



# NEWSLETTER

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Issue 153

## An Open Letter to the E.D.S.C.

As far as I can remember (two days back!!!) I have never put pen to paper as a President.

But after the last weekend (8/9 July 1995), seeing and hearing everything that the club has achieved up to date, Betty and I have never been so proud of the E.D.S.C.

It would be wrong of me to name individuals, (who names individuals in a family team?) so generally.....

**The Coaches, Instructors & Helpers** at the pool side.

**The Social Section** -

Those people who support the Club in so many different ways. Not only in raising money, but ensuring the Galas and Coach trips to Galas run smoothly, that if necessary, supply cold orange drinks and food. The accumulation of times of swimmers and placing them into the Computer (the times - not the swimmers - its a thought!!!!)

**The Main Committee** who accumalates ideas and then puts them into practice.  
They also take the "moans and the knocks".

**The Swimmers** who swim their hearts out at competitions  
(especially Saturday) and dance their feet out at Disco's.

A family would not be complete without the **Mums and Dads** who support,  
not only the swimmers, but everybody else.

All these people who work long hours for the Club, not one of them is paid,  
on the contrary they have to pay for the privilege of belonging to the Club.

We on our part try to do our best by telling the Mayor, Mayoress and everybody else who will listen our achievements and how the Club works without outside help.

Please carry on the good work, and again, you all make us feel so proud.

Signed:                      D.Fitnum,    President            (Sandy)  
   B.Fitnum    (Betty)

## Secretary's Report

### **Annual Gala**

Our re-scheduled competition arranged at short notice, never the less saw some excellent races in all age groups. Many thanks to all swimmers and the parents who helped with timekeeping, stewarding, programme selling, etc.

Next year the competition will again include the Masters section and diving which we cancelled this year, and will be held during March and April as dates already published.

### **Dartford College**

Commencing from Wednesday 6 September, we are starting a 2 hour session:

7-8	Training group
8-9	Masters section training.

### **B.L.D.S.A. - 1 Hour 'Postal Swim'**

Congratulations to all those who took part earlier this year in the above event.

When the badges and result parcel arrived we were delighted to discover that **Niki Brandsetter** achieved top placing in the under 10 age group - from an entry of 132 swimmers - and received a **gold medal** for his **3290 metre distance** - **Very Well Done!**

This is the best individual placing for one of our swimmers in the ten years we have taken part in this annual event

### **Club Shop - Tuesdays and Fridays**

We are looking for a volunteer to take over from Moya Rider on the few occasions when she cannot come. It needs to be somebody who can get to the pool by 6.55 pm at the latest and basically to sell the goods in the Club Shop, take any subscriptions and answer any queries. The busiest time is between 7 pm and 8.30 pm, so the shop could be shut and taken over by somebody else at that point.

Please speak to **Pam** or **Allan Bedford** if you could fill this slot.

### **Change of Address/telephone no.**

To enable the Club to keep up-to-date records it would be appreciated if any members who move house or change their telephone company (i.e to Mercury etc), if they would kindly write the details on a postcard or piece of paper and hand it to either Pam or Alan Bedford or Jill Thackray. Thank you.

*Alan Bedford*

# COMPETITION REPORT

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## JUNIOR SPEEDO LEAGUE - GALA 3

The finals were held at Dagenham Pool and although better organised than the previous round, it ended disappointingly. We seemed a little jaded but after analysing the amount of competitions we had swum before this gala we were not surprised. Quite a few swimmers had been to Germany the previous week and we had a relay gala the night before.

I will ensure we do not put our swimmers, especially the younger ones under that much pressure again.

It was still a good achievement to come 6th in the league with the quality of the teams participating, but we can do better.

Well done to all our swimmers and to our supporters. I know we can improve on this result next year

Results:-	1st	Griffins of Enfield	193 points
	2nd	Barnet	186 "
	3rd	Braintree & Bocking	147 "
	4th	Romford	139 "
	5th	Hoddesdon	116 "
	6th	Erith	113 "

## GERMANY 1995 - PRE-TRIP REPORTS FROM LOCAL NEWSPAPERS

### Erith set for German Festival

Thirty two members of Erith Swimming Club and nine officials will be travelling to Bexley's twin town Neihem Husten on June 2 to compete in the German town's 24th International Swimming Festival.

Spread over three days, the event will be held in a 50 metre open air pool in the heart of the Black Forest.

They will be competing in over 120 events against the best teams in Europe including clubs from Germany, Holland, France, Sweden, Belgium, Hungary, Romania and Denmark.

This will be Erith's third visit to Neihem Husten and they have high hopes of success following a recent improvement in performances aided by additional training at Crystal Palace.

At a civic reception, the mayor of the host town is to be presented with a commemorative glass bowl by the chairman of Erith & District swimming club.

The club wishes to thank parents and friends for organising numerous social events to raise funds for this event and also, the club's trip to Amsterdam during October.

### **Swimming Festival**

More than 30 swimmers from Erith & District SC are currently lapping it up in Bexley's twin town of Neiheim Husten.

But its not all relaxation as the team is competing in the 24th international swimming festival. The event is spread over three days in a 50m open air pool set in the heart of the Black Forest.

The 32 Erith swimmers are competing in over 120 events against some of the best teams in Europe, including clubs from Germany, Holland, France, Sweden, Belgium, Hungary, Romania and Demmark.

This is Erith's third visit to Neiheim Husten, with past years having brought great success, measured by an abundance of medals and certificates.

### **Bates to swim for Great Britain**

Thirteen-year-old Andrew Bates from Erith and District Swimming Club is set to fly the flag for Great Britain when he travels to Germany for a gala in June.

On Saturday Andrew of Cartmel Road, Bexleyheath excelled at the Southern Counties Championship at Crystal Palace.

He achieved third place with a personal best time of 28.27s in the 50m freestyle and fifth place in the 50m butterfly with a personal best time of 31,56s.

As if this wasn't enough, after a long day at Crystal Palace, Andrew then went onto the Walnuts Centre, Orpington to swim for his club.

The teenager managed an impressive first in both of his individual races in the White Horse League Gala.

### **Swimming Festival**

Wilmington Grammar School student, Stacy Hoare will represent Bexley in an international swimming festival in Germany.

## **GERMANY 1995 POST - TRIP REPORTS**

### **Erith make their mark in twin town**

**Erith and District Swimming Club** completed a successful weekend in the 24th International Swimming Festival in Bexley's twin town of Neiheim Husten.

The 32 swimmers began well, Nicky Brandsletter (aged 10) winning silver medals in the 200 metres freestyle and 100m breaststroke during the morning session.

Lee Scott (11) won a bronze, while Paul Nicholls (15) and brother Mark (11) were fourth and fifth respectively in their age groups of the 100m breaststroke.

Andrew Bates (13) just missed out on a medal, coming fourth in the 200m freestyle. In the girls' events, Danielle Poore finished fourth, Sarah Hubbard fifth and Natalie Walker sixth in the 200m backstroke.

At the end of the first session, Erith won two silver medals in the boys' junior medley relay team with Andrew Bates, Lee Scott, Darren Chappell and Chris Partlett and the girls' junior medley team with Kelly Dudley, Leanne Peile, Laura Belcher and Gemma Ford.

The first of Erith's gold medals came after lunch, Nicky Brandsetter winning the 10 years 100m freestyle.

Bronze medals were won by Lee Scott and Andrew Bates with Darren Chappell missing out with a fourth place.

The following day, Darren Chappell, Peter Gravell and Andrew Bates all won silver medals in the butterfly, with Paul Nicholls and Tony Lawrence coming fourth and fifth respectively.

Against strong opposition, Heidi Green (17) won a bronze medal in the 200m breaststroke and Laura Belcher took a bronze in the 100m backstroke.

There were also top six places for Kelly Dudley (12), Gemma Ford (13), Danielle Poore (15), Natalie Walker (15) and Lisa Finch (19).

Nicky Brandsetter won the second of his gold medals in the boys' 100m backstroke, Lee Scott a silver and Darren Chappell a bronze.

In the final events of the weekend, Nicky Brandsetter won his third gold medal in the 4 x 50m individual medley.

Silver medals were won by the boys' junior freestyle team of Darren Chappell, Peter Gravell, Andrew Bates and Lee Scott and the girls' quartet of Kelly Dudley, Claire Greenaway, Gemma Ford and Laura Belcher.

A final medal haul of three golds, eleven silvers and five bronzes gave Erith a final standing of seventh in the overall team competition.

### **German trip was a splashing success for swimming club**

**Erith and District SC** returned from the 24th international swimming festival in Bexley's German twin town, Neihem Husten, still dripping with success.

Thirty swimmers competed beginning in an open air 50m pool set in the luxurious setting of the Black Forest.

In the very first session Nicky Brandsetter, ten, won a silver medal in the 200m freestyle, Andrew Bates won fourth place in the 13 age group.

Nicky Brandsetter got silver in the 10 years 100m breaststroke, followed by Lee Scott, 11, with a bronze.

Paul Nicholls, 15, and his brother Mark, 11, arrived home fourth and fifth respectively in their age groups and it then fell to the girls to achieve success for the team with Danielle Poore, fourth, Sarah Hubbard, fifth and Natalie Walker sixth in the 200m backstroke event.

Two silvers were won by the boys junior medley relay event.

After the lunch and a parade involving 46 clubs from nine countries the English club took their first gold: Nicky Brandsetter won the 100m freestyle where bronze medals were also won by Lee Scott and Andrew Bates.

Erith was less fortunate in the following day's girls 100m butterfly. But the boys compensated in their equivalent event with two silvers.

In the 200m breaststroke Heidi Green, 17, won a bronze.

In the 100m backstroke Laura Belcher won a bronze and Erith gained a further top six places.

Hero-of-the-event Nicky Brandsetter took a second gold in the boys 100m backstroke followed into second and third places by Lee Scott and Darren Chappell.

The final events of the weekend brought more success for Nicky Brandsetter who took his third gold in the 4x50m individual medley. This brought Erith's medal haul to a

total of three golds, eleven silvers and five bronzes and gave the club the position of seventh overall.

### **Faversham - 15th July - Gala**

We ended the season with a resounding win in a B Grade gala at Faversham.

The competition gave us the chance to put out a team who do not normally get regular gala swims.

Wins were recorded in 28 of the 57 events at the sprint gala apart from the squadron relay.

Individual winners were: Stephen Kihara, 10 years breaststroke, Elizabeth Haynes, 11 years butterfly, 10 yrs butterfly and 10 yrs freestyle, Martin West, 11yrs freestyle and butterfly, Sarah McCook, 13yrs freestyle, Lucy Porter, 14yrs butterfly, David Case 15/16yrs breaststroke, Ryan Carver, 10yrs freestyle, backstroke and butterfly, Marc Merridan, 12yrs butterfly, Glen Scarley, 14yrs freestyle, Peter Webb, 15/16yrs backstroke, Sarah Case, open breaststroke and butterfly, Mark Holmes, open breaststroke and butterfly, Adam Bayne, 11yrs backstroke and breaststroke, Gemma Sadler, 12yrs breaststroke, Nicola Shepherd, 13yrs backstroke and butterfly, James Parker, 13yrs butterfly and backstroke, Paul Graimes, open backstroke .

### **Erith success continues from Kentish Times.**

**Erith and District SC** continued their recent run of success with victory in the Mick Betteridge Trophy at Croydon Amphibians' sprint gala last Saturday.

Individual winners included Natalie Bennett, 17U freestyle; Lee Scott, 11U breaststroke; Samantha Peach, 11U breaststroke; Hannah Spencer, 17U backstroke; Peter Gravell; 11U butterfly; David Sharrad, 15U backstroke; Nicky Brandsetter 11U freestyle; and Lauren Peile, 15U breaststroke.

The boys' 11U team of Mark Nicholls, Lee Scott, Peter Gravell and Nicky Brandsetter won both the freestyle and Medley relays.

### **Erith make it a double at Bexley Water Festival**

**Erith & District SC** completed a double over local rivals Bexley SC at the Bexley Water Festival gala last Saturday.

Although finishing second to eventual winners Royal Tunbridge Wells Monsoon, Erith finished ahead of third-placed Bexley.

The double was completed by Erith winning the Catterall Trophy, presented to the top club at the end of the gala.

The trophy was first presented in 1992 by councillor Alfred Catterall, when he was mayor.

Erith's success came through individual wins from Andrew Bates, 14U butterfly and freestyles; Nicki Brandsetter, 10U freestyle, backstroke and butterfly; Ian Magness, 16U backstroke; and Darren Chappell, 12U butterfly.

There were victories in the boys 10U freestyle relay Ryan Carver, Stephen Kihara, Phillip Brown and Nicki Brandsetter the boys 12U medley relay, Darren Chappell,

Peter Gravell, Chris Partlett and Lee Scott; the boys 14U freestyle, Glen Scarley, Stephen Whybrow, Matthew Walker and Andrew Bates; and the boys 16U freestyle, Paul Nicholls, David Case, Ian Magness and Trevor Jones.

The gala finished with a resounding win in the boys squadron relay for Nicki Brandsetter, Ryan Carver, Peter Gravell, Chris Partlett, Andrew Bates, Matthew Walker, Paul Nicholls, David Case, Patrick Newsham and Phillip Rush.

The gala was attended by Bexley mayor Colin Wright, who presented the trophies.

**Trevor Holmes**

## **THE MASTERS SECTION**

### **CANTERBURY MASTERS OPEN MEETING - 17TH JUNE**

Fourteen of our Masters took part in this gala. It was our most successful gala since our Masters section was structured. We won the Ken Stillwell Trophy for the best club with the most point won, by positions of the swimmers in each race.

Ken Stillwell himself, presented the trophy to our Masters section when all the points had been totalled at the end of the gala.

We hope to have a really strong team next year to retain this trophy.



Individual winners were:

Chris Ryan, silver 4x1 length individual medley, bronze 100m breaststroke and 100m freestyle.

Alison Nye, Gold 1 length freestyle, breaststroke, butterfly, 4x1 length individual medley, 100m freestyle and 100m breaststroke.

Yvonne Berry, Gold 1 length freestyle, backstroke, breaststroke and butterfly.

Carol Eastaugh Gold 100m breaststroke and 1 length breaststroke, bronze 1 length backstroke.

Chris Case Silver 100m breaststroke, 4x1 length individual medley and 1 length butterfly.

Liz Wilding Gold 100m breaststroke, Silver 100m freestyle.

Rosemary Watkins Silver 100m Breaststroke, 100m backstroke, Bronze 1 length breaststroke.

Dave Buck Gold 4x1 length individual medley, 100m breaststroke and 1 length breaststroke. Silver 1 length freestyle and butterfly. Bronze 1 length backstroke.

Trevor Holmes Gold 100m breaststroke and 1 length breaststroke. Silver 4x1 length individual medley.

Bronze 1 length butterfly.

Frank Rider Silver 100m backstroke. Bronze 100m breaststroke and 4x1 length individual medley.

Dennis Vick Bronze 100m freestyle.

Simon Middleton Gold 100m breaststroke. Bronze 1 length backstroke.

Dean Greenaway in his very first gala a bronze medal for 1 length backstroke .

Chris Thomas swam in their first gala, improving on his times as did Barry Magness and although they didn't win any medals their positions helped us to win the Ken Stillwell Trophy.

Well done everyone , an absolutely brilliant performance from you all.

### **BLACK LION 1ST MASTERS OPEN MEETING - 21ST MAY 1995**

This gala started with 4x1 medley relay with the collective age of 160 years +. Our A team of Dennis Vick, Chris Case, Alison Nye and Dave Buck won gold and our B team came 5th.

A very good start which was to continue throughout the day.

Medals won are as follows:-

Chris Ryan Silver 50m breaststroke. Bronze 100m freestyle, 50m freestyle and 4x1 individual medley.

Alison Nye Gold 50m freestyle, 100m freestyle and 50m breaststroke. Silver 100m freestyle. 50m butterfly and 4x1 individual medley.

Carol Eastaugh Silver 100m freestyle. Bronze 50m freestyle, 50m breaststroke, 50m butterfly, 50m backstroke and 4x1 individual medley.

Liz Wilding Gold 100m freestyle. Bronze 50m breaststroke, 50m freestyle and 4x1 individual medley.

Yvonne Berry Gold 50m breaststroke, 50m butterfly, 50m backstroke, 100m freestyle and 4x1 individual medley.

Pat Griffiths Gold 50m breaststroke. Silver 50m butterfly, 50m freestyle, 50m backstroke and 4x1 individual medley.



Rosemary Watkins Gold 50m butterfly, 50m breaststroke and 4x1 individual medley.  
Silver 100m freestyle. Bronze 50m freestyle and 50m backstroke.

Keith Russell swimming his last gala for Erith won a bronze medal in 50m breaststroke.

Dave Buck Gold 4x1 individual medley, 50m freestyle, 100m freestyle, 100m breaststroke and 50m butterfly.

Dennis Vick Silver 50m freestyle. Bronze 50m backstroke.

Trevor Holmes Gold 50m butterfly, 50m breaststroke and 4x1 individual medley.  
Silver 50m and 100m freestyle.

Frank Rider Silver 50m breaststroke. Bronze 4x1 individual medley.

Our relay team in the 4x 1 medley , totalling a 120 years, won silver and the 200 years + won bronze.

Once again an extremely successful gala. A total of 49 individual medals and 3 relay were won. We must congratulate numerous swimmers achieving personal best times , but, not within reach of a medal.

Well done everyone.

### **KENT MASTERS CHAMPIONSHIPS 1995 - 2nd SEPTEMBER.**

Eighteen swimmers took part in the first Masters gala of the season, although many of them felt race rusty we swam incredibly well.

Our ladies won a total of 25 medals and the men 15 medals.

Once again, our non- medal swimmers achieved personal best times.

Our Ladies recorded an amazing seven new Kent Records.

Well done everyone.

Results:-

#### **WOMENS'**

Alison Nye	1st 100m Frontcrawl	New Kent Record
	1st 50m Breaststroke	" " "
	1st 50m Butterfly	" " "
	1st 100m Individual Medley	" " "
	1st 50m Frontcrawl	" " "
Liz Wilding	1st 100m Frontcrawl	New Kent Record
	1st 50m "	
	1st 50m Breaststroke	
	2nd 50m Backstroke	
	2nd 50m Butterfly	
	2nd 100m Individual Medley	
Pat Griffiths	1st 50m Breastsroke	New Kent Record
	2nd 100m Individual Medley	
	2nd 50m Fronterawl	
	2nd 50m Backstroke	
	3rd 50m Butterfly	

Rosemary Watkins 2nd 50m Breaststroke  
 2nd 100m Individual Medley  
 3rd 100m Frontcrawl  
 3rd 50m Backstroke  
 3rd 50m Frontcrawl

Chris Case 3rd 50m Breaststroke  
 3rd 50m Butterfly  
 3rd 100m Individual Medley

Chris Ryan 3rd 100m Frontcrawl

### MENS'

Dave Buck 2nd 50m Breaststroke Paul Graimes 3rd 50m Backstroke  
 3rd 100m Frontcrawl  
 3rd 50m Butterfly Dave Walker 3rd 100m Frontcrawl

Tony Peach 2nd 100m Frontcrawl Frank Rider 2nd 50m Breaststroke  
 2nd 50m Breaststroke 2nd 50m Frontcrawl  
 2nd 50m Frontcrawl 3rd 50m Backstroke  
 3rd 100m Individual Medley

Trevor Holmes 2nd 50m Breaststroke  
 3rd 50m Butterfly  
 3rd 100m Individual Medley

**Moya Rider**

## Southern Counties Championships

This year we entered 3 swimmers who had qualifying times for the Southern Counties Championships, which were held during April and May at Crystal Palace.

**Andrew Bates, Hannah Spencer and Darren Chappell** all had good swims against very strong opposition. **Andrew** qualified for the final in 50 metres Freestyle and Butterfly, gaining 3rd and 5th place respectively. **Hannah** made the final of the 100 metres Breaststroke gaining 5th place. **Well Done to Both Swimmers.**

**Darren** swimming in his first year of County Championships came 11th in the 100 metres Butterfly. **Well Done.**

**Paul Nicholls, Trevor Jones, Ian Magness and Mark Dudley** completed in the 15/16 years Medley and Freestyle Relays against some very good teams and came 13th in the Medley and 11th in the Freestyle.

**Well Done All Swimmers.**

*Chris Case*

## Family Ramble in 'Constable Country'

**1 June 1995**

Whilst 1995 will be remembered for it's long, hot, record-breaking Summer, it is difficult to recall a time when the weather forecast was viewed with trepidation and fingers were crossed that our best laid plans wouldn't come to naught.

Such was the case with our Summer Ramble and with the wettest Spring for years, things didn't bode well for our visit to 'Constable Country' on the borders of Essex and Suffolk.

We needn't have worried and whilst other E.D.S.C. members prepared themselves for the visit to Germany, the sun shone for this, our **46th Ramble.**

A 1½ hour long coach journey brought us to Dedham in the heart of 'Constable Country' and our ramble began with a circular tour of this attractive village.

We then headed east following the River Stour to Flatford Mill where we paused for teas and ice cream and to feed the swans and ducks at the scene of John Constable's most famous paintings.

Crossing fields, we then continued to East Bergholt, famous as Constable's birthplace and for it's towerless church where the 17th Century bells are housed in a unique, timber shed-like structure.

'The King's Head' pub provided a very pleasant stop for lunch and suitably refreshed, we headed westwards, passing beneath the A12 and continuing across water meadows that skirt the Stour.

We paused occasionally to say "hello" to the odd horse or two, but after some 11 miles of 'gentle footslogging', we reached the final leg of our Ramble. This necessitated a climb of 'Gun Hill' and because I always try to save the best 'til last, some rather uncomplimentary, tongue-in-cheek remarks were overheard!

We returned to Dedham, (by now, strangely devoid of tourists) and made a 'B'line for more drinks and ice cream before belatedly reboarding the coach for the journey back to Erith.

A thoroughly enjoyable day had been had by all and if you would like to experience the English countryside at first hand, why not join us on our next Ramble during the School Autumn half-term on Thursday, 26 October. Details will be appearing on the Club noticeboard in the near future.

## Presentation Disco - 9 July 1995

Back in February, we experimented with a new format for the Presentation to our 'Speedo' and 'Octopus' league swimmers. This was forced upon us by the limited capacity of Carlton Hall and whilst we knew that many swimmers still hankered over the inclusion of a Disco, our attempts to find a larger, more suitable venue had proved fruitless.

That was of course before Bexley Council had a change of heart and elected to refurbish Crayford Town Hall rather than demolish it. With a superb dance floor, well-appointed stage, a willing caretaker and affordable hire terms, we just had to give the old Presentation Disco format one more try!

Our only reservations were the bar arrangements and the hot weather, (both beyond our control), but as usual, you all remained loyal to the cause and a superb evening was had by all.

Following another slick Presentation, (well done everybody!) the dance floor was positively steaming! Birthday boy **Roy Burdett** had an extra reason to celebrate and revived memories of earlier Discos with an impromptu display of his gymnastic skills.

Even our honoured guests, **Tony and Freda Ross** got in on the act but starlets of the evening were **Tiffany Brown** and **Shelley Carver** whose synchronised dance routine had everyone on their feet clapping. The evening came to an end all too soon, so let's hope that the new threat to this venue's survival, (from retail giants Sainsbury) is given the elbow so that we can look forward to using this venue again in the future.

Our thanks to **Peter and Chris Ellingford** for providing the music once again and to **Neal Spencer** for the superb Presentation photos, now available for purchase.





## Westbrook Outing - 16 July 1995

If there's one thing that the British like to talk about it's the weather and so it was 'sod's law) that after successive days of hot sunshine, the very day that we elect to go to Westbrook, the elements decide to conspire against us.

Nevertheless, before rain brought our seaside visit to a premature end, the classic mix of sun, sea, sand, barbecue and friendly banter had already endeared itself to all those first-timers who had been guessing where the hell Westbrook was in the first place!

From those on their 20th visit (!) now you know why we return to this stretch of Kent coastline year after year. However, I must protest at the incoming tide denying us our traditional game of rounders! Oh well, maybe next year - weather permitting of course.....

*Peter Frost*

## SOCIAL SECTION

### **Would you like to see a show in London?**

Get your own group of people 12 - 14 together, decide on the show and ask us for a quote, inclusive of transport.

We can achieve competitive prices .

**Wendy Ford**

## **STOP PRESS**

**We now have two teams competing in the Speedo League on the same night. The first team in Division II who are looking for promotion this year into Division I, and a new second team in Division III.**

**This means a lot of work and organisation for us and many others. Please give us your support and help by ticking the swimlists on the noticeboard as soon as they go up, and more important do everything you can to swim if you are selected.**

**The first team will take preference over swimmers, and if someone lets us down it will have a "snowball" effect and weaken both teams.**

### **ALL TICKS AND NO CROSSES PLEASE**

**Swimmers in the second team will also have the chance to improve their times and move up to the first team, so keep up the training, and try to fit another session in regularly if you can.**

**On looking at the clubs that the second team will compete with we know that they can do very well if our first selection is the team that swims.**

**We wish we could be with both teams, but will be with the first team as originally planned. Allan Bedford, John Burdett and Peter Frost will be with the second team.**

**Do your stuff E.D.S.C. swimmers, carry on the good work and show everybody just what its all about - "Team Spirit."**

**Good Luck to you all and most of all enjoy it.**

**Jill & Mick Thackray.**