

Shark Bytes



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Only
50p

Colne Amateur Swimming Club Newsletter: May 2011

Issue: 78



Skating Trip

On Saturday, 2nd April, nine swimming club members went to Blackburn Ice Skating Arena and everyone had a lovely time.

The organiser June Foulkes hopes to make this an annual event and wishes to thank all who helped to make this event successful.

The swimmers who had fun are Katie Farrar, Dominic and Reide Hartley, Theo and Isaac Rowan, Gregan and Alex Baker, and Joshua and Laura Cooke.

Easy Fund Raising

A big thanks to all supporters of Colne ASC through the Easy Fund Raising site. Between them they have raised £27.43 in the first quarter of this year, just by shopping on-line, and at no extra cost to themselves.

Please keep up the good work.

Monies raised so far:

July 2010 - September 2010	£21.87
October 2010 - December 2010	£26.12
January 2011 - March 2011	£27.43
Total	£75.42

If anyone else wishes to help raise funds just follow the link on the Club website to Easy Fund Raising and register as a supporter of Colne ASC, and then go shopping! It's as easy as that.

Birthdays - May

1st Francesca Roberts; 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 Gregan Baker; 22nd Lewis McKenna; 25th Laura Foulkes.

Birthdays - June

1st Jack Penswick; 3rd Charlotte Beech; 9th Lewis Glasgow; 15th Daniel Ennis and Chris Bates; 17th Nicholas Partridge; 19th Jamie Partridge; 21st Andrew Danson; 23rd Lauren McLeister; 25th Joshua Cooke; 29th Isaac Rowan.

Harrogate A/B Grade

On the weekend of 9th/10th April, six swimmers from Colne ASC took part in the **Harrogate A/B Grade Spring Meet**. Between them there were one first place, four second places and five third places, and no less than 18 new personal bests spread out amongst the swimmers.

Morgan Hartley (14 years) was the sole winner with a first place in the 50m Breaststroke (PB), he also finished 2nd in 100m Breaststroke (PB) and 50m Butterfly, 3rd in 200m Freestyle (PB) and 4th in 100m Freestyle.

Nicole Baxter (11 years) finished 2nd in 50m Backstroke (PB), 3rd in 100m Butterfly (PB) and 100m Freestyle (PB), 5th in 50m Butterfly (PB), 8th in 200m Backstroke (PB) and 50m Freestyle (PB), 15th in 50m Breaststroke, 20th in 200m Individual Medley (PB) and 22nd in 200m Freestyle (PB).

George Connolly (11 years) finished 3rd in 50m Freestyle (PB), 7th in 50m Butterfly (PB) and 10th in 50m Breaststroke (PB).

Gregan Baker (10 years) finished 2nd in 50m Freestyle (PB), 3rd in 200m Breaststroke (PB), 8th in 50m Backstroke (PB), 11th in 50m Breaststroke and 19th in 200m Freestyle.

Alex Baker (9 years) finished 7th in 50m Freestyle (PB) and 20th in 50m Breaststroke.

Ellicia Farnworth (10 years) finished 23rd in 50m Backstroke.

Pool Closure

The pool will be closed on Monday, 30th May due to the Bank Holiday.

As of 1st April this year the Pendle Leisure Centre will no longer be opening on Public Holidays, and they will also be closing the centre at 3pm on Saturdays and Sundays.

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:

14th May	Yorkshire Masters. Scarborough.
15th May	Micro League Fixture. Palatine Pool, Blackpool.
19th May	Friendly League Fixture. Home to Todmorden.
30th May	No Swimming Club. Bank Holiday Monday.
2nd June	Swimming Club Trials.

8th June
9th June
17th-19th June
26th June
30th June
2nd July

Committee Meeting. Crown Hotel. 8pm
Friendly League Fixture. Home to Accrington.
British Gas Masters & Senior Age Group Champs.
Micro League Fixture. Leyland.
Own Age Group Gala. Warm-up 6:45pm
Northwest Region Masters Championships.

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Scottish National Masters Championships

The **Scottish Gas National Open Short Course Masters Championships 2011** were held at the **Tollcross Park Leisure Centre** in **Glasgow** over the Easter weekend of Friday, 22nd and Saturday, 23rd April. Competing against the Scots were three members of the Colne ASC Masters Team and between them they won 10 golds, 6 silvers and a bronze.

Karen Driver was in excellent form as she won all four of her events in the 40 to 44 years age group. In winning the 800m Freestyle, 400m Individual Medley and 400m Freestyle she set new personal best times. She was also within half a second of her best time in winning the 200m Freestyle.

Swimming in the 65 to 69 years age group was **Tony Catterall** who won 400m Individual Medley, 100m Breaststroke, 100m Individual Medley, 200m Individual Medley and 200m Butterfly. He was second in 800m Freestyle, 200m Backstroke, 200m Freestyle, 200m Breaststroke and 400m Freestyle.

Also swimming in the 40 to 44 years age group was **Philip Croxall** who won the 100m Breaststroke, was 2nd in the 400m Individual Medley, 3rd in 50m Freestyle, 4th in 200m Individual Medley, 100m Butterfly and 400m Freestyle, and was 5th in 50m Butterfly.

Sponsored Swim

We will be holding a sponsored swim on **Thursday, 13th October** with 50% of the proceeds going to **Derian House Childrens Hospice** and 50% to the Club.

The swim will consist of doing as many lengths as you can in 25 minutes, with swimmers starting every 30 minutes.

The younger swimmers start times will be 7:00pm and 7:30pm, with the older swimmers having start times of 8:00pm and 8:30pm.

Sponsors forms will be available later in the year from the main table and can be downloaded from the website.

Further details will be on the Notice Board and website nearer the time.

Website Selling Zone

We will be adding a new selling zone feature to the website, which will be a place to sell your items and raise some funds for the Club as well as getting rid of unwanted items.

At least 10% of what you make on selling an item will be donated to the Club, but if you wish to donate more you can do.

Further details will be displayed at a later date on the Club Notice Board and Website.

Small Pool Changes

Due to changes to the Leisure Centres private lessons we can no longer use the small pool from 6:00pm, therefore the 1st class in the small pool will start at 7:00pm. The 2nd class which moved to the large pool last year will still start at 6:30pm in the large pool.

This now means that ALL small pool trials for entry to the swimming club will commence at 7:00pm.

Friendly League

On the evening of Monday, 4th April, the Club travelled the short distance down the M65 to take on Accrington in our latest fixture in the North East Lancs Friendly League. Our hosts got off to a positive start by winning 12 of the opening 16 races, but after that we started to chip away at Accrington's lead. It was to prove in vain as Accrington held out for victory by 62 points to 52. Despite this there were a further five new personal bests amongst the girls and five amongst the boys.

Our next fixture will be at home to Todmorden on Thursday, 19th May. As this is a home fixture ALL lessons in the large pool will finish at 7:30pm. Lessons up to 7:30pm will be as normal.

Micro League

On Saturday, 7th May, the young swimmers of Colne travelled to Salt Ayre Pool in Lancaster for our second Micro League Fixture.

Despite missing some nine year olds for the relays, we finished a creditable 2nd on 121 points behind winners Wigan who finished with 147 points.

The hosts Carnforth finished in 3rd place on 110 points with Clitheroe trailing in 4th on 82 points.

During the course of the gala the Colne swimmers amassed 7 new personal bests for the girls and 8 for the boys.

The next fixture of the season will be at the Palatine Pool in Blackpool in Sunday, 15th May. The coach leaves the Pendle Leisure Centre at 3:00pm.

Training Session Changes

Due to the changing of the opening hours of the Pendle Leisure Centre, the Sunday afternoon Training Group session has been moved to Sunday morning. The session starts at 9:00am and lasts until 10:30am. This session is open to all our Micro League and Friendly League swimmers.

The Friday night session is also available to the same group of swimmers. The session starts at 7:30pm and lasts until 9:00pm.

As these two sessions are regular sessions, then you will have to pay the normal admission fee in reception.

NOTE: In order to improve your swimming ability it is better to do as many session as possible. If you only do one half hour session a week, you will only improve at a slower rate. Swimmers doing at least four one hour sessions a week will improve at a greater rate. Remember that these session are available to help you improve.

Large Pool Changes

Due to changes to the Leisure Centres private lessons, ALL classes that started at 6:45pm on a Monday will now start at 6:50pm.

The Thursday lessons will not be affected by these changes and all lessons will start as normal..