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New Noticeboard

The Club has a new Noticeboard and it is full of information.

Have you seen it yet? If not, why not!

You will find it on the wall on your right hand side as you go to the small pool and changing areas.

Birthdays

July 2021

- 2nd Lucie Shepherd
- 6th Zoe Blackadder
- 7th Abigail Scanlon
- 10th Walter Bennett
- 18th Aaron Croxall
- 27th Jack Middleton
- 30th Chloe Wilkinson

August 2021

- 6th Jessica Lloyd and Ffion Bell
- 10th Luke Chew and Mark Ennis
- 12th Freddie Dawson
- 18th Jamie Higginbottom
- 22nd Niall Metcalfe and Olivia Kadzior
- 23rd Lewis Wilkinson

September 2021

- 3rd Eden Hughes
- 4th Lexi Greenhalgh
- 19th Holly Bleasdale
- 25th Saskia Daly
- 30th Jack Nevison

Forthcoming Events:

19th July

Freedom Day

29th July

Last Club Session before Summer Break

2nd September

Club Returns from Summer Break

8th September

Committee Meeting. 8pm

9th September

Swimming Club Trials

25th September

Club Trip to Outdoor Elements

11th & 14th October

Sponsored Swim

Contents:

Freedom Day
Restrictions Lifted

Olympics
Going big in Japan

Sponsored Swim
Raising money for Pendleside Hospice

Club Championships
They are back in November

Club Officials Required
We need more help to run the Club.

New Noticeboard
Have you seen it yet?

Welcome Back Spectators

With the easing of the restrictions by the Government, it now means that any parents that want to return to the pool to spectate and watch their child, may do so. We only ask that you respect other people's space, as not everyone will be comfortable with other people around.

Unfortunately, the Pendle Leisure Centre will want some money for the pleasure of you watching your child.

If you join the Committee, then you will not need to pay, but you may be asked to do something.

Freedom Day 19th July

At last, restrictions have been lifted, but what does this mean for the Club?

- The capacity on the lanes have been lifted.
- We are keeping 4 lanes until summer break, then from 2nd September we will be back to 6 lanes.
- Social Distancing no longer required, but respect other peoples space.
- Swimming teachers may get back in the water (small pool)
- We can hold swimming galas again.
- Spectators are allowed back into the pool environment.
- If been asked to isolate, then do not turn up.

Club Trip

Outdoor Elements

On Saturday, 25th September, we will be holding a Club trip to **Outdoor Elements** near Simonstone.

Details of the available activity packs can be found on page 3, but we will require a deposit of £5.

The deposit is fully refundable when you turn up, or if Covid restrictions return.

When we visited in 2019, it was enjoyed by all who attended, so it will be something to look forward to this year. So book the date in your diary.

Sponsored Swim

On the 11th & 14th October we will be holding a sponsored swim in memory of Steve Craig. We will donate 50% of the funds raised to Steve's nominated charity, the Pendleside Hospice. The other half of the funds will go to the Club.

The sponsor forms are now available to download from the website, or you can find a copy on the Noticeboard.

The format will be to swim as many lengths as possible in 25 minutes. For the older swimmers and those that like a proper challenge, there will be swim as many lengths as possible in an hour.

Club Championship Galas

Now that Covid restrictions have been removed and following Swim England guidance, the Club Championship Galas **will** be taking place this year. The Betty Petty Style Trophy will be taking place on Monday, 8th and Thursday, 11th November. This competition is to assess the swimmers ability and is open to all club members under 15 years. If you've won this competition in the past you will not be allowed to take part.

The main Club Championship Galas will take place on Monday, 15th and Thursday, 18th November. This is open to all swimming members of the Club.

Entry forms are available to download from the Club website. On-line entries will open in October.

These competitions are free to enter as they form part of your Club membership.

Club Officials Required

The Club urgently require new Club Officials to help run the Club. If interested see a Committee Member.

More details on Page 2.

Summer Holidays

We will be taking a break for the entire month of August.

Last Session: Thursday, 29th July

Resumes: Thursday, 2nd September

Enjoy your summer, the hard work starts in the Autumn.

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

Shark Bytes

@SwimAtColneASC



www.facebook.com / ColneASC





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Shark Bytes @SwimAtColneASC Colne Amateur Swimming Club

Swim Mark Accreditation

Over the summer, the Club will be submitting evidence to Swim England in order to maintain our Swim Mark Accreditation.

The purpose of this accreditation is to prove to swimmers and parents that Colne Amateur Swimming Club is a safe friendly place in which to teach children to swim, and prepare them for competition.

We will be presenting documentation to members of the Club (including parents) to sign as part of our evidence collection.

Once we have submitted all the details it will be presented to the Swim England board for ratification.

We will find out by the end of September whether we have been re-accredited.

2020 Tokyo Olympics

After a 12 month hiatus, the 2020 Tokyo Olympics will be taking place from Friday, 23rd July until Sunday, 8th August, with the swimming taking place from Sunday, 25th July until Sunday, 1st August.

The swimming finals are from 2:30am until 4:30am every morning our time. So if you can't sleep then you have something to watch, but there should be a replay at breakfast time.

The heats will be taking place from 11am until 1:30pm our time, which doesn't seem fair.

Swimming Schedule (Finals)

- 25th M. 400m IM, M. 400m Freestyle, W. 400m IM, W. 4x100m Freestyle Relay.
26th W. 100m Butterfly, M. 100m Breaststroke, W. 400m Freestyle, M. 4x100m Freestyle Relay.
27th M. 200m Freestyle, W. 100m Backstroke, M. 100m Backstroke, W. 100m Breaststroke.
28th W. 200m Freestyle, M. 200m Butterfly, W. 200m IM, W. 1500m Freestyle, M. 4 x 200m Freestyle Relay.
29th M. 800m Freestyle, M. 200m Breaststroke, W. 200m Butterfly, M. 100m Freestyle, W. 4x200m Freestyle Relay.
30th W. 200m Breaststroke, M. 200m Backstroke, W. 100m Freestyle, M. 200m IM.
31st M. 100m Butterfly, W. 200m Backstroke, W. 800m Freestyle, Mixed 4x100m Medley Relay.
1st M. 50m Freestyle, W. 50m Freestyle, M. 1500m Freestyle, W. 4x100m Medley Relay, M. 4x100m Medley Relay.

I hope swimmers in the Club watch these elite swimmers, which will show what hard work and dedication can do.

New Committee Members

The Club needs new members on the Committee, without this, then the Club will struggle to operate. The committee meetings take place on-line using Zoom on the first Wednesday of a month. The meetings only last 40 minutes. If interested, then speak to Club officials at the pool on a Club night, or email the secretary. If no one is interested in helping the Club by the AGM in October, we may take the decision to dissolve the Club. When we did the return to the pool survey 12 months ago, there were several parents who said they would help. We are still waiting.

secretary@colne-asc.co.uk

Club Shop

The Club Shop items are still available to purchase, just ask a Club Official on a Club night, and they will get the required product from our cupboard at the pool.

Note: All personalised items will have to be ordered.

Prices

Table with 3 columns: Item, Size, Price. Includes Swimming Costumes, New Design, Leg Suits, Jammers, Silicon Hat, Personalised Hat, Childrens Hoodies with Name & Logo, and Adult Hoodies with name & logo S.M.L.XL.

Club Treasurer Required

Our current Treasurer John Higginbottom will be stepping down from all Club active duties this year as he nears his 80th birthday, therefore we need a new Treasurer.

Who we are looking for?

- You will be enthusiastic with a good knowledge of managing finances.
You will have a financial background and good knowledge of managing and producing accounts.
You will have a knowledge of using and producing accounting spreadsheets or other accounting systems.
You will be reliable and honest.
You will have a knowledge of various banking systems such as direct debit.

What do we and the club expect from you?

- To be responsible for all club finances by ensuring adequate accounts and records exist, and that all funds are used appropriately and banked promptly.
To plan the annual budget in agreement with the club committee and to monitor throughout the year.
To prepare end-of-year accounts and present to the auditor, management committee and AGM.
To plan floats with members who would need to collect or pay out cash and make them aware of procedures.

Anyone who is interested will not be required to join the committee, but must provided monthly statements. They would be entitled to attend Committee Meetings throughout the year.

See Joan Croxall or a committee member if you think you can do the job.

secretary@colne-asc.co.uk

Wear Swimming Caps

Can ALL swimmers with long hair wear a swimming cap whilst in the water, this is a health and safety issue.

It has happened in the past, that a swimmer has got their hair tangled in the lane rope, when this happens, the swimmers hair may have to be cut in order to free them.

So Please Wear a Swimming Cap





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Shark Bytes
@SwimAtColneASC
Colne Amateur Swimming Club

Club Trip to Outdoor Element Activity Packs

The Club trip on Saturday, 25th September to Outdoor Elements near Simonstone will require four groups to tackle five activities throughout the day. We need to get four equal groups, and yes parents can pay to have a go.



The five activity change overs will happen at the same time for all four groups. You will be asked to arrive between 9 am and 9:30 am, in order to be ready for the first group activity.

The days activity will be finished for 4pm, so can parents not participating please turn up for then.

Tea, coffee and soft drinks are free. They also have food available, but that needs to be ordered in advance.

Group Session Times

These session times apply to all four groups.

- Session 1:** 9:40am until 10:45am
- Session 2:** 10:50am until 11:55 am
- Lunch:** 11:55am until 12:25pm
- Session 3:** 12:25am until 1:30am
- Session 4:** 1:35pm until 2:40pm
- Session 5:** 2:45pm until 3:50pm

Pack One

This group will be aimed at the younger members of the Club in the age range of 5 up to 10 years.

Session 1	Session 2	Session 3	Session 4	Session 5
Archery	Climbing Tree	Bug Hunting	Shelter Building	Fire Lighting

Pack Two

This group will mainly be for boys aged 8 and over.

Session 1	Session 2	Session 3	Session 4	Session 5
Jacob's Ladder	Archery	Zip Line	Leap of Faith	Climbing Trees

Pack Three

This group will mainly be for girls aged 8 and over.

Session 1	Session 2	Session 3	Session 4	Session 5
Climbing Trees	Jacob's Ladder	Archery	Zip Line	Leap of Faith

Pack Four

This group will be a mixed group for anyone over 8 that wants to do something different

Session 1	Session 2	Session 3	Session 4	Session 5
Shelter Building	Fire Lighting	Orienteering	Archery	Zip Line

Kit List

Please dress for the forecasted weather, taking into account the suggestions below:

Do Wear

- Layers of clothing that you don't mind getting dirty (it is cooler in the woodland).
- Trainers / old shoes / walking boots you don't mind getting wet, dirty and scuffed.
- Waterproof jacket and trousers.
- A long sleeved top
- Full length trousers such as tracksuit bottoms / combats / leggings.
- Sun hat and sun protection cream.
- Insect repellent.

Do NOT Wear

Jewellery / watches, shorts, jeans, skirts, heeled shoes or **your best stuff**.

If you want to read more about Outdoor Elements then use this link to their website.

<https://outdoorelements.co.uk/>

