



Erith and District Swimming Club

NEWSLETTER



December 2000

Issue 169

SECRETARY'S REPORT

SWIMMING DEVELOPMENT PLAN

Following the success of our new squad system effecting groups from 8pm onwards, we felt it was time to think about our younger swimmers from Penguins to Bronze Squad. The Amateur Swimming Association (our governing body) has launched a swimming development plan, which gives us guidelines from non-swimmers to coaching level. There are six levels in the scheme and twelve badges and certificates to be collected.

The first four awards will be taken in the Penguin Courses - both non-swimmers and improvers. Awards 5 and 6 will be taken in the lower two groups at 7pm, awards 7, 8, 9 and 10 in the higher groups at 7pm, awards 11 and 12 will be taken at 7.30pm or Bronze Squad at 8pm. Obviously most of the children will be starting in the middle of the awards and if you would like to have the lower awards these will be available to you.

All badges and certificates will cost £1.30 and will be taken by the children when we feel they are ready and a note will be given to them so you will know when they have passed. The scheme more or less follows what we do within our earlier groups and now the children will be rewarded for their endeavours.

From now on, children will be moved when we feel they are ready and not every six months as previously. This will be based on progress, regular attendance and participation in internal races.

NOMINATIONS

Our Annual General Meeting will be held on Thursday 15th February 2001, and this will give you a chance to vote for the Management Committee, which you feel can serve the club to best advantage. A notice requesting nominations for the various committee positions is on the Noticeboard and we would really like to see some new members on the Management Team after the AGM. Any swimmers over the age of 16 can be nominated as well as any parents who feel they can give something to the running of the club. With fresh faces come new ideas and you may give a completely different perspective on certain matters. Please give this some thought and get someone to nominate you or nominate yourself.

Pam Bedford, Hon. Secretary

CHRISTMAS AND NEW YEAR DATES (also listed in Forthcoming Events)

- Monday 18th December - Normal swimming: 9-10pm
Tuesday 19th December - Normal lessons: 7-8pm
Fun Night from 8pm (STRICTLY MEMBERS ONLY)
Wednesday 20th December - Normal swimming at Dartford College
Friday 22nd December - No swimming
Saturday 23rd December - Normal swimming: 7-8am
Sunday 24th December - No swimming
Monday 25th December - No swimming
Tuesday 26th December - No swimming
Wednesday 27th December - No swimming
Friday 29th December - Normal swimming: 7-10pm
Saturday 30th December - Normal swimming: 7-8am
Sunday 31st December - No swimming
Monday 1st January - No swimming
Tuesday 2nd January - Normal swimming: 7-10pm
Wednesday 3rd January - Normal swimming at Dartford College

PRESIDENT'S NOTES

Since the last newsletter, a lot has happened in the life of EDSC.

Firstly our thanks go to Peter Frost and his team of officials for taking a team of our swimmers to Bathgate, Scotland, to what we understand was a very successful and enjoyable weekend, which unfortunately I could not attend having just returned from holiday. Apparently we are now flying to all galas instead of travelling by coach, seeing that we are now in the jet set.

We have also received an invitation to return to Amsterdam to see our friends at Het "Y" during the Easter 2001 holiday, so plans are already underway, although this time we will not be flying. "Watch this space" for more details..

On a sadder note, by now the membership will be well aware that we have lost a number of swimmers to our local rivals, Bexley Swimming Club. It hurts me and the club to lose anyone, especially if they are some of our very good young swimmers, and to Bexley SC. We are well aware that we cannot stop anyone leaving, but what hurts most is that no one discusses the problem that swimmer's may have at our club. It is a well known fact that we are victims of our own success and club nights are very busy. We are also well aware that swimmers cannot attend every session especially late night sessions, with many swimmers having to go to school early the next day, but unfortunately we do not have any more pool time.

Why don't parents talk to the coaching staff before making the decision, rather than lose our club's life blood. I'm sure that we can come to some compromise on any training matters and if all else fails, then the inevitable will happen. If you don't feel comfortable talking to a member of the coaching staff then why not speak to one of the swimmer's representatives, namely, the male swimmers rep, Paul Nicholls or the female swimmers rep, Jenny Newton. They are both on the committee and have the job of representing the views of the swimmers which can be brought to the attention of the Management Committee, and hopefully action can be taken.

John and his team have worked very hard over the last few months, to build on the foundation that was laid down by Mick before his retirement as Chief Coach. It is not easy for them, we cannot work one to one, we are not a club of elitists, we treat everyone as equals. So please talk to us, we are always available.

What has happened has happened, we will continue in the way we have in the past and get on with the job in hand. We cannot hold grudges and we wish the swimmers the very best for the future.

By the time you read this, the Speedo season would have finished, and at time of going to the 'press,' we have a very good chance of promotion, being placed in the top 6 in the division, with the top 4 getting promoted after the final round to be held on Saturday 2nd December.

Finally, where has the year 2000 gone? It seems like yesterday we were celebrating the Millennium. With Christmas and the New Year fast approaching, and with this being the last Newsletter of the 2000, I would like to thank you all for your considerable efforts this year, especially the Management and Social committees, John Burdett and his coaching team and above all, the Club Captains and swimmers.

All it leaves me now to say, from Maureen and myself is we wish you all a very Happy Christmas and a Prosperous New Year.

**Trevor Holmes,
Club President**

COACHING UPDATE - DECEMBER 2000

KENT DEVELOPMENT GALA: What an afternoon, 72 medals up for grabs and Erith swimmers brought 15 home with them. Well done to all who took part, I hope you found it a valuable experience and look forward to seeing lots of you in the Kent Championships next year. Thanks to Chris Case, from all who took part, for organising the entries for this event.

KENT CHAMPIONSHIPS 2001: As this is being written, we have already received the entry forms and qualifying times for the 2001 Championships. Chris Case has started canvassing some of you to confirm your entry in events. It is vital that you all help and support her as much as you can as this is a job that gets bigger and more difficult to do every year.

Please remember that we are not only looking to field our biggest team ever in the 2001 Kents, but also to achieve higher rankings in the Championship tables that we did this year. We have put the groundwork in during the last 6 months of 2000 and we look forward to reaping some rewards in the Kents next year.

GALA WEAR: At all galas we attend, all Team Managers agree that we look the smartest team on poolside. I still however see some swimmers standing around 2 hours into a gala, shivering, wearing only a club T bag and a wet costume. Below is some advice that if you follow will prevent this:

1. When warming up, do so in training costume and then go and get changed into a club costume to race in. If necessary repeat this exercise again after your race to ensure you stay warm. Wet costumes do not keep you warm.

2. Always wear something on your feet, i.e. poolside shoes not dirty trainers. If your feet get cold, the rest of your body will soon get cold too.

3. T-bags look good but do not do a good enough job of keeping you warm. You should always wear a sweat shirt or track suit over your T-bag. Why not purchase one of the new Club tracksuits?

4. Stay warm until your race. Keep your warm clothes on just until your race. Don't take them off 10 minutes before - this defeats the purpose!

SQUAD NAMES: As I wrote in the last newsletter, we were looking to name our squads so as to give them an identity and to make the swimmers feel part of their group. This has been done as detailed below:

<u>SQUAD NO.</u>	<u>COACHES/TEACHERS</u>	<u>SQUAD NAME</u>
1	John Burdett, Mark Russell, Jenny Newton	Top Squad
2	Peter Bealing, Julie Craggs	Gold Squad
3	Mick Thackray, Carol Goodey	Junior Squad
4	Peter Frost, Helen Clifton, Denise Maroni, Stuart Russell	Silver Squad
5	Buck Ryan, Ian Craggs, Regan Gilbert	Bronze Squad

Over the next few weeks, all swimmers will be presented with a swim hat with the club logo and their squad name on. I thank the Management Committee for funding this. As swimmers move through the squads, they will be able to purchase new hats from the Club shop.

SPEEDO LEAGUE 2000: At the time of writing I am pleased to confirm that this year's team has qualified for the Division 1 promotion gala. An excellent result after missing out last year. I am looking forward to some fast times in the last gala on the 2nd of December. CONGRATULATIONS TO ALL OF YOU SO FAR!!!

B.L.D.S.A. 1 HOUR POSTAL SWIM: This event will be taking place in February 2001 and will be an event the whole Club will be working towards. For those who have not taken part before, the aim is to simply swim as many lengths as you can in an hour. Swimmers take part all over the UK and at the end you receive your National ranking and a badge. More notices will follow on the Club noticeboard.

FINALLY: Thank you all swimmers, coaches and parents during what has been a very busy few months. I wish you all a very Happy Christmas and please keep up all the good work in the New Year.

**John Burdett,
Club Coach**

TRAINING TIMES.

It has come to my attention that some members are not fully aware of all the sessions they are allowed to attend. Detailed in the grids below are these details. As you can see, we swim a lot more than just Tuesdays and Fridays. Please try to attend as many sessions as your class/squad allows you! Remember that regular attendees will progress much more quickly than those who only appear once a week.

Regards, John Burdett (Club Coach)

SUNDAYS - RIVERSIDE.

TEACHING GROUPS	TEACHING GROUPS	TEACHING GROUPS	TEACHING GROUPS	BRONZE SQUAD	SILVER SQUAD
	TOP SQUAD	TOP SQUAD			
TOP SQUAD	TOP SQUAD	TOP SQUAD	GOLD SQUAD	JUNIOR SQUAD	JUNIOR SQUAD
MASTERS	MASTERS	MASTERS	MASTERS	MASTERS	MASTERS

4.00 PM

5.00 PM

6.00 PM

7.00 PM

MONDAYS - RIVERSIDE.

MASTERS AND TRAINING SQUADS	MASTERS AND TRAINING SQUADS	MASTERS AND TRAINING SQUADS	MASTERS AND TRAINING SQUADS	MASTERS AND TRAINING SQUADS	MASTERS AND TRAINING SQUADS
-----------------------------	-----------------------------	-----------------------------	-----------------------------	-----------------------------	-----------------------------

9.00 PM

10.00 PM

TUESDAYS & FRIDAYS -RIVERSIDE.

TEACHING GROUPS - WIDTHS.					
TEACHING GROUPS - WIDTHS.					
JUNIOR SQUAD	JUNIOR SQUAD	SILVER SQUAD	SILVER SQUAD	BRONZE SQUAD	BRONZE SQUAD
TOP SQUAD	TOP SQUAD	TOP SQUAD	GOLD SQUAD	GOLD SQUAD	GOLD SQUAD

7.00 PM

7.30 PM

8.00 PM

8.45 PM

10.00 PM

WEDNESDAYS – DARTFORD COLLEGE.

TOP & GOLD SQUADS	TOP & GOLD SQUADS	JUNIOR, SILVER & BRONZE SQUADS	JUNIOR, SILVER & BRONZE SQUADS
MASTERS	MASTERS	MASTERS	MASTERS

8.00 PM

9.00 PM

10.00 PM

Please note that the 8-9pm session is full and if you do not currently regularly train in this session you will need to check with the coaches to see if there is space for you.

SATURDAYS – RIVERSIDE, Charge 50p.

All squads and teaching groups	All squads and teaching groups	All squads and teaching groups	All squads and teaching groups	All squads and teaching groups	All squads and teaching groups
---------------------------------------	---------------------------------------	---------------------------------------	---------------------------------------	---------------------------------------	---------------------------------------

7.00 AM

7.55 AM

GALA RESULTS

SPEEDO LEAGUE

Round 1 - 14th October 2000

Gala Results

POSITION	TEAM	POINTS
1st	Woking 'A'	229
2nd	Erith	214
3rd	Thanet Viking	184
4th	Colchester	151
5th	Dorking	138
6th	Croydon	132

12 first places were recorded in total. Congratulations to the following swimmers who achieved individual wins: Adele Howard, Ryan Carver (2), Jade Barclay, Matthew Shead (2), Stephen Kihara and Freda Ross.

Round 2 - 11th November 2000

Gala Results

POSITION	TEAM	POINTS
1st	Crawley	202
2nd	Thanet Viking	171
3rd	Erith	156
4th	Hythe	119
5th	Orpington OJAYS B	97

6 first places were recorded in total. Congratulations to the following swimmers who achieved individual wins: Adele Howard (2), Nick McMonagle, Kelly Bealing and Ryan Carver.

OCTOPUS LEAGUE

Round 6 - 14th October 2000

Gala Results

POSITION	TEAM	POINTS
1st	Eltham Stingrays	196
2nd	Erith	174
3rd	Woodside	162
4th	Edenbridge Piranhas	128
5th	Streatham	101
6th	Barracuda	100

Bromley & Croydon did not compete in this round

9 first places were recorded in total. Congratulations to the following swimmers who achieved individual wins: Ben Lennox, Bianca Maroni, Darren Cooper, Darren Fuller, Ian Facer, Richard Goodey, Charlotte Feeney & Rory Jenner.

Final Octopus League 2000 league table

POSITION	TEAM	GALA POINTS	LEAGUE POINTS
1st	Edenbridge Piranhas	950	26
2nd	Eltham Stingrays	735	25
3rd	Bromley	939	23
4th	Streatham	784	19
5th	Erith	717	17
6th	Woodside	808	16
7th	Barracuda	605	11
D/Q	Croydon Amphibians	1023	29*

* Croydon were disqualified for exceeding the maximum allowable points of 28.

Last year's league results: 1st-Bromley; 2nd-Croydon; 3rd-Erith; 4th-Barracuda; 5th-Streatham; 6th-Woodside; 7th-Eltham Stingrays; 8th-Dartford.

Congratulations to Edenbridge Piranhas for winning the league.

Firstly I would like to say thank you to all the swimmers who have competed in the League this year and secondly well done to all parents who have got their kids to the galas on time. We only had one 'no show' and that was due to a car breaking down en-route. I must apologise to everybody as I have not been very organised this year due to our house undergoing massive building works and finally due to my computer crashing. As the building works are virtually over and the computer will be sorted one way or another next year can only get better.

We only competed in 5 out of 6 galas this year due to the petrol crisis but finished a very creditable 5th. I feel that our team was picked correctly unlike some! Next year's league starts on the 27th January 2000. Watch the board during the second week of January for the new team. I look forward to seeing everybody at the presentation night on the 20th January (venue to be confirmed).

Carol Goodey - Team Manager

TUDOR LEAGUE

Round 1 - Eltham Pool - 28th October 2000

Gala Results

POSITION	TEAM	POINTS
1st	Erith Red	219
2nd	Bromley	217
3rd	Eltham Stingrays	176
=4th	Erith White	166
=4th	Greenwich	166
6th	Dartford	107

RED TEAM: 13 first places were achieved. Congratulations to the following swimmers who achieved individual wins: Ellen Greenaway, Richard Goodey (2), Hollie Ferguson, Mark Holmes, Jodie Cousins (2), Warren Carver and Wayne Slough (2).

WHITE TEAM: 6 first places were achieved. Congratulations to the following swimmers who achieved individual wins: **Grace McCalla, Natalie Walker and Rory Jenner.** Also, a special mention must go to **Jessica Harvey, Michael Redfearn, David Kensington and Charlotte Feeney** who took part in their very first Tudor League gala.

FRIENDLY GALAS

Braintree and Bocking Speedo Warm Up - 30th September 2000

Gala Results

POSITION	TEAM	POINTS
1st	Cambridge	187
2nd	Erith	156
3rd	Braintree	154
4th	Lowestoft	148
5th	Bishop Stortford	103

An incredible 48 P.B.'s were achieved as well as 7 club records! Congratulations to those who attained a club record: **Adele Howard, Freda Ross (2), Grant Cooper, Jade Barclay, Ryan Carver, Stephen Kihara.**

USEFUL TELEPHONE NUMBERS

Please keep this list of numbers in a safe place - it is updated every Newsletter issue

SPEEDO LEAGUE A AND B TEAMS	John Burdett	(01322) 277754
WHITE HORSE LEAGUE	John Burdett	(01322) 277754
FRIENDLIES	Julie Craggs	(01322) 528149
M11 JUNIOR SPEEDO LEAGUE	Mick or Jill Thackray	(01322) 338910
TUDOR LEAGUE - RED TEAM	Glenn Thackray	(01322) 410472 or (01322) 338910
TUDOR LEAGUE - WHITE TEAM	Simone Rider	(01322) 660640
OCTOPUS LEAGUE	Carol Goodey	(01322) 408408
INTERNAL COMPETITIONS (POINTS CUP, SPRINT TROPHY, ANNUAL GALA) & ALL OTHER ENQUIRIES	Pam Bedford	(01322) 439892
E.D.S.C. NEWSLETTER	Paul or Jackie Nicholls	(01322) 336747 or 07967 659470 or e-mail: P.W.Nicholls@westminster.ac.uk

OTHER RESULTS

KENT COUNTY ASA DEVELOPMENT MEET: **12th NOVEMBER | BLACK LION**

The Kent ASA organised an open meet for swimmers aged 10yrs, 11yrs and 12yrs who had not qualified for the Kent Championships earlier in the year.

All swims were 50m for all four strokes and medals were awarded for 1st, 2nd and 3rd place in all ages. We took a squad of 23 swimmers and they won between them 5 gold, 5 silver and 6 bronzes together with many personal best times and entry times for the Kent Championships to be held early in 2001. Congratulations to all swimmers who competed.

INDIVIDUAL WINNERS:

Kelly Bealing: 12yrs Gold in Fly, Backstroke and Freestyle

Joe Carroll: 12yrs Silver in Freestyle and Fly

Wayne Slough: 12yrs Gold in Fly, Bronze in Freestyle

Nicholas McMonagle: 11yrs Gold in Backstroke, Silver in F/S, Bronze in Fly

Joe Thorogood: 10yrs Bronze in Freestyle and Breaststroke

Emma Hoyne-Butler: 12yrs Silver in Backstroke

Charlotte Feeney: 12yrs Bronze in Backstroke

Matthew Hall: 11yrs Silver in Backstroke

Joe Spence: 10yrs Bronze in Fly

The following swimmers all achieved entry times for the Kent Championships 2001 and we wish them the best of luck:

Kelly Bealing

Joe Thorogood

Nicholas McMonagle

Warren Carver

Joseph Spence

Wayne Slough

Chris Case

CHRISTMAS 'GIVEAWAYS!'

Items for sale - see respective sellers for more details
or for possible purchase

VTECH UNLIMITED - Turns your TV into a computer for interactive learning. Introduces word processing, spreadsheets, charts, databases, presentations, report writer and keyboard skills. Complete with 2 trivia cartridges, plus personal organiser, art studio, melody maker and interactive games. Supports the national curriculum in it. Built-in memory. Expandable. Printing facility. For 9yrs+.

In Argos catalogue for £99.99. **Boxed as new for £59.99. See Sue Carver.**

PLAYSTATION GAMES - Cricket 2000 (£20), Need For Speed II (£10), Ridge Racer Revolution (£8), 2 Demo Discs (£1 total). All games are compatible with Playstation 1 and 2.
Pay just £35 for the whole lot. See Mark Nicholls.

BT RESPONSE 5 ANSWERING MACHINE x 2 - Call Screening and Remote Access features. Sells for £20 in shops. **Boxed as new for £10 each. See Paul Nicholls.**

MASTERS SECTION

MASTERS INTERCLUB TEAM, JOKER'S GALA

Sunday 3rd October 2000

This was our 3rd year of being invited to compete at this event run by the Hayward's Heath club, the other clubs being Eastbourne and Croydon Amphibians.

As usual relay events score double points (i.e. 8,6,4,2) and nominated races scoring double those points, hence 'Joker' gala. The Joker races are nominated by the team manager before the commencement of the event so there is no chance of assessing another club's strength. There are also limits put on how many events a swimmer can be in and with freestyle and medley relays having different age groups team selection leaves one with sore fingers from scratching one's head (no rude comments about where my head is).

This year we had 5 new swimmers in the team: **Lorraine Stevens, John Burdett, Sam Hayes, Mick Case and Eric McMonagle**, with their help and the points from our stalwart swimmers:

MEN: Paul Graimes, Mark Russell, Dave Buck, Trevor Holmes, Denis Vick, Tim Wilkes and Frank Rider.

LADIES: Luch Cowell, Carol Goodey, Jenny Newton, Yvonne Berry, Chris Case, Freda Ross, Rosemary Watkins, Clare Ross, Carol Eastaugh and Simone Rider.

Once again, we finished very closely behind Hayward's Heath, the results being:

POSITION	TEAM	POINTS
1st	Hayward's Heath	235.5
2nd	Erith	227.5
3rd	Eastbourne	195.5
4th	Croydon	163

The teams thanks must go to **John and Karen Hubbard**, who refereed, **John** in spite of being crippled playing football in the morning, **Simone** and to **Ian Morrison** for arranging the coach.

The event is always nicely finished by a visit to a local inn to wet ones inside as much as the outside. Local inns have local games and our winner here, in spite of **John Burdett's** 5000 tries, was **Jenny Newton** who on the third attempt dropped a captive ring on to a bulls horn, making her the outright winner.

My thanks to all for their vociferous support of one another. I hope we can go one better next year. The money raised from the event this year was sent to St. Christopher's Hospice in Sydenham.

Frank Rider

MASTER'S CHRISTMAS BASH - SUNDAY 17th DECEMBER 2000

It's that time of the year again and Frank, Tim and I are trying to establish how many of you will be attending the Master's Christmas do, to be held on the above date at the Running Horses. I have proposed a ticket price £5 to cover expenses and hopefully provide a decent raffle. I will be asking Ian if he can do the disco again and Frank and I will try to organise the catering! A list is on the board now and I would appreciate it (if you haven't already done so) if you would add your name if you're coming!

Anna Clifton

HINTS AND TIPS

FOOD FOR THOUGHT

How well prepared are you when you arrive on poolside for competition or training?

Do you think about what you are eating beforehand?

Below is a guide to things you should be eating in preparation for a competition:

2 - 4 HOURS BEFORE A RACE

Sandwiches, rolls/pitta, currant buns/tea cakes, bagels/muffins/crumpets, scones/scotch pancakes, toast, toasted sandwiches, cereals/rusks, pop tarts, pop corn, canned fruit or dried fruit, low fat rice pudding, pastas and tomato type sauces, jacket potato, rice and low fat sauce.

LESS THAN ONE HOUR BEFORE A RACE

Sports drinks, carbohydrate supplements, soft drinks (diluted fruit juice and cordial), bananas and raisins, energy bars/nutrigen bars, confectionary (jelly babies/jelly beans/licuorice allsorts), jelly cubes, plain biscuits, rice cakes.

BETWEEN RACES

A few sweets will not hurt!!!

I hope the above is of use to you all, but, please remember that the last suggestion is not a licence to munch bags of sweets and chocolates on pool side!

More advice and tips will appear in future newsletters.

John Burdett
Club Coach

VISIT THE E.D.S.C. WEBSITE AT:

www.edsc.org.uk

FOR ALL THE LATEST NEWS, CLUB OFFICIALS, AND SWIMMING GROUPS, PLUS SOME NICE MUGSHOTS!

SOCIAL SECTION NEWS

OCTOBER HALF TERM RAMBLE

My first ramble and I thought I wouldn't make it. Could I really walk 11 miles? It started with a tricky crossword on the coach to exercise our brain cells. When we arrived in Dover we prepared to exercise our legs and my lack of faith in my own legs slowly disappeared as we strolled along the coastal path from Dover to Deal. It was a beautifully warm autumn day with a cloudless blue sky, a calm smooth sea and clear views of France.

Most of us ate lunch outside at the pub and I was amazed to see Peter Frost running around doing an extra 11 miles, making sure that everyone got the food they had ordered. The heroine of the day has to be **Kathy Smith** who managed to attract a passing cockatoo! As she said later, she couldn't believe how many people suddenly managed to find a camera as she stood there with the bird on the top of her head wondering what to do next. The hero of the day was **Frank Rider**, who, armed with a cardboard box, donated by a friendly local gardener and a lift donated by a friendly local motorist, managed to get the cockatoo to the nearest vet in Deal. All the animal lovers in the party could then sigh with relief.

All in all a great day. The memory of that brilliant warm sunshine will stay with me throughout the winter. And my legs - well lets just say I'm ready for the next ramble.

Sue Kihara

DIAMOND JUBILEE RAMBLE

Since 1981, when the very first Ramble took place in and around Sittingbourne, Kent, literally hundreds of swimmers and parents have muddied their boots and enjoyed the experience of the great outdoors across the length and breadth of Southern England and into France (Ramble 2000).

Now, nearly 20 years on, next years' February half term will see us reach another historic milestone in the form of our 60th Ramble. However, celebrations are likely to be deferred to a later date as the colder weather and shorter days are not conducive to the proposed 2 day itinerary that will see us heading across the Channel once more (Belgium and/or Holland are being considered!). Should the preferred Autumn date clash with the proposed visit of Bathgate SC, then it may have to be put back even further! Do not fret - it will happen, so watch this space!

CHRISTMAS FUND-RAISING

Once again, the Social Section invite you to support our Christmas fund-raising event which takes place on three consecutive Club nights from Friday 8th December. In addition to our usual tombola, there will be a 'Guess The Weight' of the cake and 'Dave's Devices.' We look forward to seeing you there...

GOODWILL WEEK COLLECTION

Once you've read these words, there may still be time to volunteer your services by becoming part of the EDSC 'team' helping Father Christmas and Erith Rotary Club in their annual Goodwill Week door-to-door collection. This will be on Thursday 14th December and it will be our 5th successive year in providing helpers for a worthy cause that supports local charities (e.g. 'Bexley Tapes for the Blind'). If you would like to help (the more the merrier!) please see Peter Frost for more details.

NEW YEARS' EVE DISCO

Irrespective of whether you consider 12.00 midnight, Sunday 31st December as making the start of the new Millennium, tickets for our annual New Years' Eve 'bash' definitely go on sale at 8.00pm, Friday 8th December in the pool foyer on a first come, first served basis. With tickets at £6 each and considering that all 200 tickets were sold within 15 minutes of sale last year, you are advised to join the queue early to avoid disappointment. If you can't be there on the night or are teaching poolside, why not nominate someone to get your tickets for you! YOU HAVE BEEN WARNED!

COMPETITION NEWS:

Visit to Bathgate, Scotland, Autumn 2000

I only just about made it up to Scotland after a week of wondering whether I would be able to get up there due to the petrol crisis. Myself, **Ryan Carver** and **Philip Brown** were due to travel up by car as we were swimming in some swimming trials on the Friday evening, but due to the lack of petrol we had to book a last minute flight and left early on Saturday morning. We got to Bathgate, just missing the morning warm up. The seemingly never-ending day of swimming, although tiring was very enjoyable. The competition seemed to be a success with all the swimmers, everyone swam well and the club came away with some very good results despite tough competition.

On the Saturday night we all went to a disco, hosted by Bathgate Swimming Club. Apart from Peter Frost's novelty tartan hat, the night was successful despite everyone being shattered from the day of swimming. On the Sunday morning we woke up (too) early and along with the Scottish families, we visited Linlithgow Palace where Mary Queen of Scots was born, and a Victorian bridge called the Firth Road Rail Bridge. We then ate lunch at McDonald's before going to the airport to travel back to London.

Overall the weekend was well-organised and enjoyable thanks to **Peter Frost's** hard work, which was much appreciated by everyone concerned.

Stephen Kihara

BATHGATE ASC visit, Autumn 2001

As you may have already heard, following our successful visit to Scotland in September, our hosts, Bathgate ASC, have been invited South next October pending confirmation of a suitable date (schools in Scotland generally have their half-term holiday one week before English schools). If things work-out, we will of course be seeking families to host our friends from Bonnie Scotland! Watch this space for further developments...

AMSTERDAM, EASTER 2001

As you may be aware, the Club have accepted an invitation from Het "Y" Amsterdam and are currently making arrangements to enable a team to visit Holland next Easter from Good Friday, 13th to Easter Monday, 16th April.

This will be our first visit to Amsterdam in 5 years and a double-deck coach has been booked to enable a large team to be taken along with officials and some parents. We hope to announce a provisional team list in the New Year bearing in mind that some members may find it conflicts with their own Easter holiday plans. Please listen-out for further news...

Peter Frost

FORTHCOMING EVENTS 2000/2001

DECEMBER	Saturday 9th Saturday 16th Tuesday 19th Friday 22nd Sunday 24th Monday 25th Tuesday 26th Wednesday 27th Sunday 31st	Croydon White Horse League W/U Gala Christmas Disco - Slade Green Community Centre Fun Night from 8-10pm <i>No swimming</i> <i>No swimming</i> <i>No swimming</i> <i>No swimming</i> <i>No swimming</i> <i>No swimming</i> New Years' Eve Family Celebration - Slade Green Community Centre
JANUARY 2001	Monday 1st Saturday 6th Saturday 13th Saturday 20th Saturday 27th	<i>No swimming</i> Tudor League Round 3 - Eltham White Horse League Round 1 - Swanley Octopus and Speedo League Presentation Night - venue T.B.A. Octopus League Round 1
FEBRUARY	Saturday 3rd Tuesday 6th Sunday 11th Tuesday 13th Thursday 15th Saturday 17th Thursday 22nd Saturday 24th	Tudor League Round 4 - Eltham BLDSA 1 Hour Postal Swim (part 1) BLDSA 1 Hour Postal Swim (for Master's & younger swimmers) BLDSA 1 Hour Postal Swim (part 2) Annual General Meeting (AGM) - From 8pm - venue T.B.A. White Horse League Round 2 - Bromley host 60th Ramble - details T.B.A. Octopus League Round 2 <i>and</i> Kent County Championships - Black Lion
MARCH	Saturday 3rd Saturday 10th Saturday 17th Saturday 24th Saturday 31st	Kent County Championships - Canterbury Kent County Championships - Tunbridge Wells Kent County Relay Championships - Crystal Palace Octopus League Round 3 Kent County Championships - Black Lion
APRIL	Saturday 21st Saturday 28th	Tudor League Round 5 - Eltham White Horse League Round 3 - Erith
MAY	Saturday 12th Saturday 19th	Octopus League Round 4 - Erith Host Tudor League Round 6 - Eltham
JUNE	Saturday 9th	Tudor League Round 7 - Eltham
JULY	Saturday 7th	White Horse League Round 4 - Beckenham
SEPTEMBER	Saturday 22nd Saturday 29th	Octopus League Round 5 White Horse League Round 5 - Eltham Host
OCTOBER	Saturday 20th	Octopus League Round 6
NOVEMBER	Saturday 3rd	White Horse League Round 6 - Croydon Host