Colne A.S.C. Est. 1912

www.colne-asc.co.uk

Swim England Affiliated Club

Shark Bytes

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Issue 197 January 2025



Annual Presentation 2024

The swimmers and parents descended on the Colne Cricket Club to recognise the winners and have fun. The doors had opened at 7pm with Benny the DJ playing the tunes. The presentation started on time at 7:30pm, with Andrew giving a report on the year's activities and competitions culminating in recognition given to all the swimmers who swam at the recent Blackpool Lights meet at the Palatine pool, Blackpool in November.

The first of the trophies were for the small pool with the Bramhill Memorial Trophy for achievement being presented to Isabella Holt who had progressed quickly over the past few months, and the John Dobbin Memorial Trophy for courage/bravery went to Oliver Chew who had overcome breathing difficulties and confidence to progress from the small pool into the large pool.

The Betty Petty Style Trophies were then awarded to Lilly-Ann Marks and Luke Chew, followed by the presentation of the trophies won at the Club Championship Galas.

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Annual Subscriptions are Due

Despite rising costs, we can announce that the Annual Club Subscriptions for 2025 will remain the same as the previous year. In future, the prices will have to be increased as costs rise further.

The annual subscription was due on 31st December 2024, and renewing members have until Thursday, 1st February 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.

NOTE: Failure to pay by Friday, 31st January, will mean that you will not be allowed in the water, as you will no longer be insured.

The Club Needs Help

Colne Amateur Swimming Club is in a healthy position financially, it complies with all the Swim England safeguarding and diversity policies, but the volunteers running the Club are the same.

We need some parents to be more active in running the Club and bring more ideas.

The Teaching staffing levels are running at minimum, and a few members of the committee are not getting any younger. The secretary is in her 80s and would like to retire.

We need help and without it, the Club will eventually cease to exist.



Biathlon Success

Emma Mitchell competed in the North West Biathlon for schools over the Christmas Holidays. The event comprised of a 400m run and a 25m swim at the Sandylands Sports Centre in Lancaster on Sunday, 29th December. She came 2nd in her age group out of 15 girls from school year 3 and has now qualified for the national finals. These will be taking place at Bath University on the weekend of 22nd and 23rd March.

Well done Emma, you are a star!

January Age Group Gala

The **Cherry Wilkinson Memorial Age Group Gala for January** will take place on Thursday, 30th January.

The warm-up will be from 6:50pm with the gala starting about 7:10pm.

This gala is important as we need times from the swimmers to work out the teams for the Friendly League when it resumes in March.

The award for the Most Improved Swimmer will be based on your times from the June Age Group Gala last year, provided you did all four strokes..

If you do all four strokes this time you will qualify for the Most Improved Swimmer award at the June Age Group gala, but remember you will have to do all four strokes in June.

Birthdays

January 2025

5th Sophie Goldsworthy
6th Oscar Astin
12th Philip Croxall
13th Daniel Warner
18th Ivo Mielczarek
25th Dougie Goulding
27th Isabella Holt
30th Eva Gregg
31st Archie Goulding and Edward Green

February 2025

3rd Elliott Shilton
4th Ollie Farrow
7th Phoebe Foulkes
8th Scarlett Smith and Mollie Wright
11th Belle Tattersall
14th Luke Dawson and Martha Green
15th Noah Haines
21st Roux Glass
22nd Betsy Townsend
24th Orla Burnett
25th Emma Cox
28th Leah Haines

Forthcoming Events:

30th January
Cherry Wilkinson Memorial Age Group for January
Warm-up 6:50pm

5th February
Committee Meeting
On-line. 8pm

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

25th February
Friendly League EGM.
Pendle Leisure Centre.

12th March
Annual General Meeting

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Racing starts in March!

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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Annual Presentation

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The next presentation was for the age group winners from Christmas Sprint Gala held on 5th December. This was followed by the announcement of the Spot-On winners, with Elijah Bartlett winning £5 being 1.12 seconds off his time. Adison Croxall winning £10 for being 0.65 seconds off her time, and Oscar Astin winning £20 being just 0.31 seconds off his time.

This was followed by the announcement of the Club Captains for 2025, who were Daniel Warner and Libby Cox as the senior captains, and Isaac Chew and Abigail Scanlan as the Junior Captains.

The final presentation of the night was the Two Alberts Trophy for Services to the Club, which went to small pool teacher Deryn Ashby.

Before the buffet was opened and the volume increased by the DJ, a group photo was taken of the trophy winners. Then the party started!

Helpers Required For Gala

We would like volunteers to offer their services to the desk before the start of the Age Group Gala on Thursday, 30th January. 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 marshal
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 have to cancel this gala.

Water Bottles

Swimmers are encouraged to bring water bottles with them onto the poolside.

During exercise you will lose body fluids through sweating, so it is important that you replace these fluids and remain properly hydrated.

Water is one of the best fluids that you can use for training, and it can be flavoured with cordial. Do not use fizzy drinks as this will make you feel bloated.

Once your lesson has finished please remember to collect your water bottle and not leave it on the poolside.

Sssssshhh!!

It is important for everybody in the pool environment to be quiet before the start of a race.

This makes it easier for the swimmers to hear the starters instructions.

Once the race has started then you can shout as loud as you want.

Thank you.

Competition Rules

Now that we are in a new year, it is good to remind everyone of a few rules that all swimmers have to adhere to whilst competing.

1. Do not move when under starters orders. You only get one chance at the start.
2. Backstroke always starts in the water.
3. Use two hands on the wall when performing breaststroke and butterfly turns.
4. You must always be on your back when swimming backstroke, except at turns.
5. Tumble turns only permitted when swimming backstroke or freestyle events.
6. Do not stand-up during a race. Unless you are swimming a freestyle event.
7. Treat individual medley as four separate races, as you must complete one stroke before going onto the next.
8. Individual medley order is butterfly, backstroke, breaststroke and freestyle.
9. Medley relays are swum as backstroke, breaststroke, butterfly and freestyle.

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.

easyfundraising

Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising a free donation for **Colne ASC**? There are nearly 3,000 retailers including Amazon, John Lewis, Aviva, thetrainline and Sainsbury's, who will donate a percentage of the amount you spend to **Colne ASC** to say thank you for shopping with them.

It's really simple, and doesn't cost you anything.

All you have to do is:

1. Go to **http://www.easyfundraising.org.uk/causes/casc/**
2. Sign up for free
3. Get shopping – your donations will be collected by easyfundraising and automatically sent to Colne ASC. It couldn't be easier!

There are no catches or hidden charges and the Club will be really grateful for your donations.

Over the years we have managed to have **33** people sign up, and between them, they have raised **£1,869.81**, with **£123.20** in the last 12 months. We would like to increase this, so if more of you join up and support the Club it would be hugely appreciated.

Thank you to all those who have supported the Club using Easy Fundraising.

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Coaching Tip Number 5

To paraphrase:

"Training every day feels like a struggle. How do you stay motivated to work hard each day?"

Here are three quick and dirty things you can do to not only make going to practice slightly less of a struggle, but also crank out better workouts, more often:

Rule #1: Have a daily "why."

This is probably the biggest factor in how your time in the water is going to go.

Why are you going to practice? Beyond the "I have to" or "it's part of my routine" or "I want to swim fast at the end of the season," what is the thing you want to achieve today within this workout?

Improve endurance? Top-end speed? Enhance recovery? Sharpen your technique?

When you know why you are going to the pool, and you have a focussed objective, it becomes easier to a) get your butt in the water and b) get after it like a champion.

Rule #2: Swim well, all the time.

Swim with great technique.

Reach for that extra bit of water. Push-off in a torpedo-like streamline. Kick powerfully in both directions. Keep your hips high and your head down.

Technical awesomeness is crucial for swimming well, which is a precursor to swimming fast.

It's also a great way to swim mindfully and avoid the boredom of distracto-swimming.

By focussing on swimming with killer technique from the time you dive into the water to the final lap of breaching-like-a-whale warm-down, you are mentally engaged and in the moment.

You won't go a new in-training PB every day at the pool.

But you can swim with shark-like precision each time you hit the water.

Rule #3: Measure the stuff that matters.

There are a million reasons swimmers hit the pool, from building a caloric bonfire to sharpening their stroke rate for the Big Meet at the end of the year.

Whatever it is that matters to you, whatever your goals are and whatever it is that you want to accomplish while staring relentlessly at a tiled black line at the bottom of the pool, measure it.

Doing this, whether in a training journal, in a Google Doc, or in the text app on your smart phone, helps you evaluate the effectiveness of your swim workouts, gives you a motivation-boosting history of your swim training, and charts the story of your journey in the pool.

Why not do each swim workout to the best of your ability?

See you in the water!

Join the Committee

If anyone is interested in being more involved with their child's swimming club, but doesn't think teaching is for them, then you could join the committee.

The committee meets once a month using Zoom and the meetings last about 40 minutes to an hour. See you don't even need to employ babysitters. So what is your next excuse.

If anyone is interested then contact a member of the committee, club secretary Joan Croxall or club chairman Philip Croxall.

Poolside Tidy Up

It would be appreciated that equipment is returned to the baskets once their lesson has completed.

If fins/flippers have been used, then they need to be rinsed under the showers and returned to the large basket.

Floats and pull-buoys need to be stacked neatly in the smaller blue basket, do not throw them into the basket. The floats should be stacked neatly at the side of the basket if a lot of floats have been used.

Teachers need to remind the children to return any equipment used to the baskets.

Friendly League Season 2025

The AGM for the Friendly League was held on Tuesday, 7th January at the Pendle Leisure Centre, but only three people turned up. One from Great Harwood and two from Colne. As a result there was not enough people to have the meeting. An EGM therefore was called for Tuesday, 25th February at the Pendle Leisure Centre.

The meeting was not a waste of time as the three arranged fixtures for Colne, Great Harwood and Accrington.

Our fixtures are currently as follows:

	Home	Away
Great Harwood	Mon. 19th May	Mon. 10th March
Accrington	Thur. 27th March	Wed. 9th July *

The fixtures against **Burnley Bobcats** are to be arranged.

*-The away fixture against Accrington is subject to change.

Raffle Prizes

If anyone has received an unwanted gift this Christmas and hasn't the heart to tell Santa, then you could donate it to the Club, and we can use it as a raffle prize in a forth-coming swimming gala.

Advanced AGM Notice

The Club's Annual General Meeting will take place on Wednesday, 12th March at 7:30pm. This meeting will be held on-line using Zoom. More details to follow.

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