Colne A.S.C. Est. 1912

www.colne-asc.co.uk

Swim England Affiliated Club

Shark Bytes

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Issue 210 April 2026

Introducing Frankie

My name is Frankie McCollum, and I'm delighted to introduce myself as the new **Welfare Officer** for Colne Swimming Club.

You'll often spot me around the club—usually with a baby attached to my hip—so please don't hesitate to come over and say hello! My role is to support all swimmers and their families and I am here to help with any safeguarding or welfare concerns you may have, no matter how big or small.

If you'd prefer to get in touch privately, please feel free to speak to me in person or send an email to welfare@colne-asc.co.uk, and I will respond as soon as possible.

I would also encourage you to point me out to your children so they know who they can approach if they ever have any worries or simply need someone to talk to. My aim is to ensure that every member of the club feels safe, supported, and valued.



No Swimming Club

There will be no swimming club on Monday, 4th May as the Pendle Leisure Centre will be closed due to the Public holiday.

Harrogate Spa Town Meet

We had 16 swimmers competing for Colne at the Harrogate Spa Town Meet on 29th March: William Brennan, George Marks, Maverick Robson, Emma Mitchell, Betsy Townsend, Lilly-Ann Marks, Adison Croxall, Belle Tattersall, Ava Davies, Matilda Walker, Isabelle Teal, Oscar Astin, Edward Scanlan, Ethan Donald-Lopez, Jessica Lloyd and Abigail Scanlan.

In addition, Tilly Critchley and Isabella Wallace were competing for Skipton.



Across the meet, Colne swimmers entered 55 events and recorded 50 personal bests or first attempts, reflecting the work being put in at training with several swimmers achieving the Lancashire County 2026 Qualifying Times (LCQT) in their respective Age Groups.

There were a good number of top 10 finishes across the squad. George Marks led the way with a silver in the 100m Backstroke and bronze in the 50m Backstroke, while Emma Mitchell took bronze in the 100m IM and Maverick Robson took bronze in the 50m Butterfly.

There were strong swims across all age groups, with swimmers continuing to gain experience and improve in competition. Overall, it was a solid meet and a good day out for the club.

Please Pay Attention

When your child attend's their swimming lesson, we ask that they listen to their teacher and try to follow the teacher's instructions to the best of their ability. Please do not talk back to your teacher.

Please remember that our teachers are volunteers and are giving up their time in order to improve the swimming ability of the children.

We still need more teachers.

Thank you.

Local Towns Gala

On the evening of Monday, 20th April, the team travelled to the Accrington Academy pool to take on Great Harwood Otters.

It proved to be tough contest as Great Harwood won more races than they lost and unfortunately coupled with three disqualifications, this meant that we lost the contest by 64 points to 51.

It was in the breaststroke events that we managed to hold our own, but the swimmers did as well as expected due to Great Harwood using some county level swimmers.

Despite this the Colne swimmers managed a further 34 personal bests, with 15 amongst the boys and 19 for the girls.

Our next gala will be against Accrington at the Pendle Leisure Centre on Thursday, 9th July.

Birthdays

April 2026

2nd Lily Higgins
11th Isabella Davies
15th Evelyn Shilton and Jasmine Higginbottom
19th George Marks
20th Rupert Berry, Olivia Thomas and Emily Thomas
21st Matilda Critchley

May 2026

7th Bryn Bowen
17th Harvey Lin
29th Elena Godfrey
31st Olivia Norris

Forthcoming Events:

4th May
No Swimming Club.
Bank Holiday Monday

6th May
Committee Meeting. 8pm

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

25th May
No Swimming Club.
Bank Holiday Monday

14th June
Sunday Trials Session.

25th June
June Age Group Gala

27th June
Club Trip to Whitehough Outdoor Centre

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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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Club Trip

The Club is organising a trip to the Whitehough Outdoor Centre, Barley on Saturday, 27th June.

The day of fun activities will be from 9:45am until 4:00pm, with drinks provided. You will **need** to bring a packed lunch.

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** per person, which is same for adults if they wish to participate. It will cost **£15** for any subsequent siblings. If you wish to bring a friend then it will be **£25**.

If you are interested, then please let Amanda Holt, Philip Croxall or another committee member know as soon as possible to book your place. We have only made a reservation for 30 people, and refundable **£5** deposit is required to book your place.

Forms with list of activities are available on a Club night.

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**.

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

https://whitehough.org/

Sunday Trials Session

Pendle Leisure Centre and Colne Swimming Club are running a free joint swimming trial on Sunday, 14th June, from 3.00–4.15pm, in the main pool.

The session is open to swimmers aged 6 and over who can already swim at least two lengths, with places limited to 30 participants. Swimmers will be grouped by age and ability across six lanes and supported by qualified teachers, lifeguards, and club swimmers, with a focus on building confidence and exploring the four main strokes.

Advance booking is required via Pendle Leisure Centre, with the aim of encouraging continued participation and future sessions if successful.

GB Schools Biathlon Finals



Emma competed the GB Schools Biathlon finals in Bath on Saturday 21st March. After qualifying in December through the North West Pentathlon Hub, so progressed to the finals.

On the day Emma completed at 25m swim (20.01) and a 400m run (1.29); both times being the best she has done this year. The competition was tough and a steep learning curve - especially the run where elbows were being used! The times were added together and less than two seconds separated the top 55 girls. Emma finished 50th out of the 84 girls that started the inals stage.



Emma was very pleased with her performance and hopes to go again next year when the distances increase.

Lifesaving Instructor

Elijah Bartlett has successful completed all the National Lifesaving Acedemy awards last year including the distinction award. Elijah now has his sights set on becoming a future instructor by recently completing the NLA Assistant Lifesaving Instructor Award at the age of just 15!



Well done Elijah!

Personalised Hats

We will be taking orders for personalised hats with the aim of ordering them come the end of May.

The price for these hats will be **£9**.

If you wish to order a swimming hat, then add your name to the list along with what you want on the hat.

Payment for these hats will be required upon collection.

A form can be found on the Club Noticeboard.

We will also be ordering some more Club hats without names, but due to cost rises, these will be **£5**.

The hats we have currently in stock, will still be sold at **£4** until they run out.

New Club T-Shirts

We will be taking more orders for the new t-bag Club t-shirts. There will be a form placed on the Noticeboard. Please add your name and the size that you require. If you want more than one, then rather than placing a tick, add the number that you require.

The prices remain the same with the children's sizes being **£10** and the adult sizes **£15**.

Payment for these t-shirts will not be required until you collect your t-shirt.

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Coaching Tip - Fast Starts

A pro tip for improving reaction time for starts

Fast starts are a big boost on race day, especially for shorter races.

They give us confidence. Can get us an early lead. Set the tone for the rest of the race.

And one of my favourite ways to improve reaction time on the starting block is simply using the actual horn you will hear in competition.

Most of the time in practice, when it's time to go on an all-out effort, it's:

- The coach's whistle
- The coach's voice ("Hyup!")
- Or we just tell ourselves go!

But that's not what we hear at a swim meet.

A fun little study by Papic et al split swimmers into two groups. One practiced starts with an actual competition horn. The other practiced without any auditory signal at all.

Four weeks later, the horn group's reaction time improved by 10%.

(Reaction time was measured with a force plate; reaction time in this case was not the "reaction time" we see at swim meets that covers starter's beep to toe-off.)

The brain adapts to the specific sound it's trained on.

Practice to a voice, get faster at reacting to a voice.

Practice to the horn, get faster at reacting to the horn.

By all means continue doing all of the other stuff to build a fast start:

- ➡ Plyometrics
- ➡ Leveling up your squat
- ➡ Building more horizontal force
- ➡ Sharpening block phase positioning and sequencing

But you can shave precious hundredths just by mimicking the competitive environment.

It costs nothing. It takes no extra time. It just requires using the right equipment in practice.

Your reminder to train how you race.

See you in the water,

Andrew

Use Lockers Provided

Please **do not** leave clothes and bags in the cubicles as it makes it difficult for other people to get changed.

Please use the lockers provided to allow other people to use the cubicles.

Pendle Schools Galas

The first of the Pendle Schools Galas was held at the Pendle Leisure Centre on Tuesday, 17th March, and was well attended by larger primary schools. As there were eight schools taking part, the gala had to have two heats for each event, and the results were based on the times of both heats. We provided young volunteers to help with the running of the gala, and they did a great job. They were Abigail Scanlan, Jessica Lloyd, Dylan and Bryn Bowen, Ashleigh Frost and Belle Tattersall who recorded the times, and Isabelle Teal who inputted the times into the computer. Club Chairman Philip Croxall was the referee for the gala, and he instructed the helpers on what to do.

The second of the Pendle Schools Galas was held on Tuesday, 24th March, and was attended by smaller primary schools, of which there were only five taking part. This meant that was only one heat per event. The helpers from the Club performing timekeeping duties were Dylan and Bryn Bowen, Ashleigh Frost and Elijah Bartlett, with Matilda Walker helping with the touch judging and Abigail Scanlan recording the times on the com[uter. Club Chairman Philip Croxall was the referee for the gala, and he instructed the helpers on what to do.

All the helpers were presented with a certificate of thanks for their help, and they all did a great job. As a reward they all received Easter eggs, which they were very happy with.

New Management System

We are currently setting up a new management system in order for us to better communicate to parents and children, without having to rely on the Club website and Social Media. We have been sending emails, but it is easy for us to miss someone off the list.

We have found a system called **Spond**, which has a website for administrative purposes and an app which can be downloaded by the members, but this is not compulsory, as the system can email to a group whatever information we choose to communicate.

We hope to have the system running in the next few weeks. So when you receive an email inviting you to download the app, then we will have the system up and running.

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 **it does <u>not</u> 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 **35** people sign up, and between them, they have raised **£2,050.43** with **£148.12** over 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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