



Newsletter Edition No 4  
May 2012

# Erith & District Synchronised Swimming Club

## Skill Level Achievements

Skill Assessment Day 6th May Haberdashers



Congratulations to:

**Evie Ledwidge** and **Grace Thackray** who achieved  
Skill Level 1

**Sarah Bartlett**, **Lissie Hilton** and  
**Lois Nicholls** who achieved Skill Level 2

This is a great achievement. Very well done and all  
the best for your futures.

**Leah** well done for your big efforts. These skill tests  
are not easy things but keep trying and you will get  
there.



Megan Parker



## Synchro Camping Trip

*The Dover Development Camp is not going ahead  
this year, but if anyone is interested in a group  
camping trip, providing there is enough interest, we  
intend to go away for a weekend in July at the same  
camp site we had in Deal.*

*It is close to the coast, not too far away and a fair sized  
site which was clean.*

*As these events need a risk assessment we will not be  
doing it as a Club event but as a joint friends and  
family outing. This means any child under the age of  
18 will need to be accompanied by a responsible adult  
or party to one.*

*Please let Jenny know of your interest ASAP.*

## Surrey Inter-County Competition Saturday 12th May

Well done to those swimmers who  
represented Kent County in the Surrey Inter-  
county Competition.

We proved to be a strong team and won 6  
out of 18 medal places. In the figure section  
**Grace** took 2nd place in the Section 1  
figures. In Section 2 **Alix** took 1st place, **Lois**  
2nd place & **Issy** 3rd place. **Jade** (Hughes)  
took 2nd place in Section 4 and in section 5  
**Ria** took 1st place.

The Kent team swum by **Alix Bliss**,  
**Elizabeth Hunt**, **Issy Parsons**, **Jade Marwood**,  
**Jade Hughes**, **Millie Rogers** and **Ria**  
**Surrige** took 1st place with their Riverdance  
routine.

**Bring a friend/Introduce a friend to Synchro**

If you know of anyone who would like to join us for a trial session please forward their name and contact details.

New swimmers will be attending Saturdays 4-5 for 6 weeks starting 25th February at Eaglesfield. The first session is free. The cost is £30.

Any swimmer who introduces a swimmer who signs for full membership will receive a £5 book voucher.

**Next Skill Assessment days**

Saturday 23rd June: Burnham on Sea

Sunday 15th July: North East

1st/2nd September: Manchester

9th September: Scotland

These are a good opportunity for those swimmers who are hoping to attain qualification for National Competition.

**National Qualification**

	Skill Level Required
Sarah	4
Alix	4
Jade (H)	4
Elizabeth	4
Danielle	2
Evie	3
Jade (M)	4
Lois	3
Megan	2
Issy	5
Millie	4
Leah	2
Lucy	2
Ria	5
Grace	2
Olivia	2

**New Members**

Welcome to the following who have joined the Club as full members:

Elleanor Cole  
Khimran Vagha  
Nicole Venn  
Natalia Zmuda



**Quarterly Endeavour Award**

Congratulations to **Leah Rowe** who was awarded the Endeavour Award. Leah was nominated for this award this quarter because her efforts over the last 3 months have been commendable.

She is attentive in lessons and always tries her hardest to do what is asked of her. She is punctual for training and her attendance is amongst the top. She always has a wonderful smile and is a joy to teach.



***Just a quick reminder that there is a race night on 22<sup>nd</sup> June at the Erith Veterans Club ~ all welcome. Tickets £2.00 ~ cheap licensed bar available.***

## Dates For Your Diary

Saturday 2<sup>nd</sup> June: **No training**

Saturday 9<sup>th</sup> June: **No training**

Saturday 16<sup>th</sup> June: Rotary Club Stall Crayford

Tuesday 19<sup>th</sup> June: EDSC AGM

Saturday 7<sup>th</sup> July: Hythe Aqua Introduction to Synchronised Swimming

Saturday 29<sup>th</sup> September: South East Region/  
South West Region Recreational Competition

Saturday 13<sup>th</sup> October: Multi Regionals - **All National Age Group Qualifiers/ Teams**

Saturday 3<sup>rd</sup> November: Kent Competition - **All Swimmers**

Saturday 10<sup>th</sup> November: Masters Competition Telford.

Friday 30<sup>th</sup> November: 3rd December National Age Group Competition

## Photography & Videoing

For those of those who have not already done so, could you please complete a permission slip for videoing and photography.

Occasionally, the coaches will video the girls in the water for training purposes, and also photos may be used for this newsletter and by law we need an adults consent. If you need a form please contact Pete Ledwidge (and return any completed form to him).

## Kent Competition

Saturday 3<sup>rd</sup> November 2 pm at BAE Systems Pool, Hoo.

The recent Kent Committee meeting looked at the Rules & conditions for this competition. There are some new figures. We have a lot of work to do before this and the time will soon go. Any swimmer in a team needs to be sure they get to training sessions as often as possible and that the weeks after the summer holidays will be very important.

## SUMMER B-B-Q

A big thank you to the following for helping out at the recent EDSC B-B-Q:

Linda & Rob

Jayne & Wayne

Sandra & Denise

Marnie

Carol & Pete

and not forgetting the girls themselves:

Alix, Jade (Hughes), Dan & Evie.

It was certainly worthwhile as we raised £153.38 for synchro funds.



## Multi-Regional Competition.

Again there is a recreational section to this which is normally run at the same time as the competitive. The competition is made up of London, South-West & South East Regions. However, this year the SW & SE have withdrawn their recreational teams from the competition which will leave only the London Recreational teams and the competitive teams of all the regions.

If we were to compete we would compete in the recreational section against other London recreational teams which is essentially just like the London Competition.

The benefits of attending is that the swimmers will get an opportunity to run the Riverdance routine before the NAGS and the Kents Competitions. Also again Elizabeth and Danielle will have support for their figures.

Again please give your name to Nicky if you are happy to attend this Competition.

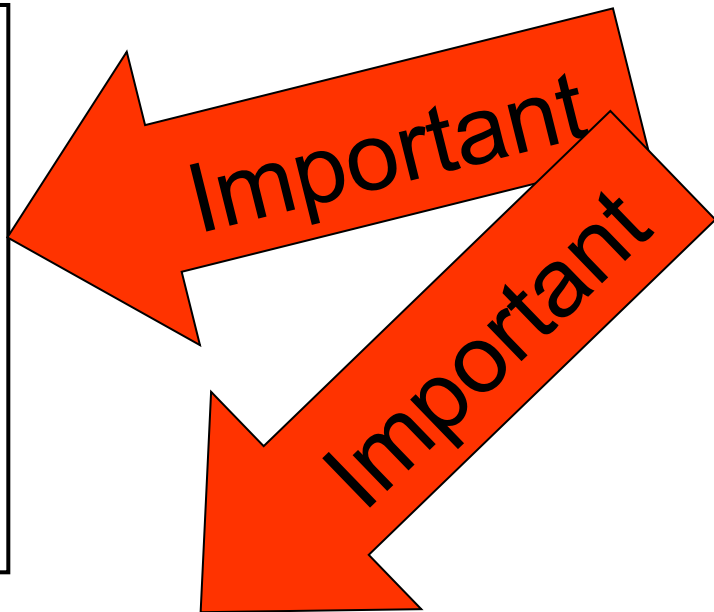
### National Age Groups

This will be run weekend Friday 30th November. On Friday the Recreational Teams will be running. The competition starts at 6pm and will be judged just on Artistic Impression. Artistic Impression is the choreography and Music Interpretation .

The aim is for the Riverdance Team to attend this section. **This of course is going to mean time off from school/work. Please would those involved in this team please voice any difficulties now.**

The figure section runs on the Saturday early morning and so far Elizabeth and Danielle have qualified. On Saturday afternoon and Sunday are the Competitive routines.

Nicky Hunt does all the entries and needs to know entries and details early. Please let Nicky and Jenny know of any immediate difficulties as soon as possible.



## *Crayford Rotary Club Annual Summer Fayre - Saturday June 16th*

*The above is to be held at Waterside Gardens, Crayford from 10.00am-4.00pm and again we are to run the Pick-a-Nail Game (with all profit going directly to the synchro team), which last year raised over £130.00 for the club.*

*Any donations of boxes of chocolate for prizes would be most grateful and any volunteers to help run the stall (1/2 hour slots) would be more than welcome.*

*Please see Pete Ledwidge for any donations/offer of help.*

### Future Competition Entries

Figure entries will only be entered once individual entry fees have been paid. Solos, duet and team entries will not be entered unless complete and ready for performing 3 weeks prior to closing dates for entries. This is to avoid costly waste of funds due to entries not being run at competitions.

### Future Skills Assessments

The skills are to be reviewed again next year and they seem to be getting harder. Lets try to get as many through their skills this year.

In future no nail varnish is to be worn.