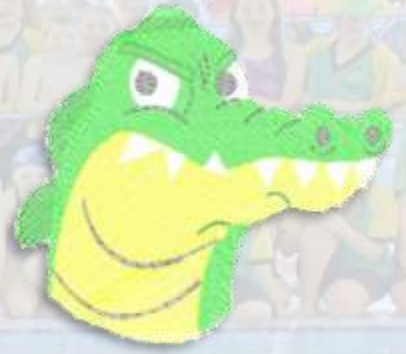


DIVE IN



October 2018 ~ Welcome to the Garstang Gators Swimming Club newsletter. If there's something you'd like to see included, please contact editor@garstangasc.org.uk

Stroke technique clinics

Friday 5th October 6-7pm – Backstroke
Friday 12th October 6-7pm – Breast stroke
Friday 19th October 6-7pm – Front crawl
Friday 26th October 6-7pm - Butterfly



Clothing Order

Hoodies, poolside shirts etc need to be ordered by October 14th to expect delivery by Christmas. Email sent this week with price list and also on the noticeboard at the pool.

Half Term

No lessons on Friday 26th October. Training will be on 5-8pm on that day. No land training on Saturday 27th October.

Garstang Swimming Club- AGM

Garstang Swimming Club AGM will be on Wednesday 31st October at 7.30pm at the Royal Oak, Garstang. There are a couple of vacancies on the committee so if any parent is interested then please speak to Sandra or Sue.

Advance Notice

The swimmers going on the 2019 swim camp are holding a cake stall on Friday 2nd November at the pool from 4pm. Please donate cakes and bring some money to buy some.

One 2 One sessions

Ian McKean has offered his time and expertise to do some One 2 One sessions for any swimmer who feels that they would benefit. They will be on Fridays 8-9pm starting on November 2nd. They will last 15 mins and cost £5. They need to be pre booked as Ian will not be holding his sessions if there isn't 4 swimmers booked for the hour.

UPCOMING EVENTS

SATURDAY 15TH DECEMBER
1.30PM

Club Championships at Palatine Pool, Blackpool

CHAIR Sandra McKean chair@ garstangasc.org.uk 01995 604183	SECRETARY Sue Roome sec@ garstangasc.org.uk 01995 603885	TREASURER Annie Collinson treasurer@ garstangasc.org.uk	HEAD COACH Sue Booth headcoach@ garstangasc.org.uk 07734 698799	TEAM MANAGER Stewart Livingstone teammanager@ garstangasc.org.uk	WELFARE OFFICER Jayne Smith welfare@ garstangasc.org.uk 07944 418819 01772 863766
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Sprint Squad- starting

Starting new to Garstang a Sprint squad. Their sessions will be on Fridays 8-9pm starting 2nd November. It will be open to 14 years and older. An hour session of short sprints once a week to blow away the cobwebs- suitable for ex swimmers who want to keep a toe in the water. This session will cost £22 a month. Numbers are limited so please reply quickly.

Ponds Forge 50m Gala Sheffield

Well done to all the swimmers who competed in the swimming gala at Sheffield in September. This gala was a great opportunity for our swimmers to compete in an Olympic sized pool. There were some fantastic performances, especially for so early on in the season. Well done to **Matthew Charlesworth** who won a spectacular 9 medals (7 gold and 2 silver); **Natalie Charlesworth** who won a gold and a silver medal; **Jessica Critchley** who won a silver medal and 3 bronze medals; and **Charlotte Wilson** who won a bronze medal.



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North Lancashire Level 2 Meet

The first weekend of the North Lancs Level 2 Swim Meet took place last weekend (29th/ 30th September). There were some cracking swims, including two impressive personal best times achieved by **Erin McNeil** and **Eloise Barber** in 200m breaststroke (9 seconds and 6 seconds respectively). **Matthew Charlesworth** demonstrated his brilliant breaststroke talent, winning 2 gold medals, whilst his sister, **Natalie Charlesworth**, scooped a silver medal in freestyle.



Good luck to swimmers who are competing in the second North Lancs Level 2 Meet weekend on 21st and 22nd October.

Please feel free to forward this newsletter to family and friends. Gators can accommodate new members.