

ERITH & DISTRICT SWIMMING CLUB

NEWSLETTER

No.79

September, 1980

SECRETARY'S NOTES

ANNUAL GALA, SATURDAY, 20th SEPTEMBER

A very good entry list promises a full and exciting evening's swimming and all listed events can be included, thanks to sufficient participants.

Everyone is welcome to our big event of the year, tickets are on sale now price 40p Adult and 20p for Child spectators. Why not buy a ticket before the night? - Admission will be quicker for you.

SPRINT TROPHY RACES

This new annual event in the Club calendar starts on the 3rd October and the basic points scoring system will be similar to the existing Points Cup series. Five points for fastest in age group, 3 points for second, 2 points for third and 1 point for all others. There will be a challenge in the awarding of bonus points, to qualify for these you must have been a member for at least three months and improve on your previously recorded best time (where one is available) from Club records, for a $3\frac{1}{3}$ metre pool (the length of Riverside Bath).

Bonus Points will be:-

From improvement of	1/10 to 3/10 of a second	1 point
	4/10 to 6/10 " "	2 points
	7/10 to 9/10 " "	3 points etc.

Therefore the event is a challenge for you to improve your times, to gain those extra points.

The Age Groups will be	Under 10
	" 12
	" 14
	" 16

The race dates are given in the forthcoming event list.

CLUB TEE SHIRTS/SWEAT SHIRTS

We have now received the shirts for those who recently ordered them and they are of good quality. If you wish to order one to wear at galas etc. please see Mr. or Mrs. Bedford. Prices are:-

<u>T Shirts</u>	<u>S Shirts</u>
Child £1.85 each	£4.20 each
Adult £2.75 "	£5.40 "

A. Bedford

ERITH SHOW

Due to an excellent response we had plenty of cakes, pies etc. to sell this year and finished with a magnificent profit of £108. Very many thanks to all Members and parents who baked for us. I would also like to say a big thank you to all the loyal Members and parents who helped to erect the stall and sell the goods, including Mrs Callard who came along with some cakes and finished up spending most of the afternoon helping on the stall.

ERITH SHOW (Contd.)

Peter Frost was kept busy all afternoon sketching faces from the crowd and attracted a lot of interest.

J. Frost

PERSONAL SURVIVAL TESTS

It was agreed at a recent Committee Meeting that Survival Tests should be taken in the following order:-

1. Stage I of the Joint National swimming awards A.S.A. & E.S.S.A.
2. Stage II " " " " " " " "
3. Bronze of the A.S.A. Personal Survival
4. Silver " " " " " "
5. Gold " " " " " "
6. Honours " " " " " "

Training commences at the beginning of the month until the end of that month, and on the first Friday of the next month at 8.30 p.m. the test is held.

The exception is the Honours it is usual to give extra time to practise for this test, up to 6 weeks or 2 months.

To prevent a bottleneck occurring it is advantageous in certain conditions to leapfrog the A.S.A. tests only.

The above only applies to the monthly sequences and not to the step-by-step sequence.

Stage I } could also be held on practise nights, also the tests.
Stage II }

Swimmers who have taken odd tests at school and wish to take tests on Club nights must follow the sequence as set out above.

T.A. Davison

OUTING TO LONDON ON 27th AUGUST

Twelve swimmers, a Mother and myself spent a day visiting several places of interest in the City, on a circular tour via London and Tower Bridge.

We spent all morning in Guy's Hospital, the major part of which was an exclusive visit to Laboratories in the Medical School. Here its Teaching and Research roles were explained and the uses of sophisticated scientific equipment given as simply as possible. The remainder of the time there was spent viewing the sights of London from the 17th floor of Guy's Tower block and a quick visit to the swimming pool (part of the Hospital's recreational facilities).

Our next visit was to have been to St. Thomas's Hospital old operating theatre but this was unexpectedly closed in the week prior to our visit! Instead we visited Southwark Cathedral and the nearby remains of Winchester Palace.

Mixed reactions followed with our next visit to 'The London Dungeon'.... some of the boys couldn't get enough of it, while others thought they should have had their lunch after the visit! The remainder of the afternoon was mainly devoted to the Maritime world. This began with a tour around the warship H.M.S. Belfast and the hot sunny weather certainly began to sap our energy through walking up and down between decks. We then walked across Tower Bridge to reach St. Katherine Docks where we saw a fine array

OUTING TO LONDON (continued)

of old and new boats that included a paddle steamer, over a dozen sailing barges, H.M.S. Discovery and one of the new P. & O. Hydrofoil ferries.

Before returning home, a short walk was made through the city to see the Royal Mint, the Tower of London, Billingsgate Fish Market, the Fire of London Monument and several of Sir Christopher Wren's fine churches.

Everyone agreed that it had been a thoroughly enjoyable, but tiring, day out.

Keep an eye on the Swimming Club Notice Board for news of future outings.

Peter Frost

ACHIEVEMENTS

DISTANCE SWIMS

These were held throughout August on Tuesday evenings and were very well attended. The following received distance ~~clashes~~ and certificates:-

1/2 Mile (400 metres)

Stephen Arnott
Lee Ashwood
Simon Coulson
Deborah Connolly
Steven James
Mark Lewis
Kieron Morten
Corin Netherwood
David Petherick
Lynn Phillips

1/2 Mile (800 metres)

Stephen Arnott
Lee Ashwood
Graham Byers
Sarah Byers
Simon Coulson
David Darsey
Stephen Dersley
Dylan Emmett
Lesley Hearn
Ian Hollett
Miguel Kaute
Mark Lewis
Kieron Morten
Corin Netherwood
Lesley Roberts
Sally Taylor
Paul Toy
Susan Turner
Elizabeth Watkins
Neil Woodward

1 Mile (1600 metres)

Stephen Arnott
Lee Ashwood
Gary Beerling
Catherine Bennett
Tina Bennett
Alison Clarke
Deborah Connolly
Stephen Dersley
Dylan Emmett
Helen Farr
Yvonne Halpin
Ian Hollett
Miguel Kaute
Rene Kaute
Mark Lewis
Kieron Morten
Paul Millbank
Nicola Ormes
Angela Pallett
Jason Poole
Matthew Thomas
Paul Toy
Damion Walton
Elizabeth Watkins

WELL DONE!

Additionally a number of swimmers qualified for B.S.C.A. Badges as follows:-

800 metres (Bronze)

Nicola Bartram
Sarah Breare
Steve Pleasance
Christine Ryan

1600 metres (Bronze)

Nicola Bartram
Sarah Breare
Andrew Callard
Miguel Kaute
Kieron Morten
Christine Ryan

ACHIEVEMENTS (Continued)

400 metres

Breaststroke Bronze

Jackie Bartram
Mark Breare
Helen Coulson
Stephen Dersley
Karen Fox
Linda Hurley
Mark Lewis
Kieran Morten
Lyn Phillips
Christine Ryan
Michelle Sartain
Angela Sartain
Stacey Sproat
Sally Taylor

Silver

Anthony Barker

Frontcrawl Bronze

Susan Bartram

Backcrawl Bronze

Nicola Bartram

The B.S.C.A. awards will be included on Tuesday evenings to coincide with school holidays, from 9 p.m. Dates will be advised as applicable.

CONGRATULATIONS to the following Beginners

1 Length

Louise James
Russell Eley
Joanne Chiswick
Tracy Reed

1 Width

Ronald Duncan
Joanne Legge
Abigail Bruce
Matthew Eley
Guy De Havilland
Mark Potter

CLUB PRICE LIST

T Shirts	Child	£1.85	each (to order)	Cloth Badges	75p each
"	Adult	£2.75	" "	Enamel Label Badges	20p "
Sweat Shirts	Child	£4.20	" "		
"	Adult	£5.40	" "		
Goggles various colours		£1.20	"		
Speedo Swim Hats		£1.80	"		
Club Swim Bags		£5.30	"		

We now have good stocks of popular sizes of Speedo Costumes in Club colours.

For Forthcoming Events - see Page 5

FORTHCOMING EVENTS

- FRIDAY, 12th SEPTEMBER Diving, Individual Medley and Breaststroke Style Heats commencing 8 p.m.
- SATURDAY, 20th SEPT. ANNUAL GALA- Riverside Pool. Doors open 5.30
- FRIDAY, 3rd OCTOBER Sprint Trophy, Butterfly
- SATURDAY, 11th OCTOBER 'A' Match Riverside commencing 7 p.m.
- SATURDAY, 25th OCTOBER 'A' Match Margate " 7 p.m. (doors open 6.30)
Coach for competitors and supporters will pick up from Riverside Baths at 4.45
- FRIDAY, 31st OCTOBER Sprint Trophy, Back Crawl
- FRIDAY, 21st NOVEMBER MINI BAZAAR - Riverside Clubroom - 7.00 p.m.
- FRIDAY, 28th NOVEMBER Sprint Trophy, Breaststroke
- FRIDAY, 5th DECEMBER MINI BAZAAR - Riverside Clubroom - 7.00 p.m.
- SATURDAY, 6th DECEMBER TUDOR 'B' Match Eltham commencing 6 p.m.
(Erith Host - Dartford Drop-out)
- FRIDAY, 12th DECEMBER Sprint Trophy, Front Crawl
- FRIDAY, 19th DECEMBER Sprint Trophy Presentation.
- We regret that owing to a treble booking by the hall hirer the Disco previously advised for the 4th October has had to be cancelled but a new date sometime in November will be arranged shortly.
- WEDNESDAY, 29th OCTOBER (During school half term holiday) - Outing to Aylesford, Kent for a ramble. Contact Peter Frost.