

www.colne-asc.co.uk

Shark Bytes

@SwimAtColneASC

www.facebook.com/ColneASC

Friendly League

Now that the summer break is out of the way, we are now into the final three fixtures of the Friendly League Season, with all three at home.

Due to the extra events incorporated into the Friendly League schedule, the galas' have been taking longer, so as a result, we are moving the start of the warm-up to 7:00pm, with the gala starting at 7:15pm. This means that **ALL** lessons in the large pool will be cancelled.

The first of these fixtures is at home to Great Harwood on Thursday, 13th September with the warm-up at 7:00pm for a 7:15pm start. Details of the team sheet are on the website.

The second fixture is at home to Burnley Bobcats on Thursday, 27th September. The warm-up is at 7:00pm for a 7:15pm start.

The final fixture is at home to Darwen on Monday, 8th October. The warm-up is at 7:00pm for a 7:15pm start.

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.

Safeguarding Course

On Sunday, 7th October we will be holding a **Safeguarding Course** at the Pendle Leisure Centre, and will be from 10am until 1pm. This forms part of our obligation for the Swim Mark accreditation.

What is Safeguarding I hear you ask?

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm.

Safeguarding means:

- protecting children from abuse and maltreatment
- preventing harm to children's health or development
- ensuring children grow up with the provision of safe and effective care
- taking action to enable all children and young people to have the best outcomes.

Child protection is part of the safeguarding process. It focuses on protecting individual children identified as suffering or likely to suffer significant harm. This includes child protection procedures which detail how to respond to concerns about a child.

Annual General Meeting

This years Annual General Meeting will take place on **Wednesday, 3rd October**, at the Pendle Leisure Centre with the meeting 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 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

Land Training

We are currently in negotiation with the Pendle Leisure Centre to get land training sessions re-started on a Friday evening.

The aim is to get the Leisure Services to run these sessions as part of their Junior programme, which will mean that they are not exclusive to swimming club members.

In conjunction with the land training, we want to re-start the Friday night swimming sessions for team and competition swimmers, but we are short of people to run them.

If you would like to help the Club then contact the Club Secretary Joan Croxall or speak to a committee member.

Birthdays

August 2018

2nd Luca Torriero
4th Suzanna Stepak
6th Ffion Bell
7th Ben Middleton
10th Luke Chew
18th Jamie Higginbottom
21st Adam Burrridge
22nd Niall Metcalfe
23rd Lewis Wilkinson
26th Daniel Fuggle
27th Kaiya Cotterill
29th Charlotte Philp

September 2018

2nd Henry Manning
3rd Eden Hughes
17th Marcus Lilley
25th Saskia Daly and George Henderson
26th Chloe Ashworth
30th Jack Nevison

October 2018

1st Yasmin Reddy and Alicia Higginbottom
5th Emily Massey
8th Tom Hepworth-Harvey
17th Evie Connolly
25th Poppy Nutter
30th Joan Croxall

Forthcoming Events:

13th September

Friendly League Fixture.
Home to Great Harwood.
Warm-up 7:00pm

16th September

Lancashire Masters Meet
2018. Blackpool

22nd September

Rotherham A/B Graded
September Meet 2018.

23rd September

City of Sheffield Teaspoon
Gala 2018.

23rd September

The ASANER Masters
Championships (25m) 2018

27th September

Friendly League Fixture.
Home to Burnley Bobcats.
Warm-up 7:00pm

3rd October

Annual General Meeting.
Pendle Leisure Centre
7:30pm

4th October

Swimming Club Trials. Entry
to small pool at 6:15pm.
Large Pool 7:30pm.

7th October

Safeguarding Course. Pendle
Leisure Centre. 10am - 1pm

8th October

Friendly League Fixture.
Home to Darwen. Warm-up
7:30pm





www.colne-asc.co.uk



Shark Bytes

@SwimAtColneASC



Colne Amateur Swimming Club



SwimMark Accreditation

Over the past few months we have been collating the information required for our re-validation of our **SwimMark Essential Club Accreditation**.

As we are in the middle of a 2 year accreditation period, we were only required to update five of the fifteen modules.

The final submission was made at the beginning of September and will go to the Swim England board at the end of September for ratification.

Thanks go to Joan Croxall, who with assistance from Philip Croxall, ensured that the submission happened on time.

What is Swim Mark?

Formerly called swim21, SwimMark accreditation is Swim England's quality standard for clubs. It recognises high standards of governance, sustainability and effectiveness.

What is SwimMark about?

- Creating the best possible swimming experience for all.
- Raising the quality of aquatics provision across all areas
- National Sport England Clubmark recognition for great quality clubs

There are three modules clubs can aspire to: SwimMark Essential Club, SwimMark Network, and SwimMark Performance.

SwimMark Essential Club

This is the primary module for clubs, helping you to achieve good governance, grow membership, develop volunteers and ensure your activity is sustainability and in line with your club objectives. It is accredited every two years.

SwimMark Network

This module encourages clubs to work collaboratively across a localised area. This approach helps athletes to maximise their potential and be retained in the sport. It also increases volunteer opportunities and helps to raise the standards of teaching and coaching.

The Network accreditation lasts for two years and consists of three elements: a development plan, a training needs analysis and a signed terms of reference.

SwimMark Performance

The Performance module provides a benchmark for clubs coaching and developing high-level athletes across the four sports (swimming, diving, water polo and synchro).

Clubs need to demonstrate that athlete pathways, the physical environment, quality coaching practices and support services are all in place for athletes to reach the pinnacle of their aquatic sport. Performance standards are measured by England Programmes.

Depending on the discipline, there are a range of elements to complete to attain the Performance level. Once achieved, the accreditation will last for two years.

Next Time in Shark Bytes

- AGM Report
- Friendly League Results
- Masters in Blackpool and Harrogate
- Championship Gala News

Poolside Etiquette

There is a certain level of decorum that we expect from members of Colne Amateur Swimming Club, when we have galas.

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.

www.colne-asc.co.uk/forms/CompetitionPolicy.pdf

Membership Secretary

We have not had a proper Membership Secretary for several years as their duties have been carried out by the Club Secretary, Joan Croxall. In order to make Joan's job easier we would like someone to volunteer and assume the role of Membership Secretary.

The busiest time for the Membership Secretary will be January when the majority of the Club will be renewing their memberships. At other times of the year it will be busiest when we hold Swimming Club Trials which are usually held on the first Thursday of a Month, except January, August and December. They will also need to turn up occasionally at 6:15pm on a Thursday for the Small Pool classes.

The tasks of the Membership Secretary are:

- Collect and record annual subscriptions
- Record all members names, addresses, D.O.B etc
- Issue membership cards to each member
- Issue each member with a Code of Conduct
- Issue each member with a personal log book
- Pass member information to the Registration Secretary
- Record all payments for subscriptions and pass to the treasurer
- To follow and promote the ASA Wavepower

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.

