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Bytes
Shark
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Annual Presentation

Last year we held our Annual Presentation within the sports hall at the Pendle Leisure Centre on Saturday, 10th December. Unusually it was an afternoon presentation rather than an evening one. A good job too, as England were playing France at 7pm, which would have had an impact if Nelson Cricket Club honoured our booking.

Despite being a bit cold in the sports hall we opened the buffet and provided tea, coffee and orange cordial, then started the presentation. The first trophy winners were for the John Dobbin Memorial Trophy which went to Lacey Hall, and the Bramhill Memorial Trophy which was presented to Daniel Warner.

The trophies won at the recent Championship Galas were handed out along with the age group winners of the Christmas Sprint Gala.

The winners of the Betty Petty Style Trophy were Betsy Rider and Oleksandr Matsaniuk.

The Spot-On Competition winners were announced as Belle Tattersall in third place winning £5, Adison Croxall in second place winning £10 and Isabelle Teal in first place winning £20.

The Two Alberts Trophy for Services to the Club went to Simon Smith-Shelley, unfortunately he wasn't there, so his wife and daughter collected the trophy on his behalf.

The captains for 2023 were announced as Thomas and Eleanor Holgate with the Junior Captains being Luke Chew and Betsy Rider.

Christmas Sprint Gala Winners

7 years	Lacey Hall	Max Dickson
8 years	Belle Tattersall	Isaac Chew
9 years	Adison Croxall & Abigail Scanlan	No Entries
10 years	Taylor Humphreys	William Ingram
11 years	Betsy Rider	Luke Chew
12 years	Isabelle Teal	No Entries
13 years	No Entries	Daniel Warner
14 years	Eleanor Holgate	Isaac Critchley
15 years	Libby Cox	No Entries
16 and over	No Entries	Thomas Holgate & Henry Manning
Parent/Teacher	Mel Charldwood	Bob Whittaker
Parent & Child	Mel Charldwood & daughter	Kevin Critchley & son

February Age Group Gala

The **Cherry Wilkinson Memorial Age Group Gala for February** will take place on Thursday, 9th February.

The warm-up will be from 6:50pm with the gala starting about 7:10pm.

This gala is important as we need times from the swimmers to work out the teams for the Friendly League when it resumes at end of March.

The award for the Most Improved Swimmer will be based on your times from the June Age Group Gala last year, provided you did all four strokes..

If you do all four strokes this time you will qualify for the Most Improved Swimmer award at the June Age Group gala, but remember you will have to do all four strokes in June.

Helpers Required

Helpers are required for the gala. See page 2 for details

Would parents please note that once your child's swimming lesson has finished and they are off the pool side. Colne Swimming Club is not 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

Birthdays

Month 2023

10th Sami Clough
12th Philip Croxall
13th Daniel Warner
21st Kian Noon
27th Taylor Humphreys
29th Lacy Hall
30th Eva Gregg
31st Edward Green

Month 2023

3rd Elliott Shilton
8th Mollie Wright
11th Belle Tattersall and Khloe Dunn
14th Martha Green and Luke Dawson
22nd Betsy Townsend
25th Emma Cox

Forthcoming Events:

30th January

Membership Renewal Ends

1st February

Committee Meeting.
Zoom. 8pm

2nd February

Swimming Club Trials
Small Pool 6.15pm
Large Pool 7:30pm

9th February

January Age Group Gala
Warm-up 6:50pm

29th March

Friendly League Fixture
Away at Accrington
Warm-up 7:15pm

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The fixtures are out!

New Club Secretary

We still need a new one!

Annual Subscriptions are Due

Despite rising costs, we can announce that the Annual Club Subscriptions for 2023 will remain the same as the previous 4 years. In future, the prices will have to be increased as costs rise further.

The annual subscription was due on 31st December 2022, and renewing members have until Monday, 30th January in which to pay. Payment terms can be negotiated upon arrangement.

The prices for 2023 are:

Full Swimming Member:

Adult £70

Students £65

1st Child £65

2nd Child £55

Additional Child £45

Associate Member £50

Adult Non-Swimming £30

Committee Member £10

The membership application form for 2023 is now available to download from the Club website.

NOTE: Failure to pay by Monday, 30th January, will mean that you will not be allowed in the water, as you will no longer be insured.





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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.

Helpers Required

We would like volunteers to offer their services to the desk before the start of the Age Group Gala on Thursday, 9th February. 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 marshal
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 have to cancel this gala.

Friendly League Fixtures 2023

The Friendly League AGM was held on Tuesday, 10th January at the Hyndburn Sports Centre. The age groups will remain the same for this year.

Table with 2 columns: HOME and AWAY. Rows include ACCRINGTON, BURNLEY BOBCATS, and GREAT HARWOOD with dates and times.



Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising a free donation for Colne ASC? There are nearly 3,000 retailers including Amazon, John Lewis, Aviva, thetrainline and Sainsbury's, who will donate a percentage of the amount you spend to Colne ASC to say thank you for shopping with them.

It's really simple, and doesn't cost you anything.

All you have to do is:

- 1. Go to http://www.easyfundraising.org.uk/causes/casc/
2. Sign up for free
3. Get shopping – your donations will be collected by easyfundraising and automatically sent to Colne ASC. It couldn't be easier!

There are no catches or hidden charges and the Club will be really grateful for your donations.

Over the years we have managed to have 27 people sign up, and between them, they have raised £1,657.49, with £87.95 in the last 12 months. We would like to increase this, so if more of you join up and support the Club it would be hugely appreciated.

Thank you to all those who have supported the Club using Easy Fundraising.

Sssssshhh!!

It is important for everybody in the pool environment to be quiet before the start of a race.

This makes it easier for the swimmers to hear the starters instructions.

Once the race has started then you can shout as loud as you want.

Thank you.

Competition Rules

Now that we are in a new year, it is good to remind everyone of a few rules that all swimmers have to adhere to whilst competing.

- 1. Do not move when under starters orders. You only get one chance at the start.
2. Backstroke always starts in the water.
3. Use two hands on the wall when performing breaststroke and butterfly turns.
4. You must always be on your back when swimming backstroke, except at turns.
5. Tumble turns only permitted when swimming backstroke or freestyle events.
6. Do not stand-up during a race. Unless you are swimming a freestyle event.
7. Treat individual medley as four separate races, as you must complete one stroke before going onto the next.
8. Individual medley order is butterfly, backstroke, breaststroke and freestyle.
9. Medley relays are swum as backstroke, breaststroke, butterfly and freestyle.

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 blue 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.

