Colne A.S.C. Est. 1912

www.colne-asc.co.uk

Swim England Affiliated Club

Shark Bytes

@SwimAtColneASC

www.facebook.com / ColneASC

Issue 154 May 2019 50p

Outdoor Adventure

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

The day of fun activities will be from 9:30am until 4:00pm, with drinks provided. They do provide food at a cost of £2.50, which comprises of a sandwich (cheese or ham), crisps and biscuit.

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 are interested, then please let Joan Croxall or another committee member as soon as possible to book your place. We have only made a reservation for 40 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 repellant.

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 Wednesday, 27th March, the Colne swimmers travelled to the Padiham Leisure Centre to take on the Burnley Bobcats in our second fixture of the 2019 season of the North East Lancs Friendly League.

In what proved to be a close contest as Colne took a five point lead by half way. Burnley managed to cancel out the lead as both teams went into the start of the freestyle races with the score level.

Both teams then traded wins as they went through the freestyle races. Colne thought they had edged it, but Burnley won the final cannon relay to tie the contest at 58 points all.

During the course of the contest there were a further 28 personal bests, with the girls having 13 and the boys 15.

When the final results were ratified, it was discovered that Burnley swam an ineligible swimmer in one of the races. They were deducted 2 points for winning that event, which meant that Colne received an additional point. The adjusted final scores were 56 points to Burnley and 59 to Colne.

There is No Swimming Club on Bank Holiday Monday, 27th May.

The Pendle Leisure Centre will be closed on this day.

Small Pool Closures

During school half-terms, the attendance in the small pool is very low to non-existence, and as a Club, we have to hire the pool.

So it would be appreciated if parents could inform the small pool teachers, if they would like to attend during the school half-term holidays. If no one is going to attend we can cancel the session.

Thank you for your co-operation.

Birthdays

April 2019

4th Caelyn Bell
7th Libby Cox and Samir Kicibekbov
9th Hugh Entwistle
12th Caitlin Noon
20th Maisie Dawson
21st Matilda Critchley
23rd Ethan Meggison
25th Daniel Hogg
26th Oscar Mulligan and Myles Roche
28th Stephen Tyler

May 2019

1st Declan Higginbottom
2nd Charlotte Leigh
4th Ben Whittaker
5th Mia Dodman
8th Amarah Khan
9th Matthew Brabender and Gracie Adamson
12th Dominica Taylor
15th Muhammed Khan
19th Martha Lister and Caitlin Harper
20th Hugo Mulligan
25th Lana Kirkbride
28th Jacob Arriss
29th James Brabender
30th Rachel Leigh
31st Lewis Thompson and Saif Rashid

June 2019

2nd Imogen Jackson
8th Ryan Burnett
9th Jasper Turner and Eleanor Fuggle
11th Amelia Rashid
12th Glory Emiohe
15th Lucas Predolac
16th Barnaby Turner
20th Petronille Devynck
21st Eve Hutchinson
28th Lily Hutchinson and Eva Sumner

Forthcoming Events:

20th May
Friendly League Fixture.
Away at Accrington.
Warm-up 7:15pm

27th May
No Swimming Club
Bank Holiday Monday

5th June
Committee Meeting
Pendle Leisure Centre. 8pm

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

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**

SwimMark ESSENTIAL CLUB

clubmark

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Colne Amateur Swimming Club

Scottish National Masters

Over the Easter weekend, there was only one member of the Colne ASC Masters Team who travelled north to the Royal Commonwealth Pool in Edinburgh, to take part in the **Scottish National Masters Championships 2019 (25m)**. Club Chairman and Masters swimmer Philip Croxall was competing in the 50 to 54 year age group.

On the first day of competition he was competing in the 200m Backstroke in which he finished 4th in 2:59.77. His next event was the 200m Individual Medley in which he finished 3rd in 2:45.12. Both swims were seasons bests.

On the second day of the competition, Philip was taking part in six events. His first event was the 100m Individual Medley where he finished 4th in 1:15.38. Next up was the 200m Freestyle, in which he finished 3rd in 2:24.96. The third event of the morning was the 200m Breaststroke, where he was 1st in 3:00.14. The afternoon session started with a 2nd place in the 400m Freestyle with a time of 5:00.00. He followed this by finishing 3rd in 50m Breaststroke in 37.39, and then a 4th place in the 50m Freestyle in a time of 29.10. All six of his swims were seasons bests.

Sponsored Swim

On Thursday, 10th October we will be holding our biennial sponsored swim in which 50% of the proceeds go to the Club and the remaining 50% to our nominated charity.

The swim will comprise of swimming as many lengths as possible in 25 minutes. There will also be an hour challenge for the older children and possibly any adult who wishes to participate.

This year we will be raising funds for the **The Samaritans of Pendle, Burnley, Craven and Rossendale**.

Sponsor forms will be available to download from the website in the Summer.

If you wish to know about what the Samaritans do then use this link to their website.

https://www.samaritans.org/branches/samaritans-pendle-burnley-craven-and-rossendale

easyfundraising feel good shopping

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 doesn't cost you anything.

Go to the website for further details.

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 **22** people sign up, and between them, they have raised **£1,303.80**, with **£270.34** 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.

You can find more information on the Club website.

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

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

Friendly League Medals

In recognition of the teams success last year in winning North East Lancs Friendly League, it was decided at the recent committee meeting to present everyone involved a special medal commemorating the success.

The medals have been ordered and will be presented at a Club session in the near future.

Well done to all those who helped the Club to this success.

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.
* 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).

Swimming Hats

Swimmers with long hair must wear a swimming hat whilst in the water during Club session. It is a point of safety as the hair can be caught in the lane ropes.

Next Time

June Age Group Gala
Outdoor Elements
Friendly League

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