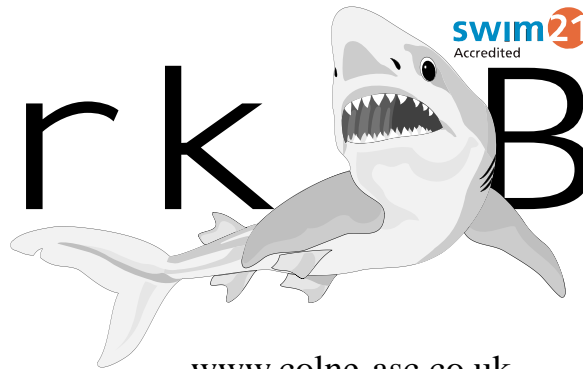


# Shark Bytes



Affiliated Club



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

only  
50p

Colne Amateur Swimming Club Newsletter: March 2008

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## Dave Crouch Workshop

On Saturday, 9th February we had a swim workshop run by Dave Crouch, who was the ex-Aquabears Coach. This session was aimed at our team swimmers, and they were shown additional skills to improve their frontcrawl and breaststroke, along with starts and turns. Another workshop will be organised later in the year for Backstroke and Butterfly.

The 24 swimmers who participated were presented with their new Team Tee-Shirts for the up and coming Friendly League season.

The session and the team kit were funded by an award from **Awards for All**.



The swimmers wearing their new tee-shirts along with Club Coach Andrew Croxall, teacher Mick Chardwood and Dave Crouch (at the back from left to right)

## Easter Closure

There will be no swimming club on Monday, 24th March as the pool will be closing at 6:00pm.

On Thursday 27th March there will be no lessons from 7:30pm due to a Friendly League fixture.

The large pool lessons from 6:45pm whilst 7:30pm will be as normal.

## Micro League

The Micro League fixture on Saturday, 15th March was cancelled at very short notice on Thursday, 13th March. This was due to unforeseen maintenance work required at the Salt Ayre Pool in Lancaster.

The date of the gala has provisionally been re-arranged for Saturday, 14th June. The details of the coach and start times will be displayed upon the Notice Board, when we have them.

## Trails

The next trials for admission in to the Club will be held on Thursday, 3rd April at 7:30pm for the Large Pool.

The Small Pool trials will be held at 6:30pm.

## Friendly League

On Thursday, 6th March, we played hosts to Ramsbottom in our first fixture of the new Friendly League Season. The Colne swimmers started off strongly winning the 14 of the first 20 races, and then finished even stronger by winning 17 of the remaining 20 races, leaving the final result as a convincing 71 points to 49 victory.

There were 19 new personal bests set by the Colne swimmers.

Our next fixture is at home on 27th March to the current champions Pioneer '79.

## Lancashire County Age Groups

On the 8-9th March weekend, Colne ASC had 7 swimmers competing at the **Lancashire County Championships & Age Groups** (Manchester Aquatics), Sessions No.1 to 4. A total of 2 medals were achieved over the weekend with two 3rd places, reaching no fewer than 3 finals between them, 12 personal best times, with 3 ASA North West Region and 1 ASA National qualifying times.

**Ashleigh Dibb** competing for the very first time in a 50m pool, in the 9yr Age Group achieved a 5th place in the 50m Freestyle and a 4th place in the 200m Breaststroke, both in personal best times.

**Morgan Hartley** competing in the 11yr Age Group achieved a 15th place in the 200m Breaststroke, and a 27th place in the 200m Freestyle both in personal best times.

**Charlotte Beech** competing in the 13yr Age Group achieved a 16th place in the 50m Freestyle in a personal best time.

**Laura Foulkes** competing in the 16yr Age Group achieved a 11th place in the 50m Freestyle and a 7th place in the Final of the 100m Freestyle, in an ASA North West Youth qualifying time and personal best time.

**Jack Workman** competing in the 16yr Age Group achieved a 7th place in the final of the 100m Backstroke, a 3rd place in the 200m Backstroke and a 3rd place in the 200m Freestyle in personal best times, with the latter in an ASA North West Youth qualifying time.

**Joshua Finch** competing in the Open Age Group achieved a 4th place in the final of the 100m Butterfly in an ASA National qualifying time by 0.32 of a second.

**Lewis Fox** competing in the Open Age Group achieved 21st place overall in the 200m Freestyle in a personal best time.

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:

27th March	Friendly League. Home to Pioneer '79.
30th March	Darlington Dolphin Masters Meet.
17th-25th April	XII FINA World Masters Championships.
19th April	Central Lincs Championships.
25th-26th April	Scottish Masters Short Course Championships.

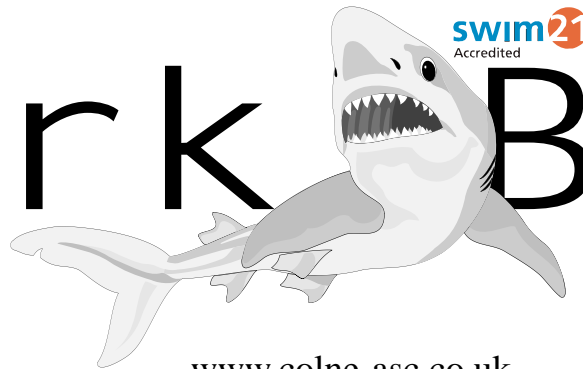
27th April
28th April
3rd-5th May
9th May
10th May
10th May

Micro League Fixture. Away at Salt Ayre.
Friendly League Fixture. Away at Ramsbottom.
ASA North West Region Youth Championships.
Friendly League Fixture. Away at Pioneer.
Yorkshire SA Masters Championships.
Dave Crouch Workshop.

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## Rotherham Masters

On Sunday, 10th February five members of the Colne ASC Masters Team travelled down to **Ponds Forge International Sports Centre** in Sheffield to take part in the **Rotherham Metro ASC Open Masters Meet**.

Swimming in the 35 to 39 years age group were **Philip Croxall** and **Bob Whittaker**.

**Philip** finished 2nd in 200m Individual Medley, 3rd in 50m Breaststroke, 3rd in 50m Freestyle, 4th in 50m Backstroke, 4th in 100m Freestyle and 4th in 100m in Breaststroke.

**Bob** finished 2nd in 400m Freestyle, 3rd in 200m Freestyle, 6th in 50m Backstroke and 6th in 50m Butterfly

In the 50 to 54 years age group was **Janet Kirk** who finished 5th in 50m Breaststroke and 7th in 50m Freestyle.

In the 60 to 64 years age group was **Tony Catterall** who finished 1st in 50m Breaststroke, 1st in 400m Individual Medley, 1st in 100m Breaststroke, 1st in 200m Freestyle, 2nd in 400m Freestyle, 2nd in 100m Butterfly, 2nd in 50m Backstroke, 2nd in 200m Individual Medley, 2nd in 100m Backstroke, 4th in 50m Butterfly, 4th in 50m Freestyle and 5th in 100m Freestyle.

In the 70 to 74 years age group was **John Penswick** who finished 4th in 50m Backstroke, 4th in 50m Breaststroke and 4th in 100m Breaststroke.



The team wearing their new **Masters Club Kit** which was provided by grant from **Awards For All**. From left to right Philip Croxall, John Penswick, Janet Kirk, Tony Catterall and Bob Whittaker.

## Most Improved Swimmers

The most improved swimmers from January are pictured here receiving their awards.



Here is Abbie Hampshire receiving her award from Club Chairman Martin Jackson.



Christian Butshok-Brain receives his award from Club Vice-Chairman Mick Charldwood.

## Training/Competing Abroad

If you find yourself travelling abroad and you wish to partake in a training session with a foreign club then you must arrange permission from the ASA at least 28 days before you travel, using the **International Permit and Clearance Form**.

This also applies if you wish to compete abroad in competition, but does not include swimming in a hotel pool whilst on holiday abroad. There are no fees applicable.

An **ASA Medical Declaration** form will also have to be filled in unless you are a Masters Swimmer.

Forms are available from Mrs Croxall or can be downloaded from the ASA website at <http://www.britishswimming.org>.

The Club Coach Andrew Croxall will also have to be informed as he is required to sign the form as part of the clearance procedure.

## Birthdays - March

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

## Birthdays - April

1st Katie Farrar; 3rd Matthew Husnjak; 5th Bethany Gribble; 9th Olivia Robbins; 19th Connor Banks; 20th Laurel Pratt; 20th Sarah Kelly; 24th Christian Butshok-Brain; 25th Luke Fishwick and Jasmine Holland; 30th Theo Rowan.