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## latest news from the Chairman

Well, another swimming year has passed and I hope that you've had an enjoyable one. It's been a really busy close to the season with galas most weekends for lots of swimmers. June is always a busy month in the swimming calendar and I would like to thank all of you that have supported us during this time. I think we've all earned a good rest during the summer holidays!

There's been a lot going on at the Club over recent months and I'll try to give a brief resume in my report.

The Club is now not too far away from achieving it's Swim21 accreditation following our initial assessment in April. SWIM21 is an initiative brought in by the ASA. It is primarily a planning tool enabling clubs to help swimmers, coaches and administrators to achieve their full potential. We will be re-assessed on areas that we were weak on during the summer and hopefully with some improvement will gain our award very soon.

Over recent weeks you may have noticed that Jenny Vick has been taking a step back with her many roles in Club life. Jenny will, with the support of her work be going back to University in September, so after many years will be giving up her teaching duties. Jenny has been our Senior Instructor for the last 4 years and during this time has helped to develop lots of young talented swimmers. She will be enormously missed on poolside and both I and the Club cannot thank her enough for the work she has done over the last 20+ years. I am however really pleased to announce that Lynn Maunders has been appointed as Jenny's replacement & has now taken over most of her teaching duties. Lynn brings with her a wealth of experience that I know she wants to pass on to our current teachers & assistants. Lynn has lots of exciting plans for our teaching programme which will be rolled out during the coming months & I look forward to working with her.

The great success of the last few months has been the increase in our membership following the success of our new Club Leaflet. Thanks to the parents that agreed to take the literature into local schools we have managed to increase our membership to record levels and currently have a lot of swimmers on the waiting list for our Learn to Swim Scheme. This constant flow of new members is essential for the long term welfare of the Club and our recent push stands us in a good position for a period of time.

Following my request in the last Newsletter, I am pleased to announce that the Club now has 2 Welfare Officers. Both Tim Wilkes and Jenny Kennedy are working together in the role. Should you have any concerns about any welfare issues then Jenny and Tim will be more than happy to discuss them with you and can be found at the pool on most Club nights.

July 12<sup>th</sup> saw the Club finish its season in style with our now annual BBQ event. Over 300 members, family and friends enjoyed the event and in the process managed to raise over £1500 for Club funds. Thanks must go to all that worked hard behind the scenes to make the event the success that it was. Well done as well to all of you that sold your Draw tickets. Thanks to your efforts on this front, we managed to raise a further £1500. The money raised at these events is ploughed straight back into the Club funds and is vital in our efforts to keep your annual fees as low as possible. Thanks everyone for your support in these 2 important events.

Congratulations must go to Steve Surridge who passed his Level 1 Synchro Teaching award recently and is now a fully qualified instructor. There are numerous teaching awards taking place at various venues in the vicinity. If you would like to join out Poolside Team then please speak to me at any time.

Finally it falls to me to remind you that September will see our Club Championships take place at Crook Log on Sunday 21<sup>st</sup> and 28<sup>th</sup> from 2-7pm. The full details of this important event will be with you straight after the Summer holidays but in the meantime, please stick the dates in you diary as every Club member is expected to attend this event.

If you are going away on holiday during the Summer, have a great time and enjoy the rest as the season kicks off again as soon as the School holidays finish!!

**John Burdett, Chairman**

Can all parents and swimmers not leave their bags/belongings in a cubicle whilst they are swimming or showering. This is an inconsiderate practice that makes it more difficult for other swimmers to change. The Management Committee would appreciate the co-operation of all members on this matter.

## Speedo League Campaign

I'm very pleased to confirm that once again, EDSC will be sending 2 teams to compete in this very important League. Your support will be needed!! Dates for the galas are the 11<sup>th</sup> October, 8<sup>th</sup> November and 13<sup>th</sup> December. To field 2 strong teams we need in the region of 70 swimmers on each of these nights. Please, please, please keep these dates free if you think that you may be selected to swim. Without your full support, putting out an A and B Team becomes an impossible task. Team lists will go on the notice board and website, 3 weeks in advance of the competition date. Excuses such as "I'm going to a friends party" for not swimming are not really acceptable. This is the one of very few times in the year when are asked to put the Club first. If you have any questions at all then please speak to me at anytime.

**John Burdett, Team Manager**





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## white horse league results

ROUND 1—12TH JANUARY			
Pos	Team	Pts	Gala Report by John Burdett
1	ORPINGTON	304	A good start to the 2008 White Horse League with individual wins from Emma Coppen, Kelsey McCue, Caitlin Colman, Naomi Ross and James Vick. Also well done to our 13/u girls relay team who won both their races—Casey Porritt, Caitlin Colman, Emily White, Daisie Hutchinson and Chloe Hobbs.
2	BROMLEY	267	
3	ERITH	248	
4	WHITE OAK	247	
5	BECKENHAM	205	
6	GBM	191	
7	GRAVESEND	167	
8	ELTHAM	115	

ROUND 2—19TH APRIL			
Pos	Team	Pts	Gala Report by John Burdett
1	ORPINGTON	320	A great 3rd place performance from the team against some very strong opposition in what is now a very tough league. Swim of the night went to Tim Colman who is finally back to racing fitness following his injury last year. Once again our 13/u girls proved unbeatable. Well done to our individual winners Emma Coppen and Chloe Hobbs.
2	BROMLEY	264	
3	ERITH	257	
4	BECKENHAM	252	
5	WHITE DARTS	232	
6	GBM	212	
7	ELTHAM	161	
8	GRAVESEND	DNS	

ROUND 3—14TH JUNE			
Pos	Team	Pts	Gala Report by John Burdett
1	BECKENHAM	314	Another strong performance from our A team. Well done to all who achieved personal best times. Well done also to our individual winners: Caitlin Colman, Chloe Hobbs, Daisie Hutchinson and Emma Coppen. Special mention to our 13/u girls relay team who have not lost a race in the league so far this year.
2	ORPINGTON	287	
3	BROMLEY	250	
4	ERITH	237	
5	GBM	229	
6	WHITE OAK	204	
7	GRAVESEND	166	
8	ELTHAM	67	

ROUND 4—5TH JULY			
Pos	Team	Pts	Gala Report by John Burdett
1	ORPINGTON	310	Yet another strong performance. Good individual wins from Rosie Gardner, Chloe Hobbs and Emma Coppen contributed to the team very creditable 4th place. A welcome to the team to Andrew Ghagan who joined our Mens Open team along with a welcome back for old time Paul Nicholls. Our girls 13/u relay team are still hanging onto their "dream team" status, having not lost all season.
2	BECKENHAM	282	
3	BROMLEY	261	
4	ERITH	251	
5	GBM	219	
6	WHITE OAK	206	
7	ELTHAM	181	
8	GRAVESEND	DNS	

## junior speedo league results

ROUND 1—27TH APRIL			
Pos	Team	Pts	Gala Report by Paul Nicholls
1	GRIFFINS	238	Thanks to the Jack Petchey Foundation we all looked the smartest club by far in our new "Junior Speedo 2008" t-shirts. Well done to our individual winners: George Leigh, Chloe Hobbs, James Vick and Lewis Pick. More care on our starts and finishes could've perhaps enabled us to clinch 3 <sup>rd</sup> .
2	GBM	211	
3	ROCHFORD	157	
4	ERITH	155	
5	CANVEY ISLAND	129	
6	HITCHIN	122	

ROUND 2—11TH MAY			
Pos	Team	Pts	Gala Report by Paul Nicholls
1	GRIFFINS	235	This was a much improved performance over the 1 <sup>st</sup> round, with better technique and team spirit lifting us to third and reducing the gap with GBM from 46 points in the 1 <sup>st</sup> round to just 26 in this round. Well done to James Vick and Chloe Hobbs who were our 2 individual winners.
2	GBM	207	
3	ERITH	181	
4	BRAINTREE	176	
5	BASILDON	132	
6	HARLOW	62	

## octopus league results

ROUND 1—26TH APRIL			
Pos	Team	Pts	Gala Report by Louise Hoyne-Butler
1	BARRACUDA		A big thank you to everyone helped out at the gala, and a massive well done to all swimmers. We had a couple of PB's from Ellie Maunders 50m B/S and Kathryn Maunders 50m Fly. Well done!
2	CROYDON		
3	ELTHAM		
4	WOODSIDE & T.H.		
5	BROMLEY		
6	STREATHAM		
7	ERITH		
8	EDENBRIDGE		

ROUND 2—10TH MAY			
Pos	Team	Pts	Gala Report by Louise Hoyne-Butler
1	ELTHAM	250	Well done to all swimmers—this is our best place so far this year. Keep up the good work. A special well done to Matthew Bulmer and Holly Verrier who achieved 1st place in their individuals.
2	BARRACUDA	211	
3	BROMLEY	200	
4	CROYDON	181	
5	ERITH	166	
6	WOODSIDE & T.H.	156	
7	STREATHAM	120	
8	EDENBRIDGE	117	

ROUND 3—14TH JUNE			
Pos	Team	Pts	Gala Report by Paul Nicholls
1	CROYDON	268	Making my annual guest appearance as Octopus League manager we had to make a number of last minute changes to the team. Well done to those who achieved a top 3 place: Holly Verrier, Ellie Maunders, Emily Bowles and Laura Bonner. Many thanks to Alison Bonner, John Perkins, Geraldine Legon and Julie Craggs for their help on poolside.
2	ELTHAM	264	
3	BARRACUDA	258	
4	BROMLEY	174	
5	EDENBRIDGE	154	
6	WOODSIDE & T.H.	152	
7	ERITH	120	
8	STREATHAM	84	

## quick plea to swimmers and parents!

Just a reminder, as a squad coach, to all swimmers and parents that it is absolutely essential that swimmers are training at least 3 times a week in order to progress through the squad system as well as in terms of personal achievement. Just recently I held time trials for my squad and it was apparent that those training hard at least 3 times a week are the ones that showed the biggest improvement in their performance, which not only assists the club as a whole but will also assist in retaining the swimmer's interest in the sport. Could I also remind all swimmers that eating less than 1 hour before training is strongly NOT recommended, as is playing football immediately before out on the sports field!

Paul Nicholls

ROUND 3—29TH JUNE			
Pos	Team	Pts	Gala Report by Paul Nicholls
=1	ERITH	210	Our performance improved yet again for the final round. Individual wins came from: George Leigh, Lily Gardner (2), Chloe Hobbs, Joseph Neighbour, Daniel Bassett & James Vick. Thanks to total gala points we finished above Canvey Island in the league (7 <sup>th</sup> ). Well done to all & thanks to our helpers.
=1	CANVEY ISLAND	210	
3	ELTHAM	178	
4	HITCHIN	169	
5	BASILDON	141	
6	HARLOW	87	

## FULL LEAGUE AND FRIENDLY GALA RESULTS AT:

[www.edsc.org.uk](http://www.edsc.org.uk)





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## tudor league results

ROUND 1—12TH JANUARY			
Pos	Team	Pts	Gala Report by Julie Craggs
1	DARTFORD	309	A very good result for the first round of 2008. A few problems with the start time which will be corrected for the next gala, but it is nice to swim in a lovely new pool. Well done to all of the 10/u swimmers who all swam wonderfully. 4 first places from Ryan Trinder, Lauren Frape, Jack Capstick and Elizabeth Kennedy.
2	GREENWICH	235	
3	SEVENOAKS	227	
4	BROMLEY	224	
5	ERITH	219	
6	ELTHAM	216	
7	BEXLEY	206	
8	GRAVESEND	116	

ROUND 4—20TH APRIL			
Pos	Team	Pts	Gala Report by Julie Craggs
1	GREENWICH	250	Unfortunately we had a few disqualifications and time penalties that lost us points. We had some excellent swims but only 2 first places from Lily Gardner and the 12/u boys 4x25m medley relay team consisting of Jack Capstick, Toluwa Ajanaku, Daniel Bassett and Ryan Whitehead.
2	BROMLEY	246	
3	DARTFORD	242	
4	SEVENOAKS	229	
5	ELTHAM	210	
6	GRAVESEND	194	
7	ERITH	183	
8	BEXLEY	170	

ROUND 2—9TH FEBRUARY			
Pos	Team	Pts	Gala Report by Julie Craggs
1	DARTFORD	269	Some very good swimming especially by our younger age groups ensured we held onto 5th place. 3 well deserved wins for Sophie Gunns, Daniel Bassett and the 12/u girls medley team consisting of Francesca Williams, Lauren Frape, Sophie Gunns and Elizabeth Hunt.
2	ELTHAM	260	
3	GREENWICH	236	
4	GRAVESEND	227	
5	ERITH	211	
6	SEVENOAKS	200	
7	BEXLEY	189	
8	BROMLEY	164	

ROUND 5—18TH MAY			
Pos	Team	Pts	Gala Report by Julie Craggs
1	DARTFORD	285	3 first places in this gala all from the 12/u boys, Daniel Bassett, Jack Capstick and Daniel, Jack, Toluwa Ajanaku and Ryan Whitehead in the 4x1 freestyle relay. Unfortunately we were 1 swimmer short in the 10/u age group which meant no points for their relays.
2	BROMLEY	247	
3	GREENWICH	242	
4	ELTHAM	241	
5	SEVENOAKS	194	
6	ERITH	193	
7	GRAVESEND	189	
8	BEXLEY	168	

ROUND 3—16TH MARCH			
Pos	Team	Pts	Gala Report by Julie Craggs
1	DARTFORD	295	Once again we held onto our 5th position, but only just! 5 well deserved first place swims from Lily Gardner and Daniel Bassett, Elizabeth Kennedy and both the boys and girls 12/u freestyle relay teams.
2	ELTHAM	264	
3	GRAVESEND	225	
4	BROMLEY	206	
5	ERITH	195	
6	SEVENOAKS	194	
7	GREENWICH	192	
8	BEXLEY	186	

ROUND 6—28TH JUNE			
Pos	Team	Pts	Gala Report by Julie Craggs
1			The final result to this gala is yet to be confirmed (check on the website for an update) as there is a mistake in the recording sheet. However, we definitely saved our best swimming for the final round, with 5 first places from: Elizabeth Hunt, Luke Tait, Olivia Maunders & the 10/u freestyle team.
2			
3			
4			
5			
6			
7			
8			

## summer presentation and BBQ at Christchurch, Erith

	TUDOR LEAGUE	JUNIOR SPEEDO
1	Toluwa Ajanaku (123)	James Vick (85)
2	Elizabeth Kennedy (122)	Chloe Hobbs (65)
3	Ryan Trinder (119)	Daniel Bassett (58)
4	Jack Capstick (117)	Ashton Middleton (55)
5	Elizabeth Hunt (109)	Lily Gardner (53)
6	Daniel Bassett (105)	Joseph Neighbour (52)
7	Frankie Hutchinson (97)	Tommy Cowell (51)
8	Ryan Whitehead (93)	Ellena Jeffery (47)
9	=Olivia Maunders (91)	Lewis Pick (45)
10	=Francesca Williams (91)	George Leigh (44)

EDSC's annual summer presentation & BBQ took place on Saturday 12th July, and, apart from a little bit of rain, later the clouds almost completely cleared away. This was great for most, but not for me, who happened to be going into the stocks quite late on and therefore I got to feel the cooler air more than most. That said (with the exception of 20 minutes in the stocks) I thought it was a fantastic evening & my thanks must go to all of the people that assisted in ensuring the evening ran smoothly. I was completely shocked to find that profits raised during the evening were in excess of £1600, leading to a total of more than £3000 (I assume about £1000 of this was raised during my time in the stocks). Thanks also to our little 'sideshows' during the evening, with Mr Bonkers putting on another top class show, Steve's Play Your Cards Right, barndancing as hosted by Ruth & Chloe Ross doing an excellent job painting people's faces!

## Paul Nicholls, Swimmer's Representative

### roofie's round-up



"I didn't know they let people become team managers who don't know what they are doing....." This was said to me by a fellow parent (you know who you are!!!!) on the way back from Dover after our first 2008 Kent Junior League gala. This year I took on the role of team manager for the Junior Speedo and Kent Junior Leagues having had previously no experience of running a team. How difficult could it be I thought? Admittedly it was more involved than I had anticipated however, what I was able to do and what proved no problem was the admin side of running a team, i.e. providing & printing off team sheets, typing up results etc., The rest of the job, I came to realise was a lot easier than I had anticipated due to the network of other volunteers each with their own role, who supported mine. Booking a coach to a gala? No problem just speak to Dennis Vick & he did all the arranging. Picking the team? No problem just speak to other coaches (in this case Paul Nicholls & Julie Craggs) & consult recent gala times and club championship results. Help on poolside, no problem - just ask.

The 'just ask' principle came in to play big time on my third time out as a team manager. We were to host the final gala of the Junior Speedo League at Waltham Forest Pool & I was sent a list of officials and helpers that Erith had to supply. Help! Julie Craggs helped me identify people who were qualified to act as Judges & chief timekeepers which left me with the rest of the list to fill. I am delighted to say that to a man (and woman) everyone I approached to help on the day, whether it was for (#) recording, announcing, collecting entrance money, providing refreshments to the officials, time keeping or for general help with the team on poolside, agreed instantly and did a sterling job - all of which meant that the gala ran smoothly. Volunteering and supporting the club is, I believe, something that EDSC does very well. This club has a long history of people who have been involved in some shape or form with the running of it and I anticipate it continuing in the future.

**Ruth Bassett**

# Very many thanks go to Mark Russell, Terri Osborne, Alison Middleton, Nicky Hunt, Sandra Hughes, Denise Pink, Megan Bassett, Sarah Craggs, Julie Craggs, Ian Craggs, Paul Nicholls, Karen Hubbard, John Hubbard and Dennis Vick





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## fast lane news

● As you may have noticed below we are returning to Germany in 2009. Full details coming soon

● Hot FM internet radio continues to broadcast through the EDSC home page on Sun / Mon / Thurs evenings

● A night out at Tenpin in Bexleyheath has been arranged for all Junior Squad swimmers and parents for Sunday 10th August by their coaches—add your name to the notice on the board

● Watch the noticeboard for news of social events for the other squads

● Forthcoming social events for all include the Christmas Disco on Saturday 6th December

● Paul Nicholls is putting an EDSC video & picture archive together for the website. If you have any dusty VHS cassettes with footage or embarrassing photos please loan them out to Paul

● Club Champs are a must for all swimmers—dates in September are Sunday 21st and 28th, 2 to 7pm at Crook Log pool, Bexleyheath

## jack petchey foundation

### WHAT IS THE JACK PETCHEY FOUNDATION?

The Jack Petchey Foundation was established by the successful East London entrepreneur, Jack Petchey, in 1999. It is a young, progressive grant making Trust based in Ilford, Essex. It is now among the largest and most influential London charitable foundations. It focuses on projects and programmes that benefit 11-25 year olds. The main area of operation is the London boroughs and Essex, where it currently operates in 1600 secondary schools and youth clubs. There are smaller programmes elsewhere.

Erith and District Swimming Club are proud and grateful to be a part of the Gold Achievement Award Scheme.

### THREE OUTSTANDING BENEFITS

- Enables EDSC to recognise the effort, endeavour and achievement of young people in a practical and positive way;
- Provision of additional funds for EDSC of between £3000 and £4000 a year, including the Leader Award;
- Enables EDSC to nominate an adult to win a Jack Petchey Foundation Leader Award (volunteer, teacher, non-teaching member of staff, etc).

### WHAT IS ON OFFER

- Each month EDSC select ONE young person to receive an Achievement Award;
- The month's winner receives a framed certificate and a cheque, presently of £300 to be spent on a items for the club or a club related event of the recipient's choice.

### EDSC WINNERS TO DATE

MONTH	NAME	SPENT MONEY ON...
February 2008	Jonathon Brock	Personal public address system for top squad coach
March 2008	Daniel Bassett	Set of t-shirts for Junior Speedo team
April 2008	Jade Hughes	New swimming costumes for Synchro section
May 2008	George Upsher	New pace clock for the shallow end of the pool
June 2008	Alex Wilkes	Set of performance costumes for Junior Synchro team

## sub 1 min 100m swimmers

As the title suggests this list contains all the swimmers that we are aware that have ever gone under the 1 minute mark for 100m freestyle. The list dates back to 1989 when a certain Sam Hayes was the first EDSC swimmer to break the minute barrier with a time of 59.45 seconds—something avid readers of the Newsletter will be aware he is very proud of this fact, practically forcing the editor to reproduce his certificate in a previous edition (now available via the website). If we have missed you off this list (or you can help fill in the blanks), then please let us know so that we can update it. The table is in no particular order.

	NAME	YEAR
1	Sam Hayes	1989
2	Michael Redfearn	2007
3	Matt Kirkup	2006
4	Grant Cooper	
5	Shane Hume	
6	Ryan Carver	
7	Mark Russell	
8	Roy Burdett	
9	Phil Rush	
10	Michael Redpath	2003
11	Patrik Newsham	
12	Stephen Kihara	
13	Phil Brown	
14	Ian Magness	
15	Barry Cusselle	2007
16	Tim Colman	2005
17	Simon Facer	
18	James Stear	
19	Nick McMonagle	
20	Michael Redfearn	2007
21	Matt Kirkup	2006

Also, a very special mention must go to SHANE HUME for being the Club's one and only swimmer to break the 2 minute barrier for 200m freestyle. This was done during 2007 with a time of 1.59.26.

## summer training times—sunday 27th july to sunday 31st august inclusive

### MINI SQUADS:

Tuesdays—all groups will swim from 6 to 6.45pm  
Thursdays—Cray/Darenth/Medway will swim from 7 to 7.30pm  
Thames/Swale/Dart will swim from 7.30 to 8pm  
Sundays—all groups will swim from 5 to 6pm

### WHITE SQUAD:

Tuesdays—6 to 6.45pm  
Thursdays—7 to 8pm  
Sundays—5 to 6pm

### RED SQUAD:

Tuesdays—6.45 to 8pm  
Thursdays—8 to 9.15pm  
Sundays—NO TRAINING

SATURDAY / MONDAY (8.30 to 10pm) / WEDNESDAY AS NORMAL

### JUNIOR SQUAD:

Tuesdays—8 to 9pm  
Thursdays—7 to 8pm  
Sundays—NO TRAINING / Mondays—8.30 to 10pm

### TOP SQUAD:

Tuesdays—6.45 to 8pm  
Thursdays—8 to 9.15pm

### MASTERS:

Tuesdays—8 to 9pm (in 4 lanes)  
Thursdays—NO TRAINING  
Sundays—no change

### SYNCHRO:

Thursdays—6 to 7pm  
Sundays—NO TRAINING

## forthcoming events

These are the key upcoming events to the winter. A full list of known forthcoming events is available via the website at [www.edsc.org.uk](http://www.edsc.org.uk).

### SEPTEMBER

Saturday 6th White Horse League Round 5  
Saturday 13th Kent Junior Rnd 2 / Octopus Rnd 4  
Sunday 21st/28th Club Championships at Crook Log

### OCTOBER

Saturday 4th White Horse Rnd 6 / Octopus Rnd 5  
Saturday 11th Speedo League Rnd 1

### NOVEMBER

Saturday 1st-Sun 2nd London Region Winter Champs  
Saturday 1st Octopus Rnd 6  
Saturday 8th Speedo League Rnd 2  
Sunday 9th 200m & IM Club Champs at Crook Log  
Saturday 15th Kent Junior League Rnd 3  
Sunday 16th Kent Development Meet (provisional)  
Sunday 23rd 200m & IM Club Champs at Crook Log

NEXT ISSUE OUT  
MID-FEBRUARY