Colne A.S.C. Est. 1912

www.colne-asc.co.uk

Swim England Affiliated Club

Shark Bytes

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Issue 216 November 2026

Helpers Required

We require helpers to assist with the running of the Championship Galas, which are taking place on **Monday, 16th** and **Thursday, 19th November**.

If you would like to volunteer your services then go to the desk before the start of the Gala.

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 marshall
- 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 struggle to hold this gala.

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.

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Club Championship Galas

This year's Club Championship Galas will be taking place on **Monday, 16th** and **Thursday, 19th November.** The warm-ups will take place at 6:50pm and the session will go onto 9pm.

There will be no lessons during this week, as we hope, as many of you as possible will compete for the Club trophies.

Entry forms are now available from the desk or can be downloaded from the website. The on-line entry system is 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 a **£1** to enter.

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.

Saturday Swim Clinic

There will be a Swim Clinic on Saturday, 14th November, with potential Olympians Rohan and Sean Smith. This session will be from 3:00pm until 4:30pm. It is open to all Club swimmers, but aimed at team and competition swimmers.

This will be a chargeable session of £10 (£5 additional siblings) and is free to spectate.

Please book your place before the 14th as we need to know how many are going to turn up.

Rohan is 21 years old and is a member of the Performance 1 - Elite group at City of Sheffield Swim Squad, and he is a sprint breaststroker.

He has won multiple titles at 50 and 100 metres breaststroke in county and regional championships since he was 11 years old.

He has also made multiple finals at British Championships and BUCS Championships over the last two seasons progressing to a Top 10 ranking this year. He is the current Yorkshire record holder for 50 metres breaststroke.

Rohan has won gold at the British Swimming Age group Championships in the 50 metres breaststroke at age 18 and Bronze in the 100. He has represented England at the World School Games in France where he won Bronze in the 50 metres Breaststroke and was awarded the top English swimmer of the meet as he was the only member of the team to win an individual medal. He has also swum in international meets across Europe over the last two years most recently racing Armo Kamminga (Olympic Champion) in a Sweden invitational meet. Rohan recently finished 5th at the British

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Birthdays

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

December 2026

6th Ensor Harris
22nd Anna Griffin
26th Adison Croxall
27th Erin Gowling
29th Daniel Griffin
30th Amelia Waddington
31st Max Dickson

Forthcoming Events:

9th/12th November
Betty Petty Competition
One Lane

14th November
Swim Clinic with Rohan and Sean Smith. PLC. 3-4:30pm

16th/19th November
Club Championship Galas

2nd December
Committee Meeting. 8pm

3rd December
Christmas Sprint Gala

6th December
Doncaster Dartes Santa Splash

10th January 2027
Annual Presentation. Colne Legion Club. 3pm - 7pm

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Are you ready?

Betty Petty Competition
It's on this week!!!

Annual Presentation
Will be next year!

Xmas Sprint Gala
Get your parents ready!

Coaching Tips
More Butterfly!!

Open Water
What Bob did next!

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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Saturday Swim Clinic

Championships at the London Aquatic Centre in April 2025 narrowly missing out on a medal by 0.15 seconds.

Sean is 19 years old and has joined Rohan on the Performance programme at City of Sheffield.

Through age groups age 14-18 consistently made nationals across all four strokes - best achievement as an age group swimmer - silver in 50 fly age 16 in long course nationals.

Just moved up to open - currently has qualified for 5 events at British short course in December. Won men's open 50 fly at north eastern regional championships last week in 24.70, he also picked up silver in 50 breaststroke 28.03 (behind Rohan) Bronze in 100 fly 55.19. He has shot up rankings and is in the top 100 men's open for several events.

He recently competed at the Aquatics GB Championships 2026 held in London where he swam the 50m Butterfly and Backstroke events, with times of 25.58 and 27.33 respectively.

Rohan, Sean and the event are sponsored by Bridge Street Stone.

Betty Petty Week

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 6. **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 1 to 5 will still be holding lessons.

Swimmers of the Month - October

LEARNERS CLASSES

JON YUENG

Jon's attendance has continued to be excellent and he has made great progress in all areas which has lead to him moving up to the teaching group.

TEACHING SESSION

ARCHIE GOULDING

Archie has made great progress across all the strokes and his diving is transformed. He always attends, has a very positive attitude and works hard.

TRAINING SESSION

ELIJAH BARTLETT

Elijah has made great progress. He trains hard and has good attendance.

Well done to all the winners!

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.

Teachers Required - URGENT

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.

Christmas Sprint Gala

Our annual Christmas Sprint Gala is on Thursday, 3rd December, and the competition is open to everybody.

And yes, **everybody**, does mean **parents** and **teachers**, as there is a category for you.

It will be fast and furious on the night as everyone will be doing 25m of Butterfly, Backstroke, Breaststroke and Frontcrawl. There are age groups up from 6 years of age to the 16 plus age group.

Also there is the **Parents/Teachers Christmas Sprint Challenge** where you only have to do a single length (25m) using any stroke. You can do the other strokes if you are able!

At the end of the night there will be the infamous **Parent and Child** race.

This will be split into two events, one for the Ladies and the other for the Gentlemen.

In each race the child will go first, with the parent starting in the water at the shallow end.

So come on parents, have a go!

Entry forms are available on Club nights at the desk, or you can download a copy from the Club Website.

Alternatively, you can enter on-line. See website

Annual Presentation

This years Annual Presentation will take place at the **Colne British Legion Club** on **Sunday**, **10th January 2027**. Yes, it is next year. The doors open at 3pm, with the presentation starting about 3:30pm.

After the presentation there will be a disco which will run until 7pm.

There will be pie and peas on offer and will be served at the end of presentation at around 5pm.

Food tickets can be collected on a Club night from the Sprint Gala.

Prices will be determined at the next Committee Meeting.

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COACHING TIP: dolphin kick drills

Dolphin kick drills are an excellent way to improve your under-waters.

The right drills can sharpen the most important parts of your kick, including undulation, the up-kick, and tempo.

Here are three of my favourites.

Fish kicking – Best for improving undulation

Smooth undulation is essential for a fast dolphin kick.

Fish kick—dolphin kicking on your side—is a great choice for this.

Kicking on your side makes it easier to feel when the body wave gets choppy or clunky.

You also get immediate feedback on whether or not your kick is balanced when your kick veers you in the lane rope.

The goal?

Smooth, buttery undulation from head to toe.

Dolphin kicking on your back – Best for improving the up-kick

The up-kick is the most underrated and underworked parts of the dolphin kick.

Dolphin kicking on your back, arms at your side, means the up-kick is kicking towards the bottom of the pool.

To generate smooth forward movement, this little switch emphasizes pushing and curling the feet down quickly.

Vertical kicking – Best for improving tempo

Fast dolphin kickers tend to have higher kick tempos.

This isn't just moving the legs really fast, but having the conditioning to kick forcefully without sacrificing kick frequency.

Vertical kicking is a beauty for developing this ability.

You can accumulate way more consecutive kicks without being limited by how long you can hold your breath.

And you can track your tempo on the pace clock (e.g. 2 kicks per second) to see how well you can hold it.

A fast dolphin kick takes a lot of work!

The metabolic cost of the UDK is no joke. Timing the undulation is tough. Holding onto tempo under rising fatigue is brutal.

Spice up your usual dolphin kicking by adding these drills and build the characteristics that make an elite dolphin kick such a weapon.

See you in the pool

Andrew

Lancashire Young Farmers Swim Competition

Olivia Norris took part in a swim competition for the young farmers on Tuesday 13th October. A fun but competitive event where as a just turned 10 year old she was the youngest competitor there. Her category being juniors was 10-16year olds racing against others from across Lancashire with some strong 16year olds in her races. Olivia held her own and came away with two 4ths in 50m freestyle and backstroke and a 5th in breaststroke.



Open Water Exploits

Bob Whittaker delivered a standout performance at the Epic Events Windermere 5km swim, finishing 4th overall and 1st in his age group.

Despite facing a delayed start that forced him to wait a couple of minutes before entering the water, Bob successfully chased down the front runners to secure an impressive open water personal best (PB) of 01:15:16.

The 5km swim served as ideal training for his upcoming headline event: the challenging 11-mile Windermere End-to-End. This final leg will wrap up his Triple Crown series, having already navigated the open water series events at Coniston and Ullswater.

Highlighting his season's journey was a lighthearted moment at the finish line, where he spotted a small baby duck replacement for the massive 12ft inflatable finish line duck that went missing during stormy weather earlier in the season at Coniston. Before tackling the ultimate 11-mile Windermere challenge, Bob's next stop takes him across the border for a trip to Scotland.

To be continued...

easyfundraising

Christmas is coming and no doubt a lot of you will be turning to the internet to get those gifts. Well why not do your shopping through the Easy Fundraising app or website and get those internet companies donating a small percentage of your gift to the Club.

To date we have raised **£2,125.59** from only **35** supporters, with **£155.39** in the last 12 months.

Going to the Easy Fund Raising page on the website will explain how it works. So go on, visit Easy Fund Raising today, and get Amazon to donate to the Club.

http://www.colne-asc.co.uk/easyfundraising.php

It will cost you **nothing** to sign up, so why are you waiting.

Please sign up today

Raffle Prizes

If anyone would like to donate any items that we can use in the raffle at the Club's Annual Presentation on Sunday, 10th January 2027.

Please bring them to a Club session or to the Presentation.

This would be much appreciated.

Thank you

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