



Newsletter Edition No 1  
26<sup>th</sup> January 2012

# Erith & District Synchronised Swimming Club



## Attendance

Although its not quite the end of the month, this month has proved to be the best for attendance. We presently have 2 swimmers who have attended all possible sessions. Danielle Hills and Jade Hughes.

## Skill Level Congratulations

Well done to all those who attended the Skill level Assessment day at Haberdashers School, Elstree on Sunday 22<sup>nd</sup> January.

All the Erith Girls should be proud of themselves. We had a fantastic turn out and everyone conducted themselves in a manor befitting of the club.

Congratulations to Lissie, our grand coach who sailed through her level 1, to Issy who stood up to the challenge and passed her Level 1 and also to Jade Hughes who sailed through her Level 3.

Lastly, congratulations to all those who tried. The Skill levels are tough challenges but keep up the hard work and you will get there.

### Team News

Lissie's River Dance has signs of being a very powerful routine.

The team will be working towards completion later in the year. In the meantime the Mask routine will be rehearsed to be ready for the London Regional Competition.

Steve's Soul team has had a change of members with Lois and Sarah back at training after their illness and injury. The team is working on technical points such as lifts pool entries. Alison has been able to offer support and advice.

Alison, Janet & Jenny's Happy Feet routine has had a change (nothing new for Jenny!) Alison has now started afresh with a routine to reflect the swimmers abilities.

The Corpse Bride Duet and Buble Solo will also be run at London Competition on Saturday 14th April.

### New Members

Welcome to two new swimmers: Khimran Vagha (known as Kim) and Natalia Zmuda. Kim and Natalia will be joining us on Saturday training to develop their basic synchro skills.

### Club promotion

***If you know of a school that would distribute promotion leaflets please let me know. Please check the school is happy to hand the leaflets to pupils before leaving them at the school.***

***If you are interested in joining our Synchronised Swimming Club, please contact Jenny Kennedy on 07957221409 or e-mail to: [synchro@edsc.org.uk](mailto:synchro@edsc.org.uk)***

### Sad News

Sadly Lauren has decided to stop her Synchro Training to focus on her lane swimming. We wish her all the best in her future.

## Kent News

Due to poor response from other Clubs it has been decided to not run the Kent Squad and Kent Junior Development training this year. Erith will however be running dance sessions and alternative training sessions. The London Development are also offering excellent training opportunities.

## The Dover Camp Development Days

Unfortunately the pool is out of action. An alternative pool is being searched for.

## Kent Roadshow

The Roadshow in November 2011 was considered a success. A review revealed where changes need to be made. Again other Kent Clubs have opted out of another show this year. Erith hope to run their own Christmas Show this year.

## London Development Days

The next development day is Saturday 18th February. We did not attend the last session as it fell on our first training day at Eaglesfield. It was considered a success and enjoyed by those who attended. The training days are ideal for those who are working towards their Skill level 1 & 2. The last venue was in Walthamstow. I will provide more information once it becomes available, but in the meantime please consider attending these sessions.

## Dates For your Diaries

Friday 27th January: Winter Presentation Synchro awards and Kent Trophies to be presented. Details on EDSC website.

Saturday 28th January: Training - **No Gym session** - **Pool training 3.30 - 5.30**

Saturday 4th February: **No Training** - Pool Party Swanley - Everyone

Sunday 5th February: **Pool Training Eaglesfield 12.30-2.30**

Saturday 18th February: **No training**

Sunday 19th February: London Development Training Walthamstow - Everyone welcome. Details to follow.

Saturday 25th February: Skills Levels Assessment Day - Burnham

Saturday 17th March: Skill Levels Assessment Day - Rugby