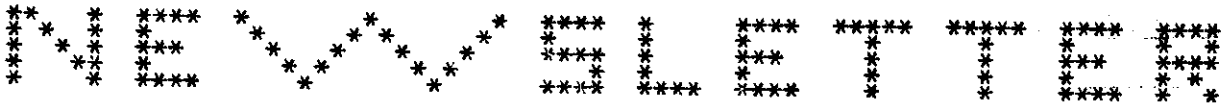


ERITH & DISTRICT SWIMMING CLUB



No.111

DECEMBER, 1984

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SECRETARY'S NOTES

A big THANK YOU to all Members, Parents and Friends for making 1984 such a successful year for us. Our swimmers have shown at all levels, their tremendous competitive spirit by doing so well in all Galas, including some very notable wins. The attendance on Club Nights has been the best ever recorded and numbers even remained high during the summer holidays. This is very encouraging for all the loyal poolside 'staff' who give up their evenings and many weekends throughout the year for 'our' children.

The Social side has been very active organising a number of money raising events, the Dartford Carnival float, Discos and Outings etc. Thanks to all parents for their continued support and encouragement.

Let's maintain and continue to further progress the Club in 1985.

CLUB COSTUMES

After six years our Club is to adopt a new style costume from 1985. The 'Speedo' Company have recently introduced a new range which we think most of you will like, basically diagonal white stripes on a red background.

I hope that all of you will wear these costumes in due course, particularly the older swimmers who generally do not like the current costumes.

With the adoption of our new style we would ask all of you to wear a Club costume in any competitions at home or away. Many times recently our team has looked a very 'motley crew' on the side so come on let's see Red & White in '85!

SUNDAY SWIMMING

A big thank you to all those who completed the recent questionnaire. We hope to start training sessions of one hour at lunchtimes on Sundays from February next. We hope to accomodate as many of the younger swimmers as possible. Full details in due course.

B.S.C.A. SWIMS

We will be holding swims for you to attempt for qualifying times in Middle Distance and Distance awards and if there is time, Sprints as well on Friday, 28th December between 8 - 9 p.m. A list will be posted shortly.

AGE GROUPS - IMPORTANT ANNOUNCEMENT

With effect from 1st January we will be adopting a completely revised Age Grouping and Distances for all our Annual competitions i.e.

Points Cup, Sprint Trophy, Annual Gala Heats & Finals, as follows:-

AGE GROUP 1 10 and under (Born 1975 and earlier)  
all Strokes 1 Length of Pool.

AGE GROUP 2 12 and under (Born 1973/74)  
Butterfly 1 Length  
Other Strokes 2 Lengths (Individual Medley 4x1)

AGE GROUP 3 14 and under (1971/72)  
Butterfly 2 Lengths  
Other Strokes 3 Lengths (Individual Medley 4x1)

AGE GROUP 4 16 and under (1969/70)  
All Strokes 3 Lengths (Individual Medley 4x1) /Continued...

AGE GROUPS (Continued)

AGE GROUP 5            Open  
                         All Strokes 3 Lengths                    (Individual Medley 4x1)

A.S.A. AGE GROUPING CHANGE IN LAW WITH EFFECT FROM 1.1.1985

We regret that following a change in Swimming Laws taken earlier this year by the Governing Body in Swimming, our youngest swimmers will be affected as follows:-

- 1) E.D.S.C. Annual Competitions    No Age Limit
- 2) Inter-Club Galas with no more than six Clubs competing    9 years (Born 1976)
- 3) White Horse and Tudor Leagues    10 Years (Born 1975)
- 4) Kent County Swims    11 years (Born 1974)

This change is very much regretted but we hope through pressure within the sport this will change in future years, as our youngest swimmers will not be able to compete with children from other Clubs until they reach 9 years of age. We will do all we can within the Club to encourage our 7 and 8 year olds to gain as much competitive experience as possible to ensure they do not lose interest.

CLUB SHOP

With Christmas upon us the Club can offer some super exclusive swimwear for your child. We have very good stocks of Tracksuits to our own exclusive design, Sweatshirts, Tee shirts, Club Hats, Woollen Hats, Swimbags, top quality Towels and we hope to be able to offer the new Club Costume in popular sizes if available.

Example Prices:-

<u>TRACKSUITS</u> (Subsidised price)	26"	£5.00
	28"	£5.50
	30"	£6.00
	32"	£6.50
	Ex. Small	£9.00
	Small	£9.00
	Medium	£9.50
	Large	£10.25

<u>CLUB BAGS</u>	£5.30	(Still at 1979 prices)
<u>SWIMM HATS</u>	75p	
<u>WOOLLEN HATS</u>	£1.80	

<u>TEE SHIRTS</u>		<u>SWEAT SHIRTS</u>	
24-32"	£3.00	24-32"	£5.00
Large Sizes	£3.50	Large Sizes	£6.00

<u>New Style Swim Costumes</u>	28-32"	£8.32
	34-42"	£9.60
Trunks	26-32"	£4.65
	34-42"	£5.30

<u>CLUB TOWELS</u>	£5.00
With own name	£5.20

Pocket Size Swimmers Record Books                    50p                    (New Line)

A. Bedford

GALA REPORTS

TUDOR LEAGUE HELD 10th NOVEMBER

This was the first Gala in the New Season and a first chance for some of our younger swimmers to compete against other Clubs. It was, as usual in this League, a pleasant Gala to take part in but very competitive. Thirty-two "personal bests" were recorded showing our improvement over last season. We finished in third place only one point behind local rivals Dartford and were quite pleased with this position, although we have to improve on this in the New Year.

Positions	1st Greenwich	197
	2nd Dartford	175
	3rd Erith	174
	4th Gravesend & Northfleet	132
	5th City of London	113
	6th Eltham	

WHITE HORSE LEAGUE GALA HELD 24th NOVEMBER

Once again this was the first Gala of the New League season and undoubtedly our best result since I have been associated with this Club. As was pointed out by our coach Mr. Bill Lovett, this was the strongest team put out by Erith in its 70 year history. What was doubly pleasing was the tremendous spirit on the poolside from all our swimmers, the younger ones being encouraged by the older ones and vice versa. Apart from the swimming, which was excellent, our team were extremely well behaved, unlike some others and we can be very proud of them all.

Eighteen first places in 44 races tells its own story and I would like to mention Jeffrey Hayes and Graham Byers with multiple wins and Elizabeth Watkins for some real fighting swims, but really an all-round team effort, that makes all the trials and tribulations of this job worthwhile (well nearly).

Positions:-	1st Erith	202 points
	2nd Bromley	200 "
	3rd Dartford	194 "
	4th Greenwich Borough Mariners	138 "
	5th Addlestone	119 "

Just a few words to the swimmers before all that praise goes to their heads to ask for something in return for the work put in by those on the side. The Club is trying hard to get more "water time" but there seems little point if we do not use the time we have got fully. We want all swimmers to swim for their allocated training periods so that we can build on this very impressive start to the season. Also I would like to see many more swimmers wearing Club Swimsuits and hats when representing us to improve our team spirit even more.

I realise that some swimmers who are picked for Galas have perfectly valid reasons for dropping out but it would make my job very much easier if swimmers watched the Notice Board and ticked or crossed Team Sheets as soon as they are up and swam if it was at all possible.

I would like to thank a few people for their help this year at Galas who acted as Timekeepers and Judges for me, especially Trevor Holmes, Buck Ryan and Allan Bedford.

Jill and I wish everybody a Happy Christmas and successful New Year.

M. THACKRAY

## SOCIAL SECTION ITEMS

For their successes in sporting activities outside the Club, well done to the following swimmers - to Andrew Callard for winning the Under 16's Middleweight competition in the recent Kent Schoolboy's Weightlifting Championships, to Lynn Young and Sarah Hobbs who, as members of the Under 16 Picardy School Netball team have qualified for the finals of the Kent Schools competition. Commiserations to Tina Bennett, who as a member of the Erith School Team was narrowly beaten by Picardy to reach those very finals.

## CHRISTMAS MINI-BAZAAR

A big Thank You to all Mums, Dads and Swimmers who either donated items or assisted in running stalls at our recent Christmas Mini-Bazaar. You may like to know that this fund-raising event realised a profit of nearly £120.00. Thank you again.

## CHRISTMAS RAFFLE

As you are probably already aware, we are presently selling tickets for our bumper Christmas Raffle. (25p per strip of 5 tickets) Of the 10 prizes on offer, the 1st prize is a super Christmas Cake (courtesy of Mrs. Watkins). So as to avoid over-exposure to the elements, the rigours of travelling and any temptation for 'fingerpokery' the cake will only go on display again on the night of the draw. This takes place after the Sprint Trophy presentation at 8.00 p.m. on Friday 21st December.

Don't forget, after the draw has been completed our 'FUN NIGHT' commences Mums and Dads are very welcome to come and join us in the water for the ensuing hour or so of lunacy!

## OUTINGS Etc.

1985 will, I am sure, be another year full of interesting activities on the Social front. To keep abreast of all the up and coming events, please refer to the Club Newsletter, Club Notice Board or listen out for my regular announcements on the poolside.

Anyhow, here are a few of the events that we have in the pipeline for '85 ..... With what I am sure will be a popular outing for the scientific and not so scientific-minded, we have a visit to laboratories in Guy's Hospital Medical School, London lined-up for the February School Half-Term.

In either late March or early April there will be another Ice Skating Trip plus another Ramble for Easter on the beautiful South Downs and a return to Portsmouth for another fun-packed day. There are bound to be other activities that even we haven't thought about yet but no doubt will be something to look forward to. (remember our Dartford Carnival Float).

In addition to all this I will encourage our older swimmers to become involved in the various activities that the Borough of Bexley is organising for International Youth Year. (IYY) Look out for details of these events in the near future.

Here's looking forward to a fun-packed 1985!

P.S. A Report on the Ramble which took place on 31st October will be published in the next Newsletter.

ACHIEVEMENTS

Congratulations to the following:-

1 Width

Lee Abbitt	Claire Garrett
Benjamin Allen	David Marshall
Deborah Caney	Neville Martin
Keith Coulstock	Royston Mason
Neil Cramphorn	Sarah Parmenter
Mark Cutler	Stuart Peaper
Maxine Draper	David Springham
Nina Flowers	Mark Weston

A.S.A. WATERSKILLS

Grade I

Lee Abbitt  
 Nicola Anderson  
 Benjamin Allen  
 Eleanor Beeke  
 Kirby Bennett  
 Deborah Caney  
 Richard Cane  
 Keith Coulstock  
 Neil Cramphorn  
 Maxine Draper  
 Nina Flowers  
 Claire Garrett  
 Mark Grimes  
 Gillian Harvey  
 Ann Harrap  
 David Marshall  
 Sarah Parmenter  
 Sasha Rider  
 Simone Rider  
 Vicky Saunders  
 Paul Smart  
 David Springham  
 Lorraine Stevens  
 Rochelle Springham

Grade II

Eleanor Beeke  
 Carley Burt  
 Bradley Faithfull  
 Kirsty Morrison  
 Alan Nowell  
 Sasha Rider  
 Simone Rider  
 Lorraine Stevens  
 Rochelle Springham

GRADE III

Eleanor Beeke  
 Katherine Brook  
 Victoria Eaton  
 Martin Eastaugh  
 Andrew Eastaugh  
 Gary Lupton  
 Mark Russell  
 Simone Rider  
 Rochelle Springham  
 Keith Walker

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FORTHCOMING EVENTS

<u>DECEMBER</u>	Friday 14th	Sprint Trophy - Freestyle commencing 8.00 p.m.
	Friday 21st	Sprint Trophy Winners Presentation at 8.00 p.m. by our Club President followed by the Christmas Raffle Draw and a 'Fun Evening of 'slightly' organised events. Parents welcome.
	Friday 28th	Club Evening as normal. B.S.C.A. Swims 8 - 9 p.m.
<u>JANUARY</u>	Tuesday 1st	Pool Closed
	Saturday 19th	White Horse League at West Wickham. Tudor Trophy at Eltham commencing 6.00 p.m. (Erith Friendly Team)

/Continued.....

FORTHCOMING EVENTS (Continued)

- FEBRUARY Saturday 2nd Tudor Trophy at Eltham commencing 6.00 p.m.  
Saturday 9th 'Novices' Gala at Clements Hall Sports Centre, Rochford.  
Hosts Rochford & District.  
Friday 15th POINTS CUP RACE - Butterfly commencing 8.00 p.m.  
SCHOOL HALF-TERM Visit to Guy's Hospital Medical School Laboratories  
Saturday 23rd Away Gala at Hythe (Kent). Commencing 6.15 Coach from  
Riverside 4.15. (Age Groups 10/12/14/16 & Open)
- MARCH Saturday 2nd Tudor Trophy Gala at Eltham commencing 6.00 p.m.  
Saturday 9th Home Gala at Riverside Pool commencing 7.00 p.m.  
Friday 15th POINTS CUP RACE - Backstroke commencing 8.00 p.m.  
Saturday 30th White Horse League Gala at West Wickham
- APRIL Saturday 13th Tudor Trophy Gala at Eltham commencing 6.00 p.m.  
Saturday 20th White Horse League Gala at West Wickham.  
Friday 26th POINTS CUP RACE - Breaststroke commencing 8.00 p.m.  
Saturday 27th Tudor Trophy Gala at Eltham commencing 6.00 p.m.
- MAY Saturday 11th Home Match at Riverside commencing at 7.00 p.m.  
Friday 17th POINTS CUP RACE Freestyle commencing 8.00 p.m.  
Saturday 18th White Horse League Gala at West Wickham (Hosts E.D.S.C.)
- JUNE Saturday 8th Away Gala at Redhill & Reigate commencing 5.45.  
Coach from Riverside at 4.00 p.m.  
(Age Groups 10/12/14/16 & Open - All Relay)  
Saturday 15th White Horse League Gala at West Wickham  
Saturday 22nd Away Gala at St. Johns Pool, Southborough, Tunbridge Wells  
Hosts East Grinstead S.C. Commencing 7.00 p.m.  
(Age Groups 10/12/14/17)
- JULY Saturday 13th Away Gala at Hastings. commencing at 7.00 p.m.  
(Age Groups 10/12/14/16). Coach from Riverside.
- SEPTEMBER Saturday 14th Home Gala at Riverside commencing at 7.00 p.m.  
Saturday 21st Away Gala at Crowborough. Hosts Beacon S.C.  
Commencing 3.00 p.m. Coach from Riverside approx.  
1.30 (Age Groups 10/12/14)
- NOVEMBER Saturday 16th ANNUAL GALA CHAMPIONSHIP NIGHT  
Saturday 23rd Gala at White Oak (Age Groups 10/12/14 & Open)  
Saturday 30th Gala at Fairfield Pool, Dartford. Hosts D.D.S.C.  
Commencing 6.30. Age Groups 12 and Under
- DECEMBER Saturday 7th Away Gala at Canterbury S.C.  
(Age Groups 10/11/12/13/14/15/16)

MORE DATES TO FOLLOW

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EVERY GOOD WISH FOR CHRISTMAS AND THE NEW YEAR



TO ALL MEMBERS, PARENTS AND FRIENDS OF THE CLUB

The following Report was received too late for inclusion in the general body of Newsletter.

INTERBOROUGH INTERMEDIATE AGE GROUP GALA - ELTHAM POOL 26th OCTOBER

Following a let-down by Bexley Swimming Club, it was felt that we should send a complete team to this Gala. We knew from the beginning that we were up against some very strong Borough Squads.

We saw some fine swimming by our squad with Mark Bragg and Graham Byers recording second places in their events.

Results:-	1st Enfield	168
	2nd Tower Hamlets	104
	3rd Greenwich	93
	4th Bexley (Erith)	67

TANNER TROPHY GALA AT WIMBLEDON BATHS - 3rd NOVEMBER

As a Club we must be extremely pleased at this result as it shows we have a very strong young age squad coming through for the future. This result, our third trophy of the year, was without a number of first-claim swimmers through illness.

Robin Parkhurst showed the way, four first places and first places coming from Susie Groce, Keith Walker, Mark Walker, Kirsty Morrison and Kelly Brooker. The unluckiest swimmer must have been Barry Nay with three close second places.

We achieved fine success in all the relays with 8 first places, 7 second places and one third place, which must be some sort of record.

So well done everybody.

Result	1st Erith	97
	2nd Romford	113
	3rd Teddington	163
	4th Addington	183
	5th Wimbledon & Merton	201

HOME GALA - 17th NOVEMBER

Having had extreme difficulty in filling all the lanes for the Gala, we found that we had to field a 'B' squad which comprised of a number of swimmers who have had little Gala experience but coped extremely well. It was also slightly embarrassing when the 'B' squad started off better than the 'A' squad.

We had some very strong teams against us which showed in the end result, but this was interesting because we had not swum against any of them before.

Susie Groce showed the way with two first places in her individual events and in her relay race.

Melanie Roose, Miranda Newitt, Nina Walton, Derek Byers, and Mike Thackray all swam for the first time, proving that the 'B' team Open Relay Squad has got life in it yet, despite various comments from some circles.

Results:-	1st Leatherhead	317
	2nd Canterbury	235
	3rd Harlow	219
	4th Erith 'A'	198
	5th Romford	175
	6th Erith 'B'	108

/Continued.....

GALA REPORTS (Continued)

ASHFORD SPRINT GALA - 1st December

From the onset we were very confused as to how this Gala would be run, but we soon found out, with 8 of the 10 teams competing in two heats with the fastest getting the points.

We were very disappointed at the pool which really was not designed for Galas, as most of our swimmers will prove for at the end of the Gala we had more walking wounded than fit ones. Simon Gilbert having bumps on his head, Nicola Holmes and Jeffrey Hayes suffering cuts and bruises and Mark Bragg suffering embarrassment for his backstroke turns. We also thought that this Gala lacked atmosphere except for our own supporters who as usual were terrific.

As for the gala we did extremely well and eventually finishing third with Simon Gilbert giving us our only wins in Backstroke and Frontcrawl.

Results:-	1st Folkestone	91
	2nd Ashford	100
	3rd Erith	115
	4th Rochester	137
	5th Hythe	139
	6th Dover	164
	7th Tonbridge	182
	8th Faversham	217

FINAL 1984 MUTTERINGS FROM THE COMPETITION SECRETARY

We have now reached the end of our 1984 Season and we think that this must have been one of our best for some time.

We carried away the trophies at Gravesend, Witham and Wimbledon and a win at East Grinstead.

We have enjoyed our first year as Competition Secretaries and must say that we have a lot of encouragement from parents and especially from swimmers, who have waved the Erith & District flag so well.

So we look forward to 1985 with some relish and we would say that those who have not swum in Galas yet, please do not despair as we have some interesting dates coming up.

Finally both Maureen and myself wish everybody a Happy Christmas and a Prosperous New Year and let's keep Erith & District Swimming Club at the front where we belong.

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A d v e r t i s e m e n t

REPAIRS OR RENEWALS TO DAMAGED OR LEAKING ROOFS, CHIMNEY STACKS & GUTTERING

JOHN PRYOR

TELEPHONE 01-301-0677





Fig. 4.16. *The crawl-stroke arm pull pattern*

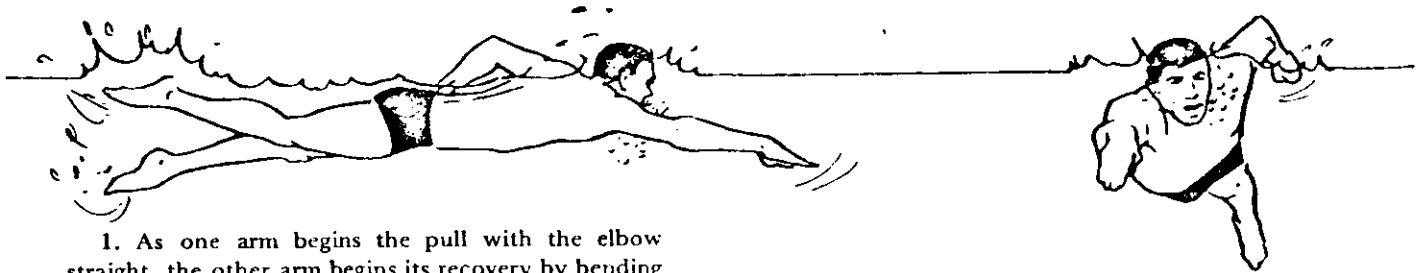
1. *Zigzag pull:* On all competitive strokes some form of elliptical pull is used.

2. *Elbow bend:* Straight-bent-straight elbow action is used. Maximum elbow is 110 to 90 degrees.

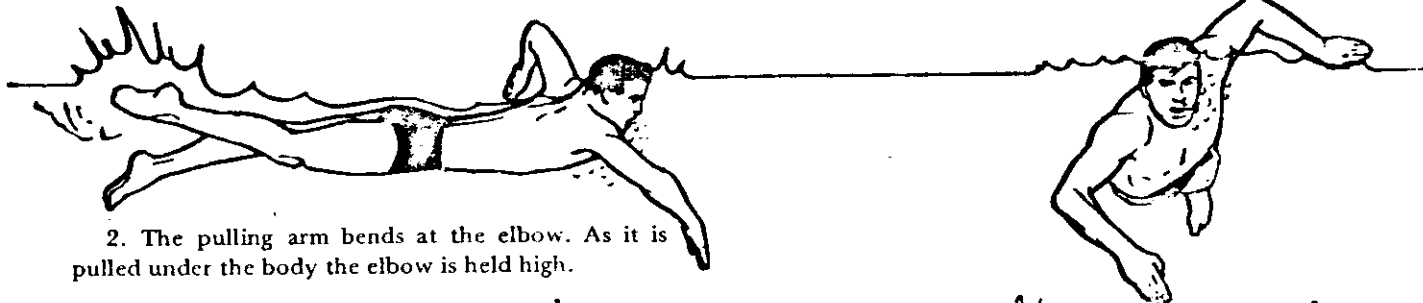
3. *High elbow:* During first part of pull elbow is carried in an elbow-up position.

4. *Pitch of hands:* Hands are pitched 45 degrees as they enter water, so they create fewer air bubbles. They are also pitched as they leave so they create less resistance.

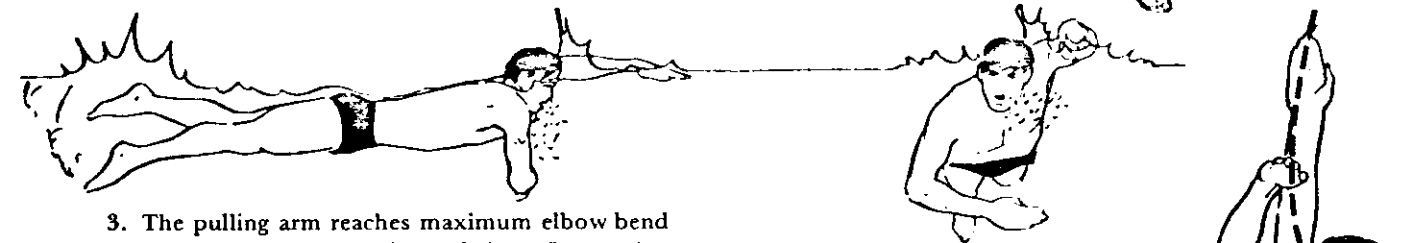
5. *Three types of kick* are used: (1) six-beat kick, (2) two-beat kick, and (3) two-beat crossover kick.



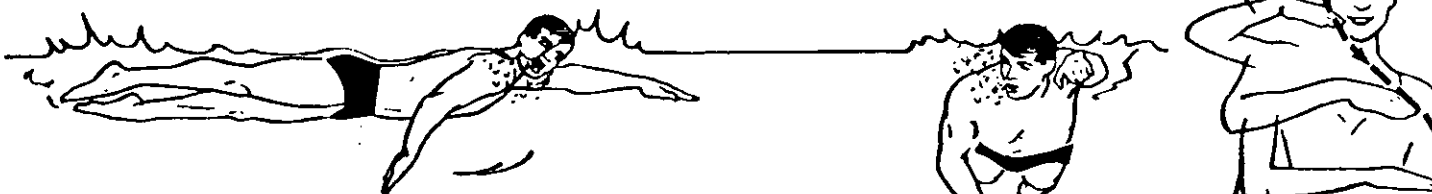
1. As one arm begins the pull with the elbow straight, the other arm begins its recovery by bending and lifting the elbow upward. The legs kick up and down in a flutter kick.



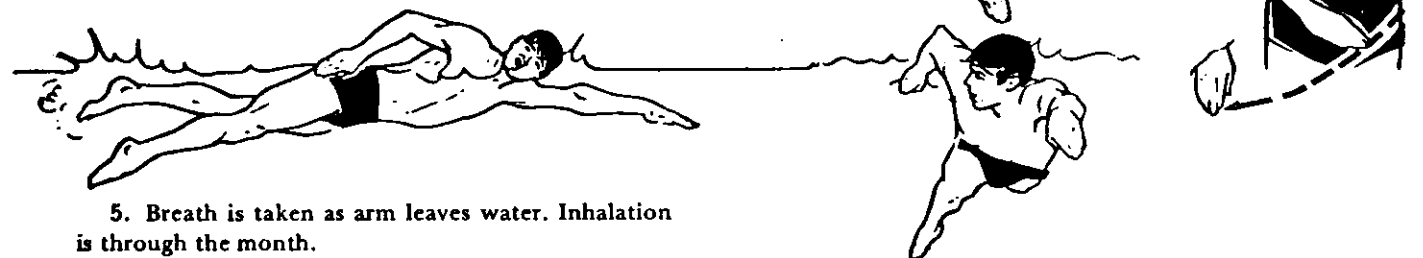
2. The pulling arm bends at the elbow. As it is pulled under the body the elbow is held high.



3. The pulling arm reaches maximum elbow bend as it passes under the shoulder and chest. Recovering arm enters the water directly in front of the shoulder.



4. As the arm pull nears completion, the head is rotated to the side for breathing.



5. Breath is taken as arm leaves water. Inhalation is through the mouth.