



Our Trip to Creil

Over the last weekend of September, a team of five swimmers and two chaperones travelled to Creil in France as part of the Pendle Twinning Association and its French counterparts in Creil organised activities with the aim of holding a swimming tournament. Unfortunately this became a swim training session as the representatives from Marl in Germany did not travel.

Continued on Page 3...

AGM Report

On Wednesday, 9th October, we held our Annual General Meeting at the Crown Hotel, Colne.

There were a total of eleven people attending, with only one new person, the rest were serving members of the committee.

The number of people on the Committee increased by one, with the Officials of the Club remaining the same for another 12 months.

The choosing of the Captains for 2019 has been deferred until the November Committee Meeting.

The Club fees have been frozen for another twelve months.

It was stressed that new teachers are required to help out on the pool side in order to fulfil our commitment to teach children to swim. Currently we can only rely on 7 teachers over the 2 nights. The rest are only helpers.

The Club always needs new people on the Committee so if you feel like you would like to contribute to the Club, then see a Committee Member on a Club night.

The Committee meets once a month, usually on the first Wednesday of that month, the meetings start at 8pm and last for about an hour.

The next Committee Meeting is on Wednesday, 6th November at the Pendle Leisure Centre.

Swim Mark Accreditation

In order to keep the SwimMark Accreditation we have to do a full submission of all 16 modules, which needs to be done every two years.

As of the beginning of October our submission was ratified, meaning that the Club is a safe place in which to instruct children.

Thanks go to all who helped with the accreditation, especially to Joan and Philip Croxall, who got the information collated and uploaded.

We will be required to submit a Health Check next summer, when only a few of the modules need to be updated.

Championship Galas

The Championship Galas are on Monday, 18th and Thursday, 21st November with the warm-up starting at 6:50pm and the first race about 7:05pm.

Entry forms are now available from Mrs. Croxall or can be downloaded from the website. Alternatively you can use the on-line entry which can be found on the website.

You will only be allowed to swim in your age groups. So if you are 12 you can only swim in the 9 to 13, 11 and over, 15 and under and open age groups.

Teachers Required

We require more teachers for the Club sessions.

See page 3 for more details.

Helpers Required

We require helpers for the forthcoming Championship Galas in November.

The galas will be taking place on Monday, 18th November and Thursday, 21st November.

More details can be found on page 2.

Trophies Need Returning

Can those swimmers who won trophies last year return them as soon as possible. Please make sure they are in a **clean** condition.

If the trophy is damaged, then we need it back sooner, so that it can be repaired.

They can be returned to the Trophy Secretary Soo Warner or Joan Croxall.

Birthdays

October 2019

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

November 2019

1st Bethany Robinson
3rd Eleanor Root
4th Jacob Taylforth
5th Ruby Cryer
8th Lottie Hesketh
9th Ruairi Sweeney
17th George Collins and
Theo Haycocks

Forthcoming Events:

17th October

Small Pool Cancelled

21st October

Friendly League Fixture
Away at Great Harwood
Warm-up 8pm

25th-27th October

Swim England National
Masters Championships
Sheffield

6th November

Committee Meeting
Pendle Leisure Centre, 8pm

7th November

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

11th & 14th November

Betty Petty Style Competition

18th November

1st Championship Gala
Warm-up 6:50pm

21st November

2nd Championship Gala
Warm-up 6:50pm

4th December

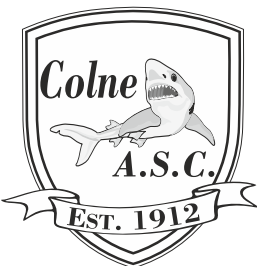
Committee Meeting
Pendle Leisure Centre, 8pm

5th December

Christmas Sprint Gala

Next Time:

- **Championship Gala Results**
- **Final Friendly League Fixture**
- **National Masters Report**



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@SwimAtColneASC



Colne Amateur Swimming Club



Championship Galas

Continued from page 1

Also any swimmer can do the Senior Championship and 200m IM events which are open to all, and anyone 15 and under can do the Junior Championship events.

There is also the "Spot-On" Competition which is open to all members of the Club. Yes that does mean Parents and Teachers!

So come on have a go it's **free** as you've already paid for entry as part of your subscription to the Club.

If you are thinking that there is no point entering because you think that you cannot win, then you will never win.

Last year one trophy was not competed for in the boys 14 years and over. There were also several races with one person competing, including the boys 200m Individual Medley, which was won by an 11 year old!

So come, enter this year, you might win.

It would be a shame if there are any trophies not competed for this year.

Betty Petty Week

The Betty Petty Style Trophy is on week beginning Monday, 11th November, starting at 7:00pm.

This competition is open to everyone that is 15 years and under and it is not about speed but a demonstration of your technique and ability.

You will be assessed on Backstroke, Breaststroke and Frontcrawl over two lengths, with starts and turns included.

So it doesn't matter if you are fast or slow, it is the person with the best stroke and technique that wins.

You can enter on-line, fill in a form or just turn up just before 7:00pm at the Pendle Leisure Centre.

The assessment will be taking place on a Club night, with the session split between Monday and Thursday in Lane 1. You are advised to bring a spare towel or t-shirt for the pool side as there is only one swimmer in the water at anyone time. The rest will be on the pool side.

The competition is expected to last about an hour and a quarter on each of the two nights. The order of the swimmers will be determined by drawing lots, and girls and boys will be done at the same time, as there is only one child in the water at any one time.

NOTE: The lanes 2 to 6 will still be holding lessons.

Land Training

There are land training sessions run by a Pendle Leisure Centre Instructor on Friday evenings from 8pm until 9pm.

This is a free session at the moment, but we will be charging in the future.

If you wish to participate in one of these sessions, you must be at least 10 years old.

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

Helpers Required

We require helpers to assist with the running of the Championship Galas, which are taking place on Monday, 18th and Thursday, 21st November.

If you would like to volunteer your services then go to the desk before the start of the Gala.

You may not be required but your offer will be appreciated.

We require the following:

- 6 Time Keepers
- At least 2 team organisers/chaperones
- At least 1 marshall
- At least 2 turn judges

No experience is necessary, but must be patient with the kids all wanting to know if they are swimming.

Clipboards, pens, stopwatches and drinks will be provided.

NOTE: If we don't have enough people helping, then we will struggle to hold this gala.

Sponsored Swim

On the week of 7th and 10th October we held our biennial sponsored swim. This year we are raising funds for the **Samaritans of Pendle, Burnley, Craven and Rosendale.**

On the Monday evening we only used a single lane, with a total of 10 swimmers completing the challenge, of which, six took up the hour challenge.

Thursday evening saw all lessons in the large pool cancelled in order to accommodate the swim. The first half hour was for the younger swimmers swimming as many lengths as possible in 25 minutes. There was good representation as 20 took to the water with quite a few swimmers managing 30 or more lengths.

There were only a total of eight older swimmers in the later session, which was a disappointing turnout considering the number of swimmers in the Club. Of these, there were seven tackling the hour challenge.

Teacher Mark Turner managed the most lengths in 25 minutes with 54, and the trio of Rachel Leigh, Mia Dodman and Saskia Daly managing 150 lengths in 1 hour.

To all those that took part in the swim, we ask that you return your sponsor monies as soon as possible.



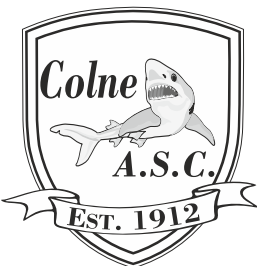
The Spot-On competition will take place on Thursday, 21st November and will be event **13** on the programme.

This competition will cost **£1** to enter as there are cash prizes of **£20**, **£10** and **£5** for the winners.

The aim of competition is to swim two lengths in the stroke you have nominated and try to match your submitted time. The winner will be the swimmer that gets closest to their submitted time.

This competition is open to **ALL** including parents and teachers. Remember this is a *fun* event.

There is a closing date of 7:00pm on Thursday, 21st November and **no** late entries will be accepted.

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Shark Bytes

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Colne Amateur Swimming Club

Our Trip to Creil

from page 1

The swimmers were Caitlin Harper, Eden Hughes, Isobel Taylor, Kian Noon and Thomas Holgate, and they were accompanied by Team Manager Cara Taylor and Sam Noon.

Here is a report by Thomas Holgate.

On Friday 27th September we set off on our trip to Creil, France. It was about a one hour flight and when we landed, we were met by Nicolle and Emmanuel, the event organisers, who were really great. From there we went to a welcome reception at Creil's Town Hall. We had a great time there meeting the event organisers and having food. Following that we visited the Creil swimming pool and we met the amazing Creil Swimming Team.

On Saturday we then went rowing on the river Oise with our French swim team friends.. This was really great fun, and the other team were awesome rowers! After an amazing time rowing we then went to do a joint training session at the pool. During this session we did a little competition, where both teams did great. Next we visited the Galle-Juillet and Faiencerie museum to look around. This was okay but it would have been better if there had been a translator. After that we went for an evening meal at La Flora. There was plenty of food and it was good. Once we'd eaten we went to play bowling then back to the hotel after a busy, fun day.

On Sunday (our last day) in the morning we visited the old French town Senlis. Here we saw a massive Cathedral and went for a little tour inside. The cathedral was amazing inside. Secondly we visited the Chateau de Chantilly. The Domain de Chantilly was a brilliant place to visit. We walked around all of the grounds but unfortunately we didn't have time to look inside. Here we took loads of great pictures next to the many fountains. Next we all went to a laser quest together. We played two games, one in a larger arena and one in a smaller arena. After that we had to rush off to our final evening meal with our French friends. At the end of the meal we had to say goodbye to our friends as we headed back to the hotel.

We would like to thank our kind hosts and our French friends for making our trip enjoyable and for all the gifts we received. We look forward to when the Creil French team come to visit us, so we can show them around our area.

Thomas Holgate



As Christmas is approaching (only 10 weeks to go), some of you will be shopping on the Internet. If you are, then do it using the **easy fund raising** website. This will raise funds for the Club, it won't cost you anymore and there even could be some offers.

To date we have raised over **£1,353** from only **23** supporters, with **£279** over last 12 months.

Going to the Easy Fund Raising page on the website will explain how it works. So go on, visit Easy Fund Raising today, and get Amazon to donate to the Club.

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

Please support the Club by using Easy Fund Raising, every internet sale helps.

Friendly League

On Thursday, 26th September, in our last Home Friendly League Fixture of the season, Colne hosted Great Harwood Otters at the Pendle Leisure Centre.

Colne started the contest on the back foot as there was only a single boy in the 9/10 years age group, which meant three races were forfeit.

Once the contest started Great Harwood went into a lead that they never relinquished despite a spirited performance from the Colne swimmers.

The last race summed up the contest, as Great Harwood stretched out their lead almost every length. In the end they won the contest by 60 points to 53.

Over the course of the evening, the Colne swimmers managed a further 22 personal bests with 7 amongst the boys and 15 for the girls.

Colne's final fixture will be on 21st October at the Mercer Hall Leisure Centre against Great Harwood.

Hats and Water Bottles

Swimmers need to wear swimming hats during Club sessions and when representing the Club during competitions, especially any swimmer that has long hair.

We did have an incident over ten years ago, in which a girl got her hair caught in the lane rope. In order to free her, we had to get her hair cut. So if you want to keep your hair long, then please wear a hat.

When you train, you will sweat, so it is vitally important that you replace these lost fluids. So please bring a water bottle in order to keep hydrated.

Do not bring fizzy drinks, as you will feel bloated when trying to train.

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.

