

Shark Bytes



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Colne Amateur Swimming Club Newsletter: April 2010

Issue: 70

Kelly College

Eight young swimmers from Colne Swimming Club have just returned from a trip to the prestigious Kelly College in Tavistock, Devon.

The swimmers, all aged 11 -14 years, spent a week at the college, which is well-known for producing National and International standard swimmers.

Whilst there the swimmers were trained by highly-qualified coaches, including Archie Brew, the ex GB swimming team coach.

The training included 2 pool sessions per day along with fitness work and classroom sessions. There was a lot of emphasis on stroke technique and starts and turns which can gain valuable time in a race situation.

There was also time in the evenings for socialising and making new friends.

The majority of the funding for the trip came from a generous grant from the Pendle Youth Bank, which covered most of the cost of the course along with travel expenses. The swimmers only had to make a small contribution which made it accessible to all those who wanted to go.

All of the swimmers said that they had had a good time and found it to be a valuable experience, especially as some hadn't stayed away from home previously. Some hope to be able to go again next year.

Morgan Hartley, 13, said, "I hope to be able to pass some of the skills I learnt there on to the younger swimmers at Colne Swimming Club."



The children outside Kelly College (From left Samantha Titterton, Emma Brooks, Jack Coyne, Jacob Kalan, Morgan Hartley and Jamie Partridge. At the front were Stephanie Brooks and Charlotte Titterton.)

Pool Closure

There will be no Swimming Club on Bank Holiday Monday, 3rd May as the pool is closing at 3pm.

With the General Election being on the Thursday, 6th May the Sports Centre is being used to perform the count. At the moment we do not know whether the pool will be open. See Notice Board for any further developments.

Scottish Nationals

On St. George's Day the 23rd April, three members of the Masters Team travelled to Tollcross Leisure Centre, Glasgow to take on the Scots at the Scottish Gas National Open Short Course Masters Championships, for two days of competition. Between them they managed 9 golds, 3 silvers and 2 bronze medals.

Swimming in the 35 to 39 years age group was Karen Driver, in the 40 to 44 years age group was Philip Croxall and in the 60 to 64 years age group was Tony Catterall.

The first event was the 800m Freestyle which was undertaken by Tony and Karen. Tony won in a time of 11 min 43.69 seconds, with Karen winning in a time of 10 min 17.87 seconds.

Tony was back in action winning his 400m Individual Medley in a time of 6 min 53.04 seconds. He was joined by Philip who managed to finish 2nd recording a time of 5 min 34.36 seconds which was also a new personal best by over 8 seconds.

In the second session Karen took on sprinters and finished 3rd in the 100m Freestyle in 1 min 11.00 seconds, whilst Tony and Philip

tackled the 100m Individual Medley. Tony finished 1st in a time of 1 min 28.44 and Philip finished 6th in 1 min 9.50 seconds missing 3rd by 0.38 of a second! He also established his second personal best of the meet.

On Saturday Morning Tony and Philip were yet again doing the Individual Medley this time over 200m. Tony finished 1st in 3 min 13.49 seconds and Philip finished 4th in 2 min 35.04 seconds.

Tony and Karen then took on the 200m Freestyle with them both winning their respective events. Tony in a time of 2 min 45.01 seconds and Karen in 2 min 26.34 seconds.

Philip then finished off the morning session with a 4th place in the 100m Butterfly in a time of 1 min 12.43 seconds.

The final session started with all three of them doing the 400m Freestyle. Tony won his race in 5 min 51.91 seconds, Karen was 2nd in 5 min 2.65 seconds and Philip was 3rd in 4 min 45.45 seconds.

The final event for our swimmers was the 50m Breaststroke where Karen and Philip took part. Karen won her race in a fast 41.36 seconds and Philip was 2nd with a time of 35.14 seconds.

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:

26th April	Friendly League Fixture. Away at Haslingden.
29th April	Swimming Club Trials.
3rd May	No Swimming Club. Bank Holiday Monday.
16th May	Lancashire Masters Championships. Blackpool
20th May	Friendly League Fixture. Home to Haslingden

29th May
30th May
3rd June
14th June
18th-20th June
19th June

Inter-Association Gala. Day One
Inter-Association Gala. Day Two
Swimming Club Trials
Friendly League Fixture. Home to Ramsbottom.
British Swimming Masters Championships.
Micro League Fixture. Away at Clitheroe.

Darlington Dolphin Masters

On Sunday, 28th March, 5 members of the Colne ASC Masters Team travelled up to Darlington to take part in the Darlington Dolphin Masters Open Gala. This was the first competition of the year and it would give an indication of what fitness levels they would have after a long winter.

Karen Driver (35-39) finished 1st in 200m Freestyle, 100m Backstroke, 1st in 100m Freestyle and 50m Breaststroke, and was 2nd in 50m Freestyle and 50m Backstroke.

Philip Croxall (40-44) finished 2nd in 100m Backstroke taking 3 seconds off his personal best time in the process. He was also 3rd in 50m Freestyle and 50m Backstroke, 5th in 200m Freestyle and 100m Individual Medley, 7th in 100m Breaststroke and 8th in 100m Freestyle.

Stephen Smith (40-44) finished 1st in 50m and 100m Freestyle events, and was 3rd in 50m Butterfly.

Tony Catterall (60-64) returned to competition after missing the last 2 years through torn muscles in a shoulder injury. Yet despite the layoff he resumed where he left off as he finished 2nd in 200m Freestyle and 100m Breaststroke, 3rd in 100m Freestyle and 100m Individual Medley, and 4th in 50m Freestyle.

John Penswick (70-74) finished 1st in 50m Freestyle, and was 2nd in 100m Backstroke, 100m Breaststroke, 50m Backstroke and 50m Breaststroke.

GB Championships

Cathy Baxter and her two daughters Nicole and Danielle travelled to Sheffield on Friday, 2nd April to watch the British Swimming Championships.

They watched the final of the 50m Freestyle and saw Fran Halsall win gold. In the 800m Freestyle they saw Rebecca Addlington swim the fastest time of the year.

The girls met Stephanie Proud on Friday and saw Liam Tancock and Ajulu-Bushell swim.

On the Saturday, Rebecca Addlington signed autographs and was very friendly. Nicole thought she was much smaller than she appears on TV. Danielle thought the best part was seeing Rebecca Addlington swim - she won by a mile.



Nicole and Danielle meeting Rebecca Addlington to get her autograph.

Micro League

Colne travelled to Blackpool for a Micro League fixture against Blackpool Aquatics 'C', Leyland 'B' and Garston. Despite several swimmers setting new personal bests times, Colne could only finish 3rd with 99 points. League newcomers Garston won with a huge 163 points from Leyland 'B' on 139 points. Hosts Blackpool Aquatics 'C' trailed a distant 4th on 80 points.

The next fixture will be at the Ribblesdale Pool, Clitheroe on Saturday, 19th June.

Friendly League

On Monday, 22nd March, we travelled to Padiham Pool to take on Burnley in our first Friendly League fixture of 2010. Despite several of the swimmers setting new personal bests it was the hosts who prevailed as Burnley beat us by 67 points to 51.

Our next fixture is on Monday, 26th April away to Haslingden. The coach will have left by the time you have read this.

The Home fixture against Ramsbottom on Thursday, 6th May has been postponed because of the General Election. The Sports Hall is being used for the counting process.

The fixture has now been re-arranged for Monday, 14th June. The warm-up will start at 7:30pm for a 7:45pm start.

Birthdays - April

1st Katie Farrar and Nathan Frost; 11th Isaac Iqbal; 20th Olivia Gregson, Lauren Pratt and Sarah Kelly; 24th Christian Butschok-Brain; 25th Tayla McDermott and Jasmine Holland; 30th Theo Rowan and Molly Hesketh.

Birthdays - May

1st Francesca Roberts; 2nd Danielle Baxter; 4th Ishmeel Iqbal and Cherry Whittaker; 6th Jonathan Beech and Alice Parkinson; 10th Holly Beresford, Charles Nolan and Jack Melling; 16th Grace Heavey; 18th Zac Smith-Shelley; 19th Gegan Baker; 24th Emma Burniston and Jamaal Iqbal; 25th Laura Foulkes; 31st Samantha Burniston.