

Happy New Year



Birthdays

December 2019

2nd Sapphire Allko and
Aaron Hepworth-Harvey
3rd Henry Clough
9th Elena Hooper and
Luciana Psaradelli-
Clarke
10th John Higginbottom
15th Mia Titterton
19th Lara Haycocks
26th Kai Kucukan
31st Steve Craig

January 2020

12th Philip Croxall
13th Daniel Warner
14th Millie Oddy
21st Kian Noon

Forthcoming Events:

6th January

First Club Session of 2020

8th January

Committee Meeting.
Pendle Leisure Centre. 8pm
23rd January
Cherry Wilkinson Memorial
Age Group Gala.
Warm-up 6:50pm

3rd February

Friendly League Fixture.
Home to Burnley Bobcats

5th February

Committee Meeting.
Pendle Leisure Centre. 8pm

6th February

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

2nd March

Friendly League Fixture
Away at Great Harwood

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want your money!

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Easy Fund Raising

Sign up and get big business
to donate money to the Club

Annual Presentation 2019

It was a cold and dark evening on Saturday, 14th December when we held our Annual Presentation and Disco at the Nelson Cricket Club.

The first presentation of the night was to a representative of the **Samaritans of Pendle, Burnley, Craven and Rosendale**, with a cheque for £700. This was down to the efforts of the swimmers participating in our biennial sponsored swim event back in October. A total of £1325.60 was raised by the swimmers.

The first two trophies are generally awarded to the swimmers in or have been in the small pool. The first is the John Dobbin Memorial Trophy which is presented to the swimmer who has shown courage in learning to swim. This years winner is **Isaac Chew**.

The other trophy is the Bramhill Memorial Trophy which is awarded to the swimmer who has shown the most achievement. This years winner is **Samuel Sharp**.

The winners of the Betty Petty Style Trophies were named as **Eleanor Holgate** and **Jack Middleton**. This competition was

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Annual Subscriptions for 2020

Yes, it is that time of year when the Annual Subscriptions are due. The good news is that the price is the same as last year.

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Teachers Required

We are currently running on minimum staffing levels on the poolside, as a result we would like people to volunteer and help with the teaching of the children.

Anyone who is interested, then please contact a member of the Committee on a Club night.

If anyone knows someone who has teaching qualifications, who you think could help, then please ask them to contact the Club's Secretary for more details.

We actually require level 1 and level 2 teachers in order to teach the children properly, using helpers does kind of work, but bad habits can result from these situations. A fully qualified teacher would be able to spot poor technique and correct it accordingly.

January Age Group Gala

The **Cherry Wilkinson Memorial Age Group Gala for January** will take place on Thursday, 23rd January.

The warm-up will be from 6:50pm with the gala starting about 7:10pm.

This gala is important as we need times from the swimmers to work out the teams for the forthcoming Friendly League competitions.

Also if you did all four strokes last June you will qualify for the Most Improved Swimmer award, but you also need to do all four strokes this time.

Helpers Required

We would like volunteers to offer their services to the desk before the start of the Age Group Gala on Thursday, 23rd January. 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.

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 @SwimAtColneASC
Colne Amateur Swimming Club



Presentation

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held on Monday, 11th and Thursday, 14th November and the swimmers were assessed on their ability to demonstrate the start, stroke, turn and finish over two lengths, the backstroke, breaststroke and frontcrawl.

The Trophies and medals were awarded to the top 6 swimmers in each event from the Championship Galas held in November.

The age group winners from the Sprint Gala held on Thursday, 5th December then received their trophies, which they are allowed to keep.

Event 13 of Championship Gala No. 2 saw the Spot-On Competition contested, where each swimmer nominated a stroke and the time it would take to swim two lengths. The winner this year was Charlotte Leigh who got 'Spot-On' as she matched her submitted time. Daniel Warner finished in 2nd place with a time within 0.07 of a second, with Kian Noon in 3rd place just 0.15 of a second off his time. Charlotte received a cash prize of £20, with Daniel getting £10 and Kian £5.

The final trophy to be awarded was the Two Alberts Trophy for Services to the Club. The winner this year is Rachel Leigh.

The Captains were then named for 2020. The Senior Captains remain the same as this year as Rauri Sweeney and Eleanor Fuggle were named. The Junior Captains were named as Jack Middleton and Eleanor Holgate, who then were presented with their t-shirts by Senior Captain Eleanor Fuggle.

Finally all the trophy winners and medalists gathered for a group photo before the buffet was opened. Then the DJ got the party started.

Christmas Sprint Gala

On Thursday, 5th December we held our annual Christmas Sprint Gala, in which, everyone does 25m of each of the four strokes. This is followed by the Parent and Child Relay.

There were no records broken over the course of the evening.

There were a total of 15 girls and 19 boys taking part in the contest and sadly no parent or teacher took up the 25m challenge. But there is always next year.

In the Parent and Child Relay there were two Gentlemen and four Ladies who participated with their child.

The winners of the Parent and Child races were Isaac Critchley and his dad Kevin and Logan MacNamara and his mum Linda.

Age Group Winners

6 years & under

7 years & under

8 years

9 years

10 years

11 years

12 years

13 years

14 years

15 years

16 years and over

Parents/Teachers

Girls

Zoe Blackadder

No Entries

Maisie Dawson

Matilda Critchley

Millie Oddy

Eleanor Holgate

Isabelle Taylor

No Entries

No Entries

Saskia Daly

Eleanor Fuggle

No Entries

Boys

No Entries

Luke Chew

Samuel Sharp

No Entries

Daniel Warner

Jack Middleton

No Entries

Kian Noon

Jack Nevison

No Entries

Cameron Stott

No Entries

Parent & Child

1st Logan MacNamara & Linda

2nd Zoe Blackadder & Rebecca

3rd Imogen Jackson & Kate

4th Lewis Wilkinson & Jayne

Isaac Critchley & Kevin

Mollie Wright & John

Subscriptions

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The annual subscription is due on 31st December 2019, and renewing members have until Thursday, 30th January in which to pay. Payment terms can be negotiated upon arrangement.

The prices for 2020 are:

Full Swimming Member:

Adult £70

Students £65

1st Child £65

2nd Child £55

Additional Child £45

Associate Member £50

Adult Non-Swimming £30

Committee Member £10

The membership application form for 2020 is now available to download from the Club website or a form can be picked up at a Club session.

Water Bottles

Swimmers are encouraged to bring water bottles with them onto the poolside.

During exercise you will lose body fluids through sweating, so it is important that you replace these fluids and remain properly hydrated.

Water is one of the best fluids that you can use for training, and it can be flavoured with cordial. Do not use fizzy drinks as this will make you feel bloated.

Once your lesson has finished please remember to collect your water bottle and not leave it on the poolside.

Poolside Tidy Up

It would be appreciated that equipment is returned to the baskets once their lesson has completed.

If fins/flippers have been used, then they need to be rinsed under the showers and returned to the large basket.

Floats and pull-buoys need to be stacked neatly in the smaller basket, do not throw them into the basket. The floats should be stacked neatly at the side of the basket if a lot of floats have been used.

Teachers need to remind the children to return any equipment used to the baskets.



Friendly League Fixtures

There are no new changes to the League this year, as the competition remains the same. There are an extra two fixtures though, as Todmorden have elected to re-join the league.

The fixtures for the 2020 North East Lancashire Friendly League are:

	HOME	AWAY
ACCRINGTON	Monday, 16th March Warm-up 7:00pm	Hyndburn Sports Centre Monday, 15th June Warm-up 7:15pm
BURNLEY BOBCATS	Monday, 3rd February Warm-up 7:00pm	Padiham Sports Centre Wednesday, 1st July Warm-up 7:15pm
GREAT HARWOOD	Thursday, 4th June Warm-up 7:00pm	Mercer Hall Leisure Centre Monday, 2nd March Warm-up 7:30pm
TODMORDEN	Thursday, 9th July Warm-up 7:00pm	Todmorden Sports Centre Monday, 23rd March Warm-up 7:45pm

There is no intention for coaches to these galas, and details of team-sheets will be displayed on the Notice Board and Website nearer. The Team Manager Cara Taylor will contact all swimmers who are required.

If you cannot swim in any of these fixtures, then please let Team Manager Cara Taylor or Club Coach Andrew Croxall know as soon as possible, so another swimmer can be selected to take your place.

Any swimmer not turning up for a gala without a good reason or notifying the selectors will be dropped from the team, and their place given to another swimmer.

There will be no lessons in the large pool when we are having a home league fixture.



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, the trainline 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 £1408.06, with £404.37 in the last 2 years. We would like to increase this, so if more of you join up and support the Club it would be hugely appreciated.

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

Next Time

- Most Improved Swimmer for January
- Friendly League Report
- Age Group Report
- Club Trip News

Ssssshhh!!

It is important for everybody in the pool environment to be quiet before the start of a race.

This makes it easier for the swimmers to hear the starters instructions.

Once the race has started then you can shout as loud as you want.

Thank you.

Competition Rules

Now that we are in a new year, it is good to remind everyone of a few rules that all swimmers have to adhere to whilst competing.

1. Do not move when under starters orders. You only get one chance at the start.
2. Backstroke always starts in the water.
3. Use two hands on the wall when performing breaststroke and butterfly turns.
4. You must always be on you back when swimming backstroke, except at turns.
5. Tumble turns only permitted when swimming backstroke or freestyle events.
6. Do not stand-up during a race. Unless you are swimming a freestyle event.
7. Treat individual medley as four separate races, as you must complete one stroke before going onto the next.
8. Individual medley order is butterfly, backstroke, breaststroke and freestyle.
9. Medley relays are swum as backstroke, breaststroke, butterfly and freestyle.

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