

BRITISH SCHOOL SWIMMING CLUB

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No. 54

July 1976

**BRITISH SCHOOL SWIMMING CLUB** - Procession was held on Saturday 17th July and the Club entered a float and won 2nd Prize. Thanks go particularly to Mr. Mount for the decorations on the float and also to the other people who helped to put it all together. Also, to the swimmers who gave up a good part of their day to ride along in the float. A good time was had by all. A letter of thanks has been sent to British Gypsum who kindly loaned the lorry for the occasion.

**ANNUAL GALA.** We are holding our Annual Gala on Saturday 18th September this year and all swimming members will have received an entry form for this event. Will you please return your entry forms as soon as possible. The last date for accepting these entries is 27th August. This Gala is held so that every swimmer can take part and this is the only Gala where you can choose what you wish to enter. All Inter-Club Galas are for the swimmers we choose. All members are expected to take part whatever their speed as this is all part of Club life, so don't let us hear you saying that you are not good enough. Everyone is good enough if you are members of the Club. This gives your teachers a chance to see how you are progressing 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.

We are asking all members to try and sell two books of raffle tickets to help towards the cost of the Gala, which increases every year, and is expected to be in the region of £130 this year. If anyone can sell any more books, we still have plenty left. Tickets for admission to the Gala will be on sale during August.

**BEGINNERS CLASSES.** Welcome to all beginners who joined us at the beginning of this month. Your course of lessons is for six months only so you must all work hard if you want to learn to swim. This means practising as much as possible by going to the pool whenever you can. Some of you will get on quicker than others and if we think you will make a competitive swimmer we shall ask you to stay on for a further six months.

**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 and 9.30 p.m. each Friday from 13th August in one half of the Pool and the Training Section will continue as usual in the other half. A list is on the Notice Board for all those interested in swimming distances of  $\frac{1}{4}$ ,  $\frac{1}{2}$  and 1 mile.

**HOLIDAYS.** Although schools 'break up' for summer holidays, we do not and Club sessions are held every Friday during the year (except Good Friday). It would be helpful to let officials on the door know your holiday dates in advance so that a note may be made on the attendance register.

**LOST ARTICLES.** Quite a number of items are handed in to officials each week and are not claimed. May we remind you not to bring items of jewellery, watches etc. with you as neither the Club nor the Pool can be responsible for loss. There is also confusion with Club costumes, several have been taken home by the wrong person lately, so please PUT YOUR NAME IN YOUR COSTUME so that they can be identified. All that is needed is your name written in biro across the lining and this can be renewed when it fades.

### 'A' TEAM MATCH AT GREENWICH 5th June 1976

You all did very well in this match with lots of 'firsts' in the first half of the match but you all seemed to get very tired in the second half. We were leading until half way through, then we gradually crept down to third place. Anyway, it was a very good effort by all who took part.

### 'B' TEAM MATCH 11th June 1976

This match was a rather disappointing event, although this is no reflection on the swimmers at all. With the exception of one or two, everybody did either equal or better times than the last match. Unfortunately, Eltham brought out all their strong swimmers and gave us a good 'thrashing'. The fact that a lot of our usual team were on holiday did not help our situation. This was the last match which counted towards the Tudor Trophy.

### 'A' TEAM MATCH AT SEVENOAKS 12th June 1976

You will swim to beyond your capacity at this match. Thank you to all of you, especially to those of you who either swam after being asked at the last minute, or swam extra races. By the time we got to the match, we were down to a quarter of our original team, either through swimmers being on holiday or going sick at the last minute. You all put up a very good fight against some very strong opposition. Unfortunately we had rather a large number of disqualifications due to faulty takeovers. Will all members note that your feet must not leave the side of the pool before the other swimmer has touched the side.

At the time of writing, our next 'A' Match will be at Riverside Baths on 30th October.

### FRIENDLY 'B' LEAGUE MATCH 26th June 1976

Congratulations team! We really showed them who were the champions in this match. Everybody put up very good times, and we did not have one disqualification. The points were

ERITH	137 points	Sevenoaks	106
Greenwich	133	Eastern Otters	91
Eltham	122		

### 'B' LEAGUE FINAL RESULTS

League Points :-

ELTHAM	18	GREENWICH	16½
SEVENOAKS	18	EASTERN OTTERS	14½
ERITH	18	DOWNHAM	3

This means that three teams had won. To find the overall winner, the total Event points were added up and this gave a final result of :-

ELTHAM	612	Event Points
ERITH	605½	
SEVENOAKS	581	

As you will see, we were only 5½ points off winning the Trophy and if we had not had a disqualification in the Boys' Squadron of the Match held on 3rd April, we would have won that match outright and won on League Points. So, swimmers, you can see how important it is to make sure the person before you touches when you swim in relays. It can be vital!

I was very pleased with all the swimmers efforts and thank them for turning up so regularly - some of them not missing a single match.

We hope to be competing in the Tudor Trophy 'B' League again next year, so everybody train hard ready for January next year, especially the young members who will be under 10 years of age next year.

### CLUB OUTING TO WESTBROOK 4th July 1976

When we left Riverside, it looked as if the good weather had deserted us and on our way down on the A20 we actually went through a shower of rain! The driver took us on a nice scenic route, thus avoiding the traffic jams. Everybody made for the beach when we got to Westbrook - some to eat their lunch, others couldn't wait to get into their costumes and make for the sea. The sun came out soon after we arrived, and the rest of the day was spent sun bathing, swimming and playing games of all sorts on the sand. We arrived back at Riverside at about 9.00 p.m. - a good time being had by all.

**MEALS.** Another reminder - please do not eat for at least one hour before swimming. This can be very dangerous, causing stomach cramp or sickness.

**PETS CLUB.** If any member of the Club is interested in joining a Pets Club, Wendy Dent would like to hear from you. The cost of joining is 15p which includes six tokens for admission to Pets' Corner. If you are interested, please contact Wendy Dent before the 1st October.

**WEBB IVORY CHRISTMAS CATALOGUES.** Mr. Mount has the Webb Ivory Christmas Catalogues available, and will be pleased to supply one on request.

### ACHIEVEMENTS

1 Width	Brian Bellamy Robert Barfoot Paula Long Mark Gillies	Nigel Buckle Lindsay Black Claire Askin	Nina-Jane Averill Stuart Winkworth Richard Clare Keith Johnson
1 Length	Julie Turner Vanessa Clare	Brian Bellamy	Beverley North Jane Hamilton

1 Mile and Bronze Personal Survival at school - Carolyn Stevenson  
 $\frac{1}{2}$  Mile at school - Christine Ryan and David Ryan  
Silver Personal Survival - Andrew Callard  
Bronze Medallion Life Saving - Stephen Callard

**VERRUCAE** Please examine your feet regularly for verrucae. If you suspect you have one, **DO NOT COME SWIMMING** as these are very contagious. Consult a Foot Clinic or Chiropodist immediately as verrucae take a long time to clear. A picture of one is on the Notice Board in the Hall of the Pool.

### FORTHCOMING EVENTS

#### Fridays

August 13th, 20th,  
27th and Sept. 3rd

DISTANCE SWIMMING Riverside Baths 8.30 - 9.30

Friday  
10th September

DIVING AND BREASTSTROKE STYLE FINALS for  
Gala 8.30 p.m.

Saturday  
18th September

ANNUAL CLUB GALA for all members, 6.00 p.m.

Saturday  
30th October

INTER-CLUB MATCH Riverside Baths 7.00 p.m

Saturday  
13th November

SUPPER DANCE at St. Michael's Community  
Centre, Wrotham Road, Welling.