



National Schools Biathlon Championships

At the recent National Schools Biathlon Championships held at Crystal Palace in London on Saturday, 25th March, Mia Dodman finished 27th (out of 83) for 100m Freestyle followed by a 1600m run. In the course of the event she managed a new personal best.

Well done Mia.



Birthdays

April 2017

- 4th Caelyn Bell
- 5th Thomas Holgate
- 10th Scartlett McIlveney
- 12th Caitlin Noon
- 13th Jaycub Watson
- 20th Maisie Dawson
- 21st Matilda Critchley
- 23rd Ethan Meggison and Rona Bhattacharya
- 27th Andrew Higginbottom

May 2017

- 2nd Danielle Baxter
- 4th Ben Whittaker
- 8th Amrah Khan
- 9th Matthew Brabender
- 12th Dominica Taylor
- 15th Muhammad Khan
- 16th Kyran Denton and Thomas Helm
- 19th Caitlin Harper
- 27th Darcie Brown
- 28th Oliver Jackson
- 29th James Brabender
- 30th Rachel Leigh
- 31st Lewis Thompson and Saif Rashid

Forthcoming Events:

22nd May
Friendly League Fixture.
Home to Darwen.

29th May
No Swimming Club.
Bank Holiday Monday

7th June
Committee Meeting
Pendle Leisure Centre

8th June
Swimming Club Trials
Small Pool 6:15pm
Large Pool 7:30pm

12th June
Friendly League Fixture.
Home to Burnley Bobcats

16th-18th June
British Masters and Senior Age Group Championships.
Aberdeen

19th June
Friendly League Fixture
Away at Todmorden

24th-25th June
City of Leeds Summer Meet
John Charles Centre for Sport

29th June
Cherry Wilkinson Memorial Age Groups for June
Warm-up 6:50pm.

Pool Closed

There will be no Swimming Club on Monday, 29th May as it is a bank holiday. The pool will be closed on this date, as it is the current policy to close Pendle Leisure Centre on public holidays.

The Club will resume with a normal schedule on Thursday, 1st June.

Friendly League

The Colne ASC Swim Team travelled to the Hyndburn Sports Centre to take on Accrington in our first fixture of this seasons North East Lancs Friendly League.

In order to improve the contests there were a few changes made for this year. Firstly the age groups are now 9/10 years, 13 years and under, 16 years and under, and open. Secondly, there was the combining of the four medley relays into two mixed medley relays, one for the 13 years and under and the other for the open age group. And finally the two 4 x 25m canon relays were combined into a single 8 x 25m mixed canon relay with a boy and a girl from each of the 4 age groups.

In a closely fought contest, with the lead changing several times over the course of the gala, it was the hosts Accrington who prevailed as they beat Colne by a single point. Colne finished on 54 points with Accrington on 55 points.

Over the course of the evening the Colne swimmers managed to attain 26 new personal bests with 17 for the girls and 9 for the boys. The girls who achieved personal bests were Olivia Taylor, Amelia Redfearn, Amelia West (with 3), Caitlin Harper (3), Isabel Redfearn (2), Maria Massey (2), Grace Barker, Eleanor Holgate (2), Mia Dowling and Georgia Taylforth. The boys were Hugh Entwistle (2), Lewis Fenwick, Thomas Holgate, Jack Nevison (2), Kian Noon, Jacob Taylforth and Rhys Hunt.

Well done to all the swimmers who swam for Colne.

Our next fixture is on Monday, 22nd May when we host Darwen. The warm-up will start at 7:30pm for a 7:45pm.

As this will be a home fixture, all lessons will end at 7:30pm.

Helpers Required

We would like volunteers to offer their services to the desk before the start of the Friendly League Fixture on Monday, 22nd May. You may not be required but your offer will be appreciated.

We require the following:

- 4 Time Keepers
- At least 2 team organisers/chaperones
- At least 1 marshal

No experience is necessary, but must be patient with the kids all wanting to know if they are swimming.

Clipboards, pens, stopwatches and drinks will be provided.

Friday Night Sessions

The Friday night sessions over the past few weeks have not been occurring, this is due to the number of swimmers participating in the lifesaving on Friday evenings.

So from Friday, 19th May, these sessions will resume. They are from 7pm until 8pm and are for all team swimmers and age group swimmers.

June Swimming Club Trials

The trials for entry into the Swimming Club for June will be held on the 8th June instead of the 1st June.

This is due to the half-term school holidays.

Small Pool will be at 6:15pm

Large Pool will be at 7:30pm

Would parents please note that once your child's swimming lesson has finished and they are off the pool side. Colne Swimming Club is no longer responsible for their welfare.

Would all Members please note that Colne Swimming Club will not be held responsible for any injury caused to a swimmer failing to turn up on time for their lesson, and thus missing the vital warm-up part of the session.

Could anybody changing their address or telephone number please inform the Secretary.

If anybody has any stories, items of interest, or anything they think will be suitable for the newsletter, then you can email me at the following address: press@colne-asc.co.uk

www.colne-asc.co.uk



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@SwimAtColneASC
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Shark Bytes @SwimAtColneASC
Colne Amateur Swimming Club

Medallion Awards

Over the past few weeks there have been several Club swimmers participating in the lifesaving on a Friday night.

Taking part were Eleanor Fuggle, Rachel & Charlotte Leigh, Olivia Taylor, Mia Dodman, Saskia Daley, Maria Massey and Grace Barker.

All eight girls completed the **Bronze Medallion** course, which comprises of theory and practical tests.

The theory concerns itself with Safe water practices; survival in the water; self-preservation; recognising an emergency; assessment before and during a rescue; priorities for rescue; CPR theory; acceptance of responsibility; use of bystanders; emergency care and contacting emergency services.

For the practical they had to demonstrate the following:

- **Resuscitation:** Demonstrate effective CPR
- **Swim:** Swim 400 metres continuously within 13 minutes. 100m freestyle, 100m breaststroke, 100m survival backstroke, 100m sidestroke.
- **Timed Tow:** Swim 50 metres, then tow a patient 50m within 3 min 15 sec.
- **Survival and Rescue Skills:** Demonstrate a range of survival techniques and appropriate rescues for a range of different aquatic environments and scenarios.
- **Spinal Injuries:** Basic management of a suspected spinal injury in shallow water.
- **Rescue Initiative:** Demonstrate initiative in effecting a rescue of two people who are in difficulty up to 15 metres from safety.

Well done to all on your achievement.



Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising a free donation for **Colne ASC**? There are nearly 3,000 retailers including Amazon, John Lewis, Aviva, thetrainline and Sainsbury's, who will donate a percentage of the amount you spend to **Colne ASC** to say thank you for shopping with them.

It's really simple, and doesn't cost you anything.

All you have to do is:

1. Go to <http://www.easyfundraising.org.uk/causes/casc/>
2. Sign up for free
3. Get shopping – your donations will be collected by easyfundraising and automatically sent to Colne ASC. It couldn't be easier!

There are no catches or hidden charges and the Club will be really grateful for your donations.

Over the years we have managed to have **23** people sign up, and between them, they have raised **£891.07**. We would like to increase this, so if more of you join up and support the Club it would be hugely appreciated.

During the first quarter of this year, a total of **£37.39** was raised for the Club through Easy Fundraising.

Thank you to all those who have supported the Club using Easy Fundraising.

If you would also like to help, then just go the page on the Club website, which will explain how it all works.

<http://www.colne-asc.co.uk/easyfundraising.php>

Sponsored Swim

On the week beginning the 16th October we will be holding our biennial sponsored swim, with funds raised going to the Club and a nominated charity. This year we will be supporting the Young Carers Contact which covers Burnley, Pendle and Rossendale.

Young Carers Contact was established in 2000 as a project within Burnley, Pendle and Rossendale Council for Voluntary Services, and was initially funded by Lancashire County Council. The project has developed and is now funded by BBC Children in Need, The Henry Smith Charity and also receives financial support from local businesses.

A Young Carer is a person under the age of 18 years of age who is significantly affected by caring for a person with long-term illness or disability including mental health problems and/or substance misuse issues.

You can find out more by going to the Young Carers Contact website.

<http://www.youngcarerscontact.org.uk/>

The swim will comprise of doing as many lengths as possible in 25 minutes. There will be four of these sessions over the course of the evening. There will also be a one hour challenge for the older swimmers.

The main Club session for the swim will be on Thursday, 19th October. There will also be a lane available on Monday, 16th October, for those swimmers who cannot make Monday.

This swim is not exclusive for children as parents and teachers can also have a go if they want.

Sponsor forms will be available to download from the Club website in July.

Age Group Competitions

There are several external age group competitions over the next few months.

As a Club we are targeting the **North Lancs Development Meet 2017** which is on Saturday, 15th and Sunday, 16th July at the Palatine Leisure Centre in Blackpool. Details about this gala can be found on the website.

On Saturday, 8th July there is the **Garstang Gators Medal Gala 2017**, which is also at the Palatine Leisure Centre.

On the weekend of Saturday, 22nd and Sunday, 23rd July there is the **City of Sheffield Summer Meet 2017** which will be held at the Ponds Forge International Sports Centre in Sheffield.

If you would like to take part in any of these external galas, then see Club Coach Andrew Croxall.

Full details about the galas can be found on the Club website:

<http://www.colne-asc.co.uk/age-comps.php>

