

ERITH & DISTRICT SWIMMING CLUB



No. 53

May 1976

REPORTS ON RECENT MATCHES

'B' LEAGUE MATCH 3rd April 1976

Congratulations to ALL the team. You all swam extremely well and without exception everybody improved their times. It was an extremely exciting match in which we had no less than twelve first positions and the end result was that we tied for first place with Greenwich. I think it is fairly safe to say that all the parents went home hoarse and all the swimmers went home tired! Thank you, Team, for such a marvellous result. Let's hope we can keep it up for the rest of the programme.

GREENWICH	152 points	SEVENOAKS	122 points
ERITH	152 points	DOWNHAM	48 points
EASTERN OTTERS	123 points		

'B' LEAGUE MATCH 30th April 1976

Another very good and exciting match with, unfortunately a very disappointing end. We were in the lead all the way through and all the team put up a very good performance again, although the times were slightly slower than the last match in a lot of cases. We won the last race and had every chance of just coming top but unfortunately the judges decided to disqualify us and so we came second. The points were as follows :-

SEVENOAKS	122 points	GREENWICH	118 points
ERITH	120 points	ELTHAM	113 points
EASTERN OTTERS	120 points		

'B' LEAGUE MATCH 14th May 1976

Congratulations, Team, we certainly had a very convincing victory at this match. You all tried very hard and it paid off. According to our calculations, we are half a point ahead on the league table, with two matches to go, so we must try and keep up our good record and win at least one match if we have any hope of winning the trophy.

ERITH	112 points	SEVENOAKS	98 points
ELTHAM	104 points	EASTERN OTTERS	80 points

'A' TEAM MATCH 15th May 1976

All of the team did very well, although the end result does not reflect this. With the exception of two members, everybody did a better time than their last recorded time and I feel that on this basis alone you all put up a very good show. Please don't forget, team, that most of the 'A' Teams you swim against have a lot more hours of training per week than we have.

NOTE TO ALL 'A' AND 'B' TEAM SWIMMERS

Would you all keep very quiet before the start of a race and when announcements are being made. Without any doubt you were the noisiest team at both the most recent matches and if this continues, we will get a very bad reputation and won't get invited to any more matches.

Pam Bedford

We are very proud to announce that Chris. Adby (aged 9) recently swam about $\frac{1}{4}$ mile out from the coast at Allhallows to rescue his sister and two cousins who got into difficulties in a boat. He then rowed them safely back to shore. We offer our warmest congratulations to Chris. for this wonderful achievement.

We should like to remind the two beginners classes that their session with the Club ends on the last Friday in June. Two more beginners classes will commence in July.

Once again we are having to close the waiting list for beginners classes. At present we have so many children on the list that it will be two years before the last ones are admitted. By this time many children will be able to swim.

We have been invited to take part in the Erith Schools CARNIVAL on 17th July and propose to enter a mobile float. If any of you have any ideas we should like to hear them. We shall also need swimmers to take part either on the float or walking alongside on the day so if you are interested will you please give your names to your teachers as soon as possible.

Swimmers and parents will be sorry to learn that Mr. Ken, Bardell, of our instructors, has now left the Club for personal reasons. He has been a member for 28 years and an instructor for the latter 8 years. We are all very sorry to have lost his services and I am sure many of you will join us in extending our thanks to him for all his help during the years. A presentation has been made to him from the Club.

At the last British Heart Foundation Sponsored Swim, our Club raised the most money and have been awarded a Shield, this award to be given annually. The presentation will be made to the Club on Friday 4th June at 8.30 p.m.

As the Club is the host for the last of the 'B' League matches at Plumstead on Friday 11th June, and most officials and teachers will have to be present there, it is proposed to make that evening into a family splash night for members and their families only. There will therefore be no classes at all during that evening.

The London Borough of Bexley have increased its hire charge for the Pools from 1st April. The Club now has to pay £3.50 per hour for Friday night sessions and £12 per hour for Saturday Galas. Entrance to Galas will have to be increased slightly to 20p Adults and 10p children but Friday entrance fee will not be increased at present.

SURVIVAL SWIMMING by T. A. Davison

Negotiating obstacles in the water, e.g. patches of oil, wreckage, is another important skill requiring the technique of surface diving. There are two methods, the usual head first or 'duck' dive and the feet first movement. In the latter try to lift out of the water as high as possible and, obeying the laws of gravity, the body will sink under water, legs together, feet pointed. The under water descent can be accelerated by sweeping the arms sideways and upwards, palms uppermost. Always keep the body erect and the head in its normal position. Once at a suitable depth, tuck up and swim breast-stroke away from the obstacle. Where the oil patch is large this can be repeated. The 'feet first' dive is much safer as it breaks up the oil on the surface around the body and the face is never directly exposed to the oil.

Swimming underwater through tyres and hoops is another useful practice. Finally practices in getting out of the water include such as boarding a dinghy or raft, climbing out of deep water to the bath side, climbing a rope ladder or single rope from the water surface.

These practices will equip a swimmer with the ability to 'surface' in water, provided the strength and endurance that are very essential are maintained by constant swimming practice. Swim as far as you can, as often as you can.

ACHIEVEMENTS

<u>1 width</u>	Nicola Johnson Mark Linford Jane Hamilton	Jeanette Farrow Richard Winkworth
<u>1 Length</u>	Mark Dwelly Zoe Rankin Nicola Stevenson	Suzanne Baughan Michelle Baughan

STAGE 1 Joint National Swimming Award

Simon Kean Philip Delaney Nigel Wright Susan Field Stacey Sproat Lisa Foster Juliette Waters	Robin Fry Alexander Darlow Chris. Adby Sian Miller Angela Sartain Julie Tevedale
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STAGE 2 Joint National Swimming Award

Gary Roose	Philip Delaney
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A.S.A. PERSONAL SURVIVAL - GOLD STANDARD

Christopher Linford Nicole Harbour Shelley Jones	Sarah Jane Denslow Lesley Hopkins
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Lesley Hopkins has also passed the Silver Standard at Abbey Wood Sports Centre.

All swimmers who wish to take any of the A.S.A. personal survival tests should take the Joint National Awards Stage 1 and Stage 2 first.

Bronze Cross Life Saving at school - Janet Parratt

Bexley School Sports 8th April - Desmond Littlefield 1st in the 2 lengths Breaststroke.

FORTHCOMING EVENTS

Friday 11th June	'B' LEAGUE Match at Plumstead. FAMILY SPLASH AT RIVERSIDE BATHS.
Saturday 12th June	'A' TEAM Match at Sevenoaks
Sunday 4th July	CLUB OUTING TO WESTBROOK. Tickets £1.25.
Saturday 18th September	CLUB ANNUAL GALA

We have a Mum who could make very good use of any left-over balls of wool. She is knitting articles of our Annual Bazaar. If you have any wool please hand it in on a Friday evening.

Are you able to help with making something for the Bazaar?
