



Cherry Wilkinson Memorial Age Group Gala

On Thursday, 29th June we will be holding the Cherry Wilkinson Memorial Age Group Gala for June, which is open to all swimmers in the Club.

If you did all four events in the January Age Group gala, you will qualify for the Most Improved Swimmer, but only if you do all four events again.

The 9 years and under will be doing 25 metres for each of the four strokes, whilst the 11's and over will be doing 50m. The 10 year olds will do 50 metres for Backstroke, Breaststroke and Frontcrawl, and 25 metres for the Butterfly.

Entry forms are available from the desk on a Club night, or you can enter on-line via the Club website.

www.colne-asc.co.uk/age-form.php

We would like volunteers to offer their services to the desk before the start of the Age Group Gala on Thursday, 29th June. You may not be required but your offer will be appreciated.

We require the following:

- 6 Time Keepers
• At least 2 team organisers/chaperones
• At least 1 marshal
• At least 2 turn judges

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.

NOTE: If we don't have enough people helping, then we will have to cancel this gala.

Friendly League Report

Colne ASC were hosts to Darwen ASC in our first home fixture in this seasons North East Lancs Friendly League.

It proved to be a comfortable victory for Colne as we beat Darwen by 62 points to 43.

In order to achieve such a large margin of victory, the Colne swimmers gave it their all as a total of 20 boys and 22 girls attained new personal best times.

In Backstroke there were new personal bests for Oliver Jackson, Hugh Entwistle, Thomas Holgate, Jamie Higginbottom, Thomas Helm, Adam Burrridge, Lewis Fenwick, Olivia Taylor, Evie Dawson, Isabella Taylor, Amelia West, Emily Fenwick, Caitlin Harper and Eleanor Root.

In Butterfly there were new personal bests for Oliver Jackson, Hugh Entwistle, Jamie Higginbottom, Jack Nevison, Caelyn Bell, Amelia Redfearn, Darcie Brown, Hannah Williamson, Amelia West and Caitlin Harper.

In Breaststroke there were new personal bests for Lewis Wilkinson, Kian Noon, Ben Middleton, Adam Burrridge, Elliott Barker, Eleanor Holgate, Olivia Taylor, Darcie Brown, Isabella Taylor, Caitlin Harper and Isabel Redfearn.

In Frontcrawl there were new personal bests for Kian Noon, Jack Nevison, Elliott Barker, Evie Dawson, Emily Fenwick and Nicole Baxter.

And in the Individual Medley Jacob Taylforth attained a new personal best.

Our next fixture is at the Pendle Leisure Centre on Monday, 12th June when we host Burnley Bobcats.

Todmorden Withdraw from League General Election

On 9th May, Todmorden Swimming Club requested that they leave the North East Lancashire Friendly League with immediate effect.

They had only re-joined the league in 2016, but they had hinted that they may have to withdraw from the league in February at the Friendly League AGM.

This means that the fixtures on Monday, 19th June and Monday, 3rd July have been cancelled.

Due to the counting process for the General Election being held at the Pendle Leisure Centre on Thursday, 8th June, we have been asked that everyone leaves the building by 9pm.

This means that the later swimming sessions will finish at 8:45pm.

The swimming club trials earlier in the evening will not be affected.

Birthdays

May 2017

- 2nd Danielle Baxter
4th Ben Whittaker
5th Mia Dodman
8th Isabel Redfearn, 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

June 2017

- 2nd Imogen Jackson
8th Ryan Burnett
9th Eleanor Fuggle
16th Barnaby Turner
21st Lucas Suddell and Eve Hutchinson
28th Lily Hutchinson

Forthcoming Events:

7th June

Committee Meeting. Pendle Leisure Centre. 8pm

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

24th/25th June

City of Leeds Summer Meet

29th June

Cherry Wilkinson Memorial Gala for June. Warm-up 6:50pm

1st July

Kendal Mint Gala

5th July

Committee Meeting Pendle Leisure Centre. 8pm

6th July

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

15th/16th July

North Lancs Development Meet. Palatine Leisure Centre, Blackpool.

www.colne-asc.co.uk



Shark Bytes @SwimAtColneASC www.facebook.com/ColneASC



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



Shark Bytes  
 Colne Amateur Swimming Club  
 @SwimAtColneASC

## Yorkshire Masters

On Saturday, 13th May, three members of the Colne ASC Masters Team travelled to the John Charles Centre for Sport in Leeds for the **Yorkshire SA Open Masters and Senior Age Group Championships 2017**.

Swimming in the 70 to 74 years age group **Tony Catterall** finished 1st in the 100m Backstroke and the 50m Backstroke, 2nd in the 200m Individual Medley and the 400m Freestyle, 3rd in the 200m Freestyle and 4th in the 100m Individual Medley.

Swimming in the 50 to 54 years age group **Stephen Tyler** finished 1st in the 50m Breaststroke, 2nd in the 100m Breaststroke and 4th in the 400m Freestyle.

Swimming in the 45 to 49 years age group **Philip Croxall** finished 1st in the 200m Individual Medley and the 100m Breaststroke, 2nd in the 100m Individual Medley and 4th in the 50m Breaststroke.

## Swim Techniques - Streamlining

Used most typically in competitive swimming, the streamline position is the position a swimmer takes underwater after pushing off a pool wall.

To streamline, a swimmer must tuck the head into the collar bone, pointing both arms straight ahead in a tight line. The underside of both arms should be pressing on the back of the head. This position produces the most hydrodynamic position a human can take while accelerating underwater.

Kicking in the streamline position underwater can be substantially faster than swimming any of the other aquatic strokes, competitive or otherwise. For this reason, competitive swimmers often try to kick in a streamline position off a wall or the starting block for as long as they can underwater before coming up for their first stroke. The Fédération Internationale de Natation (FINA), otherwise known as the International

Swimming Federation has strict regulations for underwater swimming in a FINA-regulated event. They regulate the length of the pool a swimmer may travel after the start or any turn without his/her head breaking the surface of the water, as well as the number of strokes (and, in the case of breaststroke, also the number of kicks) a swimmer may take underwater at these times.

The length one may travel underwater when racing in any one of the competitive strokes except breaststroke -- backstroke, butterfly and freestyle (typically performed as a crawl stroke) -- is 15 metres. This is slightly less than two-thirds of a 25 metre pool (short-course) and slightly less than one-third of a 50 metre pool (long course).

A few points to remember:

- \* One hand aligned on top of the other, with fingers pointing the direction of travel. The little finger and thumb of the top hand wrapped around the lower hand (to allow leverage and to prevent separation).
- \* The fingertips stretching and reaching as far forward as possible.
- \* The arms extended, pointing the direction of travel, with the biceps behind the ears.
- \* The surface from the back of the swimmer's hands, along the arms, then down the shoulders and back should be one (relatively) smooth surface with no "head bump" sticking up on that side.

## Rotherham Metro Meet

On the weekend of 6th and 7th May, there were two swimmers from Colne ASC that took part in the **Rotherham Metro Springtime Long Course Open Meet 2017** held at the Ponds Forge International Sports Centre in Sheffield.

**Saskia Daley** swimming in the 12 years age group finished 8th in the 50m Freestyle, 9th in the 50m Butterfly and the 100m Freestyle, 25th in the 50m Breaststroke and 26th in the 50m Backstroke.

**Mia Dodman** swimming in the 13 years age group finished 14th in the 100m Backstroke, 18th in the 200m Freestyle, 20th in the 50m Butterfly and the 100m Freestyle, 22nd in the 50m Backstroke and 23rd in the 50m Freestyle.



We received **£64.08** from Easy Fundraising for the period up-to 31st March. Well done to all who do their internet shopping through the Easy Fundraising website.

Currently there are **23** supporters of the Club on Easy Fundraising, and between them they have raised **£899.97**.

So come on people, support the Club by using Easy Fundraising and get this amount over **£1000** this year.

Details about how Easy Fundraising works can be found on the Club website.

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

Just remember by shopping through Easy Fundraising's website, you are getting big business to donate to the Club, and you get what you are purchasing at no extra cost. It is a no brainer, so come on, join today and help support the Club.

Thank you.

## Swimming Times

Every month the latest copy of Swimming Times will be placed on our Notice Board. It is there for anyone to read. The only thing we ask is that you return the magazine to the Notice Board once you have finished with it.

Please do not take it out of the building.

## Technique (continued)

- \* The head bump is on the chest side.
- \* The swimmer's arms are actively squeezing in behind the head, as if they are trying to make their elbows touch.
- \* The swimmer's core is tight and straight - every muscle pulling in towards the center, trying to make the swimmer longer and thinner.
- \* The swimmer's legs are adducted (that is, squeezed in and together) with their toes are pointed.
- \* The swimmer is to become a strong, long torpedo, rocket, or pencil shape off the wall (and on a start).

