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Bytes
 Shark
 Colne Amateur Swimming Club
 @SwimAtColneASC

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.

January Age Group Gala

This years January Age Group Gala is taking place on Thursday, 30th 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 and Micro 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.

Micro League Practice

During February and March on a Friday evening there will be Micro League Practice Sessions. They are open to all 9 to 12 year olds and the session will be from 7:00pm until 8:30pm. Details will be on the Notice Board and Website as to when they are.

The age is at 30th November 2014, so you must be 9 by this date or at least still be 12.

Older swimmers are welcome to help with demonstrations.

These will be free sessions.

Easy Fund Raising

Have you heard about easyfundraising yet? It's the easiest way to help raise money for Colne Amateur Swimming Club! If you already shop online with retailers such as Amazon, M&S, Argos, John Lewis, Comet, Vodafone, eBay, Boden and Play.com, then we need you to sign up for free to raise money while you shop!

So how does it work?

You shop directly with the retailer as you would normally, but if you sign up to <http://www.easyfundraising.org.uk/causes/casc> for free and use the links on the easyfundraising site to take you to the retailer, then a percentage of whatever you spend comes directly to us at no extra cost to yourself.

How much can you raise?

Spend £100 with M&S online or Amazon and you raise £2.50 for us. £100 with WH Smith puts £2.00 in our pocket and so on. There's over 2,000 retailers on their site, and some of the donations can be as much as 15% of your purchase.

Save money too!

Easyfundraising is FREE to use plus you'll get access to hundreds of exclusive discounts and voucher codes, so not only will you be helping us, you'll be saving money yourself.

We've raised over **£483** with easyfundraising so far but we need your help to keep donations coming in. Sign up at <http://www.easyfundraising.org.uk/causes/casc> and start making a difference...simply by shopping.

Thanks!

Age Group Competitions

The following list contains some of the age group competitions that are going to be targeted by the Club.

Lancashire County Championships at the Manchester Aquatics Centre. 8th/9th March and 15th/16th March.

Harrogate A/B Grade Open Meet on 26th April.

ASA North West Region Age Group Championships at the Manchester Aquatics Centre on 3rd/4th May.

ASA North West Region Age Group Championships at the Manchester Aquatics Centre on 31st May/1st June and 7th/8th June.

ASA National Age Groups at Ponds Forge, Sheffield from 30th July until 3rd August.

ASA National Youth Championships at Ponds Forge, Sheffield from 5th until 10th August.

City of Sheffield Teaspoon Gala at Ponds Forge, Sheffield on 21st September.

Details of these competitions will be placed on the Notice Board and the Club Website. A post will be placed on Twitter and Facebook when entries are opened for a particular competition.

Donate Unwanted Gifts

If you have received any unwanted gifts that you think would be suitable for a raffle prize, then donate them to the Club.

We are always seeking raffle prizes for the Club Galas and League Fixtures.

Birthdays

January 2014

2nd Ben Wilson
11th Francesca Bracewell
12th Philip Croxall and George Connolly
13th Miranda Bower and Mackenzie Kenyon
17th Charlie Hesketh
18th George Brown
19th Steve Smith
21st Kian Noon
25th Max Harper
26th Emily Garstang
27th Amelia Dugdale

February 2014

2nd Jac Smith-Shelley
5th Ella Rogers
10th Molly Rebanks
13th Jessica Walsh
18th Olivia Taylor and Alice Hodgson
20th Alex Horne and Maria Massey
23rd Abbie Hampshire
25th Molly Stevens

Forthcoming Events:

30th January

January Age Group Gala

5th February

Committee Meeting. Pendle Leisure Centre

6th February

Swimming Club Trials

23rd March

NWR Masters Distance Meet. Palatine Pool, Blackpool

28th February

Friendly League. Away at Pioneer 79

5th March

Financial AGM. Crown Hotel

6th March

Swimming Club Trials

10th March

Friendly League. Away at Clitheroe

20th March

Friendly League. Home to Ramsbottom

24th March

Friendly League. Away at Burnley Aquatics

29th March

Micro League. At Home

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





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Micro League Fixtures

The fixtures for the forthcoming 2014 season are:

SATURDAY 29th MARCH at PENDLE LEISURE CENTRE

Warm up 3.15pm

COLNE
 BLACKPOOL "B"
 CARNFORTH "B"
 BURNLEY AQUATICS

SUNDAY 27th APRIL at WESTVIEW POOL, PRESTON

Warm up 1.00pm

GARSTANG "A"
 KIRKHAM "A"
 COLNE
 BURNLEY AQUATICS

Coach Leaves T.B.A.

SUNDAY 11th MAY at PALATINE POOL, BLACKPOOL

Warm up 4.15pm

BLACKPOOL "B"
 PRESTON "B"
 LEYLAND "B"
 COLNE

Coach Leaves T.B.A.

SUNDAY 29th JUNE at LEYLAND

Warm up 3.15pm

LEYLAND "B"
 GARSTANG "A"
 COLNE
 CARNFORTH "B"

Coach Leaves T.B.A.

Team sheet details will be displayed upon the Notice Board and the Website.

Friendly League Fixtures

The fixtures for the forthcoming 2014 season are:

PIONEER 79

FRIDAY 28th FEBRUARY AWAY 7.30pm warm up Accrington Academy

THURSDAY 12th JUNE HOME 7.30pm warm up

RAMSBOTTOM

MONDAY 8th SEPTEMBER AWAY 8.00pm warm up Coach Leaves T.B.A.

THURSDAY 20th MARCH HOME 7.30pm warm up

BURNLEY AQUATICS

MONDAY 24th MARCH AWAY 7.30pm warm up Padiham

THURSDAY 15th MAY HOME 7.30pm warm up

CLITHEROE

MONDAY 10th MARCH AWAY 7.30pm warm up Coach Leaves T.B.A.

THURSDAY 25th SEPTEMBER HOME 7.30pm warm up

Team sheet details will be displayed upon the Notice Board and the Website.





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ASA Rule Changes

There was a meeting of FINA Officials last July where a number of rule changes were implemented. The changes made concerning the strokes are listed below. If you have any questions then please ask your swimming teachers.

New wording is shown in bold lettering and deletions by a strikethrough, where parts of rules have been amended the old wording is shown in order to aid clarity of the new rule.

These rule changes will be implemented by British Swimming from 1st October 2013

SW 6 BACKSTROKE

SW 6.3 Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely sub-merged during the turn, ~~at the finish~~ and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

SW 6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which **an immediate** continuous single arm pull or an **immediate** continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

SW 7 BREASTSTROKE

SW 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke followed by a breaststroke kick.

SW 7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time **except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.** From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

SW 7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. ~~A scissor, Flutter~~ **Alternating movements** or downward butterfly kicks ~~is are~~ not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands **separated and** simultaneously at, above, or below the water level. **At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted.** The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

SW 8 BUTTERFLY

SW 8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time, **except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.**

SW 8.2 Both arms shall be brought forward ~~together~~ **simultaneously** over the water and brought backward simultaneously **under the water** through-out the race, subject to SW 8.5

SW 8.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands **separated and** simultaneously, at, above or below the water.

SW 8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

SEPARATED HANDS

"Separated" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.