Colne A.S.C. Est. 1912

www.colne-asc.co.uk

Swim England Affiliated Club

Shark Bytes

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Issue 212 June 2026

Club Trip

On Saturday, 27th June the Club Trip will be taking place at the Whitehough Outdoor Centre, Barley.

With less than 2 weeks to go, virtually all of the places are taken, and we only had 30 places available!

Anyone still wanting to go will have to book their place by Monday, 15th June. This applies to any friends that want to go.

Prices are **£20** for members (**£15** for siblings) and **£25** for friends. These payments will only be required should a place become available, or we ask for more places.

There will be **four** activities spread out over the course of the day, so be there from 9:45am, as the activities will be starting at 10:00am. 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, 25th 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.

Skipton Triathlon and an Olympian!





On Sunday 24th May, Emma Mitchell and Isabella Holt completed a triathlon at the Skipton Multi sport Festival. Emma - TriStar1 9-10yrs (150m swim, 3.7km bike and 1.2km run). Isabella - TriStart 8yrs (50m swim, 1km bike and 600m run). Both girls did amazingly, especially if you consider the heat on the day. Emma finished 9th in the girls and Isabella 10th.

Isabella's Auntie completed the sprint triathlon that morning and after cheering people on, Isabella managed to speak to Jonny Brownlee (Olympic Triathlete) who did 3 back to back sprint triathlons!

Birthdays

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

July 2026

6th Dylan Bowen and Zoe Blackadder
7th Abigail Scanlan
15th Matilda Walker
17th Ava Powley
20th Emilie Jeffries

Forthcoming Events:

25th June
June Age Group Gala

27th June
Club Trip - Whitehough

1st July
Committee Meeting. 8pm

2nd July
Swimming Club Trials
Learners Class - 6:00pm
Teaching Groups - 7:30pm

4th/5th July
Harrogate District SC End of Season Extravaganza

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

23rd July
Last Club Session before Summer Break

24th August
Swimming Club Resumes

31st July
No Swimming Club. Bank Holiday Monday

Contents:

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An epic challenge!
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Go Fast Underwater!

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 - 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.

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 **£9** when you receive your hat.

Summer Break

Last Club Session:	Thursday, 23rd July
Resumes:	Monday, 24th August
No Swimming Club	Monday, 31st August

These are provisional dates and will be confirmed by next committee meeting.









British 3 Peaks Challenge

Jamie Higginbottom and Thomas Holgate along with three friends took on a huge challenge of climbing the British 3 Peaks of Ben Nevis, Scafell Pike and Snowdon on Monday, 25th May. They had set themselves a target to do it within 24 hours!

Here is Jamie's account,

The challenge started at 8:25am, we climbed up Ben Nevis which was relatively warm on the day, reached the summit 2 hours 10 minutes later. Took some pictures and descended. Took 3 hours 45 minutes in total. We then travelled down from the top of Scotland got stuck in traffic for 3 hours before getting onto the m6 and into England. We then reached the Lake District and Scafell at 8:30pm where we had the most difficult challenge with a steep incline and rocky terrain. We reached the top in just shy of 1 hour 30 minutes where we took some pictures in the fading sun set and started the decent where we were climbing down in complete darkness as we forgot our head torches. Roughly an hour later we reached the car and started travelling to Wales to complete the final mountain of the 24 hours Snowdon. We reached Snowdon with no issues but low on sleep and moral at 4:30am. We then climbed the slow gradual route up to the top where we met a nice sunrise and just shy of 1 hour 45 minutes. Took some pictures and ran down the mountain took a quick swim in a lake at the bottom and reached the car with 22 minutes to spare.

If anyone would still like to donate to Pendleside Hospice, then please follow this link:

https://www.justgiving.com/page/jamie-higginbottom-2

Local Towns Gala

We only have two galas left in this year's Local Towns Galas with the first being at home to Accrington on Thursday, 9th July at the Pendle Leisure Centre. The warm-up will be at 7:15pm.

As this is a home fixture, all lessons in the large pool will be cancelled. the earlier Learners' 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, 9th July. 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 at home to Great Harwood on Monday, 5th October at the Pendle Leisure Centre.

Dangers of Cold Water Swimming

Even great swimmers can get hurt in cold water. Cold water can surprise your body. It can make you gasp for air. This can cause you to breathe in water by accident.

Here is what happens to your body:

- **Shock:** Cold water makes you breathe fast and hurts your heart.
- **Weak muscles:** Cold water makes your arms and legs stop working. You will not be able to swim well.
- **Quick timing:** You only have one minute to calm your breathing.

How to stay safe:

- **Go slow:** Never jump or dive into cold water. Walk in slowly.
- **Float to live:** If you feel scared, float on your back like a starfish.
- **Wear bright colours:** Wear a bright hat so people can see you.

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Coaching Tip
Bob Bowman on Building Faster Underwaters

Fast underwaters are an essential skill for swimmers.

So it's no surprise that Bob Bowman, Michael Phelps' longtime coach, and now coach to Leon Marchand, Regan Smith, Hubert Kos, and countless others, makes them a priority in practice.

"We spend quite a bit of time trying to develop this skill," says Bowman.

Here's what that looks like:

Explore the kicking motion

Bowman:

"*I like to do a lot of kicking on their side in a streamline, I like to do kicking on their back, we do vertical kicking. Our athletes are going through a large menu of things that will help them develop that feel for what the real dolphining motion is.*"

Amplitude, tempo, and even undulation all vary by swimmer.

Exploring the kick from different positions helps you find what works best for your body.

Lock in kick counts

Essential.

Kick counts make every wall deliberate—no winging it.

"*Virtually anything we do has a specified number of kicks,*" he says.

Of some of his current swimmers:

- **Leon Marchand:** "*He never doesn't do 7 kicks on any set. Threshold sets, everything.*"
- **Regan Smith:** 6-7 kicks on backstroke sets, 8 for butterfly sets. "*She does it [the kick count] all the time.*"

Set a kick count. Hit it every wall. Make it automatic.

Overload the kick vertically

One limitation of underwater kicking? Having to surface and breathe.

Vertical kicking solves that, and also offers opportunities for overloading the kick (resistance/load can easily be adjusted per swimmer's ability).

It'll improve body line. Force swimmers to kick powerfully in both directions.

Michael Phelps lived on a steady diet of weighted vertical kicking in the run-up to the Beijing Olympics.

Think finning, not pushing

Per Bowman, underwater dolphin kicking is "*a finning motion, not a pushing motion.*"

Finning is another way of saying that undulation drives the movement.

When swimmers "push" the kick it means they are primarily kicking with the knees.

Knee-led dolphin kicking breaks undulation, minimizes the body wave, and shatters vortices before they can really form and generate propulsion.

When you fin, you use your whole body. (Ideal!)

Rockets

Push off the bottom, vertical dolphin kick fast straight up.

Awesome again for:

- Body line
- Hyper-tight streamline
- High-tempo kicking

And just pure joy—nothing beats shooting out of the water like a Trident missile.

Progress smartly

Bowman emphasizes progression and starting where the athlete is and building up from there.

No sense trying to hold an Olympic swimmer's kick count and crashing out halfway through warm-up.

Start small:

- 1-2 kicks per wall (if that's what it takes)
- Build consistency (build the habit)
- Level up as you get better (add one more kick)

Consistency and habit create the foundation for performance.

Kick better

Building faster underwaters can feel hard, because it is hard.

It requires:

- Kick technique
- Breath management/C02 tolerance
- Leg power
- Leg endurance
- Trunk/hip/knee/ankle mobility
- Ankle strength
- Body line control
- Streamline

And so on.

Training an effective dolphin kick means attacking it from multiple angles.

Working it consistently.

Being intentional about kicking lots.

Learning the movement.

And then, with practice and enough reps…

Unleashing those underwaters in competition.

See you in the water,

Andrew

Aquathlon Success

On Sunday 31st May, Isabella Holt took part in the Tristar Start Aquathlon at Stoneyhurst. Half a dozen 8 year olds swam 50m followed by a short 500m run. Isabella touched first in the swim and then lead the pack out of transition in record time, finishing in silver medal position.



easyfundraising feel good shopping

Currently there are **35** supporters of the Club on Easy Fundraising, and between them they have raised **£2,058.28**, which is an increase of **£142.08** from this time last year.

We have not recruited any 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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