Colne A.S.C. Est. 1912

www.colne-asc.co.uk

Swim England Affiliated Club

Shark Bytes

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Issue 209 March 2026

Annual General Meeting Report

The Club's Annual General Meeting was held on Wednesday, 4th March and was held on-line, and we had one new attendee, who was Adam Dickinson. He also agreed to join the committee..

The positions within the Club are mainly the same, but since the last AGM we now have a new treasurer in Kevin Critchley, a new trophy secretary in Faye Mitchell and a new membership secretary in Amanda Holt, all of whom had taken on these roles in the past 12 months. We also changed our Welfare Officer, as Frankie McCollum (nee Roberts) has taken on the role from Deryn Ashby.

The Club Trip was chosen as Whitehough Outdoor Centre for Saturday, 27th June.

There will be creme eggs handed out to swimmers and teachers in the week before the Club's Easter break. So there will be no Club on Monday 6th and Thursday, 9th April

The Club always needs new people on the Committee so if you feel like you would be able to contribute to the Club, then see a Committee Member on a Club night.

The Committee meets once a month, usually on the first Wednesday of that month, the meetings start at 8pm and last for about 40 minutes as they are online.

A bonus of being on the committee, is that you **do not need to pay to spectate,** but you must be willing to help out.

The next Committee Meeting is on Wednesday, 1st April and will be held online via Zoom.

Teachers Required

We are currently running on minimum staffing levels on the poolside, as a result we would like people to volunteer and help with the teaching of the children.

Anyone who is interested, then please contact a member of the Committee on a Club night.

If anyone knows someone who has teaching qualifications, who you think could help, then please ask them to contact the Club's Secretary for more details.

We actually require level 1 and level 2 teachers in order to teach the children properly, using helpers does kind of work, but bad habits can result from these situations. A fully qualified teacher would be able to spot poor technique and correct it accordingly.

The Club will pay for any courses that are required, either paying direct or reimbursing the individual after they have paid for a course. Any teaching courses paid for by the Club does require a 12 month commitment to teach.

Pendle Schools Gala

We had plenty of helpers at the local schools gala held at Pendle Leisure Centre on Tuesday, 17th March.

The helpers performing timekeeping duties were Abigail Scanlan, Dylan and Bryn Bowen, Ashleigh Frost, Jessica Lloyd and Belle Tattersall. Isabelle Teal helped with the recording of times and positions on the computer.

We have one further gala to help at and that will be on Tuesday, 24th March.



Local Towns Gala

The first of the Local Towns Galas took place at Accrington's Hyndburn Sports Centre.

The competition was very close, with Accrington and Colne competing, and Colne won the contest by 5 points with the final score being 60 points to 55. The backstroke events were the most successful for Colne, with 6 wins and 2 second places, while the other strokes were evenly balanced as both teams traded wins. The mixed medley relays were evenly contested as both teams won two events, with Colne winning the mixed team cannon relay.

Even though we had some swimmers missing, and some of the swimmers were swimming for the first time in three weeks as they were unable to attend the temporary sessions at the West Craven Sports Centre, the team performed very well, with 25 personal best times being achieved throughout the course of the evening.

The next gala will be away to Great Harwood on Monday, 20th April at the Accrington Academy.

Easter Holidays

The Club will be closed for a week over Easter.

Last Session:
Thursday, 2nd April

Club Resumes:
Monday, 13th April

Birthdays

March 2026

1st Afie Weston
3rd Andrew Croxall
7th Philippa Kenyon
11th Chloe Haythornthwaite
14th Betsy Rider
15th Alexander McGregor
23rd Nell Norman
26th Oliver Blackadder and Rosie Farrow
27th Edward Scanlan
28th Tilly Feeney
30th Bronte Gray

April 2026

2nd Lily Higgins
15th Evelyn Shilton and Jasmine Higginbottom
19th George Marks
20th Rupert Berry, Olivia Thomas and Emily Thomas
21st Matilda Critchley

Forthcoming Events:

24th March
Pendle Schools Gala

26th March
Swimming Club Trials
Learners Class 6:00pm
Teaching Groups 7:30pm

29th March
Harrogate Spar Town Meet

1st April
Committee Meeting. 8pm

2nd April
Last Club session before Easter

6th April
No Club. Easter Monday

9th April
No Club. Easter Holidays

13th April
Club Resumes

20th April
Local Towns Gala away to Great Harwood. 7:15pm

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We need Teachers!

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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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Colne Amateur Swimming Club

Outdoor Adventure

For **Saturday 27th June**, we are organising a Club trip to Whitehough Outdoor Centre, which is situated just outside Barley. **So book the date in your diaries**.

This will be our first visit, and it will be similar to our previous visits to Outdoor Elements, and anyone who went really enjoyed the day.

The day of fun activities will be from 9:30am until 4:00pm. You will need to bring a packed lunch and any liquid refreshments.

Throughout the course of the day, there will be four activities to take part in, each will have an instructor to show you what to do. You will be split into multiple groups, and we ask for at least one adult volunteer per group.

The price for a day of fun will be **£20** with a price of **£15** for a second child. The price will be same for children and any adult that wishes to participate. Anyone that goes will be allowed to bring friends, but that will cost **£25**.

The price will be subsidised as it would normally cost over £40 for a day of activities.

We will be making an initial reservation for 30 people, and will be taking bookings after the Easter holidays.

If you want to read more about Whitehough then use this link to their website.

https://whitehough.org/activities/

Temporary Session at West Craven

On Thursday, 19th February we were informed that the pool at Pendle Leisure Centre was closed due to boiler issues. So we moved to West Craven pool from Sunday, 22nd February until Thursday, 12th March, as we held two sessions a week, with one lane over three hours on a Sunday for the Training Groups, and one hour in the whole pool for the Learner and Teaching Groups from 7pm until 8pm. The Training group had access to one lane from 7:30pm until 9:30pm.

It was very busy and a bit chaotic, especially in the limited space in the car park, but it did enable us to keep the Club going.

The Pendle Leisure Centre re-opened the pools on Friday, 13th March, and the water is no longer cold, with showers that are very hot! Might be due to the three new boilers!

Coaching Tip
The importance of setting clear goals

Fresh week, and a great time to talk goal setting.

Swimmers go faster when they have clear, precise goals.

Hazy, vague goals invite hazy, vague outcomes.

Case in point:

A study (Ferchichi et al., 2026) published this month with competitive swimmers tested this by giving one group a specific goal time, while another group was told to simply "do your best."

Both groups trained the same in the pool for the next eight weeks.

The big finding?

Swimmers with a specific goal improved 4.3% in a 100m freestyle time trial, compared to 2.5% in the "do your best" group.

When swimmers have something clear to aim at, they:

➡ Direct your attention to what matters

➡ Increasing effort in training

➡ Boosting persistence when training gets hard

So set goals that are clear and relevant. They'll give you more focus and purpose at the pool.

One more note from the study:

The swimmers with the clear goal times experienced higher psychological pressure, with increases in tension and emotional stress during the training period.

Which highlights the importance of combining clear goals with the right mental skills.

Things like:

✓ Visualization to help swimmers channel nerves as fuel

✓ Self-talk to reduce negative thought/action spirals

✓ Process-based goals to focus on execution and not just on outcomes

Goal setting is one of the most potent mental skills swimmers have at their disposal to improve.

Use it smartly, pair it with a strong process, and unlock faster swimming when it matters most.

See you in the water.

Coach Andrew

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 **36** people sign up, and between them, they have raised **£2,038.30**, with **£149.57** over the past 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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