Colne A.S.C. Est. 1912

www.colne-asc.co.uk

Swim England Affiliated Club

Shark Bytes

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Issue 215 October 2026

Trophies Need Returning

Can the swimmers who won trophies last year return them as soon as possible. Please make sure they are in a **clean** condition.

If the trophy is damaged, then we need it back sooner, so that it can be repaired.

They can be returned to the Trophy Secretary Faye Mitchell or Philip Croxall.

Swim Mark Accreditation

Our Swim Mark accreditation submission was completed at the beginning of October, and all five elements required for the health-check had been approved. The next stage should be formality as our submission goes before the National Board for ratification. This should be done by the end of October.

Thanks goes to Joan and Philip Croxall in getting the submission done, plus all the officials and teachers who updated any outstanding DBS and Safeguarding requirements.

Swimmer of the Month - September

✳ LEARNERS CLASSES ✳

Jacob Waddington consistently brings a positive attitude to every lesson and works hard to develop his skills. His diving technique and swimming strokes have improved significantly.

✳ TEACHING SESSION ✳

Elena Godfrey is a delight to teach! She is incredible at following instructions and never needs to be told twice. Her swimming has improved considerably and she continues to make excellent progress.

✳ TRAINING SESSION ✳

Although Ashleigh Frost is not as fast as some of the other swimmers, she never gives in or tries to cut her sets short, which is a great quality to have and sets a good example to the others.

Well done to all three winners!

To be in with a chance of winning in October, you need to turn up on time for your lesson, pay attention and execute to the best of your ability.

Good luck everyone. Train hard!

No Swimming Half-Term

There will be no swimming Club during the half-term holiday period on Monday, 26th October and Thursday, 29th October.

The Club returns on Monday, 2nd November.

Championship Galas

The Championship Galas are on **Monday, 16th** and **Thursday, 19th November** with the warm-up starting at 6:50pm and the first race about 7:05pm.

Entry forms are now available from Philip Croxall or can be downloaded from the website. The on-line entry system is now working on the website.

You will only be allowed to swim in your age groups. So if you are 12 you can only swim in the 9 to 13, 11 and over, 15 and under and open age groups.

Also any swimmer can do the Senior Championship and 200m IM events which are open to all, and anyone 15 and under can do the Junior Championship events.

There is also the "Spot-On" Competition which is open to **all** members of the Club. Yes that **does** mean Parents and Teachers! But you have to pay.

So come on have a go as the rest of the competition is **free** as you've already paid for entry as part of your subscription to the Club.

If you are thinking that there is no point entering because you think that you cannot win, then you will never win.

Your membership includes entry to these galas, so come on, enter this year, you might win.

It would be a shame if there are any trophies not competed for this year.

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.

Especially for the Learners Classes from 6pm on a Thursday.

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

October 2026

1st Poly Honeyman and 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

November 2026

2nd Oliver Chew and Rosie Jesson
5th Alicia Scanlan
9th Ben Woods
13th Estelle Alderson
14th Lily Haydock
17th Theo Haycocks
19th Emma Mitchell
30th Charlotte Ashton

Forthcoming Events:

22nd October
Last Club session before Half-Term holidays

26th/29th October
No Swimming Club

3rd November
Committee Meeting. 8pm

4th November
Swimming Club Trials
Learners Classes 6:00pm
Teaching Groups 7:30pm

9th/12th November
Betty Petty Style Competition. One Lane

14th November
Swim Clinic. 3pm-4:30pm

16th/19th November
Club Championship Galas

Contents:

Championship Galas
Third week of November!

Coaches Tip
Work on that butterfly kick!

Teachers Need
We are on minimum levels

Swimmers of the Month
September winners announced

Swim Clinic
Coming in November

Open Water Exploits
Bob puts in the miles!

North West Masters
Club chairman in action!

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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Skipton Aquathon

On Saturday 26th September, Lilly (7), Emma (9) and Estelle (9) all completed the Aquathon event held at Skipton. Taking on a 50m swim followed by a 1km run with a tough hill to start. All three girls showed true sportsmanship as they cheered not only each other but all competitors over the finish line.

Well done girls.



Helpers Required

We require helpers for the forthcoming Championship Galas in November.

The galas will be taking place on **Monday, 16th** and **Thursday, 19th** of **November**.

More details can be found next issue.

North West Region Masters Championships

Club Chairman and Masters swimmer Philip Croxall travelled to the Palatine Leisure Centre, Blackpool for the **Swim England North West Masters Championships 2025**. It proved to be a good competition as he improved his times to get closer to the times he had before the pandemic.

In the morning session he finished 3rd in 100m Individual Medley in a time of 1:23.94, was 5th in the 100m Freestyle in a time of 1:11.80, and was 1st in the 100m Breaststroke in a time of 1:28.84.

The afternoon session started with a third place in 200m Freestyle in a time of 2:35.68, a third place in the 50m Breaststroke in a time of 39.65 and finished 3rd in his final event the 50m Freestyle with a time of 32.08.

easyfundraising

The Club has been signed up with Easy Fundraising for over 15 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 **£2,096.84**, which equates to **£143.45** in the past 12 months

If you use Easy Search rather than Google or Bing, you will donate to our cause without spending a penny..

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.

Local Towns Gala

We took on Great Harwood Otters at the Pendle Leisure Centre in a Local Towns Gala on Monday, 5th October. The depleted Colne team put up a valiant contest as they pushed Great Harwood, but it was to no avail as Great Harwood won the contest by 66 points to 49.

Well done to all the swimmers especially those that had to swim in the open events just after swimming in their own age group.

November Swim Clinic

We are in the planning stage to hold a swim clinic at the Pendle Leisure Centre on Saturday, 14th November.

Last summer we had a clinic with Rohan Smith from the Sheffield elite swim squad.

This time he will be joined by his brother Sean and they will go through dry land exercises, followed by pool warn-up, plus drills and skills.

More details will be announced shortly. Just add this date to your diaries. Yes, there will be a fee.

Betty Petty Week

The Betty Petty Style Trophy is on week beginning **Monday, 9th November**, starting at 7:00pm.

This competition is open to everyone that is 15 years and under and it is not about speed but a demonstration of your technique and ability.

You will be assessed on Backstroke, Breaststroke and Frontcrawl over two lengths, with starts and turns included.

So it doesn't matter if you are fast or slow, it is the person with the best stroke and technique that wins.

You can enter by filling in a form or just turn up just before 7:00pm at the Pendle Leisure Centre.

The assessment will be taking place on a Club night, with the session split between Monday and Thursday in Lane 1. **You are advised to bring a spare towel or t-shirt for the pool side as there is only one swimmer in the water at anyone time**. The rest will be on the pool side.

The competition is expected to last about an hour and a quarter on each of the two nights. The order of the swimmers will be determined by drawing lots, and girls and boys will be done at the same time, as there is only one child in the water at any one time.

NOTE: The lanes 2 to 6 will still be holding lessons.

SPOT-ON Competition

The Spot-On competition will take place on **Thursday, 19th November** and will be event **13** on the programme.

This competition will cost **£1** to enter as there are cash prizes of **£20**, **£10** and **£5** for the winners.

The aim of competition is to swim two lengths in the stroke you have nominated and try to match your submitted time. The winner will be the swimmer that gets closest to their submitted time.

This competition is open to **ALL** including parents and teachers. Remember this is a ***fun*** event.

There is a closing date of 7:00pm on Thursday, 19th November and **no** late entries will be accepted.

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COACH TIP - Why Swimmers Need to Train The Dolphin Kick HARD

Long-time readers know how important the underwater dolphin kick is:

- It can be faster than surface swimming.
- Be a strategic advantage in rollicking swim pools.
- Looks super cool when you've dialled it in, too.
- But it needs to be trained hard.

Long, slow, extra-dolphiny kicking is great for learning the movement and understanding how technique works…

But you also need to train at a level that matches the metabolic demands of the skill.

Here's how big that demand is:

A recent study took a group of swimmers and had them do a set of fast 25s.

They did either:

- Underwater dolphin kick the whole way
- Swimming at the surface
- Using their normal breakout distance (~7m) and swimming the rest of the way

Things like oxygen saturation, perceived effort, and heart rate were relatively the same across the three conditions.

But lactate was where things got a little wild.

Dolphin kicking produced lactate values that were almost 50% higher than surface swimming… even though perceived exertion and oxygen saturation were almost the same.

Why?

Underwater dolphin kicking is quietly expensive:

- Snapping the legs back and forth (much larger amplitude than freestyle kick)
- The trunk working hard to stabilize the hips
- Glutes, quads, and calves all firing hard to move powerfully through the water

These things come with a significant cost.

So get stronger and more powerful in the gym. The quads power the downkick, the hamstrings work the up-kick.

Some simple lower-leg exercises can help condition the muscles for the unique demands of the up-kick.

Exercises like:

- Calf raises
- Jump rope
- Toe raises

If done 2-3 times per week can build capacity in these muscles, giving you a stronger foundation for an active up-kick and faster underwaters.

And kick fast and hard in practice so that you can dominate the walls on race day.

See you in the water

Andrew

Bob's Summer of Podium Dominance

Our very own **open-water powerhouse, Bob Whittaker**, shared an incredible series of updates over the summer, documenting a sensational racing season. Bob took on some of the toughest endurance swims across England and Wales—consistently dominating his age group and securing multiple overall victories. Facing everything from bone-chilling temperatures to brutal lake currents, Bob's elite resilience and signature humor kept the whole community cheering.

Bob's Summer Race Highlights

- **Wales 4.5km & Coniston 5km**: Bob opened his race season with a grueling double-header weekend. He clocked 3rd overall (1st in Age Group) in a freezing 12°C Welsh 4.5km, followed by a 7th overall finish (1st in Age Group) during a choppy 5km training swim at Coniston.
- **Chillswim Coniston End-to-End**: Powered through the massive 8.4km course in a flat 2 hours and 16 minutes, securing a brilliant, career-best 14th overall and another **1st Place Age Group win**.
- **Ullswater Swim**: Capitalised on a warm 20°C lake to storm the field, taking the absolute **1st Place Overall Victory** alongside his age group win.
- **Llanberis 3km**: Bob successfully defended his **1st Place Overall Title** for the second year running, dancing on the top step in a moving tribute to his late friend, "Dancing Phil."
- **Chillswim Ullswater End-to-End**: Weathered a relentless 11.8km marathon swim filled with fierce crosswinds and high drop-out rates. Bob smashed the 4-hour mark to finish **Top 10 Overall** and 1st in Age Group.
- **The Snowman 3.8km**: Wrapped up his streak in a rainy Wales, fighting his way to a brilliant **2nd Place Overall** and completing a full set of 1st, 2nd, and 3rd place finishes in Wales for the season.

Behind the Performance

Beyond the incredible podium streak, Bob's updates reminded everyone why he is a club favourite. Whether he was comparing rough lake conditions to a "Hotpoint washing machine cycle," visualising himself as a "big Christmas fairy" atop the standings, or playfully hoarding post-race Jammy Dodgers at the finish line before the volunteers noticed, Bob brought elite athletics down to earth.

Huge congratulations to Bob on a phenomenal, inspiring season. As Bob says, if anyone else wants a taste of those finish-line Jammy Dodgers next year: *you'll just have to swim faster!*