



Ben Rocks Blackpool!!

Over the Bank Holiday weekend of 25th/26th May, 9 year old **Ben Havers-Strong** travelled to Blackpool to take part in the **Blackpool Rocks Open Meet**. He ended up winning 2 golds, 5 silvers and 1 bronze medal as he took on some of the best young swimmers in Lancashire.

Ben won the 50m and 200m Butterfly events. This was followed by second places in the 400m Freestyle, 200m Freestyle, 50m Freestyle, 200m Backstroke and 50m Backstroke events. He was third in the 200m Individual Medley event, and finished with a 9th place in the 50m Breaststroke event.

He managed to lower his personal bests in the 400m Freestyle by a huge 45 seconds, the 200m Freestyle by 16 seconds and the 200m Backstroke also by 16 seconds.

Lane Reorganisation Age Group Gala

When lessons resume back at the Pendle Leisure Centre, we will be starting a process to re-organise the lanes. This is mainly aimed at the first hour of the large pool, both on a Monday and a Thursday.

The new lane structures will be in place for July.

On Thursday, 27th June we will be holding our own Age Group Gala. Swimmers under 10 will be doing one length for each of the four strokes, and swimmers 10 and over will be doing two lengths. The exception being that 10 year olds will be doing one length butterfly.

For those swimmers that swam all four strokes in January, if you do all four strokes again you will be assessed to see if you are the most improved swimmer.

There will be no lessons in the large pool. The small pool lessons will be as normal.

Pendle Leisure Centre Pool Re-Opens!!

On Thursday, 13th June, the pool at the Pendle Leisure Centre will finally re-open. This follows a closure which appears to have taken a lifetime.

The pool originally closed on Sunday, 14th April for refurbishment of the cubicle, locker and shower areas. This was supposed to take about 6 weeks, with the original re-opening being on Tuesday, 28th May.

Two weeks after the pool was closed, the contractors turned up to finally fix the leak in the large pool, which has been an on-going saga for a very long time.

Due to how the pool was built, this meant that large holes had to be dug up on the pool side. This wasn't too much of an issue, as they could keep the pool full of water as the leak was occurring from the scum troughs.

Then just before the Spring Bank holiday weekend, a cleaning company was brought in to clean the place up. Then disaster as part of the air conditioning ducts fell down. This meant that both pools had to be emptied in order to erect scaffolding.

Since then all the air conditioning ducts have been fixed and cleaned, including the treating of rusted connections between large and small pool areas. The gas problems have also been rectified and the walls have been painted and all sorts of small jobs have been done. Some of which, would never have been done if the pool had been open.

They had then arranged for the fire brigade to fill the pool on Wednesday, 5th June, but unfortunately, United Utilities stopped this from happening. Something to do with too much water being taken from the system too quickly.

As of Saturday, 8th June, water is being slowly returned to the pool as they are not allowed to use the fire brigade, so the normal method for filling the pool has to be used. This means that the water is being heated and treated as it is returned to the pool.

The small pool will be re-opened on Monday, 10th June so that their private lessons can resume, then on Thursday, 13th June, the large pool will re-open at 4pm for private lessons, before the Swimming Club returns at 6:50pm.

The small pool classes will revert back to Thursday and start from 6pm.

All this means is that the normal Club sessions of Monday and Thursday will resume. Please check the lane assignments as to when and where you are swimming.

The Friday night and Sunday morning training groups will also resume. See Club Coach Andrew Croxall for details.

And finally, the Masters sessions on Saturday and Sunday morning will resume as per normal.

Birthdays

June 2013

1st Jack Penswick
2nd Abigail Harrison
4th Mason Harker
8th William Rowlands-Whiteoak
9th Eleanor Fuggle
15th Daniel Ennis
18th Rhiannon Kingdon
19th Jamie Partridge
20th Izabelle Bracewell and Cherry Wilkinson
21st Andrew Danson
22nd Joseph Akrigg
23rd Lauren McLeister
25th Joshua Cooke
29th Isaac Rowan
30th Abigail Watson

July 2013

3rd William Havers-Strong
5th Chloe Robertson
6th Maisie Rebanks
8th Daniel Grant
14th Grace Kalan
15th Niamh Crabtree
19th Georgia Duffy and Abigail Stinchon
20th Gracie Barker
25th Millie Thompson and Eric Connolly
26th Harry Smith
28th Leonie Watson
30th Aidan Dibb and Jonah Thomas-Kelly

Forthcoming Events:

13th June

Pendle Leisure Centre pool re-opens.

13th June

Swimming Club Trials resume

14th-16th June

British Masters Championships. Plymouth

16th June

Micro League Fixture. Away at Blackpool

27th June

Own Age Group Gala

3rd July

Committee Meeting. Crown Hotel 8pm

4th July

Swimming Club Trials

6th July

North West Region Masters Championships. Blackpool

6th August

Lake Burwain Sailing Experience.



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Colne Amateur Swimming Club



Micro League

On Saturday, 11th May, we hosted our home Micro League Fixture against teams from Blackpool, Preston and Garstang. The gala was held at the West Craven Sports Centre due to the Pendle Leisure Centre being closed for refurbishment.

Preston proved too strong for the other teams as they won with a convincing 158 points. This left Colne and Garstang battling it out for 2nd position, which was eventually claimed by Garstang with 110 points. Colne finished 3rd with 103 points with Blackpool 'C' trailing in 4th place on 61 points.

The young Colne swimmers had given their all and managed 17 new personal bests between them, 8 for the girls and 9 for the boys.

Our next and last fixture will be away at the Palatine Leisure Centre in Blackpool on Sunday, 16th June. The start time for the gala has been brought forward an hour and will now start at 3:15pm. The coach will now leave the Pendle Leisure Centre at 1:45pm.

Gateshead Masters

On Saturday, 25th May, the **Gateshead and Whickham Masters** returned to the calendar after a four year break. Two members of the Colne ASC Masters Team attended, but due to the lack of competitors the results were combined using an age adjusted formula.

Philip Croxall (40-44) finished 2nd in 100m Butterfly, 3rd in 100m Backstroke and 100m Breaststroke, 4th in 100m Individual Medley and 9th in 100m Freestyle.

Stephen Smith (45-49) finished 3rd in 100m Freestyle and 100m Individual Medley, 6th in 200m Freestyle and 8th in 400m Freestyle.

Would you like to go Sailing?

The Club have arranged with the Lake Burwain Sailing Club to hold a taster session to the sport of sailing. This event will take place during the summer holidays and hopefully it will be nice and sunny with a gentle breeze to ensure that the sails are full.

This event is open to all members of the Club and parents of swimmers. Children under the age of eight must be accompanied by an adult. The Lake Burwain Sailing Club will be providing instructors, but they also ask that we provide assistance from Club officials and parents, to help support this event.

The event is free, but there is only a maximum of 20 places, and to guarantee your place we will be asking for a £5 deposit. This will be returned upon attending the event.

The event will take place on Tuesday, 6th August. The time has yet to be confirmed. If there is enough interest there will be a second day on Thursday, 8th August.

If anyone is interested, then see Mrs Croxall or another Committee Member on a Club night. Don't forget your fiver!

Sponsored Swim

We will be holding a sponsored swim in the Autumn in order to raise funds to pay for the underwater camera and for the pool hires due to the pool closure. If we raise sufficient funds, then we will be making a donation to the Pendleside Hospice and also for Sam Shaw Appeal, who needs clinical treatment in America. Sam is fighting neuroblastoma, an aggressive childhood cancer.

Details will be in future newsletters, on the Notice Board and on the website nearer the time.

Rotherham Metro Level One Meet

On the weekend of 18th and 19th May, 2 young swimmers from Colne ASC travelled to the **Ponds Forge International Sports Centre** in Sheffield for the **Rotherham Metro ASC Level One Meet 2013**.

Jacob Taylforth (9yrs) won 50m Backstroke, 50m Breaststroke and 200m Breaststroke events. He was second in 200m Backstroke and 4th in 50m Freestyle. He recorded new personal bests in all his events except the 50m Backstroke.

Jasmin Lahey (10yrs) finished 5th in 50m Butterfly and 400m Freestyle, 7th in 100m Freestyle, 9th in 50m Freestyle and 13th in 200m Individual Medley. She recorded new personal bests in all of her events.

Friendly League

Our Friendly League fixture at home to Burnley on Monday, 3rd June was hastily rearranged, when we realised that the pool at the Pendle Leisure Centre would not be re-opened in time. Therefore we switched the home and away fixtures.

So on Monday, 3rd June the team travelled to the Padiham Sports Centre to take on Burnley.

Unfortunately our hosts were a little too strong as they ended up winning by 66 points to 54. Despite this there were a further 31 new personal bests set by the Colne swimmers, 19 for the girls and 12 amongst the boys.

Our next fixture will be after the Summer on Thursday, 19th September at home to Ramsbottom.

Directions Page

Some of you have been with the Club a few years, and will therefore know where the other pools that we compete at, are.

So for the people who don't know where these swimming pools are in relation to the Pendle Leisure Centre, there is a new **Directions** page on the Club website under the **Members** menu.

It has been split up into Friendly League, Micro League, Other Competitions and Olympic Size pools, and the links will use Google Maps to show directions from the Pendle Leisure Centre.

<http://www.colne-asc.co.uk/directions.php>

ASA Wave-power Policies

The ASA Wave-power Policies have been adopted by the Club and copies can now be downloaded from the Club's website. These policies adhere the Club to the ASA's policy of safeguarding child welfare.

There are policies not only for swimmers, but parents, teachers and volunteers, which includes all Club officials.

It is important that everybody associated with the Club read these policies. They are in PDF format so it is easy for them to be downloaded to your computer or mobile device, or even print a copy out.

They can be found on the **Documents and Forms** section of the Club website:

<http://www.colne-asc.co.uk/forms.php>

