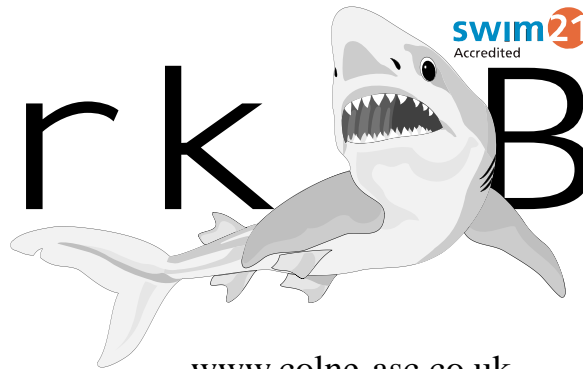


# Shark Bytes



Affiliated Club



www.colne-asc.co.uk

Only  
50p

Colne Amateur Swimming Club Newsletter: July 2008

Issue: 54



The official emblem of Beijing 2008 entitled "Chinese Seal-Dancing Beijing" cleverly combines the Chinese seal and the art of calligraphy with sporting features, transforming the elements into a human figure running forward and embracing triumph. The figure resembles the Chinese character "Jing", which stands for the name of the host city and represents a particularly significant Chinese style. The artwork embodies four messages;

- Chinese culture,
- the color of red China
- Beijing welcomes friends from all over the world
- to challenge the extreme and achieve the perfect and promote the Olympic motto of "Citius, Altius, Fortius (Faster, Higher, Stronger).

## Olympic Games - Beijing

This year on the 8th August the world descends upon Beijing, China for the Olympic Games. You can get all the information from the official website:

<http://www.beijing2008.com/>

As we are a swimming club I have provided a list of the swimming events schedule.

NOTE: Times are Chinese local time which is GMT + 8

### Day 1 Saturday 9th August

Session SW01 Start: 18:30 End: 21:30

Men's 400m Individual Medley - Heat  
Women's 100m Butterfly - Heat  
Men's 400m Freestyle - Heat  
Women's 400m Individual Medley - Heat  
Men's 100m Breaststroke - Heat  
Women's 4 x 100m Freestyle Relay - Heat

### Day 2 Sunday 10th August

Session SW02 Start: 10:00 End: 11:41

Men's 400m Individual Medley Final  
Women's 100m Butterfly Semifinal  
Men's 400m Freestyle Final  
Women's 400m Individual Medley Final  
Men's 100m Breaststroke Semifinal  
Women's 4 x 100m Freestyle Relay Final

Session SW03 Start: 18:30 End: 21:20

Women's 100m Backstroke - Heat  
Men's 200m Freestyle - Heat  
Women's 100m Breaststroke - Heat  
Men's 100m Backstroke - Heat  
Women's 400m Freestyle - Heat  
Men's 4 x 100m Freestyle Relay - Heat

(Continued on Page 2)

## Most Improved Swimmers

The most improved swimmers since January are James Robbins and Elsie Chadwick.



James and Elsie with Club Chairman Martin Jackson

### Boys

1	James Robbins	15.40%
2	Oliver Payton	14.21%
3	Daniel Grant	7.03%

### Girls

1	Elsie Chadwick	6.83%
2	Samantha Titterton	4.67%
3	Ashleigh Dibb	3.66%

## Friendly League - Round Up

On Thursday, 12th June, we were hosts to Great Harwood in our latest fixture. During the course of the night the young Colne swimmers set several new personal bests with 15 amongst the boys and 19 amongst the girls. This enabled us to be victorious by 64 points to 52.

On Thursday, 10th July, we were hosts to Haslingden in our last home fixture of this seasons Friendly League. Right from the outset we proved too strong for our visitors as we won by 65 points to 53. During the course of the evening the Colne swimmers recorded 35 new personal bests with 15 to the boys and 20 to the girls.

Our next fixture is away to Haslingden on Monday 29th September with the final fixture away to Great Harwood on Monday, 13th October.

## Summer Schedule

The last full session of the Club will be on **Thursday, 24th July** and will resume again on **Monday, 11th August**.

We will be having sessions over this period but are only having three or four lanes. Please see Andrew for further details.

The small pool lessons will finish on **Thursday, 24th July** and re-commence **Thursday, 14th August**.

The Adult Learners lessons on a Friday will continue as normal over this period.

## Level 3 Meet

There will be a 9-14/over years level 3 meet on the weekend of 4th/5th October at Blackpool's Palatine Pool.

This is a good meet for all those swimmers who have not done age groups before.

Entry forms are now available.

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:

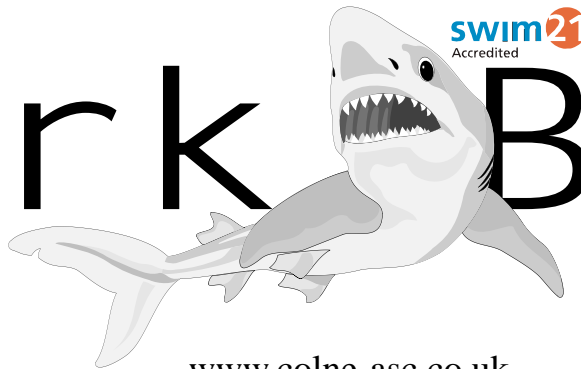
17th July	Trials for Swimming Club.
24th July	Last Full Sessions in Large and Small Pools
8 - 24 August	Olympic Games - Beijing.
11th August	Large Pool Lessons Resume
14th August	Small Pool Lessons Resume

3rd September	Committee Meeting
4th September	Trials for Swimming Club.
6th September	Start of Teachers Level 1 Course.
20th September	NERASA Masters Championships. Middlesborough
29th September	Friendly League @ Haslingden.
4/5 October	North Lancs Level 3 Meet. Blackpool

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## Day 3 Monday 11th August

**Session SW04 Start: 10:00 End: 12:03**

Women's 100m Backstroke Semifinal

Men's 200m Freestyle Semifinal

Women's 100m Butterfly Final

Men's 100m Breaststroke Final

Women's 100m Breaststroke Semifinal

Men's 100m Backstroke Semifinal

Women's 400m Freestyle Final

Men's 4 x 100m Freestyle Relay Final

**Session SW05 Start: 18:30 End: 20:08**

Women's 200m Freestyle - Heat

Men's 200m Butterfly - Heat

Women's 200m Individual Medley - Heat

## Day 4 Tuesday 12th August

**Session SW06 Start: 10:00 End: 11:43**

Women's 200m Freestyle Semifinal

Men's 200m Freestyle Final

Women's 100m Backstroke Final

Men's 100m Backstroke Final

Women's 100m Breaststroke Final

Men's 200m Butterfly Semifinal

Women's 200m Individual Medley Semifinal

**Session SW07 Start: 18:30 End: 20:42**

Men's 100m Freestyle - Heat

Women's 200m Butterfly - Heat

Men's 200m Breaststroke - Heat

Men's 4 x 200m Freestyle Relay - Heat

## Day 5 Wednesday 13th August

**Session SW08 Start: 10:00 End: 11:50**

Men's 100m Freestyle Semifinal

Women's 200m Freestyle Final

Men's 200m Butterfly Final

Women's 200m Butterfly Semifinal

Men's 200m Breaststroke Semifinal

Women's 200m Individual Medley Final

Men's 4 x 200m Freestyle Relay Final

**Session SW09 Start: 18:30 End: 21:32**

Women's 100m Freestyle - Heat

Men's 200m Backstroke - Heat

Women's 200m Breaststroke - Heat

Men's 200m Individual Medley - Heat

Women's 4 x 200m Freestyle Relay - Heat

## Day 6 Thursday 14th August

**Session SW10 Start: 10:00 End: 12:03**

Men's 200m Breaststroke Final

Women's 100m Freestyle Semifinal

Men's 200m Backstroke Semifinal

Women's 200m Butterfly Final

Men's 100m Freestyle Final

Women's 200m Breaststroke Semifinal

Men's 200m Individual Medley Semifinal

Women's 4 x 200m Freestyle Relay Final

**Session SW11 Start: 18:30 End: 20:40**

Men's 50m Freestyle Heat

Women's 800m Freestyle - Heat

Men's 100m Butterfly - Heat

Women's 200m Backstroke - Heat

## Day 7 Friday 15th August

**Session SW12 Start: 10:00 End: 11:34**

Men's 50m Freestyle Semifinal

Women's 200m Breaststroke Final

Men's 200m Backstroke Final

Women's 200m Backstroke Semifinal

Men's 200m Individual Medley Final

Women's 100m Freestyle Final

Men's 100m Butterfly Semifinal

**Session SW13 Start: 18:30 End: 21:16**

Women's 50m Freestyle - Heat

Men's 1500m Freestyle - Heat

Women's 4 x 100m Medley Relay - Heat

Men's 4 x 100m Medley Relay - Heat

## Day 8 Saturday 16th August

**Session SW14 Start: 10:00 End: 11:20**

Women's 200m Backstroke Final

Men's 100m Butterfly Final

Women's 800m Freestyle Final

Men's 50m Freestyle Final

Women's 50m Freestyle Semifinal

## Day 9 Sunday 17th August

**Session SW15 Start: 10:00 End: 11:30**

Women's 50m Freestyle Final

Men's 1500m Freestyle Final

Women's 4 x 100m Medley Relay Final

Men's 4 x 100m Medley Relay Final

## Birthdays - July

1st Zak Child, 4th Morgan Hartley and Helena Jennings; 6th Martin Jackson; 7th Reide Hartley; 8th Daniel Grant; 10th Shannon Monaghan; 11th William Farnworth; 13th Mark Honeyman; 14th Grace Kalan; 15th Emily Hunt; 17th Beth O'Shea; 19th Sheila Cott; 23rd George Wilkins; 22nd James Blackburn; 24th Sophie McCann; 26th Ainsley Dibb; 31st Jacob Kalan and Amanda Dibb.

## Birthdays - August

1st Thomas Pickles; 2nd James Robbins; 3rd Robert Nutter; 5th Rebecca Berry; 10th Bradley Duffield; 11th Emily Cott; 19th Leon Manojlovic; 23rd Emily Rushton; 24th Brandon Ford; 30th Libby Pickles; 31st Alistaire Nutter and Helen Kalan.

## Code Of Conduct

This is a reminder to ALL swimmers that they have signed the Club's Code of Conduct at the commencement of their membership subscription.

At recent galas the poolside has been left in an untidy manner. This is not acceptable behaviour and reflects poorly on the appearance of the Club to visiting teams.

Therefore it would be appreciated if all swimmers involved in swimming for the team, support their fellow swimmers, swim in the races they have been asked to, maintain good behaviour on the poolside and remove all their belongings at the end of the gala. This includes the removal of any drinks bottles. Remember that we win as a team and we also lose as a team.

Further to removal of drinks bottles, it also applies to all lessons.

Thankyou.

The Committee

## British Swimming Masters Championships

From Friday, 20th June till Sunday, 22nd June some 600 competitors travelled to Manchester's Aquatic Centre to take part in the British Masters and Senior Age Group Championships (50m) 2008. Five members of the Colne ASC Masters Team joined them.

Karen Driver swimming in the 35 to 39 years age group managed three first places as she won the 400m, 800m and 1500m Freestyle events. She was also third in the 200m Freestyle event.

Stephen Smith in the 40 to 44 years age group won the 50m Freestyle event and was second in the 100m Freestyle losing by 2 hundredths of a second! He also did the 200m Freestyle but could only manage 5th place. The time he managed in the 50m Freestyle was also the fastest time has ever managed as a masters swimmer.

Tony Catterall in the 60 to 64 years age group won the 200m Individual Medley, was second in the 200m Breaststroke and 4th in the 1500m Freestyle.

Philip Croxall in the 35 to 39 years age group finished 3rd in the 200m Breaststroke, was 4th in the 50m Breaststroke and 5th in the 100m Breaststroke. He also did the 50m and 100m Freestyle events in which he finished 8th place in both races. The time he managed in the 50m Breaststroke was also a lifetime personal best.

Bob Whittaker also swimming in the 35 to 39 years could only manage 4th place in the 1500m Freestyle, his one and only event.

## Club Sale

The Club jackets are now being sold off at £10 each. First come first served.



## And Finally

Good luck to Emily Cott as she represents Great Britain at the World Catholic Schools Games which is being held in Malta from 14th July.

A report of how well Emily performed will be in the next issue of Shark Bytes.