



### FRIENDLY GALA

Club Night, Friday 18th February will be a little different. Classes including beginners until 8.00 p.m. will be as usual. Commencing at 8 p.m. we will be holding a friendly Gala with swimmers from Greenwich Swimming Club.

Age Groups will be basically 12 and under, 14 and under and 17 and under. Events will be of one length in the 12 and 14 age groups and two lengths in the 17 years (except butterfly), and ten of the 34 events will be relays. We hope to have up to three teams (A,B & C) particularly in the younger age group races, and all swimmers required to participate will be notified shortly.

Some of the younger swimmers in classes held between 7.30 - 8.30 will only have 30 minutes pool time but we do hope to see a good crowd at the pool, so please remember the date.

(Admission to the pool will be at the normal Club night rate for both swimmers and spectators).

### POINTS CUP

We hope to see all swimmers competing in this annual event, age groups will be under 10, under 12, under 14, under 16 and OPEN.

Points are awarded as follows:-  
5 for fastest in age group  
3 for second fastest  
2 for third fastest  
1 point for all others competing.

Dates are:-	4th March	Frontcrawl
	15th April	Breaststroke
	6th May	Backcrawl
	10th June	Butterfly

The winners receive the cups at our Annual Gala which this year is on Saturday, 24th September.

### 11 PLUS DISCO - 5th FEBRUARY

Please note all swimmers competing in the 'B' Gala at Eltham on the same evening will be able to attend the Disco as the Gala should be over by 7.30.

Lifts to the Gala and back to home or the Disco will be arranged for all those requiring them.

A. Bedford

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### E.S.S.A./A.S.A. Water Skills Awards

Some of the beginners have already taken Grade I of this award scheme. It really consists of basic exercises in water confidence. The pupil must attempt all skills but pass only eight out of ten of them. They must swim half a width on their front and half on their back, with floats if necessary although I prefer them not to use floats where possible. They must push and glide on front and back, walk across the pool with shoulders under, blow a ball along, blow bubbles into the water for 3 seconds, float on the back for 10 seconds and roll over from the front to the back.

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ESSA/ASA WATER SKILL AWARDS (Continued)

Grade 2 is a lot harder and the pupil must swim one width of breaststroke, frontcrawl and backcrawl and two widths continuously in a stroke of their choice as well as more confidence skills.

I am sure that quite a few children will pass both awards by the end of the course. The badges cost 30p each, but in addition to these, the children can swim a width or a length to attain a badge and certificate which is free!

COSTUMES -- LOST AND FOUND

At the end of each session we always find abandoned costumes, towels, goggles and assorted clothes left in the changing rooms. It would greatly assist us if parents would put the child's name in all swimming gear - costumes, trunks, goggles, hats and sportsbags in particular, so we can return the lost property to the person concerned.

Would all parents please check when rinsing costumes and trunks that your child has picked up the correct ones, as several boys and girls have lost costumes with their names in and we can only assume that two costumes have been picked up by mistake or the wrong one taken.

A girls digital watch was found a few weeks ago, so please check that you haven't lost yours.

P. Bedford

BUFFET-DANCE ON 26th FEBRUARY

We are holding a Buffet/Dance on the 26th February at the Invicta Sports and Social Club, Burnham Road, Dartford. 7.30 - 11 p.m. approx. (Bar service in the hall) There will be a band called "LAZA" in attendance who play anything from waltzes to disco to rock and roll, in fact something for everyone. The tickets are now on sale price £5, so why not bring along your friends and relatives and have a great night out!

Hope to see you there.

J.A. Bragg

The following poem, written by one of our Gala Supporters, will be well appreciated by parents of our younger members and possibly by those of older ones who have memories. It was written by Mrs. M. Graddon.

THE SWIMMING GALA

"Take your marks" the Starter calls,  
Then into the water a little one falls.  
Please don't laugh - he's very small,  
Needs lots of courage to try at all.

"Quiet swimmers" is the cry,  
Difficult - spirits are so high!  
"Go on, Go on" fond parents cry,  
"You can do it if you try."

The galas ended, medals won,  
To everyone we say "Well done"  
We love to join with you to cheer  
and hope to come again to hear - TAKE YOUR MARKS!

ACHIEVEMENTS

1 Width

Jeanette Ahern  
Helen Keeler  
Gary Lupton  
Christine Nay  
Janine Walsh

1 Length

Duncan Hall

Water Skills - GRADE I

Clair Avent  
Jeanette Ahern  
Toby Allen  
Alice Bell  
Jennifer Geary  
Mark Holmes  
Helen Keeler  
Beverley Keeler  
Gary Lupton  
Stuart McLellan

Richard Probert  
Paul Sweeney  
Ross Silcock  
Julia Thomas  
Kelly Turnbull  
Steve Wilcocks  
Sally Walker  
Sharon Wignall  
Simon Wignall  
Janine Walsh

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DIARY OF CLUB EVENTS

- FEBRUARY Saturday 5th Tudor 'B' Gala, Eltham commencing 6 p.m. Hosts Dartford  
" 5th 11 Plus DISCO, Christian Gray Hall, Belvedere. from 7.30  
Tickets 90p.  
Friday 18th Friendly Gala with Greenwich S.C. Commencing 8 p.m.  
Club Night  
Wednesday 23rd Family Ramble with Peter Frost to Sellinge, Chilham &  
Canterbury  
Saturday 26th Buffet Dance, Invicta Co-op Hall, Burnham Road, Dartford  
Tickets on sale now £5.
- MARCH Friday 4th Points Cup - Frontcrawl starts 8 p.m.  
Saturday 5th Tudor 'B' Gala, Eltham commencing 6 p.m. Hosts E.D.S.C.  
Saturday 19th Home Gala, Riverside. Teams will include Sevenoaks,  
Bromley, Hackney Central, Ramsgate. Commences 7 p.m.
- APRIL Saturday 9th Family Ramble with Peter Frost to Hassocks, Devils Dyke,  
Ditchling and Lewes.  
Friday 15th Points Cup - Breaststroke, starts 8 p.m.  
Saturday 16th Tudor 'B' gala, Eltham, commencing 6 p.m. Hosts Finsbury.  
" 23rd Afternoon Gala at Crowborough Beacon School, Sussex.  
" 30th Tudor 'B' Gala, Eltham commencing 6 p.m. Hosts Pollards.
- MAY Friday 6th Points Cup - Backcrawl, starts 8 p.m.  
Saturday 7th Gala with Redhill & Reigate at Reigate Pool  
Saturday 14th Gala with Ramsgate S.C. at Hartsdown Pool, Margate  
Friday 20th Mini Bazaar, Riverside Clubroom - 7 to 9 p.m.  
Saturday 28th Tudor 'B' - Final & Presentation at Eltham commencing 6 p.m.

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DIARY OF CLUB EVENTS (Continued)

<u>JUNE</u>	Friday 10th	Points Cup - Butterfly commencing 8 p.m.
	Saturday 11th	Home Gala, Riverside Baths. Teams to include Dagenham and City of Rochester, commencing 7 p.m.
	Saturday 18th	Gala at Sittingbourne. Commencing 7 p.m.
<u>JULY</u>	Saturday 2nd	Gala at Prince Regent Pool, Brighton. Hosts Brighton S.C. Commencing 6.30.
	Sunday 10th	Club Fund Raising Stand at Danson Show.
	Saturday 16th	Dolphin Trophy Gala at Faversham Open Pool.
	Sunday 17th	Annual Club Outing to Westbrook (Margate)
<u>AUGUST</u>	Monday 29th	BANK HOLIDAY - Club Fund Raising Stand at Erith Show
<u>SEPTEMBER</u>	Saturday 17th	Gala at West Wickham Pool. Hosts Bromley S.C.
	Saturday 24th	Annual Club Gala - Riverside Baths commencing 5.30
<u>OCTOBER</u>	Saturday 22nd	Gala at Hartsdown Pool, Margate. Hosts Margate S.C. commencing 7 p.m.
	Saturday 29th	Gala at Eardley Road, Sevenoaks, Commencing 6.45
<u>NOVEMBER</u>	Saturday 12th	Tudor 'B' Gala, Eltham commencing 6 p.m.
	Saturday 19th	Gala at Lattimer Road, Wimbledon hosts Merton Swordfish S.C. commencing 7 p.m.
	Friday 25th	Mini Bazaar, Riverside Clubroom 7 - 9 p.m.
	Saturday 26th	Home Gala, Riverside Baths. Teams to include Margate & Crowborough Beacon. commences 7 p.m.
<u>DECEMBER</u>	Saturday 10th	Tudor 'B' Gala, Eltham. Commencing 6 p.m.

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AT SOME OF THE ABOVE EVENTS WE RUN RAFFLES AND STALLS, SO IF YOU FIND ANY UNWANTED GIFTS OR BRIC-A-BRAC WHILST "SPRING-CLEANING", THESE WOULD BE GRATEFULLY RECEIVED.

MANY THANKS.

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CONGRATULATIONS

Many congratulations to Mr. M. Thackray on recently passing his A.S.A. Teachers Examinations

A D V E R T I S E M E N T S

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