

SECRETARY'S NOTES Continued

Mrs. Janet Bragg would like any odd balls of wool that you might have for making doll's clothes for our Mini Bazaars in November and December. This may be handed in at the door or directly to Mrs. Bragg.

We have a second hand ~~red~~ white tracksuit size 5 for sale at £3. Please enquire at the door.

A. Bedford

KENT COUNTY WINTER TRAINING COURSE

The following swimmers completed the Kent County Winter Training Course held at Plumstead Baths for swimmers born 1969 and later.

The Course consisted of a one hour session for ten Sunday mornings, using the four strokes, starts and turns and general competitive work:-

Lynn Phillips
Mark Bragg

Kurt Jordan
Mark Steeden

Stephen Arnett was unable to complete the Course, due to a fractured arm.

T.A. Davison

CONGRATULATIONS

Alison Clarke successfully passed her Basic Resuscitation Examination on 28th March.

Suzanne Fitnum has beaten the 1971 School Record for backstroke by two seconds.

RULES TO REMEMBER AT GALAS

Various new regulations and rules have been brought in this year so that they "tie-in" with the European A.S.A. Most of the rules your instructors have been telling you year in and year out, but I will go through them briefly again.

Why bore us with all this? Well as I have attended seminars and championship galas as an official and gleaned a little bit of information, I thought it would be a good idea to pass some of it on to the Swimming Club, so you see you will not have to read very much after all.

May I say now that I have the Rule Book for anyone wishing to see the rules as printed.

The Referee is now in charge of a gala from start to finish of each race other officials report to her/him regarding disqualifications - but more about that later.

THE START

On the word "take your marks" go to the edge of the block or pool, take a diving position and keep still. The command to "go" could be straight away (as in the gala on television, G.B. vs Sweden) or there could be a delay, which, when you are waiting to dive, seems like hours.

RULES TO REMEMBER AT GALAS Continued

A Competitor may fall in before the command "go" DO NOT GO IN YOURSELF. If you do go in deliberately the referee could disqualify you. (I have seen this at a championship).

If after the command "go" you hear a recall signal (gun or whistle) the "false start" rope should go down and impede your progress (although I have seen competitors swim over the top).

It is not just the Starter who can recall you but the referee as well.

If on the third attempt of the same race, there is a false start, the race will continue but that swimmer or swimmers who caused the false start will be disqualified (be they guilty on the other two false starts OR NOT GUILTY).

Back Stroke swimmers must keep their toes underneath the surface of the water level.

After the dive, you have the guide under water before the start of the actual swimming:-

Breaststroke Swimmers are allowed to take one complete stroke before the head comes to the surface.

Front Crawl - are allowed to use Front Crawl leg kick to drive you to the surface.

Back Stroke - are allowed to use Back Crawl leg kick to drive you to the surface.

Butterfly - are allowed to use "dolphin" or breast stroke legs and one arm stroke to drive you to the surface. (at this stage I hasten to add that our Club teaches the "Dolphin" leg kick on butterfly but I am trying to give you the correct version of the rules so do not let me see anybody doing anything but "Dolphin" leg kick in butterfly).

To be continued after I have read the Rules.

D.D. Fitnum

MATCH REPORTS

At the friendly 'B' Match on the 22nd March we were presented with the Tudor Trophy to hold until next year. The presentation was made by Marcus Hooper, aged 12 of Eltham Training and Swimming Club who last year became the youngest person to successfully swim the channel.

John Murray and Linda Hurley accepted the Trophy together with a Shield which we will keep to remind us of our success this year. It is a shame that both John and Linda will be unable to compete in next year's series as they are both seventeen soon. The 1980/1 season commences on the 1st November.

The 'A' Match at West Wickham on the 12th April provided some excellent swims by our team and some fine times and results were recorded in spite of a number of absentees.

RESULT:-

1st Bromley 'A'	86 points
2nd Greenwich	101 "
3rd Erith	134 "
4th Mitcham Clarion	144 "
5th Bromley 'B'	218 "

MATCH REPORTD Continued)

'A' MATCH, ERITH 3.5.1980

A very good all-round performance against some strong teams gave us second place by just one point. A number of personal best times were recorded and our ability in recent matches to hold our own against stronger clubs is very encouraging. SO LET'S KEEP IT UP.

<u>RESULT:-</u>	1st	Redhill & Reigate	237 points
	2nd	Erith	203 "
	3rd	Saxon Crown 'B'	202 "
	4th	Tonbridge	173 "
	5th	Greenwich	167 "
	6th	West Ham	77 "

FORTHCOMING MATCHES

A number of Matches have been confirm which will provide regular competition up to early July and again in the Autumn. P. & A. Bedford

ANNUAL CLUB OUTING TO WESTBROOK (MARGATE) - SUNDAY 13th JULY

We will again be going to Westbrook this year and a 53 seat coach has been booked. The cost will be £2.20 child or adult. We hope to meet some of the children from Margate Swimming Club this year for a bit of friendly rivalry in our beach games and perhaps swimming!

If you have not joined us previously we can promise a great day. There is no restriction on the number of friends you can bring along and if you don't like coaches why not come by car and meet us there?

If there is enough demand a second coach will be booked.

VERRUCAE

If you are unlucky enough to contact one of these nasty warts we would remind you to consult a chiropodist or clinic etc. as quickly as possible and not attend classes until it has cleared. We regret that we do not allow verrucae socks to be worn as there is always the risk of further infection on the changing room floors etc.

Swift and effective action is the best cure to ensure that you do not miss many of your swimming sessions.

Congratulations to Peter & Christine Frost on the birth of their son, Matthew who arrived on 22nd March.

Most of you will have already been introduced to him as he has put in one or two appearances at the pool.

Congratulations also to his grandparents Mr. & Mrs Jack Frost.

FORTHCOMING EVENTS

FRIDAY, 9th May Points Cup - Butterfly - Commencing 8 p.m.

SATURDAY, 31st May 'A' Match Tunbridge Wells (Hosts Tonbridge)
(Coach provided) Commencing 7 p.m.

SATURDAY, 14th June 'A' Match Greenwich - commencing 5.30 p.m.

SATURDAY, 5th July 'A' Match Crowborough, Sussex (Hosts Beacon S.C.)
(Coach provided) Commences 3 p.m.

SUNDAY, 13th July Annual Club Outing to Westbrook. Leaves Riverside 8.45 a.m.

TUESDAY 5th & 19th August $\frac{1}{4}$ and $\frac{1}{2}$ mile Distance Swimming for Certificates
(Part of pool only)

FRIDAY, 8th August)
" 15th ")
" 22nd ")
" 29th ")
FAMILY SPLASH NIGHTS commencing at 8 p.m.

TUESDAY 12th ")
" 26th ")
1 mile distance swimming for certificates
(Part of pool only)

MONDAY 25th " Annual Erith Show and Sports with Club Stall.

SATURDAY 20th S. ANNUAL GALA commencing 5.45 p.m. Erith

SATURDAY 11th OCTOBER 'A' Match, Erith commencing 7 p.m.

SATURDAY 25th " 'A' Match, Margate (Coach provided)

SATURDAY 1st November 'B' Match Eltham commencing 6 p.m.

SATURDAY 15th " 'B' Match Eltham commencing 6 p.m.

SATURDAY 6th December 'B' Match Eltham commencing 6 p.m.