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Colne Amateur Swimming Club

European Record at ASA National Masters

On the weekend of Friday, 24th to Sunday, 26th October, two members of the Colne ASC Masters Team travelled to the Ponds Forge International Sports Centre in Sheffield to take part in the **ASA National Masters and Senior Age Group Championships (25m) 2014**.

They were **Karen Driver** (competing in 40 to 44 years age group) and **Philip Croxall** (competing in the 45 to 49 years age group), and they were joined by a further 1200 competitors from around the country.

On the Saturday afternoon, Karen swam for **Sub 160 Masters** to take part in the womens 800m Freestyle Team Relay, where she was joined by Nicola Latty (from Oundle), Jessica Wooddisse (from Gloucester) and Sarah Collins (who used to swim for GB). Between them they lowered the **European Record** by 21 seconds and came with 15 seconds of the World Record for 160 - 199 years age group as they recorded a time of 9:12.35.

On the Friday, Karen took part in the 1500m Freestyle and won her age group in a time of 19:29.01. Later on, Philip took part in the 100m Individual Medley where he finished 10th in a time of 1:12.75. He then finished 5th in the 200m Breaststroke in a time of 2:55.96.

On the Saturday, both Philip and Karen took part in their respective 400m Freestyle events. Karen finished 2nd in 4:59.95 whilst Philip finished 6th in a time of 4:50.43. In the afternoon, Philip finished the 100m Breaststroke in 6th place with a time of 1:19.21, his first sub 1 minute 20 for three years.

On the Sunday, Karen finished a disappointing 8th in the 200m Freestyle with a time of 2:26.15, and she followed this up with the 800m Freestyle in the afternoon where she finished 2nd in a time of 10:15.04. Philip swam the 50m Breaststroke in the morning and finished 8th in a time of 35.52 seconds and followed this with a disappointing 8th place in the 200m Individual Medley with a time of 2:41.59.

Trophies Need Returning

Can those swimmers who won trophies last year return them as soon as possible. Please make sure they are in a **clean** condition.

They can be returned to Janice Smith-Shelley or Joan Croxall.

AGM Report

There was a disappointing turn-out at this years Annual General Meeting, which resulted in plenty of food for those who turned up. This consisted of the same people.

The Committee remains largely unchanged from the previous year. Lesley Lahey and Bob Whittaker came off the committee and were not replaced by anyone.

Since the meeting, Séamus Daly agreed to become the Competition Secretary, taking over from John Higginbottom. Also Cheryl Turner and Jason Dobman agreed to join the committee.

We still require someone to be the Team Manager. This will consist of getting the list of swimmers required for a gala from the Coach and then contacting the swimmers via email to find out if they are available to swim.



Birthdays

November 2014

1st James Barker
3rd Eleanor Root and Natalia Bashir
4th Jacob Taylforth
8th Finlay Menzies
9th Ruairi Sweeney
11th Toby Green
16th Joe Pickles
18th Thomas Bjork
22nd Grace Hartley
26th Edgar Zelinskij

December 2014

3rd Gaby O'Toole
10th John Higginbottom
20th Lewis Eley
23rd Daniel Horne
24th George Walker
25th Kelsey Taylor
27th Alex Baker and Lewis Naughton
28th Elliott Barker
31st Steve Craig

Forthcoming Events:

15th November

Inter-County Masters. Leeds

17th November

1st Championship Gala

20th November

2nd Championship Gala

22nd November

Event

3rd December

Committee Meeting. Pendle Leisure Centre. 8pm

4th December

Christmas Sprint Gala

5th December

Friendly League Swim-Off. Hyndburn Sports Centre

6th-7th December

Preston SC Christmas Countdown Level 3. Darwen

13th December

Annual Presentation and Disco. Nelson Cricket Club

19th December

Last Club Session of 2014

5th January 2014

First Club Session of 2015

Championship Galas

The Championship Galas are on Monday, 17th and Thursday, 20th November with the warm-up starting at 6:50pm and the first race about 7:05pm.

Entry forms are now available from Mrs. Croxall or can be downloaded from the website. Alternatively you can use the on-line entry which can be found on the website.

The age groups have been simplified for this year to avoid confusion. So the rule allowing a swimmer to swim up an age group has been scrapped. So if you are 12 you can only swim in the 9 to 13, 11 and over, 15 and under and open age groups.

Also any swimmer can do the Senior Championship and 200m IM events which are open to all, and anyone 15 and under can do the Junior Championship events.

So come on have a go it's **free** as you've already paid for entry as part of your subscription to the Club.

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



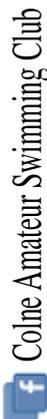


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Betty Petty Style Trophy

The Betty Petty Style Trophy will take place on Saturday, 22nd November starting at 3:00pm until 5:00pm.

This competition is open to everyone that is 15 years and under and it is not about speed but a demonstration of your technique and ability.

You will be assessed on Backstroke, Breaststroke and Frontcrawl over two lengths, with starts and turns included.

So it doesn't matter if you are fast or slow, it is the person with the best stroke and technique that wins.

You can enter on-line, fill in a form or just turn up at the Pendle Leisure Centre just before 3:00pm.

Oh and it is **free!**

Christmas Sprint Gala

This years Christmas Sprint Gala is on Thursday, 4th December and is open to all members of the Club, including Teachers, Officials and Parents of the swimmers.

Entries can be done by filling in an entry form or entering on-line via the website.

The parents, teachers and officials race is only frontcrawl, but you can do the other strokes if you so wish.

So come on Parents give it a go.

Parent and Child Relay

The Parent and Child Relay will return at this years **Christmas Sprint Gala**. There will be two trophies on offer, one for mothers and the other for fathers. The child can be either a girl or a boy, it's the parent that counts.

The race will comprise of the child swimming the first length from a dive and the second length by the parent.

The race(s) will be the last event on the night, so come on children, get your parents involved.

Annual Presentation and Disco

This years Annual Presentation and Disco will be taking place at Nelson Cricket Club on Saturday, 13th December. The doors open at 7:00pm with the presentation starting about 7:30pm.

There will be a buffet, for which, you will require a ticket. You can get your ticket from Joan Croxall or June Foulkes on a Club night.

The tickets cost **£5** for adults and **£2** for a child.

Friendly League Swim-Off

This years North East Lancs Friendly League Swim-Off will take place on Friday, 5th December at the Hyndburn Sports Centre, Accrington. The doors will open at 7:00pm for a 7:15pm warm-up. The gala will be starting at 7:30pm.

The teams contesting this years Swim-Off will be Colne and Clitheroe from Division One and Great Harwood and Darwen from Division Two.

The team sheet will be displayed on the Website and will only consist of 'A' team swimmers. There will be no coach provided for this fixture.

Good luck to all those who are going to be swimming for Colne, if we finish in the top two we should then remain within Division One, otherwise, it will be relegation and Division Two for 2015.

SPOT-ON Competition

The Spot-On competition will take place on Thursday, 20th November and will be event 13 on the programme.

This competition will cost **£1** to enter as there are cash prizes of **£20, £10 and £5** for the winners.

The aim of competition is to swim two lengths in the stroke you have nominated and try to match your submitted time. The winner will be the swimmer that gets closest to their submitted time.

This competition is open to **ALL** including parents and teachers.

There is a closing date of 3:00pm on Thursday, 20th November and no late entries will be accepted.

Helpers Required

We require some volunteers to help run the Championship Galas and the Christmas Sprint Gala.

We require the following:

- 6 Time Keepers - stop watches provided.
- 2/3 Judges - check turns and finishing order.
- 2 Marshals - make sure children swim in correct events.

Without help we will not be able to run these galas.

Easy Fund Raising

As Christmas is approaching (only 6 weeks to go), some of you will be shopping on the Internet. If you are, then do it using the **easy fund raising** website. This will raise funds for the Club, it won't cost you anymore and there even could be some offers.

To date we have raised over **£565** from only 18 supporters.

Going to the Easy Fund Raising page on the website will explain how it works. So go on, visit Easy Fund Raising today, and get Amazon to donate to the Club.

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

Drink Bottles - Warning

There has been a trend to send children onto the poolside with a bought drink, which have removable clear plastic tops. Unfortunately these plastic tops can get into the water and are extremely difficult to see. As they float just under the surface of the water, it could be easy for someone to accidentally swallow one of these tops.

We would ask that if you give your child one of these drinks, to remove the clear plastic top first and throw it away, this will reduce the chance of a child (or adult) from swallowing one of these tops and choking.

It is good practice to allow your child to have a drink whilst they participate in training as it helps them to train better. Just get them to remove the bottles from the poolside when they have finished swimming.

Thank you for your attention.

Philip Croxall
Chairman

