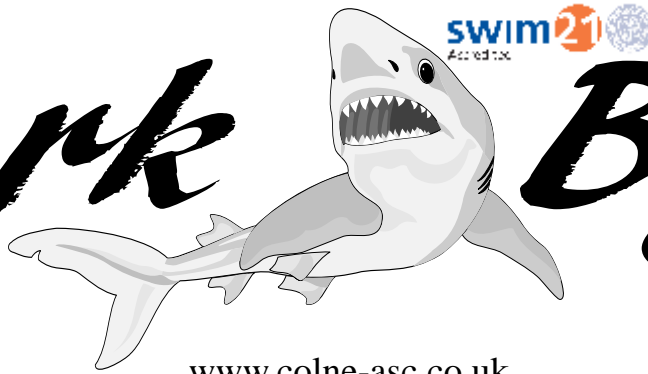


Shark Bytes



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Only
50p

Colne Amateur Swimming Club Newsletter: April 2011

Issue: 77

Birthdays - April

1st Katie Farrar; 12th Laura Cooke; 13th Francesca Cowgill; 15th Jake Saggars; 30th Theo Rowan and Molly Hesketh; 20th Sarah Kelly; 25th Tayla McDermott.

Birthdays - May

2nd Danielle Baxter; 4th Cherry Whittaker; 6th Jonathan Beech; 8th Isabel Redfearn; 10th Holly Beresford; 11th Charlotte Williamson; 16th Ben Saggars and Grace Heavey; 18th Zak Smith-Shelley; 19th Gegan Baker; 22nd Lewis McKenna; 25th Laura Foulkes.

Friendly League

On Monday, 7th March, Colne ASC were hosts to Ramsbottom ASC in our first fixture of the new North East Lancashire Friendly League season. In what proved to be a close fought contest, with neither team in ascendancy, it was the visitors who ended up winning by 63 points to 56. During the course of the night there was a total of 41 new personal bests with 21 amongst the girls and 20 for the boys.

On Monday, 14th March, we travelled to Todmorden in our first away fixture of the Friendly League season. In what proved to be a one sided contest as Colne beat our hosts by 72 points to 47. During the contest there were a further 14 new personal bests with 7 a piece for the boys and girls.

The next fixture is away at Accrington on Monday, 4th April, followed by the Home fixture to Todmorden on Thursday, 19th May.

Easter Holidays

There will be no swimming Club on Easter Monday, the 25th May as the Pendle Leisure Centre is closed.

The following Monday, the 2nd May will also be closed as it is the May Day Bank Holiday.

Micro League

On Saturday, 19th March, Colne ASC hosted our fixture in the Micro League of the North West. The visitors were from Liverpool, Wigan and Blackpool. Colne tried valiantly to keep pace with Liverpool and Wigan, but in the end they proved too strong as Liverpool won with 159 points to Wigan's 132 points. Colne finished 3rd on 107 points with Blackpool Aquatics trailing back in 4th place with 60 points.

Over the course of the night there were 6 new personal bests amongst the girls and 5 for the boys.

Our next two fixtures are away at Lancaster on 7th May and Blackpool on 15th May.

Easy Fund Raising

For an easy way to raise funds for Colne Amateur Swimming Club, then register at Easy Fund Raising, by using the link from the Club website.

There is no cost to you and we get money from every transaction that you make on the internet from sites registered with Easy Fund Raising.

Just remember once you have registered always go to the Easy Fund Raising site (easier if you bookmark it), then find the site you want to shop at. After that do your normal shopping.

Once you have made a purchase, you will get an email saying how much you have raised for Colne ASC.

Yes it is that simple. The catch? Well there isn't one. You shop, we get the money.

One other thing, you can also use the Easy Fund Raising search facility to look for things on the internet and also raise money in the process. All you need to do is set the search engine for your browser to Easy Search.



Extra Training

Due to a restructuring of the opening times at the Pendle Leisure Centre on weekends there is a new training session on Sunday mornings from 9:00am until 10:30am.

This session is open to all Micro League and Friendly League swimmers who want to improve.

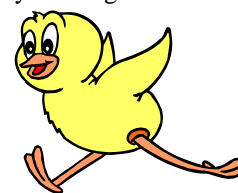
There is also another session on Friday evenings 7:30pm until 9:00pm for the same group of swimmers.

If you are interested then just turn up for the session. You will have to pay the normal admission fee in reception.

If you are not in either the Micro League or Friendly League, but want to improve your chances at getting into the teams, then see either Coach Andrew Croxall or John Higginbottom on a Club night.

Remember this, if you are only doing one or two half hour sessions a week, you will improve, but only at a slow rate. Now if you were doing at least four sessions a week of about an hour you will improve at a lot faster rate.

So the more swimming you do in a week, the better you will get.



Website Sponsorship

If you have a business and would like to sponsor the website for 12 months at a cost of £20, then please contact me at press@colne-asc.co.uk for further information.

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:

4th April	Friendly League Fixture. Away at Accrington.
6th April	Committee Meeting. Colne Cricket Club.
9th/10th April	Harrogate A/B Graded Meet. Leeds.
22nd/23rd April	Scottish Masters Championships. Glasgow.
25th April	No Swimming Club. Easter Monday.

2nd May
7th May
14th May
15th May
19th May
9th June

No Swimming Club. Bank Holiday Monday
Micro League Fixture. Salt Ayre Pool, Lancaster.
Yorkshire Masters. Scarborough.
Micro League Fixture. Palatine Pool, Blackpool.
Friendly League Fixture. Home to Todmorden.
Friendly League Fixture. Home to Accrington.

North West Region Distance Meet

On Sunday, 27th February the inaugural ASA North West Region Masters Distance Meet (25m) was held at the Palatine Leisure Centre in Blackpool and four of the Colne ASC Masters Team was there.

Swimming in the 70 to 74 years age group was **John Penswick**, in the 65 to 69 years age group was **Tony Catterall** and in the 40 to 44 years age group were **Karen Driver** and **Philip Croxall**. Between them they won five golds and two silvers.

The morning session comprised of the 1500m Freestyle, which is 60 lengths of the pool and the trio of John, Tony and Karen took part. They each won their respective age groups.

For the afternoon session, they were joined by Philip who finished in second place in the 400m Individual Medley. Also swimming in this event was Tony who won his age group.

The final event of the day was the 32 length 800m Freestyle, in which, both Karen and Tony won their races, with Philip finishing in second place in his.

Swim Wales Open Masters Championships

At the recent **Swim Wales Open Masters Championships** held at the **Wales National Pool in Swansea**, two member of the Colne ASC Masters team took part and between them won eight golds and two silvers.

Swimming in the 65 to 69 years age group was **Tony Catterall** who won all six of his events – 1500m Freestyle, 800m Freestyle, 400m Freestyle, 400m Individual Medley, 200m Individual Medley and 200m Butterfly.

Swimming in the 40 to 44 years age group was **Karen Driver** who finished first in 1500m Freestyle and 800m Freestyle. She was second in 400m Freestyle and 400m Individual Medley.

Darlington Dolphins Open Masters Meet

On Sunday, 27th March, three members of the Colne ASC Masters Team travelled to Darlington to take part in the **Darlington Dolphin Masters 20th Annual Open Masters Gala**. Between them they won 6 golds, 5 silvers and 5 bronzes.

Swimming in the 40 to 44 years age group were **Karen Driver** and **Philip Croxall**. Karen finished 1st in 200m Freestyle, 100m Breaststroke and 100m Freestyle, 2nd in 50m Breaststroke and 100m Individual Medley.

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

In the 65 to 69 years age group was **Tony Catterall** who finished 1st in 200m Freestyle, 100m Backstroke and 100m Individual Medley, 2nd in 100m Breaststroke and 100m Freestyle, and 3rd in 50m Breaststroke.

Swim Techniques - Streamlining

Used most typically in competitive swimming, the streamline position is the position a swimmer takes underwater after pushing off a pool wall. To streamline, a swimmer must tuck the head into the collar bone, pointing both arms straight ahead in a tight line. The underside of both arms should be pressing on the back of the head. This position produces the most hydrodynamic position a human can take while accelerating underwater.

Kicking in the streamline position underwater can be substantially faster than swimming any of the other aquatic strokes, competitive or otherwise. For this reason, competitive swimmers often try to kick in a streamline position off a wall or the starting block for as long as they can underwater before coming up for their first stroke. The Fédération Internationale de Natation (FINA), otherwise known as the International Swimming Federation has strict regulations for underwater swimming in a FINA-regulated event. They regulate the length of the pool a swimmer may travel after the start or any turn without his/her head breaking the surface of the water, as well as the number of strokes (and, in the case of breaststroke, also the number of kicks) a swimmer may take underwater at these times.

The length one may travel underwater when racing in any one of the competitive strokes except breaststroke -- backstroke, butterfly and freestyle (typically performed as a crawl stroke) -- is 15 metres. This is slightly less than two-thirds of a 25 metre pool (short-course) and slightly less than one-third of a 50 metre pool (long course).

A few points to remember

- * One hand aligned on top of the other, with fingers pointing the direction of travel. The little finger and thumb of the top hand wrapped around the lower hand (to allow leverage and to prevent separation).
- * The fingertips stretching and reaching as far forward as possible.
- * The arms extended, pointing the direction of travel, with the biceps behind the ears.
- * The surface from the back of the swimmer's hands, along the arms, then down the shoulders and back should be one (relatively) smooth surface with no "head bump" sticking up on that side.
- * The head bump is on the chest side.
- * The swimmer's arms are actively squeezing in behind the head, as if they are trying to make their elbows touch.
- * The swimmer's core is tight and straight - every muscle pulling in towards the center, trying to make the swimmer longer and thinner.
- * The swimmer's legs are adducted (that is, squeezed in and together) with their toes are pointed.
- * The swimmer is to become a strong, long torpedo, rocket, or pencil shape off the wall (and on a start).