Colne A.S.C. Est. 1912

www.colne-asc.co.uk

Swim England Affiliated Club

Shark Bytes

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Issue 194 October 2024

Trophies Need Returning

Can those swimmers who won trophies last year return them as soon as possible. Please make sure they are in a **clean** condition.

If the trophy is damaged, then we need it back sooner, so that it can be repaired.

They can be returned to the Trophy Secretary Kevin Critchley or Philip Croxall.

Friendly League

On Monday, 23rd September, Colne ASC hosted their penultimate fixture in this season's North East Lancs Friendly League. They were up against Accrington SC at the Pendle Leisure Centre.

A pulsating contest started off as both teams traded wins, before Colne strung together three wins. Accrington pushed the Colne swimmers as there were some very close races, with one race being declared a draw. But it was Colne that slowly stretched their lead, and as they won the final canon relay, they won the contest by 62 points to 54.

The fantastic effort by the Colne swimmers resulted in a further 22 new personal best for the boys and 23 amongst the girls.

Colne's final fixture of the season will be held at the Pendle Leisure Centre on Thursday, 17th October against Great Harwood.

Behaviour Policy

Under Swim England guidance we have now introduced a new Behaviour Policy which can be found on the Club Website with the other policies.

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

Helpers Required

We require helpers for the forthcoming Championship Galas in November.

The galas will be taking place on **Monday, 18th** and **Thursday, 21st** of **November**.

More details can be found next issue.

Swimming Club is Cancelled

There will be no swimming Club sessions on Monday, 21st October and Thursday, 24th October which is during the half-term holiday period.

Some of our teachers will be away on holiday, so we have minimum teaching cover for the sessions.

The Club returns on Monday, 28th October

Championship Galas

The Championship Galas are on **Monday, 18th** and **Thursday, 21st November** with the warm-up starting at 6:50pm and the first race about 7:05pm.

Entry forms are now available from Philip Croxall or can be downloaded from the website. The on-line entry system is still not working on the website.

You will only be allowed to swim in your age groups. So if you are 12 you can only swim in the 9 to 13, 11 and over, 15 and under and open age groups.

Also any swimmer can do the Senior Championship and 200m IM events which are open to all, and anyone 15 and under can do the Junior Championship events.

There is also the "Spot-On" Competition which is open to **all** members of the Club. Yes that **does** mean Parents and Teachers! But you have to pay.

So come on have a go as the rest of the competition is **free** as you've already paid for entry as part of your subscription to the Club.

If you are thinking that there is no point entering because you think that you cannot win, then you will never win.

Your membership includes entry to these galas, so come on, enter this year, you might win.

It would be a shame if there are any trophies not competed for this year.

Swim Mark Accreditation

Our Swim Mark accreditation submission was completed towards the end of September, and all six elements required for the health-check had been approved. The next stage should be formality as our submission goes before the National Board for ratification. This should be done by the end of October.

Thanks goes to Joan and Philip Croxall in getting the submission done, plus all the officials and teachers who updated any outstanding DBS and Safeguarding requirements.

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

October 2024

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

November 2024

2nd Oliver Chew
5th Olive Tattersall
9th Ben Woods
17th Theo Haycocks
19th Emma Mitchell
23rd Sophia Turner
30th Charlotte Ashton

Forthcoming Events:

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

21st/24th October
No Swimming Club

6th November
Committee Meeting. 8:00pm

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

11th+14th November
Betty Petty Style Trophy

16th/17th November
Blackpool Lights Meet
Palatine Leisure Centre

18th November
Championship Gala Part 1

21st November
Championship Gala Part 2

5th December
Christmas Sprint Gala

14th December
Annual Presentation + Disco
Colne Cricket Club. 7:00pm

Contents:

Championship Galas
Coming in November

No Swimming Club
During half-term

Friendly League
We beat Accrington SC

Club Trophies
We want them back. CLEAN

Coaching Tips
Advice on racing

Positions Required
New Secretary and Teachers

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**

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Coaching Tip - No. 2

Racing is one of the funnest parts of swimming.

Testing yourself against competitors who have also worked hard and also want to excel can bring out the best in your preparation.

But for some swimmers, getting caught up in what swimmers in the next lane are doing can be counter-productive.

After all, there are fewer things more deflating than surfacing off the start and being half a body length behind, or getting lapped in a 1500m race, or racing against swimmers you consider to be unbeatable.

In those moments, it's crucial to maximize your hard work.

You can do this by using performance cues.

- For example, during the first 25 of the race, tell yourself "easy speed!"
- During the middle 50 of a 100m race: "Accelerate!"
- In the last 15m, when your legs feel like cement: "Hulk smash!"

There is a wide body of research with athletes show that simple, self-directed cues can improve peak performance.

Which can be especially handy when competing and the pressure is on.

"*I concentrate on preparing to swim my race and let the other swimmers think of me, not me about them.*" – Amanda Beard, 7-time Olympic medalist, former 200m breaststroke world record holder

See you in the water,

The John Higginbottom Trophy

At this year's Club Championship Galas there will be a new trophy to swim for - **The John Higginbottom Trophy**.

This trophy has been presented in honour of our former Club President who passed away in February of this year.

The trophy will replace the Boys Medley Trophy and will remain as 100m Individual Medley for Boys 15 years and under.

This race will take place on **Thursday, 21st November** and will be event number **12**.

easyfundraising

The Club has been signed up with Easy Fundraising for over 15 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 **£1,826.95**, which equates to **£111.66** in the past 12 months

If you use Easy Search rather than Google or Bing, you will donate to our cause without spending a penny..

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.

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.

Betty Petty Week

The Betty Petty Style Trophy is on week beginning **Monday, 11th November**, starting at 7:00pm.

This competition is open to everyone that is 15 years and under and it is not about speed but a demonstration of your technique and ability.

You will be assessed on Backstroke, Breaststroke and Frontcrawl over two lengths, with starts and turns included.

So it doesn't matter if you are fast or slow, it is the person with the best stroke and technique that wins.

You can enter by filling in a form or just turn up just before 7:00pm at the Pendle Leisure Centre.

The assessment will be taking place on a Club night, with the session split between Monday and Thursday in Lane 1. You are advised to bring a spare towel or t-shirt for the pool side as there is only one swimmer in the water at anyone time. The rest will be on the pool side.

The competition is expected to last about an hour and a quarter on each of the two nights. The order of the swimmers will be determined by drawing lots, and girls and boys will be done at the same time, as there is only one child in the water at any one time.

NOTE: The lanes 2 to 6 will still be holding lessons.

SPOT-ON Competition

The Spot-On competition will take place on **Thursday, 21st November** and will be event **13** on the programme.

This competition will cost **£1** to enter as there are cash prizes of **£20**, **£10** and **£5** for the winners.

The aim of competition is to swim two lengths in the stroke you have nominated and try to match your submitted time. The winner will be the swimmer that gets closest to their submitted time.

This competition is open to **ALL** including parents and teachers. Remember this is a ***fun*** event.

There is a closing date of 7:00pm on Thursday, 21st November and **no** late entries will be accepted.

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