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Most Improved Swimmers

The Most Improved Swimmers for June were determined at the Cherry Wilkinson Memorial Gala, in which, to qualify the swimmers had to do all four strokes.

There was a good turn out at the gala with 13 boys and 11 girls who qualified for the awards.

The two trophies were presented to Niall Metcalfe by Club Coach Andrew Croxall, and Elena Hooper was presented by Club Secretary Joan Croxall.

Boys

1. Niall Metcalfe	10.59%
2. Ryan Burnett	6.04%
3. Kian Noon	5.19%

Girls

1. Eleena Hooper	17.95%
2. Martha Lister	14.17%
3. Holly Bleasdale	10.63%

Cherry Wilkinson Memorial Gala

On Thursday, 27th June, the Cherry Wilkinson Memorial Gala for June was held. There was a good turn out, even though the England Women were playing their World Cup semi-final.

There were 25 boys and 31 girls participating with over half doing all four strokes. This will make them eligible for the Most Improved Swimmer award in January next year.

Swim Mark

It is at this time of year that we complete our Swim Mark accreditation. This used to be known as Swim 21, but was renamed two years ago as part of the Swim England re-branding.

We have to do the full submission of all fifteen modules as we are at the start of the next cycle.

We will find out in September whether our accreditation has been renewed.

Summer Holidays

There will be no Swimming Club for the entire month of August.

Last Club Session:

Monday, 29th July

Last Small Pool:

Thursday, 25th July

First Club Session:

Monday, 2nd September

First Small Pool:

Thursday, 5th September



Importance of a Swimming Hat

It has been noticed over the last couple of years the number of swimmers involved in Club session not wearing swimming hats.

Some of you might think it is not cool to wear a hat, but for those swimmers with long hair, it can prevent a disaster.

Why a disaster I hear you ask!

Well the reason for the strong words is that it can be very easy for long hair to become entangled in the lane ropes.

When that happens, the safest way to remove the child from the lanes ropes is to cut their hair. Which would be a disaster if the child has to go to school the next day with short hair!

If you think it won't happen to you, then please think again, as we have had an incident in the past, and it can easily happen again.

This is a matter of health and safety, that all swimmers with long hair must wear a swimming hat.

Land Training Sessions

We are starting land training sessions at Pendle Leisure Centre from Friday, 6th September.

The classes will start at 8pm after the Rookie Lifeguard session.

See Joan or Cara if interested.

Next Time

Friendly League

Sponsored Swim

The AGM

Birthdays

July 2019

6th Zoe Blackadder
20th Grace Barker
22nd Evie Dawson
27th Jack Middleton
29th Eesa Hussain
30th Chloe Wilkinson

August 2019

6th Ffion Bell
7th Ben Middleton
9th Elina Kicibekova
10th Luke Chew
18th Jamie Higginbottom
22nd Niall Metcalfe
23rd Lewis Wilkinson

September 2019

2nd Henry Manning
3rd Eden Hughes
8th Willow Osborne
17th Marcus Lilley
19th Holly Bleasdale
25th Saskia Daly and George Henderson
27th Emily Green
28th Charlie Walker
30th Jack Nevison

Forthcoming Events:

25th July

Last Small Pool session before Summer break

29th July

Last Club Session before Summer break

2nd September

First Club Session after Summer break

4th September

Committee Meeting. Pendle Leisure Centre. 8pm

5th September

First Small Pool Session after Summer break

5th September

Swimming Club Trials

Small Pool 6:15pm

Large Pool 7:30pm

6th September

Land Training. 8pm

9th September

Friendly League Fixture.

At Home to Burnly Bobcats

26th September

Friendly League Fixture

At Home to Great Harwood

7th October

Sponsored Swim. One Lane Only

10th October

Sponsored Swim.

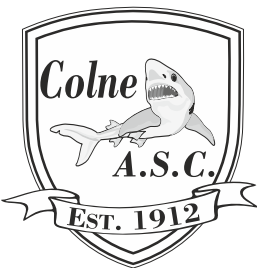
Would parents please note that once your child's swimming lesson has finished and they are off the pool side. Colne Swimming Club is no longer responsible for their welfare.

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

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Colne Amateur Swimming Club



Outdoor Elements

This years Club Trip was a day full of fun and activities, which was held on Saturday, 29th June at the Outdoor Elements Activity Centre, which is situated just outside Simonstone.



The day started off warm and sunny, and was to get hotter, as parents brought their children to the centre from 9:15am.

The children and some adults were split into four groups. Group one consisted of five children ranging from 6 to 8 year old. There were Alicia, Adison, Nawira, Rita and Aaron.

Group four was then created as they all wanted to take part in orienteering, and they were Ben, Daniel, Thomas, Lewis, Aidan, Eesa and Jamie. The remainder were then split into two groups, one of boys (Group 2) and the other girls (Group 3), as they were all doing the same activities, but in a different order. The boys consisted of Kian, Jack N, Jack M, Muhammad, Joshua, Niall, Jacob, Hugh, Marcus, Thomas and Declan, and the girls were Eleanor, Martha, Libby, Amarah, Olivia, Eve, Dominica and Isabelle.

Each group took part in five activities throughout the day. The first rotation saw group 1 taking on archery, group 2 were climbing Jacob's Ladder, group 3 were climbing trees and group 4 were building shelters. The delight on the young ones' faces was a joy to behold as they managed to hit the target, whilst group 2 team work was a bit suspect. Group 3 had no problems scaling great heights and group 4 built their shelters and remained dry.

On the second rotation, group 1 were then climbing trees with Alicia scampering up the tree to reach the top! Group 2 then showed their Robin Hood skills as they took on the archery, with some hitting the bulls eye! The girls of group 3 showed the boys how team work should be done as they almost got to the top of Jacob's Ladder, whilst the group 4 had their shelter, so now had to light fires so that they could cook some bread.

There was then a break for lunch before the activities resumed with the little ones hunting bugs, group 2 were sent zooming down the 300 foot zip wire. Group 3 were then on target as they took on archery, and group 4 were finding their way through the woods as they learnt orienteering.

The forth rotation saw group 1 building a shelter, which kept them dry as water was thrown at it. Group 2 ascended great heights as they took on the Leap of Faith, group 3 took on the Zip Line, with group 4 taking on archery as they tried to find the target. Some of which were very good.

The final rotation saw the young ones Fire Lighting, as they created fire so that they could cook their bread. Group 2 were then seen Climbing Trees, with quite a few making it to the top. Group 3 then took on the Leap of Faith, whilst group 4 finished zooming through the trees on the Zip Line.

The day finished with everyone going home happy, and some saying it was the best Club Trip ever.

Photos from the day will be posted on the Club website as soon as is possible.

Friendly League

When the Club returns from its summer break, we will be resuming the Friendly League.

There are only three more fixtures left and if we win them, then we will retain the Friendly League Trophy.

Remaining Fixtures

9th September Home to Burnley Bobcats

26th September Home to Great Harwood

21st October Away at Great Harwood

Note: The two home fixtures will start the warm-up at 7pm, which means that all lessons in the large pool will be cancelled.

Sponsored Swim

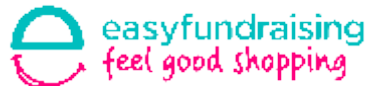
On Thursday, 10th October we will be holding our biennial sponsored swim in which 50% of the proceeds go to the Club and the remaining 50% to our nominated charity.

The swim will comprise of swimming as many lengths as possible in 25 minutes. There will also be an hour challenge for the older children and possibly any adult who wishes to participate.

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

Sponsor forms are now available to download from the Club website.

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



The Club has been signed up with Easy Fundraising for over 10 years, and in this time we have only had a few supporters. We would like more.

Currently there are **22** supporters of the Club on Easy Fundraising, and between them they have raised **£1,310.31** which equated to **£251.46** over the last 12 months

Details about how Easy Fundraising works can be found on the Club website.

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

Just remember by shopping through Easy Fundraising's website, you are getting big business to donate to the Club, and you get what you are purchasing at no extra cost. It is a no brainer, so come on, join today and help support the Club.

Thank you.

Liverpool Nightrider 2019

Club Chairman and Masters Swimmer Philip Croxall took place in the Liverpool Nightrider event on Saturday, 13th July. He started his 100km cycle at 10:45pm and continued through the night until he reached the finish line at 5:10am Sunday morning.

It took him just over 5 hours to complete the course.

He was doing this crazy ride in order to raise funds for Cancer Research. If anyone would still like to donate then you can do so on his fund raising page.

<https://www.justgiving.com/philip-croxall>

