Colne A.S.C. Est. 1912

www.colne-asc.co.uk

Swim England Affiliated Club

Shark Bytes

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National Success

Betsy Rider qualified for her first English nationals which were held in the summer holidays in the 100m and 200m breaststroke. Betsy has she been competing for 2 and half years so this is huge achievement and only swam her 1st 200m breaststroke in January 2023.

Only the top 24 swimmers in the country qualify to compete. Betsy had to swim a number of meets in the qualifying window and a list is produced each week to say who's currently qualified, it was very nerve wracking.

Betsy swam some great times for her first nationals, a 1.22.92 in the 100m Breaststroke (25th) and 2.55.69 in the 200m Breaststroke (16th) competing against the best 13 year old swimmers in the country. The meet was held at ponds forge at Sheffield which is a 50m pool. Betsy has swum there lots of times before but it was very different for nationals with all the signage and tv cameras almost like the Olympics! The meet is available on YouTube if you'd like to watch any of the super fast swimming.

If you want to watch Betsy's swims at the Nationals on YouTube, then search for "GoCardless Swim England National Summer Meet 2024"

100 Breaststroke
Session 3 Part 1 - 52:00
https://www.youtube.com/watch?v=vo3t0hMFb_s

200 Breaststroke
Session 5 Part 2 - 16:20
https://www.youtube.com/watch?v=Mb_6sxImC0Y

To watch more swimming from the Nationals then go to

https://www.swimming.org/sport/swimming-live-stream/



York Kids Triathlon

What did you do over the summer, well Isabella Holt did the York Kids Triathlon on Saturday, 17th of August.

These are non-competitive triathlons for children from 5 to 16. It's her 3rd uktriathlon kids tri at zinc level, where they swim 1 length, cycle 1km and run 500m.

Isabella's mum said, "It was as eventful as the rest; this time, when we arrived in York, we heard that her cousin's car (with Isabella's bike in it) had broken down, but was too far away to get, so...no bike! Fortunately, a boy in her class at school was also doing the triathlon and let her use his. They had a lot of fun and Isabella halved her time from the previous year when she got lost and was found chatting to a photographer."

Well done Isabella. Keep up these performances and you could be heading to the Olympics!

New Auditor Required

We would like someone who has knowledge of accounts to become the Club Auditor. They do not need to be a member of the Club, in fact, it is preferable that they are not.

The sole responsibility is to sign off the previous years accounts in February of each year, in order for them to be presented at the Club's Annual General Meeting in March.

If anyone is interested, then see Club Chairman Philip Croxall on a club night, or send your application to the Club Secretary Joan Croxall.

Email: secretary@colne-asc.co.uk

New Club Secretary Required

Our current Club Secretary Joan Croxall had already stated her intention to step down from her role at the AGM in October 2022.

Joan has been Club Secretary for over 40 years and has overseen the biggest admin change for Clubs, with the introduction of Swim Mark (nee Swim 21).

The position is quite involved and will require the new incumbent to devote several hours a week to the job.

Anyone who thinks they are up to the task, then please contact either Philip, Joan or a committee member.

The Club cannot function without a Secretary.

Birthdays

September 2024
2nd Henry Manning
4th Maverick Robson
15th Grace Cardus
24th Archie Hunter

October 2024
4th Isabelle Teal
8th Louie Adamson
17th Scarlet Hardiman

Forthcoming Events:

4th September
Committee Meeting. 7pm

5th September
Swimming Club Trials
Small Pool 6:15pm
Large Pool 7:30pm

23rd September
Friendly League Fixture
At home vs Accrington
Warm-up 7:00pm

2nd October
Committee Meeting. 7pm

3rd October
Swimming Club Trials
Small Pool 6:15pm
Large Pool 7:30pm

17th October
Friendly League Fixture
At home vs Great Harwood
Warm-up 7:00pm

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We are updating our accreditations

Easy Fundraising
Thank you to our supporters

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**

SwimMark ESSENTIAL CLUB

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Colne Amateur Swimming Club

Coaching Tip - No. 1

Counting strokes for better technique

Keeping you present and engaged when swimming – Reduces some of the daydreaming and mindless swimming that can happen during swim training.

Reminder to swim long and strong – Stroke counting naturally encourages a longer and stronger stroke.

Great for race strategizing – Target stroke counts (and stroke rates) are helpful for conditioning a victory-worthy performance in training.

After all, to gamify their stroke count, swimmers:

- Are thinking about a super clean hand entry
- Fully engaging the lats and shoulders when pulling
- Hitting that high vertical forearm like it owes them money
- Using the hips and shoulders to "throw" their arms forward with more power to get a little more distance per stroke
- Squeezing their arms and shoulders a little more for a slightly tighter streamline
- More forcefully pushing off the wall to get a little more distance

These little details compound over the course of a single lap of swimming, promoting an efficient stroke count…

And faster swimming.

See you in the water!

Friendly League

On Wednesday, 17th July, a young team of Colne swimmers travelled to the Hyndburn Sports Centre to take on their hosts Accrington SC for our final away fixture in this seasons North East Lancs Friendly League.

It was a close contest between the two teams as they traded wins, but in the end the lack of boys open swimmers proved to be the difference as Colne lost to Accrington by 61 points to 56. It was a valiant effort by the Colne swimmers.

Despite the loss there were a further 19 personal bests with 10 for the boys and 9 for the girls.

Colne's final two fixtures will be at home to Accrington on Monday, 23rd September and Great Harwood on Thursday 17th October.

Swim Mark Accreditation

We are currently in the process of being re-accredited for Swim Mark.

We shall be uploading the required evidence during the month of September, before our submission goes before the National Panel in October.

We should know before the end of October as to whether our re-accreditation has been successful.

The purpose of Swim Mark is to show that a swimming club has good governance and is a safe place for children to learn to swim.

Teachers Required

We are currently running on minimum staffing levels on the poolside, as a result we would like people to volunteer and help with the teaching of the children.

Anyone who is interested, then please contact a member of the Committee on a Club night.

If anyone knows someone who has teaching qualifications, who you think could help, then please ask them to contact the Club's Secretary for more details.

We actually require level 1 and level 2 teachers in order to teach the children properly, using helpers does kind of work, but bad habits can result from these situations. A fully qualified teacher would be able to spot poor technique and correct it accordingly.

The Club will pay for any courses that are required, either paying direct or reimbursing the individual after they have paid for a course. Any teaching courses paid for by the Club does require a 12 month commitment to teach.

Wear Swimming Caps

Can ALL swimmers with long hair wear a swimming cap whilst in the water, this is a health and safety issue.

It has happened in the past, that a swimmer has got their hair tangled in the lane rope, when this happens, the swimmers hair may have to be cut in order to free them.

So Please Wear a Swimming Cap

easyfundraising

The Club has been signed up with Easy Fundraising for over 10 years, and in this time we have only had a few supporters. We would like more.

Currently there are **33** supporters of the Club on Easy Fundraising, and between them they have raised **£1,823.12**, which equates to **£111.95** in the past 12 months.

By using easysearch instead of Google or any other search engine, you can make a real difference. easysearch is completely FREE and by making just 10 searches a day, you could raise around £20 a year for the Club.

Details about how Easy Fundraising works can be found on the Club website.

http://www.colne-asc.co.uk/easyfundraising.php

Just remember by shopping through Easy Fundraising's website, you are getting big business to donate to the Club, and you get what you are purchasing at no extra cost.

It is a no brainer, so come on, join today and help support the Club.

Thank you.

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