

ERITH & DISTRICT SWIMMING CLUB

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No.77

June, 1980

SECRETARY'S NOTES

ANNUAL GALA 20th SEPTEMBER, 1980

All members will shortly receive an Entry Form for our biggest event of the year and we hope you will enter as many of the events as possible to ensure a great evening. Please return your completed forms to us before you go on holiday!

TUDOR TROPHY SERIES

At a recent meeting attended by all participating Clubs a number of changes were agreed to take effect from the next Series starting in November. There will now only be three age groups, under ten, under twelve and under fifteen (age at date of Gala). The time limits will be retained with little change and will be extended to the under tens.

In future any times recorded of over a second faster than the set limits will mean loss of points in the individual events, rather than the previous arrangement of the complete team being marked last in the case of three infringements.

For the first time Butterfly will be introduced in the two older age groups in individual and medley team events.

Let us hope these changes will improve the Series for all concerned!

POINTS CUP

The Points Cup Competition has now been completed for this year and the times recorded will prove very useful in planning teams for future galas. The attendance at this year's races has greatly improved especially for the butterfly events. Congratulations to all children in the ten and under age group who have competed so well in the series.

The winners cups will be presented at our Annual Gala on September 20th.

NEW MEMBERS

We extend a warm welcome to all recent new members and hope that your membership of the Club will be a long and happy one. The Club operates every Tuesday and Friday except when the Baths is closed for Statutory Holidays or in the event of any abnormal closures.

If you have any queries do not hesitate to contact any Club Official.

POOL REPAIRS

Classes have been difficult lately owing to a patch of tiles lifting but we understand that this will shortly be rectified and now that the broken windows have been replaced, our Pool should look neat again.

FOR SALE

SWIMMING GOGGLES - We have a quantity of second-hand Goggles in stock, all in fair condition priced from 20p per pair. Please enquire.

SPEEDO SWIM HATS - Don't forget we have Red & White Hats in stock at £1.80 each.

SWIM BAGS - We now have in stock some Super Lightweight Swimbags in Club colours with our badge on both ends, these are £5.30 each.

A. Bedford

TURNS

There are still a number of Swimmers who, in training, ask if they have to do tumble turns when swimming front crawl or back crawl, the answer is YES. These tumble turns should be performed on every length swum, in order that it comes naturally and the swimmer may become more efficient at it.

Our competitors are very good at these tumble turns and if we are to win matches, we must be as good as, or even better than our opponents.

The common faults at the moment seem to be:-

1. Lifting the head to see where the wall is.
2. Starting too early.
3. Too close to the wall.
4. Trying to half twist before the half somersault.
5. Starting the half somersault with the head turned for breathing, this causes the swimmer to turn on the shoulder.

Tumble turns are not used when swimming breaststroke or butterfly. In these two strokes, both hands are used to touch the wall (on the same level) when starting to turn and finishing.

When swimming the back-crawl length of the individual medley a full somersault should be used to commence the breaststroke length.

T.A. Davison

MATCH REPORTS

A new venture was tried on the 10th May when a squad of ten of our Swimmers were entered in the Redbridge Sprint Gala at Fulwell Cross Baths, Barkingside.

The events were all over one length with a total of nineteen events in the eleven to thirteen age group split into numerous heats with the six fastest swimmers going through to the finals. Against some very formidable swimmers from some of Essex's strongest Clubs. Most of our squad improved their times and both Mark Bragg and Andrew Callard reached the finals, Mark recording thesecond fastest time in the heats and Andrew recording the fastest in his. In the final Mark came fourth and Andrew came first in his two events and was presented with two very nice 'gold' medals. All Swimmers are to be congratulated for their achievement.

<u>Swimmer</u>	<u>Age Group</u>	<u>Event</u>	<u>Previous Best Time</u>	<u>Time Recorded</u>
Michele Sartain	1969	Breaststroke	32.2	32.1
Sally Taylor	1967	"	27.7	26.8
Christine Ryan	1967	Front Crawl	22.6	22.2
Sarah Breare	1967	"	23.1	21.4
Mark Breare	1969	"	24.0	23.4
Andrew Callard	1968	"	21.5	20.5
" "	"	Back crawl	25.8	24.5
Mark Bragg	1969	"	26.0	24.9
Nicola Bartram	1967	"	26.4	25.2

'A' MATCH - ST. JOHNS POOL, SOUTHBOROUGH, TUNBRIDGE WELLS - 31.5.1980

An interesting Match with our small team of 25, restricted due to the many Mixed Medley Relays, competing well against strong competition.

The Pool is a short 25 metres but in spite of this we won eleven events with eight second places out of the total forty.

Results see Page 3

MATCH REPORTS Continued

Results	1st	Gravesend & Northfleet	206 Points
	2nd	Bromley	183½ "
	3rd	Erith	161½ "
	4th	Tonbridge 'A'	145 "
	5th	" 'B'	51 "

P. & A. Bedford

MORE RULES TO REMEMBER AT GALAS (Groan)

I dealt briefly last time with Referees and the start of the race. This relates to during the race and after, but again I am not covering all the rules.

You may have noticed two officials (one either side of the pool) trying to walk up and down the pool whilst swimming is in progress and being impeded by spectators on the pool side.

These are Stroke Judges and are looking for faulty strokes, e.g.

Breaststroke - putting complete head under water whilst swimming, incorrect arm stroke, incorrect leg stroke.

Butterfly - incorrect arm stroke, incorrect leg stroke.

Backstroke - the body does not deviate from its normal mode of swimming this stroke.

If these Judges spot anything wrong they tell the Referee.

If the race is more than one length there are two Officials at the turning end to see that the turns are correct e.g.

Breaststroke - TOUCH WITH TWO HANDS AT THE SAME TIME AND AT THE SAME LEVEL BEFORE YOU TURN. Get under the water push off and glide, then take ONE FULL STROKE to bring your head to the surface.

WARNING :- Be careful your body is still not twisting, especially the lower part, when you take that one stroke.

Butterfly - TOUCH WITH TWO HANDS AT THE SAME TIME AND AT THE SAME LEVEL BEFORE YOU TURN.

Backstroke - touch with one hand BEFORE you start the turn.

Front crawl - DO NOT TOUCH WITH YOUR HANDS BUT push off with your feet after the turn.

Again, if anything is wrong these Officials will report to the Referee.

At the end of the race, not only are there the Timekeepers, but on either side of the pool are two more Officials, called Placing Officials.

These Officials take the lane order of finishing the race. When the last swimmer of each race has finished they have a little natter amongst themselves to see if they agree with the lane order. e.g. Lane 3 was first Lane 5 was second, lane 2 was third etc. (by the way, Crystal Palace has eight lanes and I've been caught two or three times on "close races"). If these two Officials do not agree then the Referee has the last say.

Now this brings me to an important point why the time taken by the Timekeeper can differ from the official time for that particular race, it is difficult to explain but I will try (must you? - yes - well go on then).

MORE RULES TO REMEMBER AT GALAS - Continued

The lane order of finishing is given by the Placing Officials and they say that Lane 3 beat Lane 4. Lane 3 Timekeeper gave a time of 1m 32.4 and Lane 4 gave a time of 1m 32.2 then the official time for both swimmers would be 1m 32.3.

DO NOT FORGET THAT OFFICIALS ARE WATCHING THE FINISH OF THE RACE FOR THE CORRECT TOUCH OF EACH STROKE.

To finish with (hooray!!) there is no appeal to an Official ruling. If you see or know something during a Gala that you are not happy with, see your Team Manager who will, if he agrees take it up with the Referee.

There are other Officials during a Gala i.e. Chief Timekeeper, Recorders (not the playing type) and the Announcer who will, under the new laws, just announce a race and results and will not say "Over to you Mr. Starter or Referee" or words to that effect.

There is a saying "Rules are made to be broken" but in swimming there are too many eyes watching to see if you break the rules.

If you have any queries, please ask any Club Official but not the author of this article, otherwise you will never get away.

D. Fitrum

WESTBROOK OUTING, SUNDAY 13th JULY, 1980

We have been able to book two coaches for our Annual Trip which will leave Riverside at 8.45, a few seats are still left Price £2.20 each.
a.m.

J. Frost

OUTING TO TENTERDEN, KENT ON SATURDAY 10th MAY

Five Club members, an ex-beginner and myself thoroughly enjoyed a day in Tenterden and its surrounding countryside. Blessed with fine weather we toured the picturesque town and its 800 year-old church and then onto our main objective, the Kent and East Sussex steam railway. Here we sampled a bygone era and travelled on a train hauled by a steam locomotive to the village of Rolvenden. Before making the return journey, we visited the oldest windmill in Kent and an unusual car museum. Prior to our return home, we were able to carry out some bottle-digging and spend 20 minutes inspecting the steam locomotive from a grimy footplate.

Seven weary, but happy people returned home later than scheduled that evening.

Keep an eye on the Swimming Club Notice board for details of other outings that I may organise in the future.

P.A. Frost

CONGRATULATIONS

to KAREN FOX in obtaining the A.S.A. Preliminary Teacher's Certificate.

CONGRATULATIONS

to Joanne Chiswick on being the first from the present Beginners' Groups in swimming one width.

FORTHCOMING EVENTS

SATURDAY, 5th JULY	'A' Match Crowborough, Sussex (Hosts Beacon S.C.) Coach provided - leaves Erith 12 noon) Commences 3 p.m.
SATURDAY, 12th JULY	Gala at Faversham Pool. Commences 6.30 p.m. (Lifts available)
SUNDAY, 13th JULY	Annual Club Outing to Westbrook, Leaves Riverside at 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 cetificates (Part of pool only)
MONDAY 25th "	Annual Erith Show and Sports with Club Stall.
SATURDAY 20th SEPT.	ANNUAL GALA commencing 5.45 p.m. Erith
SATURDAY 11th OCTOBER	'A' Match, Erith commencing 7 p.m.
" 25th "	'A' Match Margate (Coach provided)
SATURDAY 1st November	'B' Match Eltham commencing 6 p.m. - (Drop-out Erith)
SATURDAY 15th November	'B' Match Eltham commencing 6 p.m.
SATURDAY 6th December	'B' Match Eltham commencing 6 p.m.