



www.colne-asc.co.uk



Shark Bytes @SwimAtColneASC



Club Trip - Outdoor Elements

On Saturday, 8th July the Club Trip will be taking place at the Outdoor Elements Activity Centre, Simonstone.

With less than 4 weeks to go, almost all of the places are taken, and we only have 30 places available! Book your place on a Club night for a £5 fee, and complete the form with your child's medical details.

If anyone wishes to take a friend/relative who is not a member of the Club it will cost £10 for a day of activities.

There will be 5 activities spread out over the course of the day, so be there from 9:15am, as the activities will be starting at 9:30am. If any parents are leaving their child/children for the day, then return to the centre by 4pm. Parents can stay if they want, and maybe, have a go at one or two activities, or just watch. We would like some parents to stay to act as chaperones and make sure the kids enjoy themselves.

Drinks will be provided by the centre, but please remember a pack lunch, otherwise you may go hungry.

Anyone going should have received a leaflet with what to wear, so please dress appropriately, and try not to wear your best stuff, as it may get mucky and/or scuffed. More information is on the next page.

More importantly, enjoy the day, and work on your teamwork, as you may need it.



Birthdays

June 2023

- 1st Jack Cardus and Connie McIntyre
- 12th Isobel Savage
- 16th Zana Baysal
- 20th Oakley Hartley
- 21st Lilly-Ann Marks
- 25th Isabella Wallace
- 27th Elijah Bartlett
- 28th Faith McGlone

July 2023

- 2nd Lucie Shepherd
- 3rd Milo Kenyon
- 6th Zoe Blackadder
- 7th Abigail Scanlan
- 10th Walter Bennett
- 14th Sienna Hartley
- 15th Matilda Walker
- 19th Zaviah Cotterill
- 26th Lucy Hindle
- 30th Chloe Wilkinson

Cherry Wilkinson Memorial Age Group Gala

On Thursday, 29th June we will be holding the **Cherry Wilkinson Memorial Age Group Gala for June**, which is open to all swimmers in the Club.

If you did all four events in the February Age Group gala, you will qualify for the Most Improved Swimmer, but only if you do all four events again.

The 9 years and under will be doing 25 metres for each of the four strokes, whilst the 12's and over will be doing 50m. The 10 and 11 year olds will do 25 metres for each stroke with an option to do 50m on all four strokes.

Entry forms are available from the desk on a Club night, or you can enter on-line via the Club website.

www.colne-asc.co.uk/age-form.php

We would like volunteers to offer their services to the desk before the start of the Age Group Gala on Thursday, 29th June. 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.

Notice of Intent - EGM

We intend to hold an Extraordinary General Meeting before the start of the next Committee Meeting on Wednesday, 5th July, to accept the 2022 Financial Statement, once finalised.

This is open to all members of the Club over the age of 16. If you would like to attend, then please ask Philip at a Club session or email the secretary using secretary@colne-asc.co.uk.

Once this meeting has finished then all non-committee members **must** leave the meeting as we will be starting the July committee meeting.

New Club Secretary Required

Our current Club Secretary Joan Croxall had already stated her intention to step down from her role at the last AGM in October 2022.

Joan has been Club Secretary for over 40 years and has overseen the biggest admin change for Clubs, with the introduction of Swim Mark (nee Swim 21).

The position is quite involved and will require the new incumbent to devote several hours a week to the job.

Anyone who thinks they are up to the task, then please contact either Philip, Joan or a committee member.

The Club cannot function without a Secretary.

Forthcoming Events:

19th June

Friendly League Fixture.
Away to Great Harwood at Accrington Academy.
Warm-up 7:15pm

29th June

Cherry Wilkinson Memorial Age Group Gala.
Warm-up at 6:50pm

5th July

On-line EGM and Committee Meeting. 8pm

6th July

Friendly League Fixture.
Home to Accrington.
Warm-up 7pm

8th July

Club Trip to Outdoor Elements. Simonstone.

13th July

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

Contents:

Club Trip

Are you ready for an adventure.

June Age Group

Can you be Most Improved?

Friendly League

Fixtures in June and July

EGM

Need to accept the accounts

Club Shop

Is available, just ask.

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



www.colne-asc.co.uk



Shark Bytes
Colne Amateur Swimming Club
@SwimAtColneASC

Friendly League

The next fixture is away to Great Harwood at the Accrington Academy on Monday, 19th June. The warm-up is at 7:15pm, but please get there for 7pm. The Team Sheet is on the Club website and you should have been emailed if you are required.

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

The next fixture after that is on Thursday, 6th July at the Pendle Leisure Centre against Accrington. The warm-up is at 7:00pm.

There are now some new Club Team T-Shirts. If you are given one, then it is your responsibility to look after it, as it is yours. Do **not** leave your new t-shirt on the poolside.

Good luck to all swimmers.

NOTE: All swimmers representing the Club must adhere to the Club's Competition Policy.

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

Club Shop

The Club Shop is available on a Club night you just need to ask if you require anything.

We sell swimming costumes and leg suits for girls and jammers for the boys. We also have available Club swimming hats and last remaining stock of T-Bag t-shirts.

The Price List is on the Notice Board and the Club website.

Sponsored Swim

On the 9th & 12th October we will be holding a sponsored swim event. We will donate 50% of the funds raised to the Pendleside Hospice. The other half of the funds will go to the Club.

The sponsor forms will be published to the Club website in July.

The format will be to swim as many lengths as possible in 25 minutes. For the older swimmers and those that like a proper challenge, there will be swim as many lengths as possible in an hour.

We hope as many of you will help the Club raise much needed funds.

What to Wear

Kit List Please dress for the forecasted weather, taking into account the suggestions below:

Do Wear

Layers of clothing that you don't mind getting dirty (it is cooler in the woodland).

Trainers / old shoes / walking boots you don't mind getting wet, dirty and scuffed.

Waterproof jacket and trousers. A long sleeved top.

Full length trousers such as tracksuit bottoms / combats / leggings.

Sun hat and sun protection cream.

Insect repellent.

Do NOT Wear Jewellery / watches, shorts, jeans, skirts, heeled shoes or your best stuff.

Contact Details

Outdoor Elements
Pump House Dean Wood
Trapp Lane
Simonstone
Lancashire
BB12 7JD

T: 01282 416396



NOTICES

Can we ask that swimmers arriving early **before** their lesson, do not get in the water until you are asked to do so by one of the Club Teachers.

If you want to have an early swim then you must inform reception that you want to get in early.

When swimmers get changed for their lesson, please **do not** leave your bags, clothes and shoes strewn around the poolside and the spectator area. Either place your things in a locker or leave them **tidy** with a parent in the spectator area.

Just dumping your things on the floor causes a tripping hazard.

Thank you.

Water Bottles

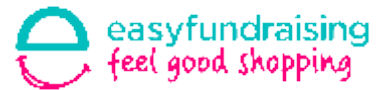
As the weather is getting warmer and sunnier, it will make the pool environment much warmer. So it is more important that swimmers bring a drink with them to Club Sessions.

If you keep yourself hydrated, it will make it easier to swim and concentrate upon what you are doing.

So bring your water bottle and stay hydrated.

Do not bring a fizzy drink as this will make you feel bloated and make the swimming harder.

Just remember, once you have finished your session, that you **take your water bottle home** with you.



Currently there are 27 supporters of the Club on Easy Fundraising, and between them they have raised **£1,682.44**, which is an increase of **£94.33** from this time last year.

In the last 30 days our cause has raised **£5.29** and we have recruited no new supporters, why not?

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.

