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Bytes
Shark

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Friendly League

We had our first Friendly League fixture of the season on Monday, 12th March against Accrington SC.

Before the start of the gala, the Club Captains were named and presented with their t-shirts.

The Senior Captains for 2018 are Lewis Fenwick and Eleanor Fuggle.

The Junior Captains for 2018 are Kian Noon and Emily Fenwick.

The competition was changed when the rules reverted the age groups back to how they were in 2016 (9/10s, 12 & under, 14 & under and open) along with the introduction of a new 16 years and under age group. This meant that there five age groups along with the 13 and under and open 4 x 50m Medley Relays and a new 10 x 25m Canon Relay which comprised a boy and girl from each of the age groups. This increased the number of races by 8 to 45.

Once the gala started, Colne got into a lead which they were never to relinquish as they proved to be far too strong for Accrington. This was a big turn-a-round from last season when Accrington won both fixtures.

In the end Colne finished the gala by winning the cannon, and thus the meet, by 78 points to 55.

Over the course of the evening there were 40 new personal bests with 22 amongst the girls and 18 for the boys.

The next fixture is away at Great Harwood on Monday, 16th April with the warm-up starting at 7:45pm.

Financial AGM

The Financial Annual General Meeting will be taking place on **Wednesday, 21st March** at the **Pendle Leisure Centre**. The meeting will be starting at 8pm.

All members are allowed to attend but it is only fully paid up members over the age of 18 who are allowed to vote.

The monthly committee meeting will start once the Financial AGM has been concluded. At this point all non-committee members will be asked to leave.

Easter Holidays

There will be no Club on Monday, 2nd April due to the Pendle Leisure Centre being closed.

The small pool lessons on Thursday, 5th April will be cancelled due to no teachers because of the Easter holidays.

The large pool lessons on Thursday, 5th April will be on as usual, but we will have a shortage of teachers.

The trials have been cancelled for April and will now take place on 3rd May.

The week before Easter will be open as normal.



Trophy Secretary Required

Currently we do not have a Trophy Secretary, we need this position to be filled **BEFORE** the next Championship Galas in November 2018, otherwise the Club Championships will be cancelled.

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.

Birthdays

March 2018

3rd Andrew Croxall
4th Ruby Starkie
5th Isabelle Taylor and Isaac Watson
6th Isaac Critchley
8th Mollie Farr
9th Thomas Hoy
10th Eleanor Holgate
12th Amelia Blackey
14th Joshua Robinson
19th Amelia Redfearn
20th Emily Fenwick
24th Tabitha Whitehead and Eliza Hird
25th Olivia Taylor
26th Sam Sharp

April 2018

3rd George Whitehead
4th Caelyn Bell
5th Thomas Holgate
7th Libby Cox
9th Hugh Entwistle
12th Caitlin Noon
13th Jaycub Watson
20th Maisie Dawson
21st Matilda Critchley
23rd Ethan Meggison
26th Myles Roche
28th Stephen Tyler

Forthcoming Events:

20th March

Pendle Schools Gala.
Pendle Leisure Centre. 7pm

21st March

Financial A.G.M. Pendle Leisure Centre. 8:00pm

1st April

Easter Sunday

2nd April

No Swimming Club
Easter Monday

5th April

No Small Pool Lessons.
Large pool as normal.

10th April

The Club's Official Birthday

14th/15th April

Harrogate Spa Town A/B
Grade Meet 2018

16th April

Friendly League fixture away at Great Harwood.
Warm-up 7:45pm

30th April

Friendly League fixture away at Accrington.
Warm-up 7:15pm

2nd May

Committee Meeting. 8pm

3rd May

Swimming Club Trials

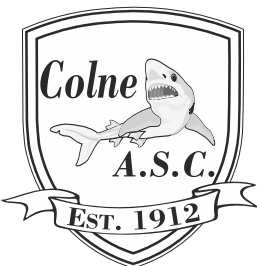
Would parents please note that once your child's swimming lesson has finished and they are off the pool side. Colne Swimming Club is no longer responsible for their welfare.

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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Shark Bytes

@SwimAtColneASC



Colne Amateur Swimming Club



"Ice swimming's not for the faint hearted"!

An article by masters swimming Stephen Tyler

Under duress from my daughter Katie, I recently entered the British National Ice Swimming championships, held this year in Hatfield, Nr Doncaster.

Ice swimming is certainly not for the faint hearted . . . Quite literally!! It's the only event that I've ever entered where you need a current medical certificate (including ECG) to compete!!

And so towards the end of last year I started missing my nice warm Saturday morning training sessions opting instead for a weekly swim in a freezing cold lake with the certainty of mild hypothermia to follow each experience.

Note - Ice swimming is the only event where you're actively encouraged to bulk-up during preparation for an event. Music to my ears!!

The rules are simple, the water must be less than 5DegC and due to the shock of the cold, diving, tumble turns and swimming for more than 5Mtrs under water on each turn is not permitted. Otherwise normal FINA rules apply.

On the day of the competition, the water temperature was 3.5DegC, the air temperature was -2DegC and there wasn't a cloud in the sky. The event was incredibly well attended with squads from Russia, Australia and South Africa in attendance.

With such strong competition, particularly from the Russians, unfortunately both Katie and I were beaten in to fourth place overall for each of our solo events, but managed a fantastic silver medal position in the mixed 4 x 50m freestyle relay.

My dying memory of the event will be receiving our medals while I was wearing 3 T shirts, 2 jackets, multiple pairs of tracksuit bottoms, gloves, hat, scarf and had a hot water bottle tucked down my back!!! Never again and roll on the summer!!

Pendle Twinning Association

In July, the Pendle Twinning Association is wanting to send a team of 7 young swimmers between 12 and 17 to Creil in France to take part in a gala plus other activities as representatives of Pendle. They will be accompanied by 1 or 2 adults.

The swimmers will be up against swimmers from Marl in Germany and Chorzow in Poland, as well as a team from Creil.

The Pendle Twinning Association would like 7 young swimmers (preferably people who didn't go last year, so different people can benefit from the experience). The trip will be from Friday, 13th July until Monday, 16th July.

Accommodation and food will be provided so that we would only need to pay for flights and transport in the UK.

If anyone is interested in representing the Club at this gala, then please let Joan Croxall know as soon as possible.

New Hoodies

The Club intends to provide branded hoodies to wear when representing the Club at activities such as the Friendly League and external competitions.

These hoodies will be purple with the Club logo on the front and the swimmers name on the back.

The prices will be £18.50 for childrens sizes upto 11-12 years and £21 + VAT for the adult sizes. These prices include both the logo and name.

If anyone is interested then let Joan Croxall or a committee member know as soon as possible.

If we get the hoodies sponsored, the price will be considerably lower.

Pendle Schools Galas

On Tuesday, 6th and 13th March the first two Pendle Schools galas were held, at which, the Club provided helpers to run the gala.

Mia Dodman and Grace Barker helped Club Chairman Philip Croxall with the touch judging. Whilst teacher and Welfare Officer Deryn Ashby helped out with marshalling in the second gala.

They were assisted by Sarah Kelly who will be returning to the Club to help teach in the near future.

The third and final gala will be taking place on Tuesday, 20th March, which just happens to be the first day of spring!

Commonwealth Games 2018

The Commonwealth Games 2018 will be taking place in the Gold Coast, Australia from 4th-18th April, with the swimming events taking place from the 5th until the 10th April.

The Gold Coast is situated just south of Brisbane on the east coast of Australia, which means a lot of events will be taking place late at night and in the early hours of the morning.

The heats of the swimming will be 10:30am until 1:30pm with the finals 7:30pm until 10:30pm, which means that the heats will start after midnight and the finals at 9:30am.

A list of swimming finals can be found on the Club website.

Next Time in Shark Bytes

Details of the Club Trip

Friendly League reports

More details on Creil trip

