Colne A.S.C. Est. 1912
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Issue 214 September 2026

National Success for Betsy Rider

Betsy Rider capped off an incredible summer of racing with a standout performance at the **2026 Swim England National Summer Championships** in Sheffield. Competing against the country's elite junior athletes, Betsy booked her place in the **Women's 15 Years 200m Breaststroke National Final,** storming from Lane 1 to secure a brilliant 6th-place finish in the UK.

Her top-six national ranking followed a busy, high-velocity summer season. Just weeks prior at the prestigious **Aquatics GB Next Gen Championships**, Betsy showcased her sprinting versatility by finishing 13th overall in the 50m Breaststroke—climbing the national rankings with a brand-new personal best time—alongside a stellar performance in the 100m event, in which she was reserve for the final.

Betsy's superb results on the national stage prove local swimmers can go toe-to-toe with the biggest powerhouse programs in British swimming.

Betsy was competing for Skipton SC in both championships.

Is Your Trophy Damaged?

If any of the trophies that were won last year at the Club Championship Galas were or are damaged, then we need to know. Please bring the trophy to a Club session so we can assess whether it needs to be repaired, or in the worst case, be replaced.

Please do not leave this to the last minute, as the next recipient of the trophy will end up taking a damaged trophy home.

Thank you.

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.

Swimmer of the Month Award - July 2026

The awards were presented in August when the Club returned after the summer break. Here are the recipients.

SWIMMER OF THE MONTH JULY: LEARNERS CLASSES

Alice Robinson is awarded swimmer of the month, for always turning up with a smile and trying her hardest, even when she feels scared.

SWIMMER OF THE MONTH JULY: TEACHING SESSION

Isabella Davies is awarded swimmer of the month, for always trying hard, improving significantly on all four strokes and greatly improving her dives.

SWIMMER OF THE MONTH JULY: TRAINING GROUP

Dylan Bowen has made great progress in the last six months which has been reflected in significant personal best times in the recent Towns Gala, becoming more confident in his swimming and being more competitive, which was followed by a 30 second improvement on his 200 Freestyle time trial."

Well done to each of the winners, but who will be the winners for September? Remember the award is not for the best swimmer, but who works hard, gives their all, turns up on time every time. So there are no excuses. Good luck everyone!

NOTE: There will be no awards for August, as we only had one week to evaluate the swimmers.

Spond

As we are now sending a lot more notifications via the Spond website and app, we have noticed that quite a lot of the members have not accepted the invitation to the various groups. It is important that you do this registration, so that you don't miss any information. Please check your spam folders for anything that you have received from Spond involving the Club.
Another way to receive information is via the Spond app, so log into your app store and download the app, then when registering use the email that you used on your child's membership form.

Thank you.

Birthdays

September 2026
4th Maverick Robson
7th Iris Walker
14th Alice Robinson
25th Jace Yeung
28th Elsie Matthews

October 2026
1st Poly Honeyman
Alicia Higginbottom
4th Isabelle Teal
12th Florence Sumner
15th Noah Worsley-Burr
16th Orla Convery
18th Nattapon Prabpireekul
22nd Mary Sykes
28th Hugo Crozier-Hacking
29th George Norris

Forthcoming Events:

1st October
Swimming Club Trials
Learners Class 6:00pm
Teaching Groups 7:30pm

5th October
Local Towns Gala.
Home to Great Harwood.
Warmup 7:15pm

7th October
Committee Meeting.
Online 8pm

9th/12th November
Betty Petty Style Trophy

16th/19th November
Club Championship Galas

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Teachers Wanted
We still need some more!

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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Newly Qualified Teacher

Hi, I'm Isabella Wallace. I'm 17 years old and currently studying A Levels in Chemistry, Maths and History at Skipton Girls' High School.

My swimming journey started when I was in Year 3 at primary school, when I competed in my first swimming gala and came third in the 50 metres Backstroke at the Skipton area schools swimming gala. At nine, I joined Skipton Swimming Club, where I started training and competing regularly.

For the past four years, I have been proud to be a member of Colne Swimming Club as well as Skipton. I really enjoy the training under Andrew and competing for Colne. I still love going to swimming galas; they are always a great day out, giving me the chance to spend time with my friends, enjoy the team atmosphere and, of course, try to improve my personal bests!

Having a younger sister, Grace, who is six, also inspired me to learn more about keeping younger children safe in and around water. This led me to becoming a qualified Lifeguard in October 2025.

Earlier this year, I decided that I would like to give something back to the sport and to the club that I enjoy being part of. I spoke to Andrew about becoming a qualified swimming teacher and helping with the younger swimmers at the earlier training sessions on Mondays and Thursdays.

After completing a combination of online and in-person training, I was really pleased to qualify as a Level 2 Swimming Teacher in July.

I'm really looking forward to putting my knowledge and experience into practice and helping to encourage the younger swimmers at Colne. I hope I can help them develop their swimming skills and confidence, but most importantly, enjoy swimming and have a positive experience at the club.

I'm excited to start this next chapter of my swimming journey and to be able to give something back to a sport that I have enjoyed for so many years.

New Learners Class Teacher

We have a new teacher assisting with the Learners Classes on a Thursday from 6pm.

Sheelagh Fleming started on Thursday, 10th September.

Please make Sheelagh feel welcome.

Local Towns Gala

We have just one fixture left in the Local Towns Galas, and that will be against Great Harwood on Monday, 5th October at the Pendle Leisure Centre.

The warm-up for the gala will be from 7:15 pm and the Team Sheet will be available closer to the date,

At this is a home fixture it means that there will be no lessons on the night.

If you've not swum for the team before and are 9 years or older, then let Coach Andrew Croxall or Team Manager Kevin Critchley thaat you wish to be considered.

team@colne-asc.co.uk

Good luck to anyone selected for the team.

http://colne-asc.co.uk/fl-team.php

Meeting Your Heroes

Isabella Holt had the privilege of attending an Adam Ramsay-Peaty workshop in Liverpool over the summer, thanks to a huge discount during the Commonwealth Games.
Unfortunately she got injured during the swim, when another child kicked her in the shoulder - a lesson in why it's important that everyone sticks to their side of the lane! There were 3 workshops over the day, swimming, land training and sports psychology. She thoroughly enjoyed the whole event but found the sports psychology section really useful.





Swim Mark Accreditation

We are currently in the process of being re-accredited for Swim Mark.

We shall be uploading the required evidence during the month of September, before our submission goes before the National Panel in October.

We should know before the end of October as to whether our re-accreditation has been successful.

The purpose of Swim Mark is to show that a swimming club has good governance and is a safe place for children to learn to swim.

Membership Profile

How many of you have logged into your membership profile?

This is on the Swim England's membership portal. To access it, log into the following:

https://www.swimmingmembers.org/

Once through the login screen, check your details by clicking on "Edit Details".

Please ensure that the Diversity Profile and any other information is set correctly.

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Coaches Tips

Swimmers that improve know where they are going.

One of my favourites, and one that applies to swimmers and pretty much everyone else, really:

"*Take it upon yourself to have the kind of year you dream about. Have a goal each day.*"

This quote is a great reminder to do two things:

Have the over-arching dream for what you want your season to look like.

Not only goal times at the end of the season, but what kind of swimmer (person) you want to be by the end of the season.

I want to be the kind of swimmer who works hard and follows through with their goals
I want to be the kind of swimmer who contributes to an awesome team atmosphere
I want to be the kind of swimmer who has no regrets about their swimming at the end of the year

And second, be present with that dream each day at the pool.

The dream isn't just when you swim into the touch-pad, shooting a crashing wave of water into the sky.

It's built each day in practice and in the quite moments between workouts.

Making attendance a priority.
Relentlessly chasing stroke counts.
Challenging your kick-out distances.
Taking each stroke with the mind-set of doing it a bit better than the last.

The big dream gives us a warm, enveloping sense of future identity.

Of a big accomplishment and sense of satisfaction.

And the daily goals give each part of the journey even more purpose and meaning.

So ask yourself:

What kind of swimmer do you want to become this season?

What's one goal you can attack at the pool today that points you in the direction of that dream?

See you in the water,

Andrew

UK Kids Triathlons

What did you do over the summer! Some of our swimmers took part in Triathlons.

There were three of our swimmers who competed in the York Kids Triathlon on Saturday, 15th August and had a great time!

They were Lily Higgins (7), Isabella Holt (8) and Emma Mitchell (9), with Lily taking part in the Zinc Level, which comprised of 25m swim, 1k cycle and a 500m run., while Isabella and Emma moved a level up from previous years to Steel; a 50m swim, 2k cycle and a 1k run.

All three completed their triathlon in around 14 and a half minutes, got another rather nice medal and are looking forward to doing it again next year!

After only a few weeks rest, Lily and Isabella took part in the Alderford Kids Triathlon on Saturday, 5th September. This triathlon is considered the hardest UK Triathlon event.

It was a lovely sunny day at Alderford Lake, but the cold lake swim and grassy cycle were really tough for these young girls. They powered through and finished strongly, vying to do it all again next year.

Well done girls on your triathlon success.





easyfundraising

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 **£2,091.24**, which equates to **£142.18** in the past 12 months.

By using easysearch instead of Google or any other search engine, you can make a real difference. easysearch is completely FREE and by making just 10 searches a day, you could raise around £20 a year for the Club.

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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