Colne A.S.C. Est. 1912

www.colne-asc.co.uk

Swim England Affiliated Club

Shark Bytes

@SwimAtColneASC

www.facebook.com / ColneASC

Issue 195 November 2024

Helpers Required

We require helpers to assist with the running of the Championship Galas, which are taking place on **Monday, 18th** and **Thursday, 21st November**.

If you would like to volunteer your services then go to the desk before the start of the Gala.

You may not be required but your offer will be appreciated.

We require the following:

- 6 Time Keepers
- At least 2 team organisers/chaperones
- At least 1 marshall
- At least 2 turn judges

No experience is necessary, but must be patient with the kids all wanting to know if they are swimming.

Clipboards, pens, stopwatches and drinks will be provided.

NOTE: If we don't have enough people helping, then we will struggle to hold this gala.

Annual Presentation

This years Annual Presentation will take place at the **Colne Cricket Club** on **Saturday**, **14th December**. The doors open at 7pm, with the presentation starting about 7:30pm.

After the presentation there will be a disco which will run until 11pm.

There will be a buffet which will be open at the end of presentation. If there is sufficient space we will open the buffet sooner, but remember to have your ticket on you.

Please collect your buffet tickets on a Club night.

For bank transfer: **Nat West Bank**

Acc/Name: **Colne Amateur Swimming Club**

Sort Code: **01-02-20** A/C No. **23636696**

Reference: **Buffet + <surname>**

Presentation Buffet Tickets on Sale

£7.50 per Adult

£5 per Child

Swim Mark Accreditation

Our Swim Mark submission has now been accredited for another 12 months.

Swim England as of 1st November has suspended this submission process as they review the next steps. They have found the process not fit for purpose after getting feedback from clubs.

Friendly League

On Thursday, 17th October we hosted Great Harwood in our last fixture of the North East Friendly League, at the Pendle Leisure Centre,

The visitors started the contest strongly, by winning the opening races. This trend continued throughout the contest even though Colne won some races and were close in quite a few others. But in the end it was Great Harwood who won the contest by 69 points to 48.

Despite the defeat there were 14 new personal bests for the boys and 19 for the girls.

Well done to the Colne swimmers for a much improved season.

Final Table

1.	Great Harwood	12 pts.
2.	Colne	8 pts.
3.	Accrington	8 pts.
4.	Burnley Bobcats	7 pts.

Web Hosting Changes

We took the decision to change our web hosting from 123-Reg to Eco Web Hosting, as our previous host had deleted our Welfare, Coach and Membership email boxes. Plus their fees were going to rise considerably at the end of this year.

Unfortunately the transfer process took over a week, before we were fully up and running with our new hosts. This meant that the web site and emails were unavailable from Friday, 11th October to Saturday, 19th October.

We apologise if this inconvenienced anybody.

As a bonus our on-line entry process for Club galas is now working again.

Spot-On Competition

All entries must be in before 7pm, 21st November and £1 paid.

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

November 2024

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

December 2024

8th Georgia Collins
14th Lucas Collins
22nd Anna Griffin
26th Adison Croxall
29th Daniel Griffin and Ella Grace Whitehead
31st Max Dickson

Forthcoming Events:

11th/14th November
Betty Petty Style Competition

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

18th November
Championship Gala No.1

21st November
Championship Gala No.2

4th December
Committee Meeting. 8pm

5th December
Christmas Sprint Gala

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

19th December
Last Club session 2024

Contents:

Swim Mark
We're accredited

Christmas Sprint Gala
Come on, parents have a go!

Friendly League
The season is now over

Blackpool Lights Meet
Good luck swimmers

Annual Presentation
Tickets on sale

Swimming Tips
More from your coach

Club Championships
We need some helpers!

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

clubmark

Colne A.S.C. Est. 1912
www.colne-asc.co.uk
Swim England Affiliated Club
Shark Bytes
@SwimAtColneASC
Colne Amateur Swimming Club

Coaching Tip - No. 3

Why swimmers should work on core strength

While most swimmers (and swim coaches) intuitively know the importance of core training, the benefits of a stronger core in the water aren't always obvious.

This is why core training perhaps doesn't always get the attention it deserves.

Studies with competitive swimmers (Karpinski et al., 2020; Khiyami et al., 2022; etcetera) have shown some high-grade benefits to core training, including:

☑ **Faster swimming speed** – The Karpinski study mentioned above found that a 12-week core training intervention improve 50m and 800m time trial performance significantly compared to the control group.

☑ **Increased power** – More core strength means being able to exert more power through your limbs. Stronger kick, stronger pull, and faster swimming.

☑ **Better technique** – Swimming fast requires balancing the body efficiently in the water. Core strength helps swimmers execute better stroke mechanics and body position.

☑ **Reduced risk of injury** – Core training doesn't just give you a washboard stomach, but also helps improve posture, reducing "shoulders rolled forward" syndrome that can often lead to impingement.

☑ **Tighter streamlines** – Core training improves lumbar support, stiffening the spine and making it easier to get into a hyper-fast streamline when pushing off.

☑ **Faster starts** – Research has shown that core training with national-level swimmers improved reaction time and increased velocity off the blocks.

☑ **Crispy turns** – The core is crucial for positioning and moving the body through the water, especially at the walls. Faster rotation = faster times.

The best part is that core training doesn't require a lot of time or gear (the studies referenced above used interventions of ~45 minutes per WEEK and used almost no equipment).

Dive into core training and watch your performance in the pool skyrocket.

See you in the water (or on the stretching mat to do some core work),

Christmas Sprint Gala

Our annual Christmas Sprint Gala is on Thursday, 5th December, and the competition is open to everybody.

And yes, **everybody**, does mean **parents** and **teachers**, as there is a category for you.

It will be fast and furious on the night as everyone will be doing 25m of Butterfly, Backstroke, Breaststroke and Frontcrawl. There are age groups up from 6 years of age to the 16 plus age group.

Also there is the **Parents/Teachers Christmas Sprint Challenge** where you only have to do a single length (25m) using any stroke. You can do the other strokes if you are able!

At the end of the night there will be the infamous **Parent and Child** race.

This will be split into two events, one for the Ladies and the other for the Gentlemen.

In each race the child will go first, with the parent starting in the water at the shallow end.

So come on parents, have a go!

Entry forms are available on Club nights at the desk, or you can download a copy from the Club Website.

Alternatively, you can enter on-line. See website

Blackpool Lights Meet

On the weekend of Saturday, 16th and Sunday, 17th November a team of 14 swimmers will be travelling to the Palatine Leisure Centre, Blackpool to swim in the Blackpool Lights Level 3 Meet. For many this will their first external age group competition.

Swimmer	Events
Jessica Lloyd	50 Back, 50 Breast, 100 Breast
Lilly-Ann Marks	50 Back, 50 Breast, 50 free
Scarlett Smith	50 Back, 50 Fly, 50 Free
Zoe Blackadder	50 free
Adison Croxall	50 Back, 100 Back, 50 Free, 100 Free
Abigail Scanlan	50 breast, 50 Free, 100 free, 100IM
Tilly Critchley	50 Breast, 50 Fly, 100 fly, 50 free, 100 free, 100 IM
Olive Tattersall	200 Back, 50 Fly, 50 Free, 100 free
Isabelle Teal	50 Back, 100 Free
Isaac Chew	50 Breast
Maverick Robson	50 Back, 50 Fly, 50 Free
Luke Chew	50 Breast, 50 Free
Thomas Holgate	50 Back, 100 IM
Henry Manning	50 Fly, 50 Free, 100 Free, 100 IM

Good luck to all the swimmers, and hope some of you bring back some medals.

easyfundraising

Christmas is coming and no doubt a lot of you will be turning to the internet to get those gifts. Well why not do your shopping through the Easy Fundraising app or website and get those internet companies donating a small percentage of your gift to the Club.

To date we have raised **£1,831.61** from only **33** supporters, with **£103.43** in the last 12 months.

Going to the Easy Fund Raising page on the website will explain how it works. So go on, visit Easy Fund Raising today, and get Amazon to donate to the Club.

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

It will cost you **nothing** to sign up, so why are you waiting.

Please sign up today

Raffle Prizes

If anyone would like to donate any items that we can use in the raffle at the Club's Annual Presentation on Saturday, 14th December.

Please bring them to a Club session or to the Presentation.

This would be much appreciated.

Thank you

SwimMark ESSENTIAL CLUB
clubmark