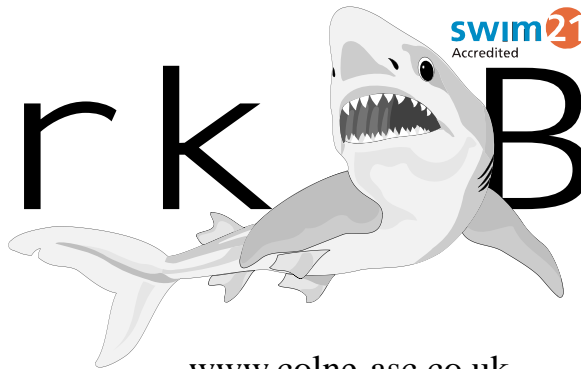


# Shark Bytes



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## Most Improved Swimmers

The most improved swimmers from June 2006 are as follows:

Boys		Girls	
1.	Keiron Hartley 8.72%	Ellie Butschok-Brain	13.06%
2.	Daniele Santabarbara 6.47%	Charlotte Titterton	12.47%
3.	Morgan Hartley 3.07%	Bethany Gribble	10.69%

Remember to qualify for the most improved swimmer you must do all four strokes in January and June. This will provide your coach an idea on how you are improving over a six month period.



Keiron and Ellie receiving their awards from Martin Jackson, Chairman.

## How to Start a Race

1. The starter will give three sharp blasts on the whistle. The swimmer must then stand behind the starting block with hat and goggles on properly.
2. The starter then gives one long whistle blast. For Frontcrawl, Breaststroke, Butterfly and Individual Medley, the swimmer should then immediately get on the starting block. In Backstroke and Medley Relay events the swimmer shall immediately enter the water in their lanes, a second long whistle blast is then given for the backstroke swimmer to take their starting position.
3. The starter then issues the command 'Take your Marks'. The swimmer then takes up their starting position.
4. Once everybody is still the starter will give the starting signal. The swimmer then should get a move on, the race has started.

## Birthdays - February

1st Oliver Holland, Matthew Lonsdale and Charlotte Durcan; 4th Jack Coyne; 5th Elsie Chadwick; 8th Belinda Finch; 12th Jessica Staton and Jill Harrison; 14th Katie Coates and Lucy Myers; 23rd Abbie Hampshire; 24th Shaun Ruane.

## Birthdays - March

1st Janet Kirk and David Bradley; **3rd Andrew Croxall**; 4th Olivia Pratt; 7th Celia Foulkes-Bolton; 9th Helena Chadwick; 11th Aimee Grant; 14th Emily Holmes; 15th Charlotte Waters; 16th Menna Roberts; 18th Hamish Graham; 19th Rheannon Davies; 20th Jordan Arnott; 23rd Sam Bainbridge and Emily Waters; 26th Natalie Cowgill; 27th Tilly Jee; 31st Ashley Honeyman.

**KELLY COLLEGE**  
RESIDENTIAL SWIM TECHNIQUE SCHOOL  
FOR CHILDREN AGED BETWEEN 10-16YRS  
FURTHER DETAILS ON  
CLUB NOTICE BOARD

## Fit Kidz Circuits

Pendle Leisure Trust has set up a fitness circuit for 13 - 16 year old boys and girls. The sessions are from 5.00 - 5.45pm on Monday at West Craven Sports Centre and 5.00 - 5.45pm on Thursday at Pendle Leisure Centre. The costs are £2.50 per session, but are free to Junior Active Members. Contact reception if you wish to participate.

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](mailto:press@colne-asc.co.uk)

## Forthcoming Events:

10/11 February Central Lancs Prelim Age Group. Aquatic Centre  
11th February Rotherham Open Masters. Ponds Forge, Sheffield  
26th February Friendly Gala. Away to Burnley. Padiham.  
3rd March Andrew Croxall's Birthday.  
10/11 March Lancashire County Championships

17/18 March  
22nd March  
25th March  
6th April  
15th April  
19th April

Lancashire County Championships  
Friendly League. Home to Haslingden.  
Micro League. Away at Salt Ayre Pool.  
Good Friday.  
Darlington Dolphin Masters.  
Friendly League. Home to Pioneer '79

# Shark Bytes



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## Central Lancs Prelim Age Groups

On the weekend of 27th and 28th January several Colne ASC members travelled to the Aquatics Centre, Manchester to take part in the first two galas of the Central Lancashire Preliminary Age Groups.

On the Saturday, 8 swimmers competed, with three 1st places and three 2nd places being achieved. 6 finals were also swum in. In all there were 17 new personal bests set.

The first places were Thomas Wilson (16) in the 400m Freestyle; Emily Cott (13) in 200m Backstroke and Joshua Finch (16) in 100m Butterfly.

The second places were Emily Cott (13) in 50m Butterfly, 200m Individual Medley and 50m Freestyle. Other finalists were Charlotte Beech (12) who was 7th in 50m Butterfly and Rebecca Berry (14) who was 8th in 50m Freestyle.

Also swimming were Morgan Hartley (10) who finished 4th in 200m Breaststroke; Jack Coyne (10) who was 7th in 200m Breaststroke and Alex Berry (12) who was 8th in 400m Freestyle.

Swimming in her first Age Groups was Olivia Pratt (9) who had to compete against 10 year olds where she finished 12th in 50m Butterfly; 9th in 200m Backstroke; 13th in 200m Individual Medley and 19th in 50m Freestyle. Against the other 9 year olds she was 2nd, 1st, 2nd and 3rd in the above events.

On the Sunday only six swimmers took part and there was a further three 1st places and two 2nd places, with 7 finals and 14 new personal bests being set.

Emily Cott (13) was first in 100m Backstroke and 100m Freestyle with Joshua Finch (16) taking first place in 200m Freestyle.

Finishing second were Morgan Hartley (10) in 50m Breaststroke and 200m Freestyle.

Jack Coyne (10) was 4th in 200m Freestyle; 10th in 50m Backstroke and 13th in 50m Breaststroke.

Alex Berry (12) was 6th in 50m Breaststroke and 50m Backstroke; and 9th in 200m Freestyle.

Morgan Hartley (10) was also 4th in 50m Backstroke.

Rebecca Berry (14) was 9th in 100m Freestyle.

## Friendly Galas

There will be two extra friendly galas this year against Burnley. The first will be away at Padiham on Monday 26th February, warm-up at 7:45pm. The second gala will be at Pendle Leisure Centre on Thursday, 5th July, warm-up 7:30pm. The format of these galas will be same as the Friendly League.

## Friendly League Fixtures

The fixture for the new season are as follows:

	HOME	AWAY
HASLINGDEN	Thursday 22nd March Warm-up 7:30pm	Monday 11th June Warm-up 7:30pm
PIONEER '79	Thursday 19th April Warm-up 7:30pm	Thursday 24th May Warm-up 7:30pm
RAMSBOTTOM	Thursday 10th May Warm-up 7:30pm	Monday 30th April Warm-up 8:00pm

Team sheets will be placed on the Notice Board at least a week prior to each fixture. If selected please notify Andrew or Cherry whether you will be swimming or not.

## Micro League Fixtures

The fixtures for the new season are as follows:

Sunday 25th March	COLNE LANCASTER CLITHEROE PRESTON B	Salt Ayre Warm-up 5:15pm
Friday 27th April	COLNE CLITHEROE PRESTON B PIONEER 79	Ribblesdale Pool Clitheroe Warm-up 7:15pm
Saturday 23rd June	COLNE PIONEER 79 BLACKPOOL PRESTON B	West View Preston Warm-up 5:00pm
Saturday 7th July	COLNE ROSEGROVE PIONEER 79 BLACKPOOL	Pendle Leisure Centre Warm-up 6:00pm

Team sheets will be placed on the Notice Board at least a week prior to each fixture. If selected please notify Andrew or Cherry whether you will be swimming or not.