



Newsletter Edition No 5
July 2012

Erith & District Synchronised Swimming Club



Millie Rogers

It is with great sadness to report that Millie has had to take some time out from the club due to health reasons. She has been a fantastic member of various squads over the years and will be greatly missed. Hopefully she will return soon. The best of luck for the future.

Erith Activity Day on the 4th August

We are running the pick-a-nail game at the Erith Activity Day on 4th August (to be held inside the shopping centre, 11.00-16.00, so the rain won't bother us this time!!!)

All offers of help to run the stall will be very welcome and the good news is that we have enough chocolate prizes not to be on the scrounge again!

Please give names to Jenny or Pete if you can help.

A Big Thank You goes to Sandra, Denise (Jade & Alix offered but couldn't get out of their pit!!!), Carol, Pete, Evie, Jayne, Dan, Steve & Jenny for their help at the recent Crayford Fun Day.

Any help is always very welcome at these events as they are an important source of income and any profit goes directly to the synchro part of the club - in this particular case we raised £176.12 so well done to all.

A Second Big Thank You goes to Jade & Alix (who did manage to rise this time!!!!), Carol, Pete, Evie, Neil, Olivia & brother (sorry, don't know his name), Jenny & Vince for their help at the recent Bexley Show in Danson Park.

As you are all well aware it was a dreadful weekend weather-wise but we still managed to raise £141.00.

Please take careful note of the training planner on the next page. There are several days with no training and a couple of the Saturdays in August have changed to an earlier time.

Wishing everyone a Good Summer Holiday, we will be back to "normal" training on Wed 5th September.

Nicki Hunt would like to thank Jade Hughes for helping out at training on 28th June.

On the rare occasion when the coaches are otherwise engaged, it is re-assuring that our older girls feel comfortable in taking on this roll and I feel it reflects well on the club, the coaches and the girls themselves.



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 3rd 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.

Training/Competition (yellow)/Skill (blue) Days

Wed 11th July	Thurs 12th July	Sat 14th July	Sun 15th July - North East
Wed 18th July	Thurs 19th July	Sat 21st July NH	
Wed 25th July NH	Thurs 26th July NH	Sat 28th July – No Training	
Wed 1st Aug NH	Thurs 2nd Aug - No Training	Sat 4th Aug Riverside Community Activity Day	
Wed 8th Aug	Thurs 9th Aug - No Training	Sat 11th Aug 9-11	
Wed 15th Aug JK	Thurs 16th Aug - No Training	Sat 18th Aug 9-11 JK, JP	
Wed 22nd Aug JK,JP	Thurs 23rd Aug - No Training	Sat 25th Aug - No Training	
Wed 29th Aug	Thurs 30th Aug - No Training	Sat 1st Sept - No Training	Sat 1st Sept - Manchester
Wed 5th Sept	Thurs 6th Sept	Sat 8th Sept - Time TBC	Sun 9th Sept - Scotland
Wed 12th Sep	Thurs 13th Sept	Sat 15th Sept	Sun 16th Sept - Portsmouth
Wed 19th Sept	Thurs 20th Sept	Sat 22nd Sept	
Wed 26th Sept	Thurs 27th Sept	Sat 29th Sept	
Wed 3rd Oct	Thurs 4th Oct	Sat 6th Oct	
Wed 10th Oct	Thurs 11th Oct	Sat 13th Oct Multi-Regional	Sun 14th Oct - North east
Wed 17th Oct	Thurs 18th Oct	Sat 20th Oct	Sat 20th Oct -Burnham
Wed 24th Oct	Thurs 25th Oct	Sat 27th Oct Scottish Nationals	
Wed 31st Oct	Thurs 1st Nov	Sat 3rd Nov - No Training Kent Competition - Hoo	
Wed 7th Nov	Thurs 8th Nov	Sat 10th Nov	
Wed 14th Nov	Thurs 15th Nov	Sat 17th Nov JK	
Wed 21st Nov JK	Thurs 22nd Nov JK	Sat 24th Nov	
Wed 28th Nov	Thurs 29th Nov	Fri 30th Nov - NAGS Sat 1st Dec - NAGS	
Wed 5th Dec	Thurs 6th Dec	Sat 8th Dec	
Wed 12th Dec	Thurs 13th Dec	Sat 15th Dec	
Wed 19th Dec	Thurs 20th Dec	Sat 22nd Dec - No Training	
Wed 26th Dec – No Training	Thurs 27th Dec – No Training	Sat 29th Dec – No Training	

Away: Jenny JK , Janet JP, Nicky NH, Steve SS, Lissie EH, Alex AW, Alison AB