



www.colne-asc.co.uk



Shark Bytes @SwimAtColneASC
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Outdoor Adventure

On Saturday 8th July, we have organised a Club trip to Outdoor Elements, which is situated just outside Simonstone.

This will be our fourth visit, and on the previous visits, anyone who went really enjoyed the day.

The day of fun activities will be from 9:30am until 4:00pm, with drinks provided. You will need to bring a packed lunch..

Throughout the course of the day, there will be five activities to take part in, each will have an instructor to show you what to do. You will be split into multiple groups, and we ask for at least one adult volunteer per group.

The price for a day of fun will be £5 per person, which is same for adults if they wish to participate. If you wish to bring a friend then it will be £10..

If you are interested, then please let Philip Croxall or another committee member as soon as possible to book your place. We have only made a reservation for 30 people.

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/>

Friendly League

We started our campaign with a victory over Accrington at the end of March, but this was followed by a defeat to Burnley Bobcats in late April. Report on page 2.

Sponsored Swim

On the 9th & 12th October we intend to hold our biennial sponsored swim. We will donate 50% of the funds raised to our nominated charity, the Pendleside Hospice. The other half of the funds will go to the Club.

The sponsor forms will be published to the Club website in July.

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 Closure

There will be no Club for the week of the half-term Spring Bank Holiday.

Last Session: Thursday, 25th May

Club Resumes: Monday, 5th June

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



Birthdays

May 2023

5th Mia Dodman
6th Charles Collins
8th Amarah Khan
9th Gracie Adamson
12th Ebben McDonagh
14th Harry Lucas
17th Harvey Lin

June 2023

1st Jack Cardus and Connie McIntyre
12th Isobel Savage
16th Zana Baysal
20th Oakley Hartley
21st Lilly-Ann Marks
25th Isabella Wallace
27th Elijah Bartlett
28th Faith McGlone

Forthcoming Events:

29th May / 1st June
No Swimming Club.

7th June
Committee Meeting. 8pm

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

19th June
Friendly league Fixture
Away to Great Harwood

29th June
June Age Group Gala.
Warm-up 6:50pm

6th July
Friendly League Fixture
Home to Accrington

8th July
Club Trip to Outdoor Elements. Simonstone.

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Colne Amateur Swimming Club

Friendly League

The team travelled down the M65 to the Hyndburn Sports Centre, Accrington to take on Accrington SC.

It was an even contest for the Backstroke, Breaststroke and Butterfly events, but when it got to the Freestyle events the Colne Swimmers pulled away from their hosts to record a 63 points to 54 victory. This was our first win since the league had to stop because of the pandemic.

There were 45 new personal bests for the Colne swimmers with 26 for the girls and 19 for the boys.

For our first home fixture of the season we were hosts to Burnley Bobcats.

Burnley started the gala strongly before Colne managed some wins, but the visitors were winning the close contests. This allowed them to stretch their lead throughout the contest to eventually win by 68 points to 47.

Despite the defeat the Colne swimmers managed a further 44 new personal bests between them with the girls recording 26 and the boys 18.

Our next fixture is against Great Harwood at the Accrington Academy on Monday, 19th June with a 7pm warmup. This is followed by our next home fixture on Thursday, 6th July against Accrington SC.

Schools Gala

The schools galas was held on Tuesday, 7th March with a further two "fun" galas on the 14th and 21st March.

The Club was asked to provide officials. Club Chairman Philip Croxall only participated in the first gala and had help from Thomas and Eleanor Holgate, Martha Green, Libby Cox, Chloe Haythornthwaite and her mum Lindsey.

The other two galas were supported by Thomas, Eleanor, Martha, Libby, Chloe and Lindsey.

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



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 it does not 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 27 people sign up, and between them, they have raised £1,676.66 with £93.91 over the last 12 months. 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.

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

In order to mirror the Friendly League, the 11 years and under will be doing 25 metres for each of the four strokes, whilst the 12's and over will be doing 50m. The 10 and 11 year olds can do 50 metres for all the strokes, but your 25m times are more important.

All swimmers 10 years and over can enter the 100m Individual Medley event at the end of the gala.

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.

Teachers Course

In March there was a teachers course being held in which four people from the Club attended.

All four passed the course and they are Maurice Lloyd, Gemma Scanlan, Mel Charldwood and Saskia Daly.

This will ensure our commitment to teaching children to swim with qualified teachers.

If anyone is interested in becoming a teacher, then please do ask.

