Colne A.S.C. Est. 1912

www.colne-asc.co.uk

Swim England Affiliated Club

Shark Bytes

X @SwimAtColneASC

www.facebook.com / ColneASC

Issue 196 December 2024

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

Last Session Inflatable

We have hired the inflatable at Pendle Leisure Centre for an evening of fun on Thursday, 19th December.

There will be no teaching or training in the large pool.

The small pool will also be holding some fun events, as not everyone will be able to have a go on the inflatable. Sorry

New Club Secretary Required

Our current Club Secretary Joan Croxall had stated her intention to step down from her role at the AGM in **October 2021**, but she will look after the role until somebody new steps up, but she cannot do it forever.

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

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 Joan or a committee member.

The Club cannot function without a Secretary.

Annual Subscriptions for 2025

The Annual Club Subscriptions for 2025 will be frozen at last year's prices.

If costs rise further, then future subscriptions may have to rise.

The annual subscription is due on 31st December 2024, and renewing members have until Thursday, 30th January in which to pay. Payment terms can be negotiated upon arrangement.

The prices for 2025 are:

Full Swimming Member:	
Adult	**£80**
Students	**£70**
1st Child	**£70**
2nd Child	**£60**
Additional Child	**£45**
Associate Member	**£60**
Committee Member	**£10**

The membership application form for 2025 is now available to download from the Club website.

Betty Petty Style Trophy

On Monday, 11th and Thursday, 14th November the Betty Petty Style Trophy competition was held. The swimmers drew lots as to which order they were to swim. A single lane was used as an assessment was made on their start, stroke, turn and finish as they did 50m of Backstroke, Breaststroke and Front-crawl.

There were 28 swimmers taking part over the two nights with 15 girls and 13 boys.

As to who won, then you will have to wait until the presentation, which will be at the Colne Cricket Club on Saturday, 14th December so make sure that you have remembered the number that you were given!

Christmas Holidays

Last Session 2024:

Large Pool Thurs 19th December
Small Pool Thurs 19th December

First Session 2025

Large Pool Mon 6th January
Small Pool Thurs 9th January

Enjoy your Christmas break and we will see you in the new year.

Birthdays

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:

14th December
Annual Presentation.
Colne Cricket Club
Doors open from 7pm

19th December
Last Club Session of 2024 with Inflatable.

6th January 2025
First session of new year

9th January
First small pool of new year

30th January
Age Group Gala
Warm-up 6:50pm

6th February
First Trials of 2025
Small Pool 6:15pm
Large Pool 7:30pm

Contents:

Annual Presentation
Get you buffet tickets

Club Championships
Who did well

Christmas Sprint Gala
The age group winners

Inflatable
Last session fun!

Membership Prices
Fees remaining the same

Blackpool Lights
A report on their endeavours

Coaches Tips
It is marginal gains!

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

Championship Gala Report

The Club Championship Galas took place on Monday, 18th and Thursday, 21st November, with the Monday galas a bit better attended than Thursday. The problem was caused by cold and snow conditions trying to scupper the events. But we prevailed.

Again there were no new records set on either of the two nights, but swimmers were getting closer.

There were 12 different winners of the 24 girls events and 10 different winners for the 24 boys events.

The big winners across both nights were Thomas Holgate who won six of the events and Matilda Critchley who won five different events.

Winning four events apiece were Betsy Rider and Maverick Robson. There were four swimmers who won three events, and they were Lilly-Ann Marks, Olive Tattersall, George Marks and Henry Manning.

Winning two events each were Philippa Kenyon, Edward Green and Luke Chew.

The final 11 events were won by Abigail Scanlan, Eleanor Holgate, Emma Mitchell, Isabella Holt, Jessica Lloyd, Matilda Walker, Scarlett Smith, Daniel Warner, Ethan Donald-Lopez, Isaac Chew and Luke Dawson, as they won a trophy apiece.

The other event contested was the **Spot-On** competition, which had sixteen entries! The winner will have to wait until the presentation before they can get the first prize of **£20**. The second place prize will be **£10**, whilst third place gets **£5**.

The full results can be found on the Club Notice Board and on the website.

http://www.colne-asc.co.uk/champ-2024.php

Christmas Sprint Gala Report

The Christmas Sprint Gala took place on Thursday, 5th December and was well attended especially amongst the girls events. Also a huge thank you to all the parents who had a go on the night, it makes the event more fun!

The climax of the evening was Parent and Child relay, in which, the child goes first and the parent second.

It was very close in the dad's race as Isabelle Teal and her dad just beat Matilda Critchley and her dad!

Whilst in the mum's race it was interesting as both Abigail and Edward Scanlan swam, meaning that their mum Gemma had to swim twice. She was so good, she managed to beat herself!

In the main age groups we had four new records being set, with Matilda Critchley setting a new mark in the 14 years 25m Butterfly, whilst in the 13 years Betsy Rider set new records for the Breaststroke, Butterfly and Frontcrawl events, Two of those records were set back in 2007! Well done girls.

Full Results	Girls	Boys
6 years and under	Isabella Holt	*No swimmers*
7 years	Philippa Kenyon	Edward Scanlan and Oliver Blackadder
8 years	Connie McIntyre	George Marks
9 years	Betsy Townsend	William Brennan and Oscar Astin
10 years	Lilly-Ann Marks	Maverick Robson
11 years	Abigail Scanlan	Oliver Teal
12 years	Matilda Walker	Dylan Bowen
13 years	Betsy Rider	Luke Chew
14 years	Matilda Critchley	*No swimmers*
15 years	Isabelle Teal	*No swimmers*
16 years and over	Eleanor Holgate	Henry Manning
Parent and Teachers	Gemma Scanlan	Marc Brennan



The full results can be found on the Club Notice Board and on the website.

http://www.colne-asc.co.uk/sprint-2024.php

Hats and Water Bottles

Swimmers need to wear swimming hats during Club sessions and when representing the Club during competitions, especially any swimmer that has long hair.

We did have an incident over ten years ago, in which a girl got her hair caught in the lane rope. In order to free her, we had to get her hair cut. So if you want to keep your hair long, then please wear a hat.

When you train, you will sweat, so it is vitally important that you replace these lost fluids. So please bring a water bottle in order to keep hydrated.

Do not bring fizzy drinks, as you will feel bloated when trying to train.

Just remember to take your water bottle home with you after your lesson has finished.

Parents Be Informed

The latest information regarding the Club can be found on the Club Notice Board and the Club website, with upcoming events written on a white board.

If any announcements need to be made **urgently**, then posts are made on the Club's X (nee Twitter) feed and Facebook page.

It is advisable that you follow the Club on X or Facebook.

If anyone wants the Club to use other social media platforms, then inform a Club official.

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 Tips - No. 4

An example of the importance of the small things, case in point:

The men's 100m breaststroke at the Paris Olympics were decided by a sliver.



Gold – 59.03
Silver – 59.05
Silver (Tie) – 59.05
Fourth place – 59.11
Fifth place – 59.30
Sixth place – 59.32

That… is a close race!

Less than 3/10ths of a second between gold and 6th place.

The next time you think something doesn't matter in the water…

A tight streamline.
Finishing races on a full stroke.
Clean start.
Not decelerating out of the breakout.
Faster tuck when turning.
Slightly better body position.
A faster kick tempo.
Putting your head down into the finish.

Remember that the little things have an oversized impact in the pool.

They add up. Compounding across each stroke and each lap in the pool.

And while few of us are competing for gold on our sport's biggest stage, a mindset that is perpetually on the hunt for improving the simple, basic, and little things is a championship mindset we can all benefit from.

See you in the pool.

Colne ASC Shines at Blackpool Lights Open Meet!

On the weekend of the 16th-17th November, 13 swimmers from Colne ASC proudly represented our local club at the Blackpool Lights Open Meet. With Kev and Gemma as team managers and Andrew providing the coaching expertise, our swimmers, aged 9 and above, showcased their skills brilliantly.

To qualify for the event, swimmers had to meet consideration times for their age. The meet was organized over four sessions across two days, with eight swimmers representing Colne ASC in each session. The swimmers each entered between 1 and 6 events. The following members took part: Olive Tattersall, Matilda Critchley, Abigail Scanlan, Henry Manning, Thomas Holgate, Jessica Lloyd, Lilly-Ann Marks, Zoe Blackadder, Adison Croxall, Isabelle Teal, Maverick Robson, Isaac Chew, and Luke Chew. Betsy Rider and Isabella Wallace also swam representing our neighbour club, Skipton SC at this event. Notable accomplishments include Matilda achieving five PBs out of six events, showcasing exceptional effort and determination. Adison, Abigail, Maverick, and Lilly-Ann each achieved three PBs, a testament to their skill and focus under pressure. Betsy Rider received a speeding ticket, an exciting recognition given to swimmers who exceed the qualifying times for their event. All of the performances were inspiring, and we are proud of their achievements. For many this will be the first time they have recorded an official electronic time which will remain on their Swim England records.

The full lists of official results can be found on the visit Blackpool Lights Results at:

https://www.blackpoolaquatics.org/lightsresults.html.

The event was a brilliant experience for everyone, with the supportive atmosphere that defines our club. Not only did our swimmers compete at a high level, but they also learned valuable lessons and created memories to last a lifetime. The positive atmosphere and team spirit throughout the weekend were a testament to the dedication and enthusiasm of everyone involved.

Looking ahead, we're excited to take our local pride back to the Blackpool Rocks Meet in spring 2025. Details will follow nearer the time. It's another opportunity for our swimmers to build on their achievements, aim even higher, and perhaps include swimmers who didn't compete this time around. Let's keep training hard and making Colne ASC proud.

Well done to all swimmers, coaches, and supporters for a fantastic weekend. Keep up the great work!

Merry Christmas from all at Colne ASC

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.

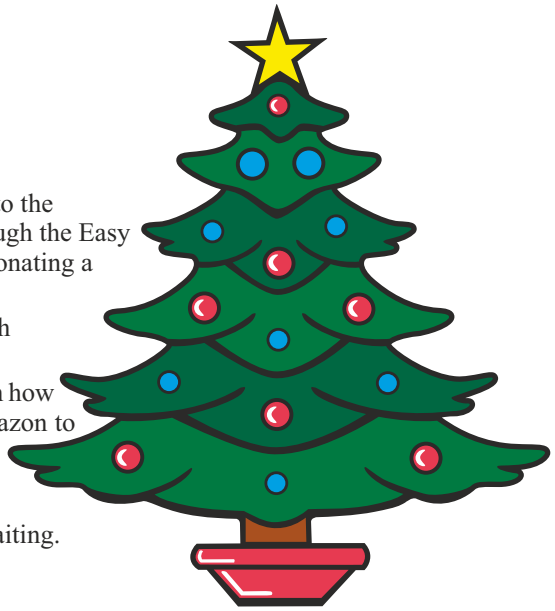
To date we have raised **£1,861.77** from only **33** supporters, with **£133.59** in the last 12 months.

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



SwimMark ESSENTIAL CLUB
clubmark