

ERITH & DISTRICT SWIMMING CLUB

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No.83

January, 1981

SPRINT TROPHY SERIES

Our President, Mr. D. Firmin presented the winning swimmers with the new Sprint Trophies on Friday, 19th December. The winning girl is Denise Eagle aged 8 who scored 35 points out of a maximum possible of 44. The boys Trophy will be shared by three who finished on 31 points each, they are, Stephen Arnott and Marc Francis aged 9 and Kevin Hurley now 15. Congratulations to you all.

POINTS CUP RACES

This annual event in the Club calendar starts at 8 p.m. on Friday, February 13th with breaststroke and I hope to see ALL children competing including those of 7 or 8 yearsold. Age groups this year will be Under 10, U.12, U.14, U. 16 and open.

The remaining dates are:-

Friday, March 13th	Back Crawl
" April 10th	Butterfly
" May 8th	Front Crawl

NEW MEMBERS

I would like to extend a warm welcome to all recent new Members and hope that they will enjoy a long and happy stay with the Club. If you have any queries do not hesitate to contact any Club Official.

If at any time your child contracts a verruca (foot wart) please do not attend the Club until this has cleared as we do not permit the wearing of socks. The best cure is to contact a chiropodist for effective treatment as the cream preparations often prescribed by doctors or clinics are slow remedies.

A. Bedford

SOCIAL SECTION

Tickets for our Dinner & Dance at The Albany, Albany Park, Nr. Sidcup on Saturday, 7th February are now available at £8 each. Reception is 6.30 for dinner at 7 p.m.

Although the response has been disappointing it has been decided to go ahead with this function, but serious consideration will be given to holding the Dinner and Dance in future years.

ST. VALENTINE'S DAY DISCO, 14th February. 7.30 to 10.30 p.m.

If you want an enjoyable evening of good music and dancing why not come along to the disco at the Christian Grey Hall, Albert Road, Upper Belvedere. Tickets are now available at 70p each, including a free hot dog and drink. Extra refreshments will also be on sale.

We would like to arrange further outings, so any suggestions as to where you would like to go, would be welcome. If you have any ideas, please hand them in at the door.

Note to parents. Free rail tokens are on offer from Persil, Jiff, Fairy, Comfort and these could be used on trips arranged by Mr. Peter Frost. So if you or friends could collect them, it would be a great help.

J. Bragg

INSTRUCTOR'S NOTES

Swimming is an enjoyable recreation and exercise. It must be, as shown by the number of swimmers who regularly attend the pool on Tuesday and Friday evenings.

It would be even more enjoyable if the Instructors stopped telling the swimmers what to do and what not to do, what is right and what is wrong. STOP!

In all sports there are rules and regulations to try and make them "fairer" to ALL competitors, so that one competitor does not have an "edge" on another.

e.g. swimming two lengths a swimmer does not touch one end of the pool. It could end up with them only swimming half way down the pool and then turning back.

HURRAY!! Why don't we do that ???

O.K., so the Instructors do not bother about your not touching the end of the pool, so what happens in competitions with other Clubs and their Officials watching you like hawks just waiting for you to make a mistake - our little swimmer turns at the end of the pool without touching - BINGO - DISQUALIFIED. In the next race the same thing happens - BINGO - DISQUALIFIED. and so on.

Every Instructor in our Club tries to improve your swimming technique and teach you the rules of the sport. It may not sound like rules when you are being told, but believe me the rules are most important when we take part in competitive swimming.

So you do not understand why the Instructor tells you to do such and such - so ask them and if the reply cannot be understood come and ask me as I have the "Book of Rules" and will try to explain these to you.

It is also possible that some parents or relatives watching from the side cannot understand why little 'so and so' was disqualified, or why they are being told to do such and such, by all means please come and ask me, I may not know the answer but I can always find out.

I know that regulations are as dry as dust and put into words that appear to have no proper meaning, but in future editions of "Newsletter" I will try to explain the rules and styles of each stroke from start to finish.

D.D. Fitnum

ACHIEVEMENTS

Congratulations to the following beginners

1 Width

Zoe Adams
Claire Entecott
Stephen Hyde
Joanne Leech
Lisa Mead
Jane Stockdale
Stephen Stores
Paul Williams
Joanne Winkworth

1 Length

Kevin Dersley
Claire Entecott
Sarah Goodman
James Stout

ANNUAL SUBSCRIPTIONS

Please note these fall due on 1st April.

B.S.C.A. AWARDS

The following Member qualified for the above awards during the Christmas/New Year period.

SPRINT AWARD BRONZE

Front Crawl

Theresa Clark
Karen Fox
Linda Hurley

Breaststroke

Theresa Clark
Karen Fox
Linda Hurley
Kurt Jordan
Dianna Leach

Back Crawl

Karen Fox
Linda Hurley
Dianna Leach
Gregory Thomas

Butterfly

Karen Fox
Linda Hurley

Individual Medley

Jackie Bartrum
Mark Breare
Karen Fox
Linda Hurley
Kurt Jordan
Kieran Morten
Nicola Ormes
Lynn Phillips
Michelle Sartain

Middle Distance Award Bronze

Front Crawl

Nicola Bartrum
Andrew Callard
John Murray

Breaststroke

Nicola Bartrum
Susan Bartrum
Sarah Breare
David Clode
Michelle Doyle
Nuala Doyle
Kevin Hurley
Gregory Thomas

WELL DONE!

SPRINT AWARD SILVER

Front Crawl

Susan Bartrum
Sarah Breare
Vicki Gibb
Christine Ryan

Breaststroke

Andrew Callard
Dianna Leach
Phillip Leach
Kieran Morten
Angela Sartain

Back Crawl

Nicola Bartrum
Andrew Callard
Vicki Gibb
Angela Sartain
Sally Taylor

Individual Medley

Susan Bartrum
Nicola Bartrum
Sarah Breare
Andrew Callard
Theresa Clark
Chris Foster
Kevin Hurley
Miguel Kaute
Angela Sartain
Sally Taylor

SPRINT AWARD GOLD

Breaststroke

Sally Taylor

Individual Medley

Vicki Gibb

Distance Award Bronze

Andrew Callard
Miguel Kaute

Middle Distance Award Bronze

Back Crawl

Susan Bartrum
Angela Sartain

Middle Distance Award Silver

Breaststroke

Chris Foster
Phillip Leach
Angela Sartain

Butterfly

Vicki Gibb

FORTHCOMING EVENTS

JANUARY	Saturday 24th	TUDOR B MATCH, Eltham commencing 6 p.m. (Sevenoaks Drop-out)
FEBRUARY	Saturday 7th	DINNER & DANCE at The Albany, Albany Park, Sidcup 6.30 for 7 p.m.
"	Friday 13th	POINTS CUP RACES - Breaststroke commencing 8 p.m.
"	Saturday 14th	DISCO - Christain Gray Hall, Belvedere
"	Saturday 21st	TUDOR B MATCH, Eltham Commencing 6 p.m. (Eltham Drop-out)
"	Saturday 25th	FAMILY OUTING to Faversham (See Notice Board for details)
MARCH	Saturday 7th	HOME MATCH, Riverside Baths commencing 7 p.m.
"	Friday 13th	POINTS CUP RACES - Back Crawl commencing 8 p.m.
"	Saturday 14th	TUDOR B MATCH, Eltham commencing 6 p.m. (Finsbury Drop-out)
"	Saturday 21st	TUDOR B MATCH, Eltham commencing 6 p.m. (Greenwich Drop-out)
APRIL	Saturday 4th	TUDOR B MATCH, Eltham commencing 6 p.m. (Presentation Gala)
"	Friday 10th	POINTS CUP RACES - Butterfly commencing 8 p.m.
"	Wednesday 22nd	Outing to Guy's Hospital and Palladium Cellars (See Notice Board for details)
MAY	Friday 8th	POINTS CUP RACES - Front Crawl commencing 8 p.m.
"	Saturday 9th	The Crowborough Match has been cancelled owing to F.A. Cup Final taking place that day. A new date is being sought.
JUNE	Saturday 13th	Home Match, Riverside Baths commencing 5.30
"	Saturday 20th	AWAY MATCH - Streatham
SEPTEMBER	Saturday 26th	ANNUAL GALA, Riverside Baths commencing 5.30
OCTOBER	Saturday 24th	AWAY MATCH at B.P. Kent - Hoo - commencing 7 p.m.