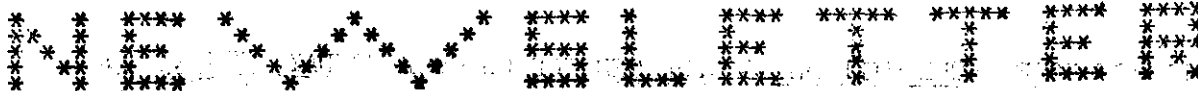


ERITH & DISTRICT SWIMMING CLUB



No. 58

April 1977

Once again, I was extremely disappointed by the lack of interest shown by members and parents in our Annual General Meeting held on the 23rd February. At this meeting, members and parents have a chance to voice their opinions or criticisms on any matter connected with the Club. Perhaps, on the other hand, I should take it as a compliment that you have no criticisms or objections and that everyone is satisfied with the way the Club is administered.

At the Annual General Meeting, three new Committee members were appointed - Mr. Michael Ryan, Mr. Michael Parratt and Mr. Peter Frost. Also new Captains were elected as follows - Girls Captain - Carole Martin, Girls Vice-Captain Sarah-Jane Denslow, Boys Captain - Tony Barker and Boys Vice-Captain - Ian Friend.

D. S. Firmin

Our Annual Dinner and Dance held on the 19th February at The Falconwood Community Centre was a great success. After a delicious meal of soup, roast beef with all the trimmings, and fruit salad and ice cream, an enjoyable evening was spent dancing to the Glenwood Band.

Our beginners class is progressing well and is almost half way through the six months course which finishes on 24th June.

Attendances at the Points Cup Races held on the second Friday in each month, is good and swimmers are reminded that a class is held after the races have finished for all swimmers whose classes are normally held from 8.00 p.m. onwards, and you are expected to attend.

Personal Survival practice is now held between 7.00 and 7.30 in one lane of the Pool especially set aside for our use. There has been some confusion over this section but I hope this has now been sorted out. All swimmers who are interested in taking Personal Survival Awards must give their names to Mr. Frost and he will then tell you when you can practice. We must limit the practice class to a certain number of swimmers for safety's sake, so don't come along unless you are told to do so. As we have to pay extra for this section, it has been agreed by the Committee to charge all swimmers who use the lane for practice, a fee of 5p per week in addition to the weekly class fee of 5p. Please note that all swimmers who take part in Personal Survival practice must also attend their class afterwards as the swimming tuition is the most important feature with Personal Survival as a sideline. If swimmers do not attend their classes, they will not be allowed to take part in Personal Survival practice. The new fee commences on 1st April.

Points Cup Races - Breaststroke A number of swimmers who swam in this event have one or more major fault in the leg action

Number one fault is the screw leg movement, that is the foot points downwards
Number two fault is the uneven leg movement, one leg moves in a different track to the other.

Number three fault is a combination of the above faults.

Now until these faults are corrected, none of these swimmers can swim in a breaststroke event, if they do they will certainly be disqualified.

To recap, both legs must move in the same manner, with the feet flat, knees apart. All concerned must do their best to correct these faults in this stroke, it is habit forming, with co-operation from the swimmer a large proportion of them can succeed.

PLEASE NOTE THERE WILL BE NO CLUB SESSION ON GOOD FRIDAY, 8TH APRIL

ACHIEVEMENTS

1-Width --- Michelle Sartain Dean Sherrin Sharqy Driver

Stage 1 -- Joint National Swimming Award

Nicola Denslow	Michelle Baughan	Beverly North
John Cable	Suzanne Baughan	Richard Inkworth
Nicola Stevenson		Robert Befoot

Stage 11

Lisa Foster	Nicola Stevenson	Nicola Denslow
	John Cable	

Bronze - Personal Survival

Sian Miller	Lisa Foster	David Ryan
	Allison Leach	

Silver

Gary Roose	David Ryan	Philip Leach
Lisa Foster	Stacy Sproat	Caroline Stevenson
John Cable	Andrew Abbott	Jane Hancock
Karen Pallett	Angela Sartain	Allison Leach

Honours --- Kevin Hurley

'A' TEAM MATCH 5th March

This proved an exciting evening's entertainment with the gallery packed with supporters, many from Dartford. Our team finished in fourth position with four first and two second placings out of the 34 events. It was disappointing that most of our times were slower than our home match. The Hythe and Dartford Clubs visited us for the first time and it was nice to see Dartford back on the map now they have a new pool.

<u>Results</u>	1st Bromley	226	4th Erith	164
	2nd Hythe	217	5th Tonbridge	120
	3rd Saxon Crown	212	6th Dartford	105

'B' TEAM MATCH AT DOWNHAM 12th March

This was the first of four delayed 'B' matches for the Tudor Trophy, all of which will be held at Downham. Unfortunately Eltham dropped out at the last minute and Greenwich were unable to get a team together owing to the temporary closure of their pool. The evening was extremely exciting and most events were very close. Many of our younger members had their first taste of competition and all did extremely well. The other three galas will have all five clubs competing so we must keep up the high standards seen at this first gala.

<u>Results</u>	1st Sevenoaks	178	2nd Erith	175	3rd Downham	121
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'A' TEAM MATCH AT MARGATE 26th March

This proved an extremely tough match with many of East Kent's big clubs attending. However, our swimmers all did their best, finishing with one first and two second placings. Our swimmers eventually grew tired of the Announcer's B.C.C. pronunciation of Erith and after a quiet word he corrected himself! Full match results will be shown on the notice board shortly.

Forthcoming Match dates

2nd April	'B' Team at Downham	14th May	'B' Team at Downham
23rd April	'B' Team at Downham	21st May	'A' Team at West Wickham
7th May	'A' Team at Tonbridge	28th May	'A' Team at Erith