



Cherry Wilkinson Memorial Age Group Gala for January

At the January Committee Meeting it was decided that one way that the Club could honour former teacher Cherry Wilkinson, was to rename the January and June age group galas. So on Thursday, 26th January we held the January edition of the Cherry Wilkinson Memorial Age Group Gala.

There was a reasonable turn-out, with the majority who did swim, swimming all four strokes plus the Individual Medley. Doing all four strokes qualified them for the Most Improved Swimmer award. This will be presented to the boy and girl who has made the most improvement since last June.

The January winners of the Most Improved Swimmer are Kyran Denton and Inaya Rashid.

Table with 2 columns: Boys and Girls. Lists names and percentages for Kyran Denton, Hugh Entwistle, Lewis Wilkinson, Inaya Rashid, Mia Dowling, and Amelia Redfearn.

The winners will be presented with their trophies at the next Club session, and details of the presentation will appear in the next issue of Shark Bytes.

The results from Thursday can now be viewed on the website

http://www.colne-asc.co.uk/age-times-jan17.php

The June edition of the Cherry Wilkinson Memorial Age Group Gala will be on Thursday, 29th June, with the warm-up starting at 6:50pm.

Damaged Trophies

Can those swimmers who won trophies at last years Championship Galas check them for damage. If you think that the trophy could do with repairing, then bring it to a Club session so that it can be assessed.

Tidy Poolside

Swimmers, when you have finished your lesson it would be appreciated if you could help collect the floats and pull buoys and return them to the baskets. Please don't throw them in the basket, but stack them neatly at the side.

If you have used the fins for one of your lessons, you will be asked to rinse them in the showers and return them to the basket.

Your help will be appreciated by the teachers.

Water Bottles

Swimmers are encouraged to bring water bottles with them onto the poolside.

During exercise you will lose body fluids through sweating, so it is important that you replace these fluids and remain properly hydrated.

Water is one of the best fluids that you can use for training, and it can be flavoured with cordial. Do not use fizzy drinks as this will make you feel bloated.

Once your lesson has finished please remember to collect your water bottle and not leave it on the poolside.



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.

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 23 people sign up, and between them, they have raised £829.58. 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.

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

Birthdays

January 2017

- 1st Steven Jackson
2nd Ben Wislon
3rd Steven Hickey
12th Philip Croxall
21st Kian Noon
29th Lewis and Owen Bottomley
30th James West

February 2017

- 12th Rhys Hunt
18th Olivia Taylor
19th Nicole Bennett
20th Maria Massey

Forthcoming Events:

1st February Committee Meeting. Pendle Leisure Centre. 8pm

2nd February Swimming Club Trials

7th February Friendly League Meeting

19th February North West Masters Sprint and Distance Meet 2017. Palatine Leisure Centre, Blackpool

1st March Financial AGM. Pendle Leisure Centre. 8pm

12th March City of Sheffield March Madness Meet 2017. Ponds Forge, Sheffield

8th/9th April Harrogate Spa Town A/B Grade Meet 2017.

16th-18th June British Masters and Senior Age Group Championships 2017. Aberdeen

29th June Cherry Wilkinson Memorial Age Groups for June.

7th-20th August FINA World Masters Championships 2017. Budapest, Hungary

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City of Leeds Christmas Cracker 2016

Before Christmas there were two swimmers from Colne ASC who took part in the **City of Leeds Christmas Cracker 2016** held at the John Charles Centre for Sport in Leeds on the weekend of 17th/18th December.

Saskia Daly and **Mia Dodman** were both swimming in the 12 years age group.

Saskia finished 3rd in the 50m Freestyle, 9th in the 50m Butterfly, 18th in both the 50m Breaststroke and Backstroke events, 21st in the 100m Breaststroke, and was 24th in the 100m Freestyle.

Mia finished 7th in the 50m Butterfly, 8th in the 50m Freestyle, 11th in the 50m Backstroke, 19th in both the 50m Breaststroke and the 100m Backstroke, 22nd in the 100m Freestyle and 27th in the 200m Freestyle.

Carlisle Masters Swim Meet 2017

On Saturday, 21st January, there was a single representative of the Colne ASC Masters Team taking part in the **Carlisle Masters Meet 2017** held at The Pools in Carlisle.

Philip Croxall swimming in the 45 to 49 years age group competed in 9 events. He finished 2nd in the 100m Breaststroke and 100m Butterfly, 3rd in the 50m Freestyle, 100m Freestyle, 50m Backstroke, 50m Butterfly, 100m Backstroke and 50m Breaststroke, and was 4th in the 100m Individual Medley.

External Age Group Galas

The Club place on the Notice Board and Website suitable external competitions that swimmers within the Club should be having a go at.

The Club subsidises entries to these galas by reducing the price per individual entry by £1 per event.

The next two competitions are the **City of Sheffield's March Madness Meet** on Sunday, 12th March and the **Harrogate Spa Town A/B Grade Meet** on the weekend of 8th and 9th April. The closing dates for both these meets are in early February. If you want to swim then talk to your teacher, Club Coach Andrew Croxall, Treasurer John Higginbottom, or Competition Secretary Séamus Daly.

Details for both competitions can be found on the Age Group Competitions page on the Club website.

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

Friendly League

On Tuesday, 7th February there will be the meeting of the Friendly League. At this meeting the fixtures for the season will be arranged.

Details of these fixtures will be on the website in early February.

Teacher's Course

Starting on Thursday, 2nd March we will be holding a Level 2 Teachers Course at the Club. This will enable some of our teachers to improve their skills and knowledge.

We hope to be able to run a Level 1 course in the near future.

Harrogate Janus A/B Graded Meet 2017

On the weekend of 7th and 8th January, there were two swimmers from Colne ASC taking part in the **Harrogate Janus A/B Graded Meet 2017** held at the Hydro Pool in Harrogate.

Mia Dodman swimming in the 12 years age group achieved A Graded times in all her swims as she finished 6th in the 50m Butterfly and the 200m Freestyle, 8th in the 50m Freestyle, 12th in the 50m Backstroke and 14th in the 50m Freestyle.

Saskia Daly swimming in the 12 years age group achieved A Graded times in two of her swims as she finished 2nd in the 50m Freestyle and 4th in the 100m Freestyle. Her other swims only achieved B Grade as she finished 5th in the 50m Butterfly, 6th in the 50m Breaststroke and 9th in the 50m Backstroke.

Rotherham Metro A/B Graded Meet 2017

On Saturday, 21st January and Sunday 22nd January, there were two girls from Colne ASC competing in the **Rotherham Metro A/B Graded Meet 2017** held at the Ponds Forge International Sports Centre in Sheffield

Saskia Daly swimming in the 12 years age group finished with 2 A Graded and 2 B Graded times. Her A Grade times were for a 4th place in the 50m Freestyle and a 11th in the 100m Freestyle. Her B Grade times were for 4th place in the 50m Butterfly and 9th in the 50m Breaststroke.

Mia Dodman also swimming in the 12 year age group finished with 2 A Graded and 3 B Graded times. Her A Grade times were for a 12th place in the 100m Freestyle and 14th in the 50m Backstroke. Her B Grade times were for 5th places in the 50m Butterfly and 100m Backstroke, and a 22nd in the 50m Breaststroke.

Sponsored Swim

In October this year we will be holding our bi-annual sponsored swim. The aim of which is to raise funds for the Club as well as make a donation to a charity. The charitable cause that we will be choosing will be announced in the coming months.

The format of the swim will be to swim as many lengths as you can in 25 minutes. There is also a one hour challenge for the older swimmers. The swim is not just restricted to the children, as parents, teachers and officials can also have a go.

