

University of Birmingham, has based this book on experience gained over a number of years as tutor in charge of the Amateur Swimming Association's advanced training courses for selected competitive swimmers and their coaches..

This edition has been completely revised and over 240 entirely new illustrations have been added, showing every detail of the main strokes and making the book absolutely unique in its field.

Chapters are also included on anatomy and physiology in relation to swimming gymnastics ; training ; tests for school children ; sports massage ; floating ; and organizing a swimming gala.

The chapter on the Dolphin-Butterfly stroke has been entirely revised in view of the recent Fédération Internationale de Natation Amateur ruling, and includes a description of the 'Dolphin wave' together with a comparison of the undulatory movements of the dolphin swimmer with that of an eel.

All the main strokes are analysed in detail and the reader is taken step by step through the body position, arm action, leg movement, respiration, timing and rhythm.

Other publications of interest have been published by the same Editor :

Diving Instructions by N. W. Sarsfield, 1957 edition ;

Swimming Instruction by the Amateur Swimming Association ;

Know the Game Swimming by the Editor.

If you would like further information on Books, Wall Charts, Filmstrips and Film Loops on many other sports, please write to : Educational Productions LTD., East Ardsley, Wakefield, Yorks, England.

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Skiing. — *National Skiing* is a news magazine published bi-monthly in Denver, Colorado from November to March. The periodical reports all activities of American and international ski events. As America's largest skiing publication with 65,000 circulation, the subscription rate is \$2.00 a year for nine issues.

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RIDING. — This book has been written at the request of the British Horse Society by Mrs. V. D. S. Williams, mainly in the hope that it will encourage young riders to have more understanding of their mounts, and thus be more able to appreciate the skills of the sport and the finer points of horsemanship. The book is abundantly illustrated and brilliantly written. In addition it contains unique sketches never published before. The editor is 'Educational Productions Ltd.', 17, Denbigh Street, London S. W. 1, where it can be obtained. Price 7/6.

Just published by the same Editors in the Series of 'Play the Game' following publication at 2/6 : SKILFUL SOCCER, CRICKET, LAWN TENNIS. ATHLETICS. CYCLING and LAWS OF FOOTBALL.

The Sofia session

September 1957

Sofia... since 1937, when the International Olympic Committee last held its Session in Warsaw, the latter ceased to meet in a city of Eastern Europe.

In Sofia, everything had been done in order to make the visit of the members of the International Olympic Committee as pleasant as possible. Thirty-six members and several ladies travelled to Bulgaria, and none of them will ever forget the hospitality they found at 'Hotel Balkan', where the Bulgarian Olympic Committee had seen to everything with a view to make their stay as comfortable as possible. Good food, a charming welcome and the great success of a

Session during which General and Madame Vladimir Stoitcheff put themselves to a great deal of trouble when they set on foot a very efficient Committee, whose duty was to be at the disposal of the members attending the Session. It is hardly possible to quote the names of all the kind and devoted persons who never failed to pay marked attentions to the needs and desires of our members and showed themselves so ready to help. We wish, however, to mention Mrs. Lekarska and Mr. Vassev secretaries of the Bulgarian Olympic Committee, who have been the mainspring of the whole organization. Thanks to them, everything up to the last detail

went smoothly according to timetable. The chancellery of the International Olympic Committee is especially obliged to them and wishes to express his gratitude.

In the course of the five days' work of the Session, numerous festivities were provided : a performance at the Opera, a concert of folkloric songs and dances, an excursion to the monastery at Rila. — Banquets and receptions were included and a heavy social programme arranged for by General and Mrs. Stoitcheff, the President of the Democratic Republic of Bulgaria and provided by the Municipality of Sofia, we send our heartiest thanks to all. The Opening Ceremony was carried out with great dignity and took place in the National Theatre. At the close of the Session, a very pleasant excursion was provided for in order to visit Varna, a beach on the shores of the Black Sea where the members were able to relax and enjoyed peace and quiet after the strenuous work of the Session.

Our grateful thanks to Sofia, to the Olympic Committee for Bulgaria and its president General Stoitcheff. You all fully succeeded in the discharge of the duties you assumed and you have made our visit extremely pleasant. All your collaborators known or anonymous are entitled to the gratitude of the International Olympic Committee.