



Micholls

NEWSLETTER



No 135

DECEMBER, 1991.

SECRETARY'S NOTES

INCREASE IN COST OF ADMISSION

Owing to a further increase in Pool Hire from 1st January, 1992 we regret that the session fee for all will increase by 10p to 35p from this date.

ANNUAL GALA FINALS

Some exceptional competition provided many nail biting races and 19 new club records. The introduction of the freestyle sprints proved very popular but a big headache for the officials owing to the close finish's. However, the event proved overlong and was reminiscent of the situation 10 years ago when heats and finals were held on the same evening and everyone went home exhausted. As a result major changes to speed up the format will be introduced in 1992 to ensure a much better event for spectators, swimmers and officials.

B.D.S.C.A. (BRITISH LONG DISTANCE SWIMMING ASSOCIATION) 1 HOUR POSTAL SWIM

Every club member will again have the opportunity to enter this Annual Competition (cost per individual entry £2.50) Our swimmers have traditionally done well so we hope to see lots of our up and coming youngsters join the club regulars. Three Sundays have been nominated for the swims and lists giving full details of age groups etc will appear on the notice-board before Christmas. All younger swimmers achieving either $\frac{1}{2}$ or 1 mile distances will additionally receive a cloth badge and certificate free of charge to mark their achievement.

B.S.C.A. AWARD SCHEME

A list giving qualifying times for sprint awards of Bronze, Silver and Gold times is displayed at all times on the notice board. Any swimmer achieving these times in internal competitions or gala's at any pool can buy the badges and flashes from the 'Ladies on the door'. Initially the oval badge and a flash for the first qualifying stroke will be followed by the flashes for the other strokes, before gaining Silver and Gold times as the year's progress.

E.D.S.C. 80 YEARS

1992 mark's the official 80th year of the club which was formed on Friday 5th March, 1912 at a meeting held at Erith Public Library. When the club celebrated 75 years The Hon. Sec. (Allan Bedford) wrote a brief history of the club which will be released in the Newsletter in 1992.

ALLAN BEDFORD

WHATS YOUR LINE

As an entirely voluntary organisation we are often dependant on the services of parents and relatives of members who can 'Get Things Done' for us at an economical price and sometimes for free.

We are therefore always interested to hear from anyone who may be able to help us. At the present time we urgently require the services of a photocopier engineer, so if you can help or know someone who can, please let Jill Thackray know. Other 'Things' we need help with at different times include: Printing, Computers, Stationery Supplies, Catering and Food etc. etc. etc. so please come forward if you think you can help.

ALLAN BEDFORD

BEGINNERS ACHIEVEMENTSCONGRATULATIONS TO THE FOLLOWING PENGUINS WHO HAVE SWUM WIDTHS.

THEO BELL	JOHN BICKERSTAFFE
LEE BISHOP	REBECCA BRIGHT
SOPHIE CANTWELL	EMMA CATTERALL
LAURA CATTERALL	BEN CONNOLLY
LUKE DAWSON	TOM GOODE
DARREN HUCKSTAPP	RYAN HUGHES
STUART HUGHES	GEMMA JONES
DARREN LUCAS	GEMMA MERRIDAN
JOANNE MONTAGUE	SAMANTHA PEASE
KIMBERLEY ROGERS	VISHAL SAWHNEY
ANN MARIE SMITH	RACHEL STEVENS
CARLY STOKES	GEMMA TIPPETT
JAY WHALLEY	GORDON WORLD
JAMES YEULET	

PAM BEDFORD

COMPETITION RESULTSSPEEDO GALA RIVERSIDE 28.9.91

This was a very disappointing result for us especially after our success in the recent home gala. A bad lane draw did not help either as it seemed, because of the deep end start, the water outlet in lane 6 affected that lane badly and nearly all our swimmers were 3 seconds down on their normal times. Still that's enough moaning, there were some bright spots. Ian Magness and Lyndsey Smith both recorded Club Records, and the 13 and under girls won both their relays.

RESULT

1st	Gravesend & Northfleet	193
2nd	Portsmouth & Northsea	191
3rd	Windsor	138
4th	Erith	126
5th	Andover	97

Our 4th place kept us out of the bonus points and we will have to do really well to match last years position.

One strange anomaly in this gala was the performance of Gravesend & Northfleet. We beat them twice in the previous season by 60 points in the last gala of the season, and week after this gala we beat them again by 30 points, but who am I to cast aspersions against another swimming club ????????

MICK THACKRAY

GALA AT GRAVESEND & NORTHFLEET 5.10.1991

Following our performance in the Speedo this gala was sweet revenge against Gravesend & Northfleet, but the Speedo result was more important to the Club than this result, but the circumstances of how Gravesend & Northfleet could field such a strange squad when the team that swam at this Gala was so weak as the result shows. It would take up too much room to list all the winners which numbered 23.

We even had our Masters Mixed Relay Squad in action who gained a 2nd place.

Result

1st	Erith	295
2nd	Gravesend & Northfleet 'A'	269
3rd	Ashford 'A'	212
4th	Gravesend & Northfleet 'B'	165
5th	Ashford 'B'	109

TREVOR HOLMES

GALA AT BRIGHTON 19.10.91

With a somewhat weakened squad due to other commitments, this was a very creditable performance in finishing third to some fairly strong squads. It has to be noted that it was the debut of Paul Graimes for the Club after a number of years out of the sport, at present he is too young to join the Masters. Winners within this event included: Paul Nicholls, James Willcocks, Rebecca Russell, Joanne Mays and Roy Burdett, with wins also in two relays. A special mention should be given to Rebecca Russell who swam two 100 mt Breastroke events in a very short space of time.

Result

1st	Crawley	261
2nd	Teddington	229
3rd	Erith	220
4th	Brighton	160
5th	East Grinstead	142

TREVOR HOLMES

WHITE HORSE 26.10.91

This was like a home gala for us because it was at Erith but it was hosted by Dartford. A brilliant start by our Open Relay Team got us off to a really good start and set the tone for the rest of the evening, with 4 new club records and 15 first places. To their great disgust we recorded yet another win over Dartford by 4 points and left everybody else a long way back.

Result

1st	Erith	106	4th	G.B.M.	200
2nd	Dartford	110	5th	Bromley	221
3rd	White Oak	134	6th	Mote Park	252

MICK THACKRAY

GALA AT FAREHAM 2.11.91

This was our first venture for some time to the Southhamptom Area, our last visit was by way of the 'Isle of Wight'. A considerable amount of time was spent in travel both to and fro, with very high winds, rain and luckily a sensible driver. This was the first time we had swum against the clubs competing, apart from Southgate, who we have met in the Diddy League, so we were unsure of our opponenents. Events did not start of off brightly , but got better as the night went on. We recorded our first win, the boys U|16 Freestyle team with Roy Burdett, Steve Willcocks Paul Dodson and Zak Green, they also had a win in their Medley team event very convincingly. A special mention should be made to Rebecca Russell, who within 6 events had to swim two 100 metre Breastroke events. Thanks Rebecca, this was due to our Open Breastroke swimmer not being available. We also recorded two wins in the U|12 Freestyle girls with Natalie Walker and U|12 Freestyle boys Paul Nicholls. Numerous 2nd places were also recorded. A check will be made to see if any Club Records were broken, but I believe that Ian Magnuss cannot be far way with his swim in the U|14 Freestyle. We Must do something about the lane draw, once again a bad lane was picked, so can we have some volunteers next time please, as Mick's luck and mine do not seem to be in these day. Well done everybody for a very good all round performance, good spirits, good turn out and above all good behaviour. The noise from the other teams was unbelievable.

Result

1st	Southgate	234
2nd	Fareham Nomads	217
3rd	Bournemouth Dolphins	173
4th	Erith	161
5th	Forward Hillingdon	149
6th	Wycome	116

TREVOR HOLMESTUDOR LEAGUE ELTHAM 2.11.91

This was the first gala in a new season that I thought might not happen because of quite a few factors. The main one being the threatened closure of Eltham Pool.

Nevertheless here we are again, with that old familiar atmosphere and that old familiar panic caused by the sheer speed of the gala with all 1 length races. My thanks to my whips for the night Nicola, Marnie and Glenn. Excellent swimming by our younger ones got us off to a good start and the pattern was followed through in all age groups. Dartford seem to have decided to play by the spirit of the league, but Bromley seem to be a bit strong still. On our next Tudor League gala we will have two swim two teams, and I look forward to it.

Result

1st	Bromley	163
2nd	Erith	155
3rd	Greenwich	127
4th	Dartford	124
5th	Eltham	65

MICK THACKRAY

SPEEDO GALA HARROW 9.11.91

What a difference a month makes. We were magnificent especially our Open swimmers. We didn't even mind the endless delays that plagued the gala. We had so many first places I will not name them all, suffice to say our spirits was good and everything followed from that. The highlight for me was the new Club Record in the Open Freestyle by Philip Rush plus the two Open Relays at the end which we won. Well done everybody.

Result

1st Erith	228
2nd Southend	174
3rd Harrow	173
4th Reading	163
5th Wantage	155
6th Barracuda	132

MICK THACKRAYBRONZE STANDARD GALA AT GRAVESEND & NORTHFLEET 23.11.91

This is not my favourite pool and nor I think is it the spectators favourite pool. These gala's swim to standard time, always more difficult especially when the pool is a different length to our own. It is impossible to tell your swimmers to slow down and the result was that we had 13 disqualifications for swimming to fast. Nevertheless some of our new swimmers did us proud and in the end there was only 21 points between first and fourth, we were not as bad as it seemed. Our relays were again excellent showing our strength in depth.
Well done all.

Result

1st Beaver	140
2nd Gravesend & Northfleet	152
3rd Black Lion	157
4th Erith	161
5th Folkestone	161
6th Rochester	172

MICK THACKRAYLONDON INTER-BOROUGH SWIMMING CHAMPIONSHIPS FINALS BARNET COPTHALL 30.11.91

Thirteen of our swimmers helped to make up the team to represent Bexley in the finals of the Inter-Borough Swimming Championship Finals, they were: Trevor Jones, Ian Magness, Paul Nicholls, Sharon Ewers, Hannah Spencer, Natalie Walker, Heidi Green, Joanne Mays, James Willcocks, Lee Gilbert. Rebecca Russell, Roy Burdett, and Miranda Newitt. Everyone of them swam to their best and did the club proud.

At one time to me it was reminiscent of this year's visit to Germany, when the teams paraded out each holding placard's with the name of the Borough on it. We were entertained halfway by a troupe of Majorette's and a special backstroke race between two swimmers and BETS were taken on it raising over £100 for charity.

CAROL RUSSELL

GALA AT ASHFORD 30.11.91

Having taken this Gala, and assessed the strength of the squad, we expected this to be a 'B' Squad Gala, with some senior swimmers to bolster the team. However, Hythe did not enter into the spirit of the Gala. We knew that the teams competing were not in our league apart from Hythe, who informed us that they had entered an 'A' team, as the result showed with a considerable number of wins. We all swam to our strength and it was nice to see Susie Groce back in the swim following her long illness and also her first swim with the team Janice Jones (our expert Synchronized Swimmer) Our winners were Martina Cooley, David Case, KATie Attridge, Paul Dodson, David Ellingford and late replacement Claire Conner. Wins were also recorded by the Mixed 11|U & 13|U & 15|U relay squads.

Ashford pool was somewhat cramped and we were having difficulty in turn's with the lapping pool, at one stage we thought that Paul Dodson was going to head butt the starting block at the end of his race. One of the highlights was Glen Thackray's rare appearance in the back stroke relay, when he was swimming with 4 girls, it's not very often that girls chase Glen, its normally the other way round, but it would have been somewhat embarrassing for him to have been beaten in his leg, but true to his fighting spirit he came out on top to save him from plenty of leg pulling.

Result

1st	Hythe	209
2nd	Erith	191
3rd	Swansea Otters	178
4th	Ashford	145
5th	GAV.B.P.	92
6th	Herne Bay	54

TREVOR HOLMESRelay Gala at Basildon 7.11.91

Our team in this event had mixed success against, some teams we have competed against in the past and one club we have never competed against, this being Norwich Swans. We knew however, that we were going to have to swim well against Thurrock who have visited us in the past, Haywards Heath & Harlow the former two clubs are in the 1st Division Speedo and the final result shows that these clubs were slightly better, but we certainly gave them a run for their money.

Our wins totalled 9 with our 11|12 boys squad chalking up 4 wins in 4 events and our Ladies Masters Squad had superb wins in their 3 events, which hurts us Men Masters, with the saying 'Please try harder' coming very true. However the mens squad had 2 new members Peter Burt and Mick Thackray. Wins were also recorded by the Mens Open Freestyle Squad and the Girls 13|14 Breaststroke Squad. We were close in a number of events with numerous 2nd places. We struggle in one age group with a number of swimmers missing and looking at the size of our swimmers against some of their, we need to stretch ours every week or put fertiliser in their boots.

Result

1st	Thurrock	152
2nd	Hayward Heath	137
3rd	Erith	117
4th	Harlow	103
5th	Norwich Swans	64

TREVOR HOLMES

KENT COUNTY MASTERS COMPETITION TUNBRIDGE WELLS 23.11.91

Sixteen of our Master Swimmers took part in the Kent County Masters Gala and came away with a magnificent 26 medals: 5 Gold, 7 Silver and 14 Bronze, and many very close 4th and 5th places. This was a wonderful performance by all who took part. Well Done! Keep up the training and Good Luck to all of you who are swimming at southend on 28th December, 1991.

Result

50m Backstroke

Rosemary Walkins	Gold
Buck Ryan	Silver
Pat Griffiths	Bronze
Barry Magnuss	Bronze

50m Breaststroke

Trevor Holmes	Gold
Frank Rider	Silver
Rosemary Watkins	Silver
Chris Case	Silver
Jennie Newton	Bronze
Pat Griffiths	Bronze

50m Freestyle

Chris Case	Silver
Pat Griffiths	Silver
Rosemary Watkins	Bronze
Trevor Holmes	Bronze

100m Freestyle

Pat Griffiths	Gold
Jenny Newton	Bronze
Trevor Holmes	Bronze

100m Fly

Chris Case	Gold
Jenny Newton	Bronze
Trevor Holmes	Bronze
Buck Ryan	Bronze

100m Individual Medley

Chris Case	Silver
Frank Rider	Silver
Pat Griffiths	Bronze
John Murray	Bronze
Trevor Holmes	Bronze

MOYA RIDER

INTER COUNTIES MASTERS CHAMPIONSHIPS CRYSTAL PALACE 17.11.91

Having again been picked for Kent to swim in these Championships, it means a lot, even though some people may think it means nothing as its only for a Masters Squad. As far as Luch Cowell and myself are concerned we swim with pride and wear our colours with pride. This was Luch's first time and she was surprised when she received her selection. The performance of the Kent Squad has improved over the last 3 years, being 8th in 1989, 6th in 1990 and 3rd in 1991. Luch was 3rd in the individual 50m Breastroke in her age group and had two 2nd places in the Medley and Freestyle Relays. As for yours truly, 6th place in the 50m Breastroke and I helped our Medley Relay team to 1st Place.

Lets hope we can have more representing the county next year.

TREVOR HOLMES

MASTERS SWIMMING UPDATE

There is more and more interest in Masters Swimming, with parents reliving their youth.

We now have some 20 swimmers in the Masters Section, which, if they all turn up presents a problem, with only one lane on a Sunday. In this aspect we have applied to the Council for a further one hour on a Sunday from 6pm to 7pm, so that the Masters can swim in all lanes, which should be available from January, 1992. This way we can enlarge the section for those interested in concentrating on various forms of swimming and having assistance from other swimmers to help on faults, and to cater for varying abilities.

Unfortunately we cannot take non-swimmers or teach non-swimmers to swim. It's hard work, as the Masters will tell you, but rewarding for both Club and Masters, especially if its the only form of recreation that you have apart from lifting your right arm. If you are interested in taking up swimming again please see — Frank Rider or myself or the ladies on the table on Club nights.

TREVOR HOLMES

PAST EVENTS

THE WEDDDING OF LUCH AND STEVE 21.9.91

Finally the 21st September dawned and what a fabulous day it was. Not only was the sun shining, but Luch was getting married, (there goes our late night vodca drinking) and not a swimming gala in sight. We had our instructions, be at the Hotel at 10.15am sharp to meet the coach, the only difference from a swimming match was the hats (not swimming caps) being balanced on our heads as we negotiated our way onto the coach. The trip up to London was uneventful, a gentle chit chat to John and Christina Murray and meeting Martin Lovatt with his sister. Andy Callard and Carina were following in the car behind, and not running too many lights to keep up. On arrival at Farringdon, we all disembarked and stood on the foot path and looked across at a very nice Italian Delicatessen, there was only one question on everybody's lips "Where is the Church?" Eventually some clever soul spotted a statue and picture high up in the building next door to the deli, that was the entrance to the Church. We made our way across the road, via the local public house to pay our respects (we were very early) and into the church, which was absolutely spectacular. Looking back, Luch was already there sitting patiently in the "Roller"

waiting for us lot.

At long last we were all settled, and the wedding began. Luch walked up the aisle, having walked down the side aisle, I have to say she did look wonderful with bridesmaids and page boy following behind, and her Dad at her side.

The service went quickly, with the priest seeming to race over his words, and what with the very strong Italian accent it was very hard to keep up. With the signing of the register completed and vows taken, there were no objections ! the photographs were rushed along. I noticed in one of them some strays sneaked in, e.g. Maureen & Trevor Holmes & Jill and Mick Thackray. Out of the church and we all bundled back onto the coach for the serious celebrations to begin. We arrived at the restaurant in Kingsway early, and had to wait outside for twenty minutes. Most of us had a chat and enjoyed the sun, some went to the local bookmakers and another went to MacDonalds for a quick bite to eat.

Once inside the restaurant having been formerly introduced, the drinking and eating begun. Luch's Mum had obviously had a lot to say about the cooking, Italian and lots of it.

Next were the cakes, the traditional three tiered wedding cake, plus two other cakes, one depicting a swimming pool! and the other a fisherman, fishing in a river. (For those who do not know, Steve is an avid fisherman, doesn't catch anything though).

Next were the speeches, Next E.D.S.C. arrived and the serious drinking and dancing began.

By now it was 7.30pm and all those months of serious training were now paying off. More than 5 hours still remained to be enjoyed, and enjoy it we did. Suffice to say lots of dancing ensued with a play being performed (I am unsure that anyone understood the significance of this, other than to give us a good laugh with people playing the curtains, trees etc.) the odd drink was forced down and before we knew where we were Luch had changed into a very smart white "going away suit" and Steve into yet another suit and off they went.

The whole day seemed to finish very nicely around 1.30am with us being bundled onto a coach, along with the wedding dress, to be driven back to Sidcup. Congratulation Luch and Steve.

JENNIE NEWTON

SOCIAL SECTION NEWS

E.D.S.C.RAMBLE ISLE OF GRAIN 24.10.91

Eighteen brave adults, teenagers and children met at Dartford Station for an early start for our ramble round the Isle-of-Grain.

Tim Bedford started his lunch while we were waiting, perhaps encouraged by the smell of cooked bacon wafting through the station.

Off we set to Higham on the train - our starting point.

The first part of the ramble took us through peaceful countryside with only the occasional tractor to break the silence.

A recreation ground and more important, a loo was spotted so we stayed for a while. With further occasional stops to check which direction we should be going. Peter in his white distinctive 'sea-side' hat and plastic bag for rubbish hanging from his belt led the way, fortunately to a lovely pub in Cooling where the adults refreshed themselves and the starving children had their lunch. Cooling itself is a pretty village and we took a few pictures of everyone gathered around the famous castle. We also visited the churchyard where a family of 11 children are buried. The area is famous because Dickens used it in 'Great Expectations'. Not long into the walk the cry had gone out to look for a 'Sweet Shop' - to no avail, when we

did find one it was half day closing, Chris and I kept our eye out for further loos!

We proceeded through a wooded area owned by the RSPB although I think we were too noisy to see any birds. We got slightly lost here and only got by everyone climbing over a rather high gate with barbed wire on top. Sadly, we saw a dead rabbit and later on a dead fox which must have been knocked down. Martina thought it was still breathing and had to be convinced that it wasn't. Unfortunately, a few of the public footpaths did not seem to exist any longer and we had to make a few detours, on one such occasions we had to walk for quite a way to the accompaniment of a least 8 howling and barking doberman and possible on or two rotweillers, just for good measure. Most of the hikers were very brave about this, but I must admit I was petrified!

Still the next part of the ramble was very worthwhile as it was by the River Medway, marina and boat yard, and through another pretty village called Upnor. Onwards we went reaching a recreation ground looking over a panoramic view of Strood and the station! our final destination. We surveyed the sight in the dusk while the youngsters played on the swings and slides. Then finally onto the train and back to Dartford, arriving there at about 6.30pm. It didn't seem possible that we had set out over 9 hours before! Apart from Simon who must be very fit, as I gather he was climbing the Brecon Beacons the weekend before, I think there were a few creaking bones at the end of the day but I'm sure everyone enjoyed themselves especially as the weather was also kind to us. Grateful thanks must go to Peter for organizing the Ramble.

MARY WALKER

ANNUAL GALA RAFFLE

A big 'Thank You' once again to all of our Club members and Parents who surpassed themselves by selling more raffle tickets than ever before, (it would probably have been even better had we not run out of tickets) Anyhow, the resultant profit of £502.24 outstips our own 'P.B.' and confirms this event as the single most important fund-raising event in the Club calendar. A list of the lucky winners appears below. Once again 'Thank You' and 'Well Done'

1st	£150.00	002142	Mrs Creighton
2nd	50.00	004735	Mr Whitehead
3rd	25.00	000267	Allan Bedford
4th	10.00	005838	Prakash Patel
5th	10.00	001492	Chris H.
6th	10.00	002259	Lawrence
7th	Brandy	005753	Parkhurst family
8th	Coffe Liquer	002147	Mrs Creighton
9th	Flamingo	004608	Rosemary Watkins
10th	Gin	001121	Denise Ewers
11th	Turtle	004436	Louis Barren
12th	Chackers	003083	J.Holliday
13th	Flowers	000997	Mrs D.French
14th	Umbrella	000807	S.Dewey
15th	Duck	000929	Mrs E.Royce

WANTED! BRIC-a-BRAC

The Club has recently obtained its own dedicated storage area, (a garage) so wish to encourage any donation of unwanted, good-quality 'Bric-a-brac', The sale of such items has always proved to be a money spinner at outdoor fund raising events so, if you are clearing out that cupboard or loft this Christmas, (or any other time for that matter) any items you no longer

want (old toys, books, records etc). will be gratefully accepted by the Ladies on the door.

P.A.FROST

FORTHCOMING EVENTS ON THE SOCIAL SIDE

NEW YEAR'S EVE CELEBRATION 31.12.91

What are you doing on New Years Eve? A cup of Horlick's and early to bed? Forget it! Unless you've already made other plans, why not join us once again for another evening of fun at our own New Years' Eve Celebration in Carlton Hall, Bexley Road, Erith between 8.30pm and 1.00a.m (approx). The 'Powerful pierre Disco' will be in attendance, (courtesy of Peter Ellingford) and you can bring along your own drink and Christmas left-overs! at £5.00 each, tickets are selling fast, so hurry! (available initially to Club members and Parents only).

SPRING HALF-TERM RAMBLE 20.2.92

Following the success of our recent 9 mile jaunt around the Isle of Grain, (see report elsewhere) I am organizing another ramble for Thursday 20th February, 1992 during the School half-term. Because of shorter daylight hours, this ramble will be somewhat shorter too, so there's no excuse for more Mums and Dad's not to join us! it will of course go head come sun or snow - you just dress for the weather accordingly! Details will be available in due course, so keep an eye on the Club noticeboard.

P.A.FROST

OTHER NEWS

DRUGS

Care must be taken over ensuring that the precise names of drugs and their content is known by swimmers. At a recent event held in this County an asthma sufferer stated on request by a medical practitioner checking on the drugs being used by participants that she was using Intal. This is widely used and is not a banned drug. On looking at the inhaler it was found to be of Intal Co (also known as Intal Compound). This is a banned drug.

FOOD INTAKE

All swimmers, particularly those involved in heavy training and competition, must ensure that their intake of both solids and liquids is adequate. At a recent event, also held in this County, a competitor who had undergone heavy training in the morning and was involved in a competition in the afternoon almost collapsed at the medal presentation due to low blood sugar levels. The competitor had only eaten half a salad sandwich and drunk a glass of water since getting up. This was grossly inadequate. Please swimmers consider this matter most carefully.

DIVING AND SWIMMING WITH A COLD

Those taking part in diving and synchronised swimming, where the head can be immersed at a considerable depth, sometimes for extended periods when doing some of the movements in synchronised swimming, should not enter

the water if they have a heavy cold. The pressure in the nasal passages encountered when under water are enormous. Mucus and other 'nasties' found in the nasal passages when we have a cold, if driven by the pressure through the other various passages in the head, can easily cause severe ear and mastoid problems and even brain problems.

BE WARNED! DON'T TAKE A RISK! IT IS FAR BETTER TO MISS A TRAINING SESSION OR EVEN A COMPETITION THAN TO BECOME DEAF FOR THE REST OF YOUR LIFE.

I have checked all these medical statements with our medical adviser and he fully supports what I have written.

JOHN R.CARRIE

General Hon.Secretary Kent County A.S.A. October,1991.

CLUB COSTUMES

As most of you have noticed our Club Costumes are changing from Red and White Polyester to Black, Red and White Lycra, which the girls will find much more comfortable for racing. We strongly advise that the new costumes and trunks are worn for racing only as Lycra has a much shorter wearing time (20 hours of water time) than polyester. We will keep a stock of red and white polyester in stock for training purposes.

PAM BEDFORD

FORTHCOMING EVENTS DIDDY LEAGUE

Round 1. to be held at BRAINTREE (25m) on 8.3.92. 4pm for 4.15pm

Venues are :

1. Southgate
2. Braintree
3. St.Alabans

Teams drawn for venue 2 are : Barking, Braintree, Dartford, Erith, Hoddeston and Romford Town.

Round 2. to be held at ERITH on 5.4.92. 4pm for 4.15pm (time to be confirmed)

Venues are:

1. Southgate
2. Braintree
3. Erith (Hosing)

Round 3. Finals. To be held at ROMFORD on 17.5.92 2.30pm for 3pm.

Venues are:

1. Southgate
2. Romford
3. T.B.A.

TEAMS TAKING PART.

Barnet Cothall, Barking, Braintree, Basildon, Dartford, Erith, Harlow, Bishop Stortford, Chelmsford, Runnymede (1), Brentwood, St.Alabans, Hoddeston, Southgate, Romford Town, Hatfield Town, Thurrock, Witham Dolphins.

Age groups; Relays 1983 onwards - Individual 1980, 1981, 1982.

DATES FOR 1993.

14.3.93 - 25.4.93 - 16.5.93

INTRODUCTION and SPECIFIC INSTRUCTIONS

Stretching and flexibility programs are rapidly becoming a major part of body conditioning and training. The stretches illustrated in this book are designed to be practiced by people who participate in sports or physical training programs. This program has been very successful in reducing, or eliminating, athletic injuries and in increasing the muscular range of motion of athletes within the competitive swimming programs that I have coached during the past 10 years. I am proud to share it with you!

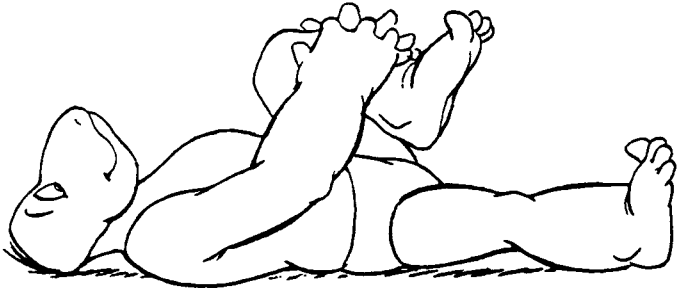
Each stretch in the book is demonstrated by a cartoon character named **Rolland Stretch™**. Rolland is one of eight cartoon characters called the AquaZoids. He is a shy turtle who loses his inhibitions when he comes out of his shell. Rolland was created to teach techniques of swimming and stretching.

Perform the entire stretching program at *least* 4 times a week. Try to hold your stretch position for at least 8 to 10 seconds. Always flex your feet flat - do not point your toes unless specifically told to do otherwise. It is very common for your muscles to feel sore a couple of days after first stretching. Attempt each stretch slowly! Please do not try to achieve the ideal positions when you first attempt each stretch. Progress slowly from week to week! Some people may never be able to achieve the ideal positions illustrated for certain stretches. That's okay - accept your limitations and do not force yourself to go beyond your physical capabilities. Take your time and continue to practice each stretch. I am sure that you will feel more refreshed, flexible, and stronger after a couple of weeks of stretching with **Rolland Stretch™**!

- * Follow the directions EXACTLY!
- * Work into each stretch slowly - never bounce!
- * Avoid difficult stretches!
- * If a stretch hurts, stop!
- * People who have had medical problems, recent surgery or injury, must consult a physician before stretching!



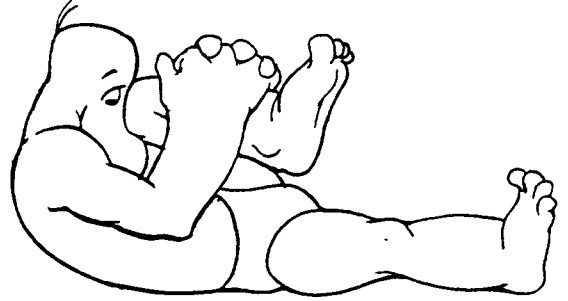
We will be running a complete stretching program which we will publish SLOWLY in parts for you to try out.



1

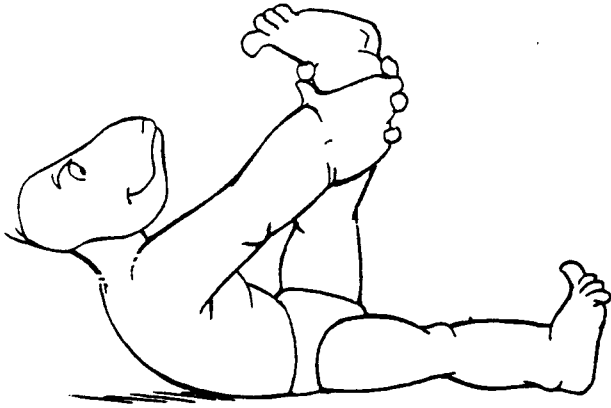
STRETCH SLOWLY!

To begin stretching, lie on your back and wiggle your toes. Roll your ankles in a circle. Stretch by drawing your left knee toward your chest with both hands.



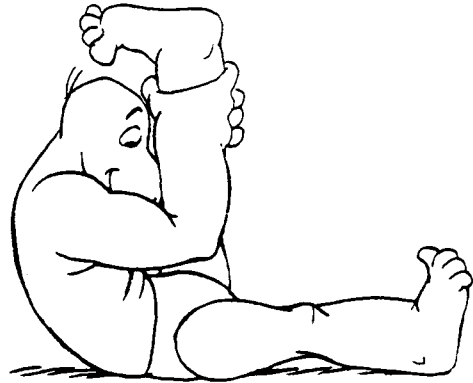
2

While on your back, draw your left knee toward your chest. Stretch your chin, then your forehead toward your knee.



3

Remain on your back and raise your left leg straight up. Grasp your leg below your ankle with both hands. Gently straighten your leg and stretch it toward your head.



4

IF IT IS PAINFUL - STOP!

Hold your left leg in the air with both hands below your ankle. Straighten your leg and stretch your chin, then your forehead toward your knee. Remember to keep your feet flexed.