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FINA World Masters Championships

There were over 9300 athletes attending the FINA World Masters Championships 2017 in Budapest, Hungary from 7th-20th August with the bulk of the competitors arriving over the middle weekend. The first week of the competition saw athletes compete in Diving, Water Polo, Synchronised Swimming and Open Water Swimming, with the second week solely for the main swimming competition



There was a single representative from Colne ASC who was competing with a further 400 British swimmers. Philip Croxall was competing in the 45 to 49 years age group in the 100m & 200m Breaststroke, 200m Individual Medley and 400m Freestyle events.

There were two world class venues in the newly built Duna Arena which had two indoor 10 lane 50m pools for competition and an indoor 25m pool and outdoor 50m pool for warmup. The second venue, the Albert Hajos Complex, contained two outdoor 50m pools for competition, one 10 lane and the other 8 lane, plus indoor and outdoor 33 1/3m pools for warmup.

On Tuesday, 15th Philip competed in the 100m breaststroke in which he finished 50th in 1:22.73 in the Duna Arena pool B. On Thursday, 17th he took part in the 200m Individual Medley, where he finished 49th in 2:43.84 in the Hajos pool B.

On Saturday, 19th he took to the water again in Hajos pool A, swimming the 200m breaststroke in a time of 3:06.15 to finish in 40th place.

Finally on Sunday, 20th, he was back in pool B at the Duna Arena where he finished 26th in the 400m freestyle in a time of 5:11.10.

Philip said, "I had a fantastic time, the pool complexes were amazing, just a little disappointed that my performances couldn't match the venues".

Sponsored Swim

On the week beginning the 16th October we will be holding our biennial sponsored swim, with funds raised going to the Club and a nominated charity. This year we will be supporting the Young Carers Contact which covers Burnley, Pendle and Rossendale.

Young Carers Contact was established in 2000 as a project within Burnley, Pendle and Rossendale Council for Voluntary Services, and was initially funded by Lancashire County Council. The project has developed and is now funded by BBC Children in Need, The Henry Smith Charity and also receives financial

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Friendly League

Now that the summer break is out of the way, we are now into the final four fixtures of the Friendly League Season, with two away fixtures followed by two home fixtures.

The first of these fixtures is away to Darwen on Monday, 11th September with the warm-up at 7:15pm for a 7:30pm start. Details of the team sheet are on the website.

The second fixture is away against Burnley Bobcats at the pool in Padiham on Wednesday, 27th September. The warm-up is at 7:00pm for a 7:15pm start.

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Annual General Meeting

This years Annual General Meeting will take place on a Wednesday night in October, with the date being set at the Committee Meeting on 6th September.

The Annual General Meeting will be starting at 7:30pm and food refreshments will be provided.

If you require a drink then you will have to bring one, it can even be alcoholic as the centre has a licence. There is also a hot drinks machine in reception.

All fully paid up members of the Club may attend this meeting but only members who have reached their 18th birthday shall be entitled to be heard and vote on all matters (members who have not reached their 18th birthday shall be entitled to be heard and vote only on matters concerning juniors, such as election of club captains).

All matters for the meeting must have already been submitted in writing to the Secretary. Any late matters will not be discussed unless agreed with the Chairman beforehand.

We need more parents to join the Committee to help with the running of the Club. All that we ask of you is to be available at 8pm for the first Wednesday of a month up to 8 or 9 times a year. The Committee meetings are usually held at the Pendle Leisure Centre and last for about an hour. Also Committee members are eligible for reduced membership fees.

WITHOUT A COMMITTEE THE CLUB CANNOT FUNCTION.

Would parents please note that once your child's swimming lesson has finished and they are off the pool side. Colne Swimming Club is not 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

July 2017

- 18th Aaron Croxall
20th Grace Barker
22nd Evie Dawson
25th Millie Thompson
27th Max Brown and Jack Middleton
28th Hana Iqbal
30th Aidan Dibb

August 2017

- 6th Ffion Bell
7th Ben Middleton
10th Luke Chew
18th Jamie Higginbottom
21st Adam Burrige
Sophie Blackledge
22nd Niall Metcalfe
23rd Lewis Wilkinson
26th Daniel Fuggle
27th Kaiya Cotterill
28th Imogen Taylor

September 2017

- 1st Hamza Butt and Amelia West
2nd Henry Manning
6th Mia Dowling
19th Laurie Miller
25th George Henderson and Saskia Daly
27th Marcus Lilley
30th Jack Nevison and Nicole Baxter

Forthcoming Events:

6th September

Committee Meeting. Pendle Lesiure Centre 8pm

7th September

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

11th September

Friendly League Fixture. Away at Darwen

27th September

Friendly League Fixture. Away at Burnley Bobcats

5th October

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

9th October

Friendly League Fixture. Home to Great Harwood.

16th October

Sponsored Swim. One Lane

19th October

Sponsored Swim.

23rd October

Friendly League Fixture. Home to Accrington.





## Open Water

Earlier this year one of our master's swimmers, Steve Tyler, was dared to swim from one end of lake Coniston to the other (5.25 miles) not only without the aid of a nice thick, warm wetsuit, but also by only swimming breaststroke.

When he first mentioned his challenge to Coach Andy

and his fellow master's team mate Philip Croxall he was met with few raised eyebrows and chuckles, but soon they had him swimming extended breaststroke drills and completing mind numbingly long early morning endurance swims to strengthen his knees, ankles and hips in preparation.

On the big day Steve had a fantastic swim with the British Long Distance Swimming Association at their Coniston Championship event, and what started as a dare from a friend ended with some impressive silverware and the need for the loan of a Zimmer frame!!

Sadly he missed the Coniston breaststroke record; set in 1988; by only a few minutes, but he has vowed to return next year for another attempt. . . A glutton for punishment!!

Not satisfied with one freezing cold, open water swimming challenge that week, Steve then went on to successfully complete a solo swim of lake Windermere (10.5 miles), the following Friday though mercifully swimming front crawl on this occasion and giving his knees a rest.

If, even after reading this article, anyone is still keen to have a go at open water swimming, collar Steve one evening at the swimming club and have a chat with him. I'm sure he'd be only too happy to help you.



## Poolside Etiquette

The poolside behaviour at galas is not what we expect from members of Colne Amateur Swimming Club.

When on the poolside we expect that all children remain with the rest of the swimmers rather than staying with parents. This ensures that the swimmers do not miss their swims. It is alright for a swimmer to go over to their parents after a swim, but must return to the group of swimmers.

Swimmers should not hang about in the shower areas, as they should be on the poolside with all the other swimmers.

The swimmers on poolside must not hinder any of the gala officials as they go about their duties. This means that swimmers must move back away from the pool edge.

When a race comes under starters orders, everyone must become silent, as this allows the swimmers and timekeepers to hear the starter. Once the race has started, then you can resume talking. But if you need to make a noise then direct it to the swimmers in the water to encourage them as much as possible.

When swimmers are directed towards the starting blocks, they must stand back away from the blocks until it is their time to swim.

When a race is being started, then everyone that is in the starting area must remain still. No one should walk in front of the starter as this will cause the start of the current race to be aborted.

A copy of the Club's competition policy can be found on the website.

<http://www.colne-asc.co.uk/forms/CompetitionPolicy.pdf>

## Friendly League ...from page 1

The remaining two fixtures are at home in October. The first is against Great Harwood on Monday, 9th October, and the second is against Accrington on Monday, 23rd October.

If you have been selected for any of these galas and cannot make it, then please let either Team Manager Cara Taylor or Club Coach Andrew Croxall know as soon as possible.

## Sponsored Swim ...from page 1

support from local businesses.

A Young Carer is a person under the age of 18 years of age who is significantly affected by caring for a person with long-term illness or disability including mental health problems and/or substance misuse issues.

You can find out more by going to the Young Carers Contact website.

<http://www.youngcarerscontact.org.uk/>

The swim will comprise of doing as many lengths as possible in 25 minutes. There will be four of these session over the course of the evening. There will also be a one hour challenge for the older swimmers.

The main Club session for the swim will be on Thursday, 19th October. There will also be a lane available on Monday, 16th October, for those swimmers who cannot make Thursday.

This swim is not exclusive for children as parents and teachers can also have a go if they want.

Sponsor forms are available for download from the Club website or at Club sessions.

## Twinning Association Gala

On Saturday, 30th September there will be a team of eight swimmers travelling to Marl in Germany to take part in the Marl Cup. The competition has been arranged by the Twinning Association between Pendle and Marl in Germany, and will take place on Sunday, 1st October.

The trip has been part funded by both the Pendle Twinning Association and their German counterparts from Marl.

The eight swimmers are Caitlin Harper, Grace Barker, Saskia Daly, Mia Dodman, Charlotte Leigh, Eleanor Fuggle, Rachel Leigh and Eleanor Root. They will be joined by Jo Brown, Lindsay Harper and Liz Leigh who will be acting as chaperones.

## Trophy Secretary Required

Our current Trophy Secretary Davina Barraclough has been unable to perform her duties, therefore we need a new Trophy Secretary.

The tasks of the Trophy Secretary are

- Collect ALL trophies from the previous years winners
- Ensure the Trophies are clean
- Take the Trophies for engraving
- Take the Trophies to the Presentation
- Responsible for the ordering of the medals
- Responsible for ordering the Most Improved Swimmer awards
- Nothing to do for at least 10 months of the year

Anyone who is interested will not be required to join the committee. They would be entitled to attend Committee Meetings throughout the year.

See Joan Croxall or a committee member if you think you can do the job.