Colne ASC Coaches Yearly Report *Date:* ***September 2025 to August 2026***

1. Aim and Objectives

- Improve on last year's performances (September 2025 to August 2026):-
- Swimmers to set their own goals (LTAD) log books
- Continue to encourage swimmers to enter external competitions: Level 3 / 'B' grade galas
- Improve stamina, fitness levels and quality of their stroke
- Reduce training and target times to improve personal best times
- Improve team spirit (local town gala / competition galas)
- Improve links with swimming squads / additional training: Skipton, Bobcats
- Swim Workshops: Butterfly, Backstroke, Breaststroke, Front crawl, Starts & Turns
- Develop swim workshops with underwater camera

2. Funding and Facility Arrangements

- Funding of the programme has not met with any problems, with staffing levels becoming stable with a teacher per lane ratio for the skill development groups, reducing to one per 3 lane for the training groups. (need to promote courses to improve current teacher qualifications)
- Coaching / Teaching Personal Development Courses on-going
- Full pool Mondays and Thursdays 6.50pm to 9.00pm (10 groups varying from 40mins to 1½ hours) Masters Saturday and Sunday 8.00am to 9.00am
- Club closed for one week at Christmas/ Easter and three/four weeks during the Summer (August)
- Facility arrangements have been open all year round

3. Health & Welfare

- Swimmers register is taken at the commencement of each training session, however NOT ALL SWIMMERS PRESENT AT START.
- All swimmers in the main club sessions to wear a swimming cap in training and in competition.
- All swimmers are encouraged to have water bottles on pool side (importance of fluids)
- All teaching staff to be remove swimming aids from poolside when their session ends!!!!

4. Programme development for future training years

- Heart rate monitoring – swimmers shown how to check their heart rate (new batteries required)
- Develop Test Sets as part of future sessions: ALL Strokes, Basic Speed, Starts, Turns, Distance, 200mIM, 200m FR & 50m Efficiency tests
- Continuation of the starts and turns sessions for all competitive swimmers
- Swim Workshop/Programme with the underwater camera
- Land Training programme to run alongside the Water Training programme (Pendle Leisure)

5. Evaluation

- Coach, teachers, parents and swimmers evaluations both written and verbal have been positive.
- Swimmers feel more confident in their own ability with 17 entries to external competition(s) with the Harrogate Spa at the end of March 2026
- Continuing development of swimmers progression between lanes with emphasis towards stamina and technique (swimmers of similar ability)
- Encourage further courses to improve current teacher(s) qualifications
- Good team attendance and performances in the Local Town Gala
- NO Starts and turns sessions – incorporate into Monday/Thursday session before a Local Town Gala
- Swim Workshop with Rohan Smith
- The Club has 100 swimmers registered, 60-70 swimmers partake in club galas (60%), 17 swimmers competing in external competitions (17%) with two swimmers at County level and one swimmer at Regional/ National level

Evaluation completed by: ..... Andrew Croxall (Club Coach) Date: March 26

RESULT SUMMARY 2025 / 2026

- **LOCAL TOWN GALA 2025**:
  10 March: Colne LOSE away to Great Harwood 52 – 65 FINISH 2ND
  27 March: Colne WIN home to Accrington 67 - 50
  19 June: Colne LOSE home to Great Harwood 55 - 61
  2 July: Colne WIN away to Accrington 65 – 51

- MAY 2025: **Blackpool Rocks Open Meet** (Blackpool) competed over a weekend
  On the weekend of the 24th-25th May, 9 swimmers from Colne ASC took to the pool at the Blackpool Rocks. With Kev and Gemma as team managers and Andrew providing the coaching expertise, our swimmers, aged 9 and above showcased their skills.
  To qualify for the event, swimmers had to meet consideration times for their age. Our 9 swimmers entered a total of 25 events, Colne swimmers achieved an impressive 11 Personal Bests (PBs) and 9 first attempts! This remarkable achievement highlights their hard work, dedication, and progress in the sport.
  Matilda, Isabella, Betsy, Lilly-Ann, Ava, Belle, Ethan, Maverick, George, demonstrated their skill and focus under pressure of competing against swimmers from clubs right across Lancashire and beyond.
  The event was a brilliant experience for all involved. Not only did our swimmers compete at a high level, but they also learned valuable lessons and created memories to last a lifetime. The positive atmosphere and camaraderie throughout the weekend were a testament to the dedication and enthusiasm of everyone involved.

- JUNE 2025: **Cherry Wilkinson Memorial Age Group Gala**
  The turn-out had seen the most swimmers since the pandemic for the June Age Group Gala with 26 boys and 44 girls participating. Over half of the swimmers managed to do all four strokes, which makes them eligible for the January age groups most improved swimmer.

  The Most Improved Swimmers for June are Archie Goulding (13.64%) and Emma Mitchell (21.50%).

- JULY 2025: **Swim Workshop with Rohan Smith**
  25 swimmers attended the workshop run by Rohan Smith and assisted by Club Coach Andrew Croxall.
  Entailed Warm-up, skills and drills, starts and turns with a relay to finish on, after which a group photo and the collection of autographs on pre-prepared cards.

- JULY 2025: **British Long Distance Swimming Associate Coniston Short Course 3.85 mile swim**
  Matilda Critchley came first overall in 2hr 20 mins, with next year she hopes to swim from end to end, 5.25 miles!!

- SEPTEMBER 2025: **Swim England North West Masters Championships**
  Philip Croxall competed on the day achieving a 1st, and two 3rd places

- OCTOBER 2025: **Sponsored Swim**
  66 people did the sponsored swim raising funds for Macmillan Cancer Support and Pendleside Hospice.

- NOVEMBER 2025: **Colne Club Championship's** swimmers continue to set new personal bests NO RECORDS
  21 different winners across the 48 events held over two nights.
  Achievements: 40 girls / 30 boys approx. taken part

- JANUARY 2025: **Cherry Wilkinson Memorial Age Group Gala**
  There was a good turn-out of swimmers for the January Age Group Gala with 23 boys and 26 girls participating. Over half of the swimmers managed to do all four strokes, which makes them eligible for the June age groups most improved swimmer.

  The Most Improved Swimmers for January are George Marks (11.49%) and Emma Mitchell (15.15%).

- **FRIENDLY LOCAL TOWNS GALA 2026**:
  11 March: Colne away to Accrington
  20 April: Colne away to Great Harwood
  9 July: Colne home to Accrington
  5 October: Colne home to Great Harwood

  2026 Senior Captains: Daniel Warner & Matilda Critchley
  2026 Junior Captains: Maverick Robson & Jessica Lloyd

Evaluation completed by: ..... Andrew Croxall (Club Coach) Date: March 26