



Secretary's Notes

I think everyone will agree with me that it is nice to be back to the usual swimming routine after the recent closure of the Pool. Unfortunately this was quite beyond our control and although we did try to get swimming time in other pools, this was not available. Most members are now back with us again so it now means extra hard work to catch up with the weeks that have been lost.

BEGINNERS' CLASSES

The Beginners' classes which commenced in January and have had to be re-started, will now run until the second week in August and finish on the 10th, so they will not miss out on their 6 month course.

POINTS CUP RACES

Points Cup races have already started as we must fit these in before holidays commence. For the benefit of new swimmers, these races are held each month, usually on the second Friday, commencing at 8 p.m. ALL SWIMMERS are expected to take part as these races are just as important to you as Classes. It will show you, your parents and your teachers what progress you are making and will help us to decide who should represent the Club at matches throughout the year. We have two teams, an "A" and "B" and most of you will get an opportunity to represent the Club at some time. Races are divided into four age groups - Under 12 (for those of you who are not more than 11 years old this year); Under 14 (for the 12 and 13 years old); Under 16 (for the 14 and 15 years old) and over 16. Races will be held as follows:-

9th March	Breaststroke (already held)
20th April	Back Crawl
18th May	Front Crawl
8th June	Butterfly

Points are awarded as follows:- 5 points for 1st position in each group (not 1st in each heat), 3 points for 2nd and 2 points for 3rd. Every swimmer who takes part receives 1 point for entering. Cups are awarded at the Annual Gala in September. At the end of the races, there will be swimming tuition for all swimmers who have not had a class that evening. This will be until 9.30 p.m. so please let your parents know if you are staying on after the races as you will be home later.

RESUSCITATION COURSE

A further course of instruction on mouth-to-mouth resuscitation given by Mrs. Fox will commence on Friday, 4th May and swimmers and parents are invited to attend. Badges are awarded to successful candidates at the end of the course lasting 4 weeks. This is quite a simple course and a very necessary one. Each lesson lasts for about half an hour and can be arranged so that swimmers do not miss classes.

SUBSCRIPTIONS

At our Annual General Meeting in 1978 it was agreed to double the subscriptions in 1979 and for the financial year to commence 1st April instead of 1st January. The increase of fees was confirmed this AGM as the hire of the Pool has increased again

The Annual Subscriptions due on 1st April this year will now be:-

(J. R. L.)	Seniors	£2.00	
	Juniors	£1.50	
	Beginners	£1.00	(commencing next session)

Please bring your Membership Card with you when paying your annual subscription. All subscriptions must be paid by the end of April.

NO SWIMMING APRIL 13th - GOOD FRIDAY

(D.S. Firmin)

A number of swimmers were entered for the Kent County Time Trials held at Lamorbey Baths, owing to the lack of information as to the starting date, one meeting was missed. To gain an award three trial times have to be swum with an improvement over the three trials. Nevertheless, all swimmers did very well indeed, it is hoped to enter more swimmers next year.

Set out below are the names and times of the swimmers who were entered.

FREE STYLE - 110 yds

<u>ANDREW CALLARD</u>		Best Time at Erith	1.38.8
	29.10.78	" " " Lamorbey	1.31.2
	26.11.78	" " " "	1.30.0

<u>ANTHONY BARKER</u>		Best Time at Erith	1.10.2
	29.10.78	" " " Lamorbey	1. 4.4
	26.11.78	" " " "	1. 4.2

BREAST STROKE - 110 yds

<u>LESLEY HOPKINS</u>		Best Time at Erith	1.37.2
	29.10.78	" " " Lamorbey	1.35.7
	26.11.78	" " " "	1.33.3

<u>ANGELA SARTAIN</u>		Best Time at Erith	1.48.6
	29.10.78	" " " Lamorbey	1.47.0
	26.11.78	" " " "	1.48.5

<u>DESMOND LITTLEFIELD</u>		Best Time at Erith	1.32.5
	29.10.78	" " " Lamorbey	1.28.2
	26.11.78	" " " "	1.28.6

BACK STROKE

<u>SUZANNE FITNUM</u>		Best Time at Erith	1.37.5
	29.10.78	" " " Lamorbey	1.28.3
	26.11.78	" " " "	1.28.1

<u>KAREN BRAGG</u>		Best Time at Erith	1.38.0
	26.11.78	" " " Lamorbey	1.35.0

(T.A. Davison)

PERSONAL SURVIVAL

Congratulations to the swimmers who passed their Gold Award on Friday, 1st December, 1978. these were:-

- | | |
|------------------|--------------------|
| Michelle Sartain | Andrew Callard |
| Helen Ives | Trevor Nightingale |
| Michelle Baughan | Michael Ormes |
| Paula White | Andrew Lynch |
| Neil Pearson | Colin Howard |
| Mark Pearson | Kevin Beerling |

Any member wishing to take their 1st and 2nd Stage, also Bronze Awards in Personal Survival should give me their names and I will tell them when they can start.

(J.R. Frost)

PRELIMINARY RESUSCITATION (8.12.78)

Mrs. M.G. Ryan
Miss P.A. Rayfield

Congratulations to KEVIN HURLEY on obtaining his Life Saver Scout badge, which we understand is one of the most difficult Scout badges to pass. The four hour test entails theory on the human body, life saving in case of fire, gas, car accidents, etc., resuscitation and first aid including practical tests in addition to various tasks and life saving tests in the water.

"B" MATCH REPORTS

Three matches were fortunately held during our recent enforced absence and in all instances the team swam extremely well and ensured a third overall position in the Final Points.

RESULTS

<u>6.1.1979</u>			<u>27.1.1979</u>			<u>17.2.1979</u>		
1st	Dartford	214	1st	Greenwich	200	1st	Greenwich	210
2nd	Erith	174	2nd	Dartford	176	2nd	Dartford	201
3rd	Eltham	154	3rd	Erith	158	3rd	Erith	158
4th	{ City of London 148 Sevenoaks 148		4th	Sevenoaks	142	4th	City of London	139
			5th	City of London	141	5th	Eltham	130

"A" MATCH, Erith 10.3.1979

A very worthwhile Match with a full balcony and very even team competition. After a poor start we had some good wins especially among our younger swimmers which resulted in our best overall performance for a long time, Well Done Swimmers!

RESULTS

1st	Dagenham	203
2nd	Erith	185
3rd	Margate	162
4th	Sittingbourne	139
5th	Moreland	131
6th	Tonbridge	109

Although we lose the Tudor Trophy after winning it for 2 years, the team maintained the most consistent standard of results of any team throughout the Five-Match series, and our general performance remains an example to all, of our fine team spirit.

The last scoring match on the 10th March was our 'by' match but we will swim in the friendly at Plumstead Baths on the 31st March when the Trophy will be presented to Greenwich.

We would like to thank all swimmers and parents for their loyal support again this year.

(P. & A. Bedford)

During the year we have a number of swim matches for the "A" and "B" teams, all parents and friends are invited to the events, it does not matter if your children are not in the team, do come along to cheer on the team swimmers, your support is very welcome.

THE EVER PRESENT VERRUCAE (OR PLANTAR WARTS)

When they occur on the feet they are very troublesome, as they cause pain in walking. Treatment is medical and it is important that the advice of a doctor is obtained regarding type of treatment, as soon as possible. PLEASE DON'T COME SWIMMING IF YOU

HAVE A VERRUCAE AS THEY ARE CONTAGIOUS.

A weekly examination of the feet is a wise precaution.

T.A. Davison

SUPPER DANCE 10.2.1979

I would like to thank all those people who came to the Supper Dance, in spite of the difficulties over the last few weeks, it was nice to see 116 people turn up to make the evening most enjoyable.

Many thanks also to the Social Committee for the work they put into the evening to make it a success.

J. Frost
