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Bytes
Shark
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Creil Swimming Tournament

On the weekend of Friday, 27th September until Sunday, 29th September, the Pendle Twinning Association will, in conjunction with its counterparts in Creil and Marl, be holding a swimming competition between the three areas. The Creil association will be hosting the competition.

Colne ASC will be sending five swimmers to France as representatives of Pendle to take part in this competition.

They will arrive in Paris on Friday, then travel to Creil for a reception. On the Saturday, they will receive an introduction to rowing on the Oise river before 2 hours of training. Afterwards they will visit the Gallé Museum and then participate in a bowling evening.

The competition itself will take place on Sunday morning. Once done they will visit Chantilly Park in the afternoon.

They will then return back to Colne on Monday morning.

Team Manager Cara Taylor will be leading the excursion with assistance from Sam Noon. The lucky five swimmers are Isobel Taylor, Caitlin Harper, Eden Hughes, Kian Noon and Thomas Holgate.

Friendly League

It was only a week since the month long summer break, yet we were in competitive action, as we took on Burnley Bobcats at the Pendle Leisure Centre, in our latest fixture in this seasons Friendly League.

It showed from the outset that we were short of a bit of swimming practice, as the contest was dominated by Burnley in the early stages as they took a commanding lead of points 32 to 24 at half-way. The gap then extended to 11 points before Colne strung together a series of wins.

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Annual General Meeting

This years Annual General Meeting will take place on **Wednesday, 9th October**, at the Crown Hotel, Colne with the meeting starting at 7:30pm and food refreshments will be provided.

If you require a drink then please order one from the bar before the meeting starts.

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

On Friday, 13th September we started Land Training sessions at the Pendle Leisure Centre. There were a total of 12 children who attended.

Initially these sessions will be **free**, but we will be accepting payment in future, in order to keep the sessions going.

These sessions are run in partnership with the Pendle Leisure Centre, as we will be hiring part of the newly refurbished sports hall, as well as an instructor for an hour session.

If you wish to participate in future sessions, then they will be every Friday at 8pm until 9pm. You must be at least 10 years old.

Please book your sessions on either a Monday or a Thursday.

Another thing, you will need your gym kit **not** your swimming costume!

Teachers Required

We are currently running on minimum staffing levels on the poolside, as a result we would like people to volunteer and help with the teaching of the children.

Anyone who is interested, then please contact a member of the Committee on a Club night.

If anyone knows someone who has teaching qualifications, who you think could help, then please ask them to contact the Club's Secretary for more details.

We actually require level 1 and level 2 teachers in order to teach the children properly, using helpers does kind of work, but bad habits can result from these situations. A fully qualified teacher would be able to spot poor technique and correct it accordingly.

Birthdays

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

October 2019

1st Alicia Higginbottom
5th Emily Massey
8th Freya Summer
16th Blyth Waterworth
30th Joan Croxall

Forthcoming Events:

21st September

Lancashire Masters 2019
Palatine Leisure Centre,
Blackpool

26th September

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

3rd October

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

7th October

Sponsored Swim. One lane only

9th October

Annual General Meeting.
Crown Hotel, Colne. 7:30pm.

10th October

Sponsored Swim. Whole pool, normal lessons cancelled.

21st October

Friendly League.
Away at Great Harwood.
Warm-up 7:45pm.
Mercer Hall Leisure Centre

25th-27th October

Swim England Masters National Championships (25m) 2019
Ponds Forge ISC, Sheffield





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Shark Bytes
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Colne Amateur Swimming Club



SwimMark Accreditation

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

As we are at the start of a 2 year accreditation period, which means all sixteen modules had to be redone.

The final submission was made in the middle of August 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
- Championship Gala News
- Sponsored Swim



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>

Friendly League

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Yet it was Burnley that prevailed to win by a mere 3 points, despite a strong comeback by Colne towards the end of the contest, with the final score 56 to 59.

Despite the defeat, some of the Colne swimmers improved their personal bests, with 22 set amongst the boys and 16 amongst the girls.

Colne's next fixture will be on Thursday, 26th September at the Pendle Leisure Centre against Great Harwood Otters. As it will be a home fixture all lessons in the large pool will be cancelled. The small pool classes will be on as normal.

Being a home gala we will require helpers.

The final league fixture of the season will be against Great Harwood Otters at the Mercer Hall Leisure Centre in Great Harwood on Monday, 21st October with the warm-up at 7:45pm.



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 **23** supporters of the Club on Easy Fundraising, and between them they have raised **£1,347.11**, which equates to over £100 per year!

If you use Easy Search rather than Google or Bing, you will donate to our cause without spending a penny. Currently we have had **£218.79** from 13,608 completed searches.

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.