



Newsletter Edition No 13

September 2014

ERITH & DISTRICT SYNCHRONISED SWIMMING CLUB

*I hope you all had a lovely summer break.
Welcome back.*

*Over the next few months we are going to be
very busy.*

*The Kent Competition is our biggest competition
of the year and although most of the routines are
well on the way to being completed there is still
lots of work to do. We also have your figures to
practice. Skill Level exam preparation, National
figures, The Christmas Show and the Recreational
entry for the Nationals to be built on!!!*

Jack Petchy Award

Well done to Nicole Venn who was awarded a Jack Petchy award of £200. This award was used to purchase the Dragons costumes. Nicole was presented by her award by Mark Richardson who competed in the 1996 Olympic 400ms.



If you would like to nominate a swimmer for the award in the future you will need to complete a nomination form available on a Thursday night training

Quiz Night Friday 31st October 7pm at
White Oaks Leisure

Well done to all those who attended the last Quiz night. A full £200 was raised. Your next Quiz Night will keep you out of the cold and from Halloween duties. Sorry this was the only date I could get.

£10 per family/friends of 6.

Please RSVP Jenny K Robcat3@aol.com

07957221409



Kent Competition.

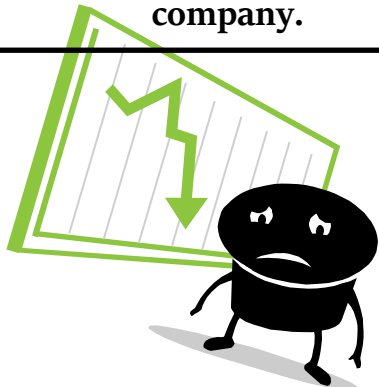
Sunday 9th November,
Kingsmead Pool,
Canterbury.

Please expect to be at
the pool by 10am,
and expect to finish
around 6.30pm

All swimmers to do
figures.

Bags4Sports

Many Thanks for all those who have contributed clothes donations for Bags4Sports. A collection was made in March but in-between the company went out of business. I haven't given up hope of seeing our money as it should be forwarded by the company auditors. In the meantime I am exploring an alternative company.



*Sainsbury's Active Kids Vouchers
Again thank you to all those who have brought in vouchers this year. We were able to purchase some books for swimmers to use to build on their core strength and flexibility. Swimmers can borrow these books to use at home.*

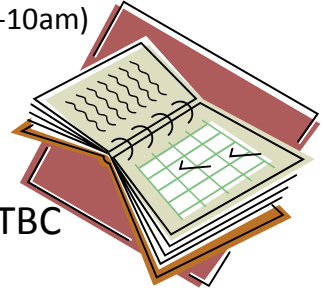
Subscriptions
Your final subscriptions for the year are now due. These can be paid on a Thursday training at Erith Leisure Centre. Maybe make this an opportunity to attend training on Thursdays.



Dates for your diary



Wednesday 3rd September Return to Training
Saturday 6th September 8 -10am No Land Training
Saturday 13th September 8 – 10am No Land Training
Sunday 14th September SE Region Skills Day Portsmouth
Saturday 20th September 8-10am No Land Training
Saturday 20th September London Skills Assessment Day Trinity School Croydon 1 – 6pm
Saturday 27th September Training 8 – 11am (new swimmers 8-10am)
Saturday 4th October Training 8-11am
Saturday 11th October Training 8-11am
Saturday 18th October Training 8-11am
Sunday 19th October Multi-regional Competition Entries TBC
Saturday 25th October 8-11am(?) TBC
Sunday 9th November KENT COMPETITION
Friday 5th – 7th December National Age Groups Entries TBC



SKILL LEVELS

We are now training hard for your Skill level exams. The Skill Level exams can be found on the link below.

<http://www.swimming.org/britishswimming//synchro/synchronised-swimming-resources-for-athletes/>

PLEASE DOWNLOAD YOUR OWN COPY.

The next Skills day is Saturday 20th September

Land Training

Saturday land training will resume later in the year and the occasional Saturday 10.15 – 11.30. Please change from swimming promptly to be on time. The sessions are a little erratic so please check the dates for your diary carefully so you are available for picking up at the end of the sessions. Land training will build on core strength and flexibility. From 11am onwards swimmers will have the opportunity to do walk throughs for their routines.

Photography

There are new rules around photography which can be found on the EDSC website. Swimmers are not to use any form of photography in the changing rooms and this includes your mobile phones.

Any filming must be registered with the pool. At times we use video in our training sessions and parents must sign a consent form. You would do this in your registration packs but we also ask for you to complete our own forms.

Kent Competition Figures

Maximum qualification held	Age group	Age group	Figure 1	Figure 2	Figure 3
Skill 0 / rec 0	12 and under Jessica, Billie, Helena, Leah, Niamh, Katie, Abbie	13 and over, Eloise	Ballet leg with bottle	Back layout and HFT – 10 metres	Back tuck somersault
Skill 0 / rec 1	12 and under Khim	13 and over	Ballet leg with bottle	Back layout and HFT – 10 metres	Back tuck somersault
Skill 1 / rec 2	12 and under Ellen, Issy, Nicole N,	13 and over Tyler, Amber,	Ballet leg	Front pike to fishtail position to vertical, supported by bottles	Travelling eggbeater 5m with trailing arm raised
Skill 2 / rec 3	Olivia, Megan	Nicole V, Eleanor, Sarah	Ballet leg	Barracuda	Front walkover
Skill 3 / rec 4		Danielle, Evie	Ballet leg	Barracuda	Oceanita
Skill 4 / rec 5			Ariana	Barracuda spinning 360	Porpoise spin up 180
Skill 5			Barracuda Airbourne Split	Porpoise Twist Spin	Manta ray

If you are unable to attend the competition you must let Jenny & your coach know NOW

Thursday Training 6-7pm Erith Leisure

Recent attendance at Thursday training has dropped. Those swimmers who attend regularly on Thursday have built on skills to develop their Synchro. This includes stamina training, aerobic and muscle endurance and also on their figures and skills.

Thursday training is an important session if you wish to progress in the sport.

Swimmers are asked to make every effort to attend on the Thursday session.