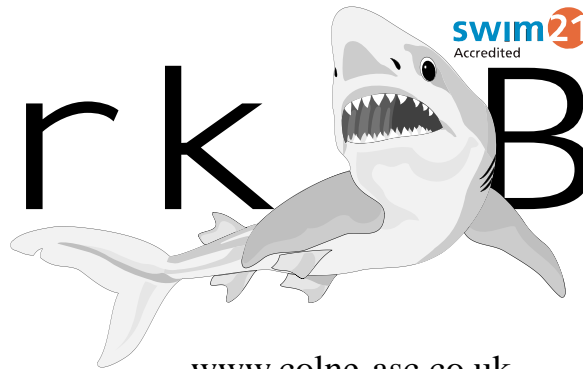


# Shark Bytes



Affiliated Club



www.colne-asc.co.uk

only  
50p

Colne Amateur Swimming Club Newsletter: February 2008

Issue: 50

## Starts and Turns Workshop

On Saturday, 9th February there will be a starts and turns workshop run by coach Dave Crouch. This session is aimed at all the Friendly League and Micro League team swimmers, but is open to other swimmers.

It is recommended that those swimmers who wish to represent Colne in team competitions to attend this session.

The session will run from 6pm whilst 8pm at the Pendle Leisure Centre.

## Friendly League

This years competition has been slightly restructured, so that there are now two divisions instead of three, this will mean a total of 8 fixtures.

### DIVISION 1

COLNE  
Haslingden  
Pioneer '79  
Ramsbottom  
Great Harwood

### DIVISION 2

Accrington  
Darwen  
Burnley  
Todmorden  
West Craven

The team finishing top of Division 2 will be promoted whilst the team last in Division 1 will be relegated.

The end of season gala will take place on Friday, 14th November, and will consist of the top 5 or 6 points scorers from both divisions. The venue has yet to be decided.

	HOME	AWAY
<b>GREAT HARWOOD</b>	Thursday 12th June Warm-up 7:30pm	Monday 13th October Warm-up 8:00pm
<b>HASLINGDEN</b>	Thursday 10th July Warm-up 7:30pm	Monday 29th September Warm-up 7:30pm
<b>PIONEER '79</b>	Thursday 27th March Warm-up 7:30pm	Thursday 8th May Warm-up 7:30pm
<b>RAMSBOTTOM</b>	Thursday 6th March Warm-up 7:30pm	Monday 28th April Warm-up 8:00pm

## Financial AGM

This years Financial AGM will take place on Wednesday, 5th March 2008, at the Colne Cricket Club. The meeting will start at 8pm.

## Micro League

The fixtures for this seasons Micro League are as follows:

Saturday, 15th March	CARNFORTH A LANCASTER COLNE CLITHEROE A	Salt Ayre Lancaster Warm-up 5:00pm
Sunday, 27th April	LANCASTER COLNE SOUTHPORT B ORMSKIRK	Salt Ayre Lancaster Warm-up 4:45pm
Sunday, 18th May	BLACKPOOL A PRESTON B CARNFORTH A COLNE	Palatine Blackpool Warm-up 5:15pm
Saturday, 5th July	COLNE SOUTHPORT B CLITHEROE A BLACKPOOL A	Pendle Leisure Centre Warm-up 6:15pm

The team sheets will be displayed upon the Notice Board along with information about travel arrangements.

## Birthdays - February

1st Oliver Holland, Matthew Lonsdale and Charlotte Durcan; 3rd Stephanie Brooks; 5th Elsie Chadwick; 13th Emily Brennan; 23rd Abbie Hampshire; 24th Shaun Ruane.

## Birthdays - March

1st David Bradley; 3rd **Andrew Croxall**; 4th Olivia Pratt; 6th Harry Parkinson; 7th Celia Foulkes; 15th Emily Young; 16th Menna Roberts; 21st Jade Robinson; 23rd Sam Bainbridge; 26th Natalie Cowgill; 27th Tilly Jee.

As some may have seen it will be Coach Andrew Croxall's birthday on Monday, 3rd March. I am sure that you will all wish him well, and remember you are not allowed to push him in the water.

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:

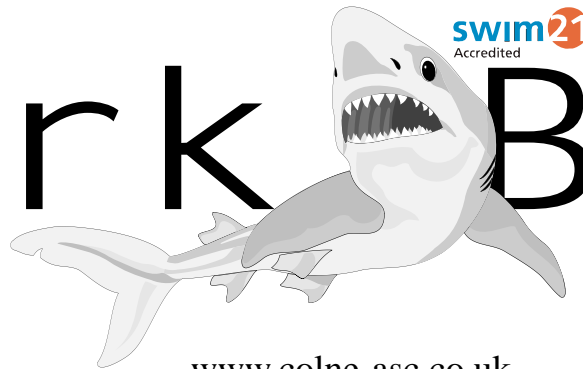
9th February	Starts and Turns Workshop. 6pm - 8pm.
10th February	Rotherham Open Masters Gala, Sheffield.
3rd March	Coach Andrew Croxall's Birthday.
5th March	Financial AGM
6th March	Friendly League Fixture. Home to Ramsbottom

15th March	Micro League Fixture. Away at Salt Ayre.
21st March	Good Friday.
23rd March	Easter Sunday.
27th March	Friendly League Fixture. Home to Pioneer '79.
30th March	Darlington Dolphin Masters Gala.
15th April	FINA World Masters Championships, Perth.

# Shark Bytes



Affiliated Club



[www.colne-asc.co.uk](http://www.colne-asc.co.uk)

Colne Amateur Swimming Club Newsletter: February 2008

Page: 2

## Central Lancs Prelim Age Groups

On the 12-13th January weekend, Colne ASC had 8 swimmers competing at the Central Lancashire Prelim Age Groups at Broughton Pool, Galas No. 1 & 2 of 4. A total of 10 medals have been achieved over the weekend with three 1st, six 2nd and a 3rd place, reaching no fewer than 9 finals between them and 25 personal best times.

The outstanding swimmers were Emily Cott competing in the 14 year age group achieving three 1st places (100m Backstroke, 100m Freestyle and 50m Freestyle) and two 2nds (200m Individual Medley and 50m Butterfly) and Morgan Hartley (11) achieving four 2nd places (400m Freestyle, 200m Freestyle, 100m Breaststroke and 50m Breaststroke) and a 3rd (200m Freestyle). He was also 7th in 50m Backstroke.

Jack Coyne (10) set new personal bests for 50m Breaststroke (10th), 200m Freestyle (7th), 50m Backstroke (9th), 400m Freestyle (5th) and 200m Breaststroke (5th).

Alexander Berry (13) set new personal bests for 400m Freestyle (7th), 100m Breaststroke (6th in Final), 100m Butterfly (6th), 50m Breaststroke (8th), 200m Freestyle (6th) and 50m Backstroke (6th in Final).

Olivia Pratt (10) set a new personal best for 50m Butterfly (11th). She was also 13th in 50m Freestyle.

Ainsley Dibb (12) set new personal bests for 50m Butterfly (16th) and 100m Backstroke (19th). She was also 22nd in 50m Freestyle and 30th in 100m Freestyle.

Molly Frankland (13) set new personal bests for 50m Freestyle (13th), 100m Backstroke (13th) and 100m Freestyle (16th). She was also 14th in 200m Individual Medley.

Charlotte Beech (13) set a new personal best for 100m Freestyle in finishing 9th.

On the weekend of 26th and 27th January a team of 9 Colne ASC swimmers travelled to the Broughton Pool, Salford to compete in Gala No.3 & No. 4 of the Central Lancashire Prelim Age Groups. A total of two medals were achieved on the weekend with a 1st and 3rd place, reaching no fewer than 8 finals between them and 20 personal bests. There were also a further 6 Lancashire County Qualifying Times being set.

Emily Cott competing in the 14 year age group was the outstanding swimmer achieving a 1st place (50m Backstroke), and a 4th (200m Freestyle).

Morgan Hartley (11) achieving a 3rd place (50m Butterfly PB), a 4th place (200m IM PB) and a 6th (50m Freestyle PB).

Alexander Berry (13) made 2 finals with 5th (50m Butterfly PB) and 6th places (100m Backstroke). He was also 6th (200m Backstroke PB), 7th (200m IM PB), 8th (50m Freestyle) and 9th (100m Freestyle PB).

Thomas Preston (14) made 3 finals with 4th (50m Butterfly PB) and 5th places (50m Freestyle PB and 100m Freestyle PB).

Jack Coyne (10) had a 4th (200m IM PB), a 7th (50m Freestyle) and a 10th place (50m Butterfly PB).

Olivia Pratt (10) had a 6th (400m Freestyle PB), a 10th (200m Freestyle PB), a 14th (50m Backstroke) and a 17th place (50m Breaststroke).

Laura Foulkes (16) had a 6th place (400m Freestyle PB).

Molly Frankland (13) had an 8th (50m Breaststroke) and a 13th place (100m Breaststroke PB).

Charlotte Titterton (11) has a 10th (50m Backstroke PB) and a 13th place (100 Breaststroke PB).

## Aquateers Swim Clinic

On Thursday, 24th January we had a visit from Olympian, Ex-World Record holder (200m Backstroke) and current Aquateer called Princess, also known as Sarah Price.

The session was split into 2 with the younger swimmers including the later class from the small pool, in from 6:45pm whilst 7:45pm. The older swimmers were in from 8pm whilst 9pm.

She concentrated on Backstroke, but there was some race techniques for the second group.

Everybody seemed to enjoy the occasion and it can be hoped that the swimmers remember what Sarah told them. If they do then they could yet make the Olympics in the future.

There will be a further two clinics to be held this year, with the next one provisional booked for the 24th May with Steve Parry, he will be showing us the art of Butterfly, and the last one to be sometime in September. We are trying to get a breastroker who will have just competed at the Beijing Olympics. So watch this space.

These Aquateer Swim Clinics are funded by a grant from **Awards for All**.

## Most Improved Swimmer

The most improved swimmers from June 2007 to January 2008 are

### Boys

- |    |                          |       |
|----|--------------------------|-------|
| 1. | Christian Butschok-Brain | 5.71% |
| 2. | Morgan Hartley           | 5.44% |
| 3. | Daniel Grant             | 4.98% |

### Girls

- |    |                 |        |
|----|-----------------|--------|
| 1. | Abbie Hampshire | 12.45% |
| 2. | Ashleigh Dibb   | 9.09%  |
| 3. | Aimee Husnjak   | 7.74%  |