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Issue 114 **April 2015**

Banks Holidays and Other Closures

As per Pendle Leisure Trust policy, the Pendle Leisure Centre will be closed on Monday, 4th May and Monday, 25th May. This means that the Club sessions will be cancelled.

The Sunday morning session has also been cancelled on 3rd May along with the previous Sunday, the 26th

The Club is on as normal on Thursday, 7th May even though the sports hall is being used to count the ballot papers from the General Election.



See page 2 for details

Micro League

On Saturday, 28th March, the young swimmers of Colne ASC travelled to the Salt Ayre Leisure Centre in Lancaster for our second fixture in this seasons Micro League of the North West Division C. We were up against our hosts Carnforth B, plus the other visiting teams of Swim Trafford A from Manchester and Lytham St. Annes.

Right from the outset, the team from Trafford showed their intentions by winning thirteen of the first sixteen races and the other three were second places. This trend continued as they won the gala with a massive 179 points, which included winning the last seven races.

The Colne swimmers tried in vain to keep up with their hosts, but the gap between the two teams steadily grew throughout the contest. This meant Carnforth finished in second place with 131 points with Colne in third place on 108 points.

The team from Lytham St. Annes struggled throughout the entire contest as they finished in a distant forth place with 61 points.

The effort produced by the Colne swimmers resulted in them winning 5 of the 49 races, but if you ruled out Trafford who won 36 races, then Colne won 5 of the remaining 13 races. Throughout the course of the evening the Colne swimmers produced a further 10 new personal bests between them with 7 amongst the boys and 3 for the girls.

On Saturday, 18th April the Colne swimmers travelled to the Stretford Sports Village in Manchester to take on our hosts Swim Trafford along with fellow visitors Blackburn A and Burnley Aquatics.

Once the gala started the hosts Swim Trafford raced into a lead they were not going to relinquish, as they won 10 of the first 11 races, the other being won by Colne. As the contest progressed Swim Trafford extended their lead with Blackburn trying to keep up. Meanwhile Colne and Burnley Aquatics battled for 3rd place, which Colne. After 24 races Colne had 44 points to Burnley's 38. In front were Swim Trafford on 83 points with Blackburn in 2nd on 65 points.

In the end Swim Trafford finished as they begun, winning the last five races to win the gala with 157 points. Blackburn had finished 2nd with 137 points. The battle for 3rd was won by Colne who finished on 105 points, whilst Burnley Aquatics had drifted off the pace to finish with 67 points.

The overall points standings look good for Colne as they are currently top of Division C, but with 1 gala to go, it will be a very hard task to maintain that lead. As the three big clubs of Swim Trafford, Backburn and Kirkham still have 2 galas to go and are within 100 points.

Our next and final fixture is a home gala on Saturday, 20th June against teams from Blackburn A, Garstang A and Blackpool B. The warm-up will be starting at 3:30pm.

We will require plenty of helpers for this gala.

Child Protection Course

On Sunday, 26th April there will a child protection course being held at the Pendle Leisure Centre from 12pm until 3pm. The Club will be paying for the course, those that are attending just need to turn up.

The is a legal requirement for all adults that work with children to attend one of these courses every three years.

Lightwater Valley

We are organising a social event for all members and their families to Lightwater Valley theme park. Were looking at a provisional date of Saturday 6th June. Booking as a group gives us a fab discount and it would be great for all the kids to have a day out together away from swimming.

Could you please contact Cheryle Turner or Jason Dodman if you are interested.

Hopefully there will be enough interest for this to go ahead.

Birthdays April 2015

3rd Eva Garstang 5th Thomas Holgate

10th Colne ASC 11th Grace Root 12th Caitlin Noon 15th Hannah McDonagh-Bond 17th Alice Garstang 20th Philip Walker 22nd Charlotte Holmes 27th Morgan Hartley 28th Alex Dickinson

May 2015

1st Declan Higginbottom 2nd Danielle Baxter 4th Ben Whittaker 5th Mia Dodman 8th Isabel Redfearn 9th Matthew Brabender 12th Dominica Taylor 18th Zak Smith-Shelley 19th Gregan Baker and Caitlin Harper 20th Olivia Greenwood 28th Oliver Jackson 29th James Brabender

Forthcoming Events:

24th/25th April

Scottish National Masters Championships. Glasgow

25th April

Bolton Metro Spring Meet

26th April

Child Protection Course

1st-3rd May

Blackpool Rocks Level 3 Meet. Blackpool

4th May

Bank Holiday Monday. Swimming Club Cancelled

6th May

Committee Meeting. Crown Hotel. 8pm

7th Mav

Swimming Club Trials

9th May

Yorkshire SA Masters Championships. Leeds

12th May

Friendly League. Away at Ramsbottom

25th May

Bank Holiday Monday. Swimming Club Cancelled

6th June

Lightwater Valley Trip.

12th-14th June

British Masters and Senior Age Group Championships

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 clubmark 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











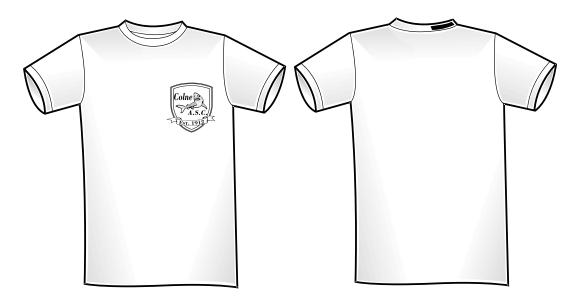
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T-Shirt Competition

It's competition time, where we want you to design a new Club T-Shirt which will be used on the poolside in time for the 2016 season

There will be a prize for the best design. The only restriction is in the use of the colours. At the moment the Club colours are black and white, but in the past we used to use purple. So it was decided that the three colours to use in your design are Black, White and Purple.

There is a form on the Club website, which you can download and print out.



Sponsored Swim

On Thursday, 15th October we will be holding our biennial sponsored swim. We will also use lane 1 on Monday, 12th October for those who cannot make it on a Thursday.

The swim will require you to swim as many as lengths as you can in 25 minutes. Once 25 minutes has elapsed you will be allowed to complete the length you are on. There will be four session starting every 30 minutes.

New for this year will be the 1 hour challenge, which will be reserved for the older swimmers, as this swim will start at 8pm.

A third challenge will be for a timed 1500m swim, which is 60 lengths of our pool.

The recipients of any money raised has yet to be decided. A decision will be made within the next two months.

Entry forms will be available after the summer break.

Lancashire County Championships

On the weekend of 21st/22nd March, a swimmer from Colne ASC took part in the third and fourth galas of the Lancashire County Water Polo and Swimming Association Age Groups and Championships 2015, which were held at the Manchester Aquatics Centre. Miranda Bower (15 years) continued from where she left off at the beginning of the month with several top 5 performances.

Miranda started off with a 15th place in the 100m Freestyle with a time of 1:04.02 and missed out on a place in the final by 0.91. In the heats of the 50m Breaststroke she was 3rd with a time of 36.27, which she improved to 36.03 but was still could only finish 3rd.

In the heats of the 50m Freestyle she was 6th with a time of 29.60, which was improved to 29.41 with a 5th place finish. The heats of the 50m Backstroke saw her finish 7th in a time of 33.51, but could only finish the final in 7th place with a time of 33.60.

In her last event she finished 2nd in the heats of the 100m Breaststroke in a time of 1:18.10, but could only finish the final in 3rd place with a time of 1:18.46 as the weekends exertions caught up with her.

Personalised Swimming Hats

We are changing the next batch of hats to just have the shark logo printed on silvery/grey silicon.

If you would like your name to be printed on one (or more) of these hats, then you will need to contact Joan Croxall as soon as possible.

The price of the personalised hats has yet to be determined, but they will be about £5.



Friendly League

The next fixture in this seasons Friendly League is away at Ramsbottom on Monday, 12th May. The warm-up starts at 7:30pm.

We are providing a coach for this gala, and this will leave the Pendle Leisure Centre at 6:30pm.

The team sheet will be published in the coming weeks.

Lancashire Masters

On Saturday, 11th December, the Lancashire County Water Polo and Swimming Association held their Masters Sprint Meet 2015 at the Palatine Leisure Centre in Blackpool.

Philip Croxall swimming in the 45 to 49 years age group was representing Colne ASC. He finished 1st in the 100m Breaststroke, 2nd in the 100m Individual Medley, 100m Butterfly and 100m Backstroke and was 3rd in the 100m Freestyle events.