

ERITH & DISTRICT SWIMMING CLUB

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No.85

April, 1981

SECRETARY'S NOTES

WELCOME TO OUR NEW BEGINNERS!

We hope you will enjoy your Course during the next six months and that all of you will be able to swim by the end of the Course.

Will you please note that we are open every Friday and do not close during school holidays.

NOTE TO ALL PARENTS AND MEMBERS

Please note that the children are not allowed into the changing rooms until payment at the door has started. The attendants get very cross about children going into the changing area before time as they must clear the public before we are allowed in and the situation becomes very confusing.

GENERAL NOTES

A very warm welcome to the successful children who have joined the Club from our Beginners' Group and also to all other recent members. We hope you enjoy Club life and attend regularly, if possible both on Tuesday and Friday evenings. Members are reminded that the Tuesday session is of necessity, flexible. Younger swimmers are encouraged to swim from 8 p.m. until 8.30 or 9.00 p.m. if possible and we would like to see older Members swim from 8.30 until 9.30, but obviously we appreciate the difficulties during School Term.

On Tuesdays from 8.00 p.m. until 8.30 p.m. the pool is given over to widths and from 8.30 until 9.00 p.m. lanes are provided for training in all strokes, with a special lane provided for the youngest swimmers to accustom themselves to longer swims and we hope to see our new Members making use of this facility.

We have a busy Gala season commencing in May and to maintain our current form regular attendance at the Club is essential. Let's make 1981 our best yet in competition.

Please note the Club functions throughout the year and the only Club nights we are not at the pool is when it is closed for Public Holidays.

TUDOR TROPHY SERIES

As expected Finsbury/City of London captured the Tudor Trophy for the first time, having joined the series in the 1978/79 Season. The final Gala on the 4th April included some very good results from our swimmers, we finished third overall this year.

Many of you have probably noticed that Mr. Fitnum has been missing from the side of the pool for the last two weeks. We are very sorry to tell you that he is in Queen Mary's Hospital, Sidcup at the moment with pneumonia. I am sure you will all join me in wishing him a speedy recovery and hope he is 'in the swim' again soon.

A.B. Bedford

SOCIAL SECTION

As many of you know, one of the Social Section's aims is to raise money for the Club. (In fact £600 was donated last financial year, to be used towards swimming aids and transport costs to galas. One way of achieving this is by running raffles on gala, points cup nights, etc. However, some prizes are not being claimed, so in future we hope to make the draw earlier in the evening.

We would like to take this opportunity to thank you for your continued support.

CARNIVAL FLOAT

We are hoping to enter a float in the Dartford Carnival on the 25th July. The theme is "Carnival Time", so if you have any ideas on how to decorate the float, illustrating the Club, or if you could help on the day, we would like to hear from you.

J. Bragg

INSTRUCTOR'S NOTES

A.S.A. WINTER TRAINING COURSE, 1981 - PLUMSTEAD BATHS - Course Director - Mr. S. Venn

This course commenced on Sunday morning the 25th January at 9.30 a.m. and ended on 29th March.

It was mainly intended for the young swimmer aged 9 years or younger and through the winter weeks it was well attended.

There was very little rest time given throughout the one hour training time, our Club swimmers did very well, and no one dropped out. I was pleased to see them keep up with other Club's swimmers.

At the end of the course all swimmers received the course flash from Mrs. Moore, the swimming training Hon. Secretary.

Next year I hope to see more young swimmers attending this course but those who do so must be able to swim butterfly, this is most important.

Those who took part in this year's course were:-

- D. EAGLE, A. EAGLE, L. PHILLIPS, C. BENNETT, S. ARNOTT, K. KNIGHT,
- D. EMMETT, M. STEEDEN.

The following swimmers have passed the A.S.A. Personal Survival Test - Silver Standard. Certificates and Badges will be issued as soon as possible.

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| J. TORREGIANI | N. ORMES |
| K. KNIGHT | C. NETHERWOOD |
| N. DOYLE | |

PERSONAL SURVIVAL

The primary aim of Personal Survival Tests is to give everyone the ability to save themselves in an aquatic emergency.

Proficiency for these awards is in four stages, Bronze, Silver, Gold and Honours.

There are number of basic skills to be practised and mastered. These are set out as follows:-

PERSONAL SURVIVAL (Contd.)

1. Entry from a height.
2. Swimming for speed and endurance.
3. Treading water and floating.
4. Submerging.
5. Swimming under water.
6. Removal of clothing.
7. Inflation of clothing.
8. Use of miscellaneous supports.
9. Exit from water.

T.A. Davison

OUTING TO LONDON (GUY'S HOSPITAL, PALLADIUM CELLARS, etc.) - 22nd April, 1981

With the sun making one of its rare April appearances entertainment was provided on board the London-bound train in the form of an Anatomy quiz. This was to have got us into the correct frame of mind for our Hospital visit, but from the mixed, often hilarious, results, I can only say, "thank heavens we are much better at our swimming."

Having arrived at Guys, a varied talk, microscopic study and diagnostic tests gave everybody an excellent insight into aspects of hospital and Medical School work. This was enhanced by a tour of the Biochemistry laboratories where the use of complicated equipment was explained and one Doctor outlined his research into the disease Muscular Dystrophy.

Having overrun our time in the Hospital (we didn't even have time to see the Electron Microscope) we moved on for a visit to the surviving section of a similar nearby establishment. This was a surviving wing of St. Thomas' Hospital which contained a unique Operating Theatre dating from the 1820's. Such was its state of preservation, along with the Curator's vivid account of a period amputation operation, several stomachs were turned!

Recuperated and in thanks for the advances in Medical techniques we made our way to Charing Cross. Here, we began our walk around Soho, to see the area from a historic angle (e.g. unique shops and places where the famous resided) before it is overrun by restaurants and a blight of less appealing developments). Negotiating Carnaby Street, we then made our way to one of London's newest attractions, the 'Palladium Cellars'. This was a Madame Tussauds type exhibition into fun, fear and fantasy, but where people actually moved. This rounded off the day on the right note.

A great day was had by all 27 of us. Hopefully everybody had learnt something, the boys unanimously agreeing that the walk around Soho had been the 'best bit'!

N.B. There will probably be an Outing like this next year. Use of Free Rail Tickets saved nearly £6.00 on this Outing. I have now ceased collecting Tokens, having amassed enough to obtain 56 Free Rail Tickets, some of which have already been used.

A big "Thank You" to everyone who saved them.

P.A. Frost

LOST PROPERTY

I never cease to be amazed by the items of Lost Property, some valuable, which remain unclaimed.

A few weeks ago an almost new 'Parka', with an item of some value in the pocket was reported in our Newsletter. The loser had evidently taken an identical 'Parka' in error, but to date no claim has been made.

We get purses, jewellery and many items of underclothing and socks as well as swimming hats, trunks, costumes and goggles handed in. Please ask if you lose anything at our Tuesday or Friday sessions but, better still, put your name on everything possible. (It can even be written on the white rubber on goggles).

I know Mr. & Mrs Bedford ferry a good deal of equipment etc. backwards and forwards from the Baths and they would appreciate your co-operation by lessening their load of Lost Property.

Thank you in anticipation of your co-operation.

E. McArdell

ACHIEVEMENTS

B.S.C.A. AWARDS

SPRINT AWARD BRONZE

Butterfly

Graham Byers
Lynn Phillips
Martin Pryor

Individual Medley

David Ryan

Middle Distance

Back Crawl

Michelle Sartain

SPRINT AWARD SILVER

Butterfly

M. Kaute
N. Bartrum
S. Bartrum
L. Hurley
C. Ryan

Individual Medley

C. Ryan
S. Taylor

Freestyle

S. Taylor
K. Hurley

Middle Distance

Back Crawl

N. Bartrum

SPRINT GOLD AWARDS

Butterfly

K. Hurley
A. Sartain

For Forthcoming Events see Page 5

FORTHCOMING EVENTS

MAY	Saturday 2nd	Wealden Ramble and ride on the Kent and East Sussex Railway with Peter Frost (all the family welcome plus friends, bring the dog too!)
"	Friday 8th	Final Points Cup Race - FRONT CRAWL commencing 8 p.m.
"	Saturday 16th	Skating Outing to Streatham - Coach leaves Riverside 6.15 p.m. Leaves Streatham to return at 10.30 p.m.
"	Saturday 23rd	Away Match at Halstead, N. Essex against Halstead and Thetford Clubs. Coach leaves Riverside at 4.00 p.m. Match commences 6.30 p.m.
JUNE	Saturday 6th	Away Match at Sevenoaks - B.S.C.A. Bronze or Silver Standard Times for most events.
"	Saturday 13th	'A' Match at Riverside versus teams from Addington, Coulsdon, Sevenoaks and Tonbridge Swimming Clubs.
"	Saturday 20th	'A' Match at Streatham Baths.
JULY	Saturday 11th	Away Match at Crowborough Beacon, Coach leaves Riverside at approximately 12.45. Match commences 3.00 p.m.
"	Sunday 12th	Annual Outing to Westbrook (Margate)
"	Saturday 18th	Away Match at Faversham Open Pool.
AUGUST	Monday 31st	Erith Show and Sports with Club fund raising Stall.
SEPTEMBER	Saturday 12th	Away Match at Saxon Crown (Ladywell Baths)
	Saturday 26th	ERITH & DISTRICT SWIMMING CLUB - ANNUAL GALA commences 5.30 p.m.
OCTOBER	Saturday 10th	Away Match at Margate
"	Saturday 24th	Away Match at B.P., Hoo, Kent. commencing 7.00 p.m.
AUTUMN HALF TERM	-	Ramble.