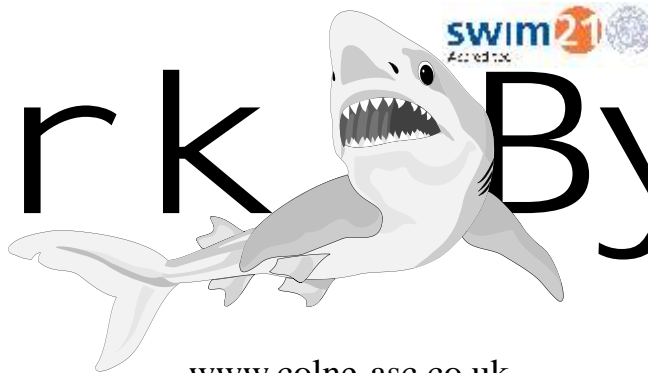


Shark Bytes



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Charles receiving his award from Club Coach Andrew Croxall

Most Improved Swimmers

The most improved swimmers from July last year were Charles Nolan and Lauren Pratt. Charles improved by a huge 24.28% and Lauren improved by 15.53%. Charles' improvement was the largest recorded since the Most Improved Swimmer was started back in 2004.

Boys

1	Charles Nolan	24.28%
2	Michael O'Shea	19.08%
3	Edward Cockburn-Price	14.19%

Girls

1	Lauren Pratt	15.53%
2	Samantha Titterton	12.94%
3	Annabel Chadwick	11.79%



Lauren receiving her award from Chairman Martin Jackson

Important

Team entries are selected by club officials and team entry fees are paid for by the Club. If you are asked to swim in a team race, please be sure that you are willing and able to swim. Not only does the club pay for the fee out of our limited funds, but more importantly **YOU WILL LET YOUR TEAM MATES DOWN!!!**

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.

Birthdays - March

1st David Bradley and Sharon Titterton; 2nd Katy D'Silva; **3rd Andrew Croxall**; 4th Olivia Pratt and Antonia Roberts; 5th Molly Chapman; 6th Harry Parkinson; 7th Ellicia Farnworth and Celia Foulkes; 15th Charlotte Waters; 22nd Georgia Savory; 23rd Sam Bainbridge and Emily Waters; 26th Natalie Cowgill; 27th Mawgan Naylor.

Central Lancashire Age Groups

On the weekends of 17th/18th January & 31st January/1st February, we had 2 swimmers competing in the **Central Lancashire Prelim Age Groups** at the **Broughton Pool, Salford**.

Emily Cott swimming in the 15 year age group finished 1st in 100m Freestyle, 100m Backstroke and 200m Freestyle, with a 2nd place in the 50m Freestyle, achieving Lancashire County Qualifying Times in all 4 events.

In the 16 years and over age group was **Laura Foulkes** who finished 3rd in 100m Freestyle, 4th in 200m Freestyle and 6th in 50m Freestyle. She achieved a Lancashire County Qualifying Time in the 100m Freestyle.

Website Changes

There has been a new images section added to the website. Over time this section will increase in size, but for now you can see images from the Aquateers Swim Clinics from last year and a lot of images from last years Presentation. You will find the images in the **Members** section and then **Images**.

Micro-League

The first Micro League fixture of the season takes place on Saturday, 7th March at the West View Pool in Preston. The start of the gala is at 3pm and there will be coach leaving the Pendle Leisure Centre at 1.30pm. Team sheets are on the Notice Board and Website, so if you cannot make it, then let the team selectors know as soon as possible.

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:

5th March	Trials for entry into the Club.
7th March	Micro League Fixture. Away at Preston
14/15th March	Lancashire County Championships. Galas 1 and 2
21/22nd March	Lancashire County Championships. Galas 3 and 4
26th March	Friendly League Fixture. Home to Burnley.

29th March
29th March
2nd April
10th April
12th April
23rd April

Micro League Fixture. Away at Preston.
Darlington Dolphin Masters
Friendly League Fixture. Home to Haslingden
Good Friday
Easter Sunday
Friendly League Fixture. Home to Pioneer

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North Lancashire Age Groups

On the 24-25th January & 31st January-1st February weekends, we had 7 swimmers competing at the **North Lancashire Prelim Age Groups** at the **Palatine Pool** in Blackpool. A total of 6 medals were achieved over both weekends with five 2nd and one 3rd place, 10 Lancashire qualifying times and 32 personal best times.

The outstanding swimmers were in the 10 year girls Age Group with **Ashleigh Dibb** achieving three 2nd places in 50m Backstroke, 50m Butterfly and 100m Individual Medley and a 3rd place in 200m Backstroke, and **Samantha Titterton** achieving two 2nd places in 50m and 200m Breaststroke. Ashleigh also set a new personal best in 50m Freestyle. Samantha also set new personal bests in 50m Freestyle, 200m Freestyle, 100m Individual Medley, 400m Freestyle, 50m Butterfly, 50m Backstroke and 200m Backstroke.

The other swimmers competing were **Ainsley Dibb** (13) who set personal bests in 100m Backstroke and 200m Individual Medley, **Morgan Hartley** (12) setting new bests in 100m Breaststroke, 100m Freestyle, 200m Freestyle and 800m Freestyle, **Olivia Pratt** (11) setting new bests in 200m Freestyle, 400m Freestyle, 100m Breaststroke, 200m Individual Medley and 100m Freestyle, **Charlotte Titterton** (12) setting new bests in 400m Freestyle, 800m Freestyle, 100m Breaststroke, 200m Breaststroke, 100m Freestyle and 200m Freestyle and **Jack Coyne** (11) who set a new best for 100m Breaststroke.

Meanwhile in Malaysia

Teacher Chris Domoney travelled to Malaysia to take part in the IronMan Langkwai Malaysia Triathlon on Sunday, 28th February.

He finished the 2.4 mile (3.8km) swim, 112 mile (180km) bike and a 26.2 mile (42km) run in a time of 11 hours 22 minutes and 50 seconds to finish 113th overall and 1st in the 60 to 64 years age group.

Next Trials

The trials for entry into the Club are on Thursday, 5th March.

Small Pool	6:30pm
Large Pool	7:00pm

There will be no trials in April as we have a Friendly League fixture on Thursday, 2nd April and the following Thursday, the 9th is just before Easter. Therefore the date is provisionally set at Thursday, 7th May.

Rotherham Masters

On Sunday, 8th February, two members of the Masters Team traveled down to the **Ponds Forge International Sports Centre, Sheffield**, to take part in the **Rotherham Metro Open Masters Meet 2009**.

Competing in the 35 to 39 years age group was **Karen Driver** who finished 1st in 400m Freestyle and 2nd in 100m and 200m Freestyle events.

Swimming in the 40 to 44 years age group for the first time after hitting 40 was **Philip Croxall** who finished 2nd in 400m Individual Medley, 100m Butterfly, 100m Backstroke and 200m Freestyle, 3rd in 50m Backstroke and 200m Breaststroke, 4th in 200m Individual Medley, 100m Freestyle and 50m Freestyle, 5th in 400m Freestyle and 100m Breaststroke, 6th in 50m Butterfly and 50m Breaststroke.

Membership Subscriptions

Anyone whose membership has not been renewed either in full or part, will no longer be insured to swim with the Club and thus will not be permitted to take part in Club activities.

The final deadline for renewal is Thursday 12th March.

A New Website For Children

A new website for children called **Child Power Your Voice**: young swimmers can talk to someone about any subject in complete confidence.

There is also a games section.

See the British Swimming website for more details.

[Www.britishswimming.org](http://www.britishswimming.org)

Banned Substances Information

Six varieties of the drink Vitaminwater have been found to contain banned substances. Only the Revive flavour of the Vitaminwater brand does **not** contain banned or impermissible substances.

If you have any of these products, then you should not use them.