Colne A.S.C. Est. 1912

www.colne-asc.co.uk

Swim England Affiliated Club

Shark Bytes

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Issue 201 June 2025

Club Trip - Outdoor Elements



On Saturday, 28th June the Club Trip will be taking place at the Outdoor Elements Activity Centre, Simonstone.

With less than 3 weeks to go, all of the places are taken, and we only had 30 places available!

Anyone still wanting to go will have to be placed on a reserve list. This applies to any friends that want to go.

Prices are **£10** for members and **£20** for friends. These payments will only be required should a place become available, or we ask for more places.

There will be 5 activities spread out over the course of the day, so be there from 9:15am, as the activities will be starting at 9:30am. If any parents are leaving their child/children for the day, then return to the centre by 4pm. Parents can stay if they want, and maybe, have a go at one or two activities, or just watch. **We would like some parents to stay to act as chaperones and make sure the kids enjoy themselves**.

Drinks will be provided by the centre, but please remember a pack lunch, otherwise you may go hungry.

Anyone going should have received a leaflet with what to wear, so please dress appropriately, and try not to wear your best stuff, as it may get mucky and/or scuffed. More information is on the next page.

More importantly, enjoy the day, and work on your teamwork, as you may need it.

Cherry Wilkinson Memorial Age Group Gala

On Thursday, 26th June we will be holding the **Cherry Wilkinson Memorial Age Group Gala for June**, which is open to all swimmers in the Club.

If you did all four events in the February Age Group gala, you will qualify for the Most Improved Swimmer, but only if you do all four events again.

The 9 years and under will be doing 25 metres for each of the four strokes, whilst the 12's and over will be doing 50m. The 10 and 11 year olds will do 25 metres for each stroke with an option to do 50m on all four strokes.

Entry forms are available from the desk on a Club night, or you can enter on-line via the Club website.

www.colne-asc.co.uk/age-form.php

We would like volunteers to offer their services to the desk before the start of the Age Group Gala on Thursday, 26th June. 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.



English Channel Swim!

7 year old Isabella Holt swam all the way across the English Channel! 21 miles/33.8km in 65 days...42 swim sessions of her mum counting lengths in different lengthed pools, including many circles! Who says you don't use school maths after school?!

Isabella says she wants to become the youngest person (when she's older) to swim across the channel for real!

New Club Treasurer

At the recent Committee Meeting Kevin Critchley offered his services to become the new Club Treasurer. There were no objections and his offer was accepted.

The consequence of taking on this new role means that he will no longer be able to perform his duties as Trophy Secretary.

Birthdays

May 2025

2nd Elia Woods
7th Bryn Bowen
17th Harvey Lin
26th Olivia Lespierre

June 2025

1st Jack Cardus and Connie McIntyre
2nd William Brennan and Eleanor Haines
9th Halle Gowling
16th Oliver Teal and Zana Baysall
19th Ashleigh Frost
21st Lily-Anne Marks
25th Ethan Donald-Lopez and Isabella Wallace
27th Elijah Bartlett
28th Faith McGlone

Forthcoming Events:

19th June
Local Towns Gala at home to Great Harwood.
Warm-up 7pm

26th June
June Age Group Gala
Warm-up 6:50pm

28th June
Club Trip Outdoor Eelements

2nd July
Local Towns Gala away to Accrington. Hyndburn LC
Warm-up 7pm

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

9th July
Committee Meeting. 8pm

Contents:

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We have a volunteer, but...

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We now need a new one!

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All places taken!

Coaches Tips
Get those turns right!

Blackpool Rocks
The swimmers excel!

June Age Group
How fast can you swim!

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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Blackpool Rocks 2025

After the success of competing at Blackpool Lights last November we decided to compete at the annual Blackpool Rocks Grade 3 Meet. We had nine swimmers with 25 event entries in total. The first session started at 8 am on the Saturday morning. In the first session, Maverick competed in the 50m Butterfly coming an 8th place in his age group. Next up, was Lilly-Ann, Ava (first external meet), and Belle in the 50m Backstroke coming 10th, 19th and 14th respectively, in their age groups all with personal bests (PBs). Belle also did the 100m Breaststroke coming 14th and registering a PB. Ethan took on the 100m freestyle – first time competing at an external meet and first time doing the 100 free in a race. In the afternoon, Ava and Belle raced in the 50m Breaststroke both achieving PBs (12th and 16th, respectively). Our youngest competitor, George was next up in the 50m freestyle coming 8th in his age group. Ethan and Maverick performed well in 50m Freestyle both achieving PBs and came 9th in their age groups, with Ethan recording a blistering 30.90s time (PB).

On the Sunday, Tilly, Isabella and Betsy joined the team. Tilly and Isabella competed in the 50m butterfly coming 10th and 12th, respectively, with Isabella obtaining a new PB. George did amazing in the 50m Backstroke coming 6th in his age group. Ethan came 8th in the same event, and Maverick unfortunately received a disqualification (DQ) – a reminder to practice those turns!

Betsy then did an outstanding 200m backstroke and received a silver medal in her age group. Isabella got a PB in the 100m freestyle and came 12th. The girls 50m freestyle has Lilly-Ann coming 13th (PB), Ava 16th (PB), Tilly 12th (PB), Isabella (13th) and Betsy just missing out on a medal (4th).

Finally, Betsy and Tilly tested themselves at the 100m Butterfly (first attempt for Betsy). Tilly knocked >4s off her PB time with Betsy coming 4th, on first attempt, and Tilly coming 5th.

The swimmers competed against clubs from right across the Northwest. Everyone achieved one or more PBs (or a first attempt). In total there were 11 PBs and 9 first attempts (i.e. no official electronic time previously recorded on Swim England). All of the swimmers enjoyed going to a big external event and were given a stick of rock. We will plan to enter another event in the Autumn. Swimmers need to be 9 or older on the day of the meet and have times within a range decided by the organisers.

Local Towns Gala

We only have two galas left in this year's Local Towns Galas with the first being at home to Great Harwood Otters on Thursday, 19th June at the Pendle Leisure Centre. The warm-up will be at 7pm.

Please indicate whether you are available via this Google Form link.

As this is a home fixture, all lessons in the large pool will be cancelled. the small pool classes will be on as normal.

We would like volunteers to offer their services to the desk before the start of the Gala on Thursday, 19th June. You may not be required but your offer will be appreciated.

We require the following:

- 4 Time Keepers
- At least 2 team organisers/chaperones
- At least 1 marshall
- A recorder to write down the results

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.

The final gala will be against Accrington on Wednesday, 2nd July at the Hyndburn Leisure Centre. The warm-up will be at 7pm.

Coaches Tips - Turns

We all want to swim faster. You, me, and the person in the next lane.

The focus tends to (understandably) be on improving surface swimming speeds. Or building a more explosive start. Or getting stronger in the gym.

Sensible things to work on. And you should keep hammering away at 'em.

But there's a goldmine for faster times that is often overlooked.

Turns. (a "turn" is defined as 5m into the wall + 10m off the wall).

The connection between turn performance and overall race time was nearly perfect in most events.

And the impact only grew as the races got longer. From 100m and up, turns had a bigger impact on race time than starts.

Underscoring the importance of crispy turns.

Particularly as they don't require additional time in the pool or gym; just added focus and charging into the walls like they owe you money.

Each swim workout you do has hundreds of opportunities to fine-tune your turns.

So here's your challenge for today and this week and the rest of the season:

- ⇨ Attack the walls
- ⇨ Explode out of your turns
- ⇨ Tighten up your streamlines
- ⇨ Work those underwaters

Becoming a faster swimmer means getting better at everything that happens from the moment you step on the block until your fingertip presses into the touch pad.

And that most certainly includes your turns.

See you in the water,

Andrew
Colne ASC Club Coach

Trophy Secretary Required

Our current Trophy Secretary Kevin Critchley has now taken on the role of Club Treasurer and as a result we need a new Trophy Secretary.

The tasks of the Trophy Secretary are

- Collect ALL trophies from the previous years winners
- Ensure the Trophies are clean
- Take the Trophies for engraving
- Take the Trophies to the Presentation
- Responsible for the ordering of the medals
- Responsible for ordering the Most Improved Swimmer awards
- Nothing to do for at least 10 months of the year

Anyone who is interested will not be required to join the committee. They would be entitled to attend Committee Meetings throughout the year.

See Philip Croxall or a committee member if you think you can do the job.

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New Club T-Shirts

We are currently in the process of getting new Club t-shirts and have narrowed it down to five different designs. We have created a Google form to allow all Club members to vote on the design that they like the best.

NOTE: Only one vote per person

Kids Aquathlon

Isabella Holt and Emma Mitchell took part in the Kids Aquathlon first thing Sunday morning 4th May, run by Swim Bike Run - Skipton for children from 7 to 14. Isabella did 9min 55s and thoroughly enjoyed her 1st 50m swim event as she finished 1st in age group. They all swam 50m then ran 1km. Emma did the same distances but in a different age group, as her finishing time was 8min 24s to finish 23rd overall out of 47 and 3rd in her group.

Isabella and Emma have become friends through the Club and are now doing events that involve swimming, together!





What to Wear

Kit List Please dress for the forecasted weather, taking into account the suggestions below:

Do Wear

Layers of clothing that you don't mind getting dirty (it is cooler in the woodland).

Trainers / old shoes / walking boots you don't mind getting wet, dirty and scuffed.

Waterproof jacket and trousers. A long sleeved top.

Full length trousers such as tracksuit bottoms / combats / leggings.

Sun hat and sun protection cream.

Insect repellant.

Do NOT Wear Jewellery / watches, shorts, jeans, skirts, heeled shoes or your best stuff.

Contact Details
Outdoor Elements
Pump House Dean Wood
Trapp Lane
Simonstone
Lancashire
BB12 7JD
T: 01282 416396

Personalised Hats

We have now placed the order for the personalised swimming caps, and we should have them within a few weeks.

You only need to pay the **£8** when you receive your hat.

Sponsored Swim

On Monday, 6th and Thursday, 9th October we will be holding our biennial sponsored swim in which 34% of the proceeds go to the Club and the remaining 66% to be split between Macmillan and the Pendleside Hospice..

The swim will comprise of swimming as many lengths as possible in 30 minutes. For any swimmers from the small pool the time limit is 15 minutes.

There will also be an hour challenge for the older children and possibly any adult who wishes to participate.

Sponsor forms are now available to download from the Club website.

http://www.colne-asc.co.uk/forms/sponsor.pdf

If you wish to know about our charities use these links to their websites.

MACMILLAN CANCER SUPPORT

https://www.macmillan.org.uk/

Pendleside Hospice

https://www.pendleside.org.uk/

easyfundraising feel good shopping

Currently there are **35** supporters of the Club on Easy Fundraising, and between them they have raised **£1,916.20**, which is an increase of **£114.18** from this time last year.

We have recruited **3** new supporters in the past 12 months, so why have you not signed up?

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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