

Most Improved Swimmers for January

Of all the swimmers who competed in the **Cherry Wilkinson Memorial Gala for January** on Thursday, 24th January, only 2 qualified for the Most Improved Swimmer award.

They were for the boys **Thomas Holgate** who had an improvement of 3.13% since last June, and **Isabella Taylor**, who had an improvement of 3.05%.

Thomas and Isabella received their trophies from Club Secretary Joan Croxall on Monday, 4th February.

In order to qualify for the Most Improved Swimmer you have to do all four strokes, either over 25m or 50m. A formula is then used using your previous time and current time to determine how much you've improved by.

For June there are 14 boys and 23 girls who currently qualify, hopefully quite a few of them will do all four strokes again.



We are Champions

On Tuesday, 12th February, the Annual General Meeting for the Friendly League was held at the St. Peters Leisure Centre, Burnley. At that meeting we found out that we had won the 2018 Friendly League.

We will be making a presentation at the first league fixture of this season on Monday, 11th March.

Also this season, we will (as a Club) be running the league, which involves updating the league website, communicating with the other clubs and arranging the next Annual General Meeting.

The structure of the galas has also been adjusted for the third year in a row. The 16 year age group has now been scrapped, which means that there are only four age groups

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Annual Subscripts Overdue

The renewal period for membership subscriptions to Colne ASC has finished. Anyone who has not renewed their membership will NOT be allowed in the water until said subscriptions have been paid, and their place may be given up for new members.

Should your place be given up for a new member, you may be required to go on the waiting list before re-joining.

Any existing member who has not renewed by Thursday, 28th February 2019 will not be registered with the ASA, and will have deemed to have left the Club.

Poolside Presentations

At the end of 2018, there were a couple of poolside presentations to trophy winners who were unable to make the annual presentation.

Caitlin Harper was presented with the Girls Rita Guy Rosebowl for 50m

Butterfly, the Girls Centenary Trophy for 50m

Backstroke and the Girls Seed Ford Trophy for 50m Freestyle in the 9 to 13 years age group.

James Henderson was presented the Boys Learners Length and the Boys Dowling Shield for 25m Backstroke in the 8 years under age group.



Schools Galas - Help Wanted

The Pendle Schools Galas will be taking part at the Pendle Leisure Centre on the 12th, 19th and 26th March.

All three galas will be on a Tuesday evening starting about 7pm and will last for about an hour to one and half hours.

Colne ASC will be providing assistance in the running of the galas, so if you would like to help, then see a committee member.

Birthdays

February 2019

8th Amelia Gardener and Mollie Wright
9th James Henderson
14th Martha Green
17th Lewis Haworth-Blades
18th Olivia Barton and Olivia Taylor
20th Maria Massey
25th Molly Stevens

March 2019

3rd Andrew Croxall

5th Isabelle Taylor
6th Isaac Critchley
7th Oliver Pennell
8th Mollie Farr
9th Thomas Hoy
10th Eleanor Holgate
12th Amelia Blackey
14th Joshua Robinson
20th Emily Fenwick
24th Tabitha Whitehead and Eliza Hird
25th Olivia Taylor
26th Samuel Sharp

Forthcoming Events:

23rd February

Swim England North West Masters Championships 2019.

Palatine Leisure Centre, Blackpool

6th March

Committee Meeting. Pendle Leisure Centre. 8pm

7th March

Swimming Club Trials

Small Pool 6:15pm

Large Pool 7:30pm

11th March

Friendly League Fixture,

Home to Accrington.

Warm-up 7:00pm

12th March

Pendle Schools Gala No. 1

19th March

Pendle Schools Gala No. 2

26th March

Pendle Schools Gala No. 3

27th March

Friendly League Fixture.

Away at Burnley.

Padiham Leisure Centre.

Warm-up 6:45pm

30th/31st March

Harrogate Spa Town A/B Grade Meet 2019



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Shark Bytes

@SwimAtColneASC



Colne Amateur Swimming Club



Friendly League Champions

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again. The 12 years and under will now be 13 years and under, and the 14 years and under becoming the 15 years and under. The 9/10 years and Open age groups remain the same.

There will also be more mixed medley relays. The Open and 13 and under relays will be kept, with new relays for the 10 years and under and the 16 years and under. The canon relay will remain mixed with it now being 8 x 25m freestyle, with one boy and girl from each of the four age groups.

The open individual medley races will no longer be at the start of the gala, as they have been moved to the middle, with the Open Mixed Medley Relay starting the galas.

The order of the strokes has also been changed to match the order of the medley relays. So the individual races will now be backstroke, breaststroke, butterfly and freestyle (frontcrawl).

Since the acrimonious meeting of a few years ago when several teams withdrew from the league and have not re-joined, the number of teams has been five. But last season Darwen struggled to fulfill all their fixtures, and as a result they too have withdrawn from the league. This just leaves Colne, Accrington, Burnley and Great Harwood, which means that there will only be three home and three away fixtures.

Friendly League Fixtures

The fixtures for the 2019 North East Lancashire Friendly League are:

	HOME	AWAY
ACCRINGTON	Monday, 11th March Warm-up 7:00pm	Hyndburn Sports Centre Monday, 20th May Warm-up 7:15pm
BURNLEY BOBCATS	Monday, 9th September Warm-up 7:00pm	Padiham Sports Centre Wednesday, 27th March Warm-up 6:45pm
GREAT HARWOOD	Thursday, 26th September Warm-up 7:00pm	Mercer Hall Leisure Centre Monday, 21st October Warm-up 7:45pm

There will be no coaches for these galas, and details of team-sheets will be displayed on the Notice Board and Website nearer. The Team Manager Cara Taylor will contact all swimmers who are required.

If you cannot swim in any of these fixtures, then please let Team Manager Cara Taylor or Club Coach Andrew Croxall know as soon as possible, so another swimmer can be selected to take your place.

Any swimmer not turning up for a gala without a good reason or notifying the selectors will be dropped from the team, and their place given to another swimmer.

There will be no lessons in the large pool when we are having a home league fixture.

Sponsored Swim

In October of this year we will be holding our biennial sponsored swim event. In 2017 we raised a total of **£1596.70** with **£800** being donated to **Young Carers Contact of Burnley, Pendle and Rossendale**.

This year we will be raising funds for **The Samaritans of Pendle, Burnley Craven and Rossendale**.

If you wish to know about what the Samaritans do then use this link to their website.

<https://www.samaritans.org/branches/samaritans-pendle-burnley-craven-and-rossendale>

More details will follow in the coming months, and sponsor forms will be available from July.

January Age Group Gala

The **Cherry Wilkinson Memorial Gala for January** took place on Thursday, 24th January at the Pendle Leisure Centre.

The turn out from the younger swimmers was encouraging, but the lack of older swimmers was a bit concerning.

The total number of girls who completed was 34, whilst only 19 boys took part.

We would like more swimmers to participate in this gala and the corresponding one in June, as we use these to aid in picking the swimmers for the Friendly League.

We know some swimmers don't like to compete, but getting your times for the various strokes is a good indicator of progress and to know whether you are getting better.

Hopefully more swimmers can participate in future.

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.

Poolside Tidy Up

It would be appreciated that equipment is returned to the baskets once their lesson has completed.

If fins/flippers have been used, then they need to be rinsed under the showers and returned to the large basket.

Floats and pull-buoys need to be stacked neatly in the smaller basket, do not throw them into the basket. The floats should be stacked neatly at the side of the basket if a lot of floats have been used.

Teachers need to remind the children to return any equipment used to the baskets.

Next Time in Shark Bytes

- Friendly League
- North West Masters
- School Galas
- Club Trip

