Colne A.S.C. Est. 1912

www.colne-asc.co.uk

Swim England Affiliated Club

Shark Bytes

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Issue 211 May 2026

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.

Due to this event we will not be holding a trials session on a Club night in June.

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.

Birthdays

May 2026

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

June 2026

1st Jack Cardus and Ruqqayah Khan
2nd William Brennan
9th Halle Gowling
16th Zana Baysal
19th Ashleigh Frost
21st Lilly-Anne Marks
25th Ethan Donald-Lopez and Isabella Wallace
27th Elijah Bartlett
28th Faith McGlone

Forthcoming Events:

25th May
No Swimming Club
Bank Holiday Monday

28th May
Club On as Normal

10th June
Committee Meeting. 8pm

14th June
Sunday Trials. 3pm - 4:15pm
You Need to Book in Reception

25th June
June Age Group Gala

27th June
Club Trip to Whitehough

9th July
Local Towns Gala. Home to Accrington. Warmup 7:15pm

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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**

SwimMark ESSENTIAL CLUB

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Colne Amateur Swimming Club

Coaches Tips

Why Your Dolphin Kick Needs More Hips (and Less Knees)

Most swimmers try to level up their dolphin kick by:

- Kicking harder.
- Moving the feet faster.
- Trying to kick more dolphin-y and less potato-y.

While those things are important, here's where you should really focus…

The hips.

A recent study (Tsunokawa et al., 2025) showed that faster dolphin kickers:

- Initiate each kick with hips
- The hips drive the movement
- Let the knees follow
- Keeping the hips in charge

This sequencing creates a smooth powerful wave.

Not the clunky, knee-driven "stop start" kick that kills underwater speed.

Some quick fixes and drills to promote more hip drive include:

Vertical dolphin kick – Remove the breathing constraint of underwater kicking and get vertical. Focus on hips > knees > ankles

Fisk kicks – Dolphin kicking on your side naturally promotes better hip-knee timing and undulation. Excellent for grooving in the right timing.

"Flick" the hips at each direction change – When switching from upkick > downkick and downkick > upkick drop a quick flip of the hips.

Dryland exercises – Kettlebell swings, back extensions, and hip thrusts can boost power and awareness for hip-initiated movement.

One of the frustrating realities of an elite UDK is that you can't muscle through it.

The timing has to be in place.

And that starts with the hips.

See you in the water.

Andrew

Club During Half Term

No Club Monday, 25th May due to Pool being Closed

The Club is on as normal on Thursday, 28th May

Spond Club - New Management System

What is Spond?

Spond is a free management application that uses a website for Club administration, and an app that can be installed for communication. Though this is not a requisite.

This has resulted from when the pool was closed in February and March due to a failure of the boiler, which meant we had to communicate to the members about alternative arrangements.

If we had signed up to use Spond, then we could have sent a message from the system, which would have been sent to your email inbox, or a message in the app. So now we've signed up!

Do not be alarmed when you receive emails from the Club via Spond. It is not spam, as we are currently in the process of getting things set up.

If you want to know about Spond, then use this link.

https://www.spond.com/

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.

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.

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 **£2,058.43** with **£156.12** 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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