



Newsletter Edition No 8

March 2013

Erith & District Synchronised Swimming Club

Annual Awards

The EDSC Annual Award ceremony was held recently and the following fully deserved their awards:

Elleanor Cole was awarded Synchro Swimmer of the Year 2012 for her hard work, attendance, performance, progress and attitude to her Synchro.

Leah Rowe was awarded the Progress Cup for the steps she had made in improving her synchro skills and her performance in the duet and Christmas routines.

Sarah Bartlett was awarded the Ria Surridge Endeavour Award for her outstanding commitment to the synchro club,

Elizabeth Hunt & Danielle Hills were awarded with collectable Synchronised Swimming Olympic 2012 Figurines for their achievements at National Age Group Level.

Achievements

Skills Levels

Congratulations to **Evie & Grace** who passed their level 2 skills at Waltham Forest recently.

Further congratulations go to **Leah & Megan** who passed their level 1 skills at Waltham Forest and Rugby respectively.

Attendance

January: **Elizabeth, Danielle, Megan, Leah, Khim, Elleanor, Erin, Harriet and Alex** had a 100% attendance record so well done to them.

February: **Elizabeth, Danielle, Megan, Elleanor & Harriet** all continued to have a 100% attendance so congratulations to them - keep it up.

Big Thanks

Also a big thanks to **Alex** for putting together the log books. Please remind swimmers to bring in their log books at the end of each month.





Land Training

Just a quick reminder that land training takes place every Thursday after synchro from 19:15-20:15(ish).

This training is extremely useful as it helps the girls pass their skills level (see above – flat splits are required for Level 3) so the sooner they start, the more prepared they will be.

There is a small charge of £2 per session to cover the cost although we will reduce this if we can cover it else where.

Photography/Videoing

In order for us to perform filming and photography we require parents consent for this to be done.

Photos and videoing is sometimes used in teaching and for promotional events.

Please complete the form attached and return to Pete Ledwidge.

We are collecting the Sainsbury's vouchers for sports equipment. Any vouchers please forward to Jenny.

Also we need more 5litre bottles if anyone has any at work etc.

Christmas Show

It seems a long time ago but not forgotten. What a great event. Well done to you all for your performance. There has been so much positive feedback to the coaches and it was a great way to end the year and start this year.

Thank you to the coaches especially Lissie who Choreographed so many routines in such a short period.

The show was able to raise £120 which has gone towards repair of the coomber, production of advert and for advertising the Club

There are some great photos for you to browse & purchase on the following website <http://www.graemehellyerphotography.com/> Passcode synchro1

Lissie is in the process of finalising the Christmas show DVD. The cost really will depend on how many DVD's are ordered, but currently is estimated to be between £10 - £15. If you would like one could you please let her know so I can plan orders.

Promotional Events

The following two events are big fund raisers for the synchro club and we need as much help running our stall as possible - a spare hour or two of your time would be very much appreciated.

Crayford Rotary Club Fun Day

We intend to run the Pick-A-Nail game again so any volunteers to man the stall will be welcome.

The event is to be held at Cray Gardens, Crayford Way on the 15 th June (parking is limited so please use Sainsbury's car park)

Danson Fayre 6th & 7th July

We are intending to run a stall again at the Danson Fayre. Unfortunately the show last year was closed down due to the torrential rain. If any one visited on the Sunday it was welly weather only!

This year we have been able to erect a pool for swimmers to come along and do a few fun things and show off costumes. Not only are these promotional but also they help raise funds to support the club buying costumes. Please try to keep this date in your diary.

Dates For Your Diary

Saturday 27th April: Skills Assessment, London Haberdashers

Sunday 19th May: Skills Assessment, Portsmouth

Saturday 25th May: Skills Assessment, Walsall

Saturday 22nd June: Skills Assessment, London Haberdashers

Saturday 2nd November: Kent Competition

Saturday 9th November: Masters

Friday 29th November – Sunday 1st December: National Age Groups

Sunday 8th December: Erith & District Christmas Show



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Videoing and Photography Permission

Photography

Childs Name.....

Your Name.....

Relationship to Child.....

I understand photos are to be used for Club promotional reasons only. Although most photos will be generated by coaches, some photos may be taken by a professional photographer and used on posters/displays and printed at professional outlets.

I give permission for photos of my child to be used in displays and posters:

Parents Signature.....

Date.....

Videoing During Training

Video filming will be used for training purposes only. The videoed material will be deleted at the end of the training session.

I give permission for videoing of routines to take place during training:

Parents Signature.....

Date.....