Colne A.S.C. Est. 1912
www.colne-asc.co.uk
Swim England Affiliated Club

Shark Bytes

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Issue 202 July 2025

SUMMER BREAK

	Last Session	Session Resumes
Large Pool	Monday, 28th July	Monday, 18th August
Small Pool	Thursday, 24th August	Thursday, 28th August

Enjoy your summer break

Most Improved Swimmer

January 2025 - June 2025





Boys

1st	Archie Goulding	13.64%
2nd	Kaius McGlone	12.81%
3rd	Oliver Teal	11.89%

Girls

1st	Emma Mitchell	21.50%
2nd	Philipa Kenyon	17.04%
3rd	Beatrice Greenwood	14.74%

Swim Workshop with Rohan Smith

On Saturday, 12 July we held a Swim Workshop at the Pendle Leisure Centre in very hot conditions. The clinic was run by Rohan Smith assisted by Club Coach Andrew Croxall.

Rohan is 20 years old and is a member of the Performance 1 - Elite group at City of Sheffield Swim Squad.

He is a sprint breaststroker.

He has won multiple titles at 50 and 100 metres breaststroke in county and regional championships since he was 11 years old.

He has also made multiple finals at British Championships and BUCS Championships over the last two seasons progressing to a Top 10 ranking this year. He is the current Yorkshire record holder for 50 metres breaststroke.

Rohan has won gold at the British Swimming Age group Championships in the 50 metres breaststroke at age 18 and Bronze in the 100. He has represented England at the World School Games in France where he won Bronze in the 50 metres Breaststroke and was awarded the top English swimmer of the meet as he was the only member of the team to win an individual medal. He has also swum in international meets across Europe over the last two years most recently racing Armo Kamminga (Olympic Champion) in a Sweden invitational meet. Rohan recently finished 5th at the British Championships at the London Aquatic Centre in April narrowly missing out on a medal by 0.15 seconds.

He is currently training hard to compete for a place in the Commonwealth Games in 2026. Rohans best event is 50 metres breaststroke where he is currently ranked 8th in Britain.

He is also ranked in the top 30 in Britain for 50 and 100 freestyle.



There were 25 swimmers attending the workshop, in which, they had the warm-up explained, followed by a cut down warm-up swim.

After that they were shown skills and drills from the stroke, to turns and starts.

The swimmers were more attentive as they listened to what Rohan had to say. When trying the drills, some performed better than others, but there was a keenness to try something new.

The session finished with 5 relay teams doing one length sprints, as they tried to beat Rohan, who was swimming all 5 lengths! After which, there was a group photo and the collection of autographs on pre-prepared cards.



Rohan is sponsored by Bridge Street Stone of Colne.

Birthdays

July 2025

1st Fraser Greenwood
6th Dylan Bowen and Zoe Blackadder
7th Abigail Scanlan
14th Sienna Hartley
15th Matilda Walker
17th Ava Powley
18th Theo Unthank
20th Emilie Jeffries
21st Samuel Swinson

August 2025

3rd Beatrice Greenwood
6th Jessica Lloyd
10th Luke Chew
14th Ava Davies
23rd Kaius McGlone
26th Delilah Slater

Forthcoming Events:

24th July
Last Small Pool classes before Summer Break

28th July
Last Club Session before Summer Break

18th August
Club Resumes after Summer Break

25th August
No Swimming Club due to Bank Holiday Monday.

28th August
Small Pool Resumes after Summer Break

3rd September
Committee Meeting. 8pm

4th September
Swimming Club Trials
Small Pool 6:15pm
Large Pool 7:30pm

Contents:

Swim Workshop
Were you there!

Open Water
Tilly braves the cold!

Most Improved
Huge improvements!

Coaches Tips
Can you roll with it!

Club Trip
Adventure under the trees!

New T-Shirts
A design has been chosen!

Local Towns Galas
Last races done!

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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Club Trip to Outdoor Elements

It was forecast to rain on Saturday, 28th June, but that didn't deter the 34 children who headed to the **Outdoor Elements Activity Centre** near Simonstone.

Everyone met at the covered outdoor tables. The children were split in four groups based upon their selection. Group one comprised of Iris, Wilfred, Florence, Charlotte, Mia, Emma, Adison, Emilia, Isla and Matilda, and they did Archery, Super Zip, Orienteering, Climbing Trees and Fire Lighting.

In group two were Isabella D, Edward, Dougie, Ava D, Lilly-Ann, Archie and Maisie, and they did Climbing Trees, Archery, Super Zip, Leap of Faith and Jacobs Ladder.

Group three comprised of Oliver D, Oliver C, Faith, George, Fraser, Maverick, Abigail and Isaac, and they did Fire Lighting, Climbing Trees, Archery, Super Zip and Leap of Faith.

Finally in group four were Ava P, Isabella H, Phoebe, Kaius, Jessica, Sam, Zoe, Bryn and Dylan, and they did Shelter Building, Leap of Faith, Crate Stack, Archery and Super Zip.

The groups that did Fire Lighting had an added bonus of marshmallows and hot chocolate!

After each activity, the groups returned to the tables in the clearing for drinks, and lunch was taken after the second activity, and for some reason, some of the children decided they would like tea! So that left the adults drinking juice!

A few of the parents either stayed for the day, or came back once they had done whatever needed to be done. At 4pm the rest of the parents returned to the centre to collect some very happy children. As for the rain, it never made an appearance.

Photos from the day are now available to browse/download from the Club website. If anyone wants hi-res version of a photo, then contact press@colne-asc.co.uk, and it will be sent to you.

www.colne-asc.co.uk/outdoorelements2025.php





The Club has been signed up with Easy Fundraising for over 10 years, and in this time we have only had a few supporters. We would like more.

Currently there are **35** supporters of the Club on Easy Fundraising, and between them they have raised **£1,936.97** which equated to **£135.48** over the past 12 months.

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.

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.

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

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

Local Towns Galas

The last two galas of the season took place at the Pendle Leisure Centre on Thursday, 19th June against Great Harwood, and at the Hyndburn Leisure Centre on Wednesday, 2nd July against Accrington.

The first one was an even contest as both teams traded wins with lost of personal bests from the Colne swimmers, but unfortunately it was to no avail as Great Harwood won the contest by 61 points to 55.

The second gala proved to be a more one sided contest as the Colne swimmers were getting faster and smashing more personal bests. As a result, they proved to be too strong for their hosts and beat Accrington by 65 points to 51.

Well done to all swimmers who participated for the Club this year.

T-Shirt Design Chosen!

Of the designs available to choose from, it was t-shirt "M" that was selected. We are now in the process of getting these ordered and working out the pricing. So watch this space!



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Coaching Tip:
Why body roll is your sneaky secret for faster freestyle

A strong pull. Strong kick. Clean breathing. Steady, precision-like hand placement

These are all important for fast, efficient freestyle.

But one skill is the glue that holds them all together: body roll!

Body roll, especially at the hips, makes our freestyle technique sing chlorinated tunes.

Here's why body roll should be a focal point of your freestyle training this week:

✔ Improved stroke coordination. Think of body roll as your stroke's timing belt. It helps your recovery arm swing freely while the other arm drives through the water.

✔ Increased distance per stroke. As your hips and shoulders roll during the reach, the body naturally extends, covering more water with each stroke.

✔ Reduces drag. Smooth, well-timed body roll narrows your body profile, reduces turbulence, and creates less frontal drag. Less frontal drag = more speed.

✔ Balanced body position. Awesome body roll keeps your centre of mass aligned, helping you avoid sloppy kicks, head tilt, and over-rotation.

✔ Higher power output. When the hips and shoulders roll together, your entire kinetic chain (core, shoulders, legs) fires together. More power, less wiggling through the water.

✔ Optimal hand placement. The body roll sets up your hand for a clean entry and catch, leading to stronger propulsion. Poor roll leads to sculling or a misplaced catch.

✔ Reduced injury risk. Finally, asymmetrical hip roll has been linked to shoulder pain in elite swimmers. A more even body roll balances out the workload and protects your shoulders.

So:

Master the roll of your hips and shoulders when swimming freestyle…

And everything else gets smoother and faster. The pull, the catch, the push, the rhythm, those times on the clock.

Go get your roll on and see you in the water,

Andrew
Colne ASC Club Coach

Open Water Challenge

Matilda Critchley swam in the Swim England North East Open Water competition on the last weekend of June at Sale Water Park south of Manchester.

This was Tilly's first open water race after an initial coaching session with Mark and Steve at Gaddings Dam a few weeks ago. And how that training paid off! Open water races are quite tricky as there are no lane ropes to keep you going in the right direction. Instead you need to sight every few strokes to make sure you're on course. Tilly's race was 3km and she did five laps around the course to come in fifth place in Yorkshire and 10th in North East Region!



Cherry Wilkinson Memorial Age Group Gala for June

The June age group gala was well attended with 44 girls and 26 boys taking part. There were quite a few swimmers in the 10 and 11 year age groups attempting 2 lengths.

There were a total of 19 boys and 23 girls who had qualified for the Most Improved Swimmer Award for June having done the requisite swims in January and June.

Due to the number of swimmers, we overran the gala by 20 minutes! Looks like in future we will have to be a bit more organised and reduce the duration of the warm-up.

Positions Vacant

We have a few positions within the Club that we would like filling

- Trophy Secretary - Needs filing BEFORE November
- Club Secretary - current incumbent would like to retire
- Membership Secretary - Current one training for Welfare Officer position

See a Committee member if you can help or want more info.

Do Not Leaves Clothes in Cubicles

When getting ready for your swim, please ensure any clothes and bags are placed in one of the lockers. This is to ensure that the cubicles are empty whilst you are having your swim.

It is very frustrating when looking for an empty cubicle and clothes and bags have been left there!

If this continues to occur, clothes and bags will be moved to a locker whilst you are having your swim.

So move your stuff, before it is moved for you!

Thank you

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