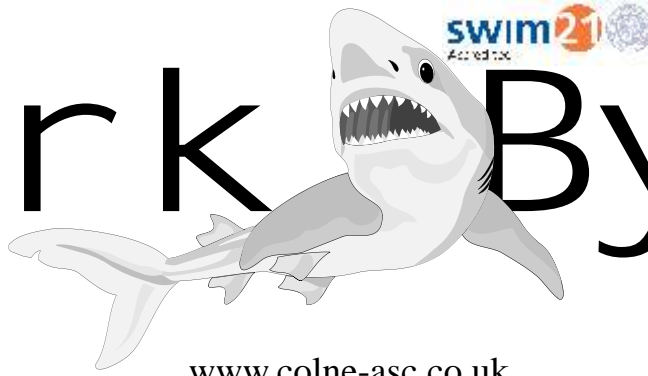


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Colne Amateur Swimming Club Newsletter: January 2009

Issue: 59

The end of an era at Colne Amateur Swimming Club

On Friday, 12th December was a milestone in the history of Colne Amateur Swimming Club. It is the day on which Stanley Hendley retired from any active involvement in the Club.

He first joined the Club in 1933 as a young 9 year old swimmer. He served in the RAF during the war, and on returning to Colne joined the swimming club once more. He represented the Club in both the swimming and water polo team for many years.

In 1948 he undertook his first official post as a committee member. Since then he has held every position in the Club, some of them twice. He was Chairman from 1950/1963 and 1984/1995, President from 1964/1967 and 1986/1997 and Treasurer from 1968/1982. In 1998 he retired from the Committee and was made an Honorary Member to the present day. He has actively been involved in the teaching of Adult Learners on a Friday evening for over 40 years, and will be sorely missed. The times that he has missed teaching that particular class can be counted on two hands, but Friday 12th December was his last, as he says "the time has come!"

The Club can still rely on his support at home League fixtures and Galas as he still takes a keen interest in the success of Colne Amateur Swimming Club.



Stanley with members of Colne ASC past and present

Micro League Fixtures

Following last year relegation we will be competing in Division C of the Micro League. The first fixture will be on Saturday, 7th March at West View Pool in Preston, with the final gala at the Ribblesdale Pool in Clitheroe on Saturday, 4th July

2009 Division C Micro League Fixtures

Venue					Date	Warm-up
West View Preston	Preston Seals	Colne	Carnforth B	Newton Hall B	7th March	3:00pm
West View Preston	Kirkham	Clitheroe B	Preston Seals	Colne	29th March	1:00pm
Pendle Leisure Centre	Colne	Carnforth B	Newton Hall B	Leyland B	28th June	5:00pm
Ribblesdale Clitheroe	Clitheroe B	Preston Seals	Colne	Carnforth B	4th July	6:15pm

Details of team sheets will be displayed upon the Notice Board up to 2 weeks before each gala. Please let Andrew or Cherry know if you cannot make the gala.

Details of when the coaches leave will be displayed upon the Notice Board.

Age Group Gala

On Thursday, 22nd January we will be having an internal age group gala. It is expected that as many swimmers as possible take part as the team managers require your times to work out who are the best swimmers to make the strongest league teams possible.

You will be timed on all four strokes and there is an award for most improved swimmer since last June.

The warm-up starts at 6:45pm with the gala starting as soon after 7:00pm as is possible.

Micro League Trials

On Saturday, 7th February there will be a trials session for the Micro League swimmers. These swimmers will be picked from the times taken at the Age Group Gala.

Race situations will be simulated so that the swimmers can get used to swimming in relays.

You never know we might have a race of boys against the girls. That way we will know who is the fastest.

The session will start at 6pm and last until 8pm.

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

Forthcoming Events:

22nd January Own Age Group Gala. Warm-up 6:45pm
 24/25 January North Lancs Age Groups. Palatine Pool, Blackpool
 31st Jan/1st Feb North Lancs Age Groups. Palatine Pool, Blackpool
 7th February Micro League Trials
 8th February Rotherham Open Masters

4th March
 7th March
 14/15th March
 21/22nd March
 26th March
 29th March

Financial AGM. Colne Cricket Club.
 Micro League. Away at West View. Warm-up 3pm
 Lancashire County Championships
 Lancashire County Championships
 Friendly League. Home to Burnley
 Micro League. Away at West View. Warm-up 1pm



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Colne Amateur Swimming Club Newsletter: January 2009

Page: 2

Friendly League Fixtures

The Friendly League starts with a home fixture against Burnley on Thursday, 26th March and ends with visit to Pioneer on Friday, 25th September.

The end of season gala will revert to a Swim-Off with the bottom two teams of division one swimming against the top two teams of division two.

Division 1 Fixtures

	Home	Away
Ramsbottom	Thursday, 17th September Warm-up 7:30pm	Monday, 22nd June Warm-up 8:00pm
Pioneer	Thursday, 23rd April Warm-up 7:30pm	Friday, 25th September Warm-up 7:30pm
Burnley	Thursday, 26th March Warm-up 7:30pm	T.B.A
Haslingden	Thursday, 2nd April Warm-up 7:30pm	Monday, 18th May Warm-up 7:30pm

Details of transport to Ramsbottom and Haslingden will be displayed upon the Notice Board. The away fixture against Burnley is still be decided as they are waiting for news when their pool will re-open after refurbishment.

Competition Rules and Etiquette

With the start of the new swimming season it is best that we remind swimmers on the main rules for competition and how they are expected to behave once they are on the poolside.

The Start of a Race

At the start of a race the referee will give one long blast on the whistle, when that is done everybody should become quiet as the race is under the referees control, and yes that does include spectators.

For Frontcrawl, Breaststroke and Butterfly the referee will give three short blasts on the whistle followed by one long blast. This is the signal to the swimmer to move to the starting position, whether on the block, on the side or in the water.

Then the starter for the race issues the command 'take your marks', that is when you get yourself ready to start. This is also the time when the time-keepers must be ready to press the start button on their stop watches. Once everybody is still the starter then starts the race by either using a whistle or an electronic horn. Then you get in that water as quickly as possible and start racing. The time-keepers should have also started their stop watches.

Once the race is underway, then, and only then is it time for spectators and other swimmers on the poolside to cheer on the swimmer(s) in the water. Prior to that you **MUST** be quiet.

The start of the Backstroke race is similar to the above, accept after the three short blasts and the one long blast the swimmers get into the water. After a short pause the referee will blow the whistle again, which signals that you must get into the starting position and then be still as you wait for the starting signal.

Birthdays - January

4th Emma Brooks; 9th Oliver Riley; 12th Philip Croxall; 16th Chris Wood; 17th Charlie Hesketh, Joey Fitzgerald and Imani Thomas-Kelly; 18th Francesca Leighton; 19th Daniel Frost, Stephen Smith, Robert Scothern and Grace Melling; 23rd Michael O'Shea; 29th Morgan Strickland; 30th Molly White.

Birthdays - February

1st Thomas Payton and Oliver Holland; 3rd Stephanie Brooks; 4th Jack Coyne; 5th Elsie Chadwick; 13th Emily Brennan; 14th Lucy Myers; 23rd Abbie Hampshire; 26th Manzar Iqbal.

Financial AGM

This years Financial AGM will take place on Wednesday, 4th March 2009 at the Colne Cricket Club. The meeting will start at 8pm.

All members are welcome to attend, but only fully paid up members are allowed to vote.

At the End of a Race

When you have finished a race it is polite to wait in the water until the referee tells you to get out. Also as you try to recover your breath it is best to shake the hands of your opponents whether you loose or win. But let them finish their race first.

On the Poolside

If you are currently not swimming a race you must remain on the poolside near where the team manager can find you so that you can be ready for your race in plenty of time.

You must remain still and quiet at the start of a race, and under no circumstances must you walk anywhere near the referee and/or starter. Once the race has started, then you can walk past.

Do not stand too close to the starting blocks as only the swimmer about to race and the time-keeper for that lane should be only ones there.

Remember to cheer on your teammates once they have started their race.

In team situations you **must** ask permission from the team manager if it is alright to leave the poolside, this will also let the team manager know where you are.

Once you have finished swimming and are allowed to get changed, you should do so quietly and as quickly as possible. Remember sounds carry from the showers and changing areas, so if you are quiet you wont get shouted at for being too noisy.

When you are on the poolside you will need a t-shirt and a spare towel so that you can keep warm. It is also preferable to have proper poolside footwear, but it is not essential. Also you will need your hat and goggles, and also a spare pair of goggles.