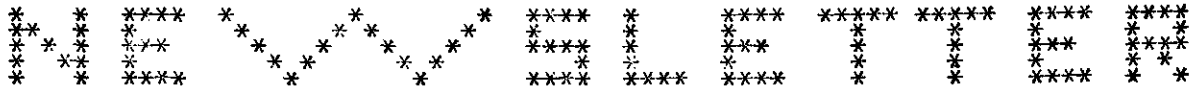


ERITH & DISTRICT SWIMMING CLUB



No. 64

June 1978

ACHIEVEMENTS

A.S.A. Personal Survival - Silver

Alison McDonald
Mark Breare

Donna Kean
Kevin Beerling

Width

Richard Connolly
Joanne Barrett
Laura Young
Samantha Foster

Stephen Arnott
Ian Northfield
Lee Ashwood

Victoria Lowers
David Petherick
Zoe Durne
Graham Davies

Length

Deborah Connolly
Sarah Arnott
Lee Ashwood

Laura Young
Stephen Arnott

Joanne Barrett
Richard Connolly
Zoe Durne

Stage 1

Paul Turner
Michele Sartain
Donna Kean

Neil Davis
Kevin Beerling

Matthew Thomas
Julian Torreggiani
Mark Breare

Preliminary Resuscitation Course

Christine Ryan
David Ryan

Gregory Thomas
Sarah Breare

Angela Sartain
Karen Fox

ANNUAL GALA

Our ANNUAL GALA this year is on Saturday 23rd September and all swimmers will shortly receive an entry form for this event. Please return the entry form as soon as possible. The Gala is held so that every swimmer can take part and is the only Gala where swimmers can choose which events they 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 you are not good enough. Everyone is good enough if they are members of the Club. It gives your teachers a chance to see how you are progressing and gives your parents (who we hope will 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. If anyone can sell more books we still have plenty left. Tickets for admission to the GALA will be on sale during August.

MOUTH-TO-MOUTH RESUSCITATION

Tuition and demonstration is being given by Mrs. Fox to any swimmers or parents who wish to learn the art of mouth-to-mouth resuscitation. The course is for four weeks, with a small test at the end plus a badge for successful candidates. Mrs. Fox will fix a time for tuition to avoid clashing with your swimming lessons. Anyone interested, please contact any Club official or Mrs. Fox. We recommend that all swimmers and parents take this course as one never knows when it will be needed to save a person's life.

THE 'A' Match planned for the 10th June has been cancelled due to the fact that three teams have dropped out at the last moment.

BEGINNERS CLASSES

The beginners who joined us in January will finish their course on Friday 30th June to enable two new classes to commence in July. All beginners will be tested during June and some will be asked to stay on for a further six months. We hope that most of you have learnt to swim a little, or at any rate have gained confidence in the water.

LOCKERS

We notice that not all swimmers are putting their clothes in the lockers for safekeeping whilst they are having swimming lessons and we would ask you all once again to do this to save loss of clothes and inconvenience when clothes get muddled up.

DISTANCE SWIMMING

Swimming for distances of $\frac{1}{4}$, $\frac{1}{2}$ and 1 mile will be held on Tuesdays in August (1st, 8th, 15th, 22nd and 29th) in one half of the Pool with swimming tuition as usual in the other half. On Fridays August 11th, 18th and 25th classes will be held at usual up till 8.00 p.m. and after 8.00 p.m. the rest of the evening will be devoted to a FAMILY SPLASH night for members and their brothers, sisters and parents. If any member who has a class after 8.00 p.m. and still wishes some tuition during August, please let Mr. or Mrs. Firmin know and they will arrange for you to join in the early classes up till 8.00 p.m.

CLUB SESSION TIMES

We wish to remind all swimmers and parents (particularly those in the first classes of the evening) that officially we take over the Pool at 8.00 p.m. on Tuesdays and at 7.00 p.m. on Fridays. It is only through the helpfulness of the attendants that we are allowed in just before 7.00 or 8.00 that classes can start on the hour. If they do not, then each class will run five minutes later, so no one misses out. This situation is not helped by swimmers (particularly beginners) who go in to the changing rooms 15 and 10 minutes before their time in order to get changed, so please wait until you are allowed in by Club officials. You will get your half hour class whatever time we start.

SOCIAL SECTION

The $\begin{matrix} D & S & O \\ | & | & | \\ I & C & \end{matrix}$ held on Saturday 20th May was an outstanding success. There was approximately 120 people there who I think all enjoyed themselves. I would like to thank Mr. and Mrs. Fitnum, Mrs. Dent, Mr. Littlefield for all their hard work, also Mrs. Bragg, Mrs. Sartain, Mrs. Mace who also braved the music and lights, or lack of them, to help out on the night. Last but not least many thanks for all of those who turned up to make this an enjoyabable evening. We made a profit of approximately £40. Another $\begin{matrix} D & S & O \\ | & | & | \\ I & C & \end{matrix}$ will be arranged later so watch out for the notices.

Our next fixture is an outing (two coaches) to Westbrook, near Margate. The coaches will be leaving Riverside Baths at 9.00 a.m. on Sunday 2nd July. Tickets are £1.60 each and there are still a few available.
BOOK EARLY TO AVOID DISAPPOINTMENT.
