



Outdoor Adventure

On Saturday 29th June, we have organised a Club trip to Outdoor Elements, which is situated just outside Simonstone.

This will be our fifth 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 **£10** per person, which is same for adults if they wish to participate. If you wish to bring a friend then it will be **£20**.

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

Forms with list of activities are available on a Club night.

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

On Friday, 26th April, the team travelled down the motorway to the Padiham Sports Centre to take on hosts Burnley Bobcats for our first fixture of the season.

It was an actioned packed evening of swimming with both teams trading wins, but it was the Colne swimmers who provided the stronger finish winning most of the freestyle events and the Canon Relay. This ensured that Colne ran out winners by 63 points to 54.

Well done to the young Colne swimmers you did the Club proud.

Our next fixture is on Tuesday, 21st May at the Accrington Academy where we take on Great Harwood Otters. The warm-up is at 7:30pm.

Our first home fixture of the season is on Monday, 10th June against Burnley Bobcats.



Birthdays

April 2024

- 2nd Lily Higgins
- 5th Thomas Holgate
- 7th Libby Cox
- 8th Freya Smith-Shelley
- 10th The Club
- 11th Isabella Davies
- 15th Jasmine Higginbottom
- 19th George Marks
- 21st Matilda Critchley

May 2024

- 7th Ollie Hunter
- 9th Esme Watson and Gracie Adamson
- 17th Harvey Lin

Forthcoming Events:

1st May

Committee Meeting. 8pm

2nd May

Swimming Club Trials

Small Pool 6:15pm

Large Pool 7:30pm

6th May

No Swimming Club

21st May

Friendly League Fixture.

Away to Great Harwood.

27th May

No Swimming Club

Pool Closures

There will be no Club sessions for the Bank Holidays in May due to the pool being closed.

Early Bank Holiday: **Monday, 6th May**

Spring Back Holiday: **Monday, 27th May**

No decision has been for the half-term week, as to whether the Club is closed.

New Club Secretary Required

Our current Club Secretary Joan Croxall had stated her intention to step down from her role at a the AGM in October 2022.

Joan has been Club Secretary for over 40 years and has overseen the biggest admin change for Clubs, with the introduction of Swim Mark (nee Swim 21).

The position is quite involved and will require the new incumbent to devote several hours a week to the job.

Anyone who thinks they are up to the task, then please contact either Joan or a committee member.

The Club cannot function without a Secretary.

Contents:

Friendly League

We Won!

Club Trip

Get your place booked

Positions Vacant

Secretary, Team Manager and possibly Welfare Officer

Do you want to Teach

We need some more teachers

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



Bytes

@SwimAtColneASC

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Colne Amateur Swimming Club

The role of the welfare officer

“It will no longer be ‘best practice’ but mandatory that the welfare officer of an organisation is not related to, or in a close relationship with, either the chair/owner/proprietor, or a coach/swimming teacher of the organisation they are the welfare officer for.”

Unfortunately for Colne ASC our Welfare Officer Deryn Ashby is also our primary small pool teacher. From August she will not be allowed to do both.

If someone can take over the Welfare Officer role, or become a teacher, then this will help in the Club’s decision on how best to proceed.

Please Use Lockers

When getting changed for your lesson, please can you use the lockers provided. Do not leave clothes and bags in cubicles. It makes it difficult to get change when a lot of swimmers finish their lessons at the same time.

Thank you

Swim England Training Courses

Details of courses provided by Swim England are placed on the Noticeboard. We get a weekly newsletter from Swim North West which contains a list of these courses.

They range from Safeguarding, Teaching, Team Manager, Welfare and other Official and Volunteer qualifications.

If anyone is interested, then a copy of the newsletter can be emailed, so that you can click on the links.

Please read the newsletter, you might find something that sparks your interest!

Entry to Sports Centre

We have been asked by management of Pendle Leisure Centre to remind everybody that they need to pay in reception to either swim or spectate. This is because the Club does not hire the pool.

If you have an Activo card, then please use it. The Club membership fees only cover you for swimming related activities and insurance.

Sorry.

Replacement Club T-Shirts

The Club provides a purple T-Shirt for each member of the team at no cost to the swimmer.

It is the swimmer’s responsibility to bring this T-Shirt to all Club galas. Replacement T-Shirts are available to those swimmers that have lost or misplaced theirs, but there will be a charge of £2.

If your T-Shirt has got too small for you, we can exchange it for a larger one, but the old one must be brought back in a clean condition. There will be no charge for this.

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

Team Manager Required

Due to changing Swim England requirements the Club requires two Team Managers to travel with the team.

We currently have one Team Manager in Kevin Critchley, but we need another. Preferably they should be female.

The looking after the team and contacting the swimmers will still be done by Kevin, so they isn’t much to do.

Swim England provide courses for Team Managers and safeguarding, which would also need to be done. These courses can be done on-line and the Club will reimburse any fees incurred.

Please see Philip Croxall or another Committee member if interested.

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.



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 32 people sign up, and between them, they have raised £1,796.09 with £119.43 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.

