

Penguin do their training the Royal Navy way

E.S.
That outstanding men's swimming club, Penguin—winners of the Henry Benjamin Memorial Trophy for the most points scored in national swimming and water polo championships—are starting their training plans for the Olympic season.

Each Monday evening at Lime Grove Baths, Shepherd's Bush, 50

members have general PT co-ordination exercises on the bathside, conducted in Royal Navy fashion.

This is done under ex-Naval PT officer Jack Andrews, who, as a Penguin junior, won his first diving championships before they became national events. He still plays water-polo for the club.

"We have to do our best with two training nights a week, one for swimming and one for water polo—we can't get more," Andrews told me.

Using Naval words of command and methods of drill, he gives exercises from the Naval P.T. manual for limbering up and developing natural agility rather than those for muscle hardening, which are not good for swimmers.

Co-ordination exercises in the water follow—under-water swimming, quick starts and turns, and fast and slow swimming. On water polo nights they play "Murder"—one man gets the ball and the rest try to take it from him. But only light work is being done now as members are "resting" until January. Then training will restart in earnest.

This is only part of Andrews's work. He also takes 200 juniors who come from the Hammer-smith Borough Council sponsored club, the Water Gypsies. All members of the borough youth clubs are eligible to join. Penguins have won 18 titles this year and also gained the Bob Glazier Trophy for Middlesex championships, the Gamage Shield for a six-side swimming team race open to water polo players only and the water polo Referee's Cup.