAL SURVIVAL AWARDS We are reviving Personal Survival Practice for awards commencing in July, in one small part of the pool. This will mean that only a few swimmers at a time can practice, so any members who are interested in taking these awards, please contact Mr. J. Frost (the teacher in the royal blue track suit).

DISTANCE SWIMMING As many of the classes will be half empty during school summer holidays, we are fitting in swimming for distance certificates. This will be held between 8.30 p.m. and 9.30 p.m. each Friday during August in one half of the pool and the Training Section will continue as usual in the other half. A list will be placed on the Notice Board for all those interested in swimming distances of  $\frac{1}{4}$ ,  $\frac{1}{2}$ , and 1 mile.

BEGINNERS CLASSES Our two beginners classes which started with us in January, will finish on Friday, 27th June. Most of them can swim widths and lengths now, and we hope they will continue to practice their strokes as they have been taught. A few children are being kept on for a further six months to see how they shape up to competition swimming. In July, two new classes of beginners start for a further six months course. On the beginners' last night, we are holding novelty races for them instead of swimming tuition and we hope they will all join in. Even those of you who cannot swim much, can join in the fun and games. So come along at your usual time, beginners, on Friday, 27th June.

HOLIDAYS There seems to be some confusion amongst some members about "breaking up" for holidays. Club sessions are held EVERY FRIDAY IN THE YEAR except Good Friday and if Christmas or Boxing Day fall on Friday. Although schools "break up" for Easter, Whitsun, Summer and Christmas holidays, WE DO NOT. It would be very helpful when marking the Register of Attendance, if members could tell the officials on the door, their holidays dates, please.

MEALS Another reminder - please do not eat for at least one hour before swimming. This can be very dangerous, causing stomach cramp or sickness. Even a packet of crisps eaten on the way to classes can be dangerous.

LOST ARTICLES Quite a number of valuable items are handed in each week which are left behind in the changing rooms. May we remind you not to bring items of jewellery, watches, etc. with you to Club Sessions as neither the Club nor the Pool can be responsible for anything which is lost. Also, all borrowed track costumes which are not asked for are not asked for at all. PLEASE PUT YOUR NAME IN YOUR COSTUMES so that they can be identified.

ANNUAL BAZAAR - St. Paul's Hall, Mill Road, Northumberland Heath, Saturday, 15th November at 2.00 p.m. In spite of a plea in last month's newsletter for funny covered bottles, pieces of material and balls of wool for use in connection with our Bazaar none have been forthcoming. Surely someone has a few old balls of wool or pieces of material they do not want? For them in Mass, turn these upwards and let us make use of your unwanted items. We still need helpers willing to make items for the Bazaar and have not had much response yet. Perhaps its too early to think about Bazaar, but once school summer holidays are over, Christmas will soon be here, so!

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ACHIEVEMENTS

1 Length	Sean Deyemi	Lynn Briody	Andrew Callard
	Richard Horne	Jonathan Pridmore	Timothy Green
	Kevin Shepherd	Lisa Smith	Alison Oliver
1 Length	John Carver	Lisa Parrott	Rosemary Johnson
	Tracy Burr	Sharon Sanders	Jane Pallett
Personal Survival		Stephen Calard	

ACHIEVEMENTS (outside Club)

At School - Honours Personal Survival - Janet Parratt  
Gold Personal Survival and 1 mile - Margaret Johnson

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FORTHCOMING EVENTS

Sat. 21st June	INTER-CLUB at Riverside Baths 7.00 p.m. "A" team.
Fri. 27th June	BEGINNERS CLASSES only - Novelty races.
Sat. 29th June	CLUB OUTING by coach to Jess Bay leaving Riverside at 9.30 a.m.
Sat. 7th July	INTER-CLUB GALA at Greenwich Baths 6.00 p.m. "A" Team.
Fri. August	DISTANCE SWIMMING 8.30 - 9.30 p.m. Classes as usual.
Sat. 28th Sept.	CLUB DANCE to be held at St. Michael's School, Wrotham Road, Welling. Further details later.
Sat. 4th Oct.	SPONSORED SWIM - British Heart Foundation at Riverside Baths.
Fri. 31st Oct.	DIVING AND BREASTSTROKE STYLE FINALS for Annual Gala 8.30 p.m. Classes as usual.
Sat. 8th Nov.	ANNUAL CLUB GALA Riverside Baths 6.00 p.m. for <u>all</u> members of the Club.
Sat. 15th Nov.	ANNUAL BAZAAR, St. Paul's Hall, Mill Road, Northumberland Heath at 2 p.m.
Fri. 21st Nov.	INTER-CLUB GALA at Downham Baths "A" Team - Coach transport
Sat. 13th Dec.	INTER-CLUB GALA at Riverside Baths 7.00 p.m. "A" Team.