

DIVE IN



February 2019 ~ 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 1st February 6-7pm - Butterfly
Friday 8th February 6-7pm – Front Crawl
Friday 15th February 6-7pm – Back Stroke
Friday 22nd February 6-7pm – Breast Stroke

Half Term Sessions

There will be no lessons on Friday 22nd February. Training sessions on this day will be from 5-7pm. C and D squad training will be from 5-6pm and A and B squad training will be from 6-7pm. There will be no land training on Saturday 23rd February. All other training sessions will be on as usual.

Go Pro Camera

We have eventually got the Go Pro camera working and this will be used in some sessions to analyse swimmer's strokes. If parents don't want their children videoed then please let Sue Roome or Sue Booth know. The recordings will be destroyed as soon as they have been downloaded and viewed on the computer.

3-1-5 Pass

3-1-5 have offered a pass to parents while their children are swimming on Mondays or Thursdays for a bargain price of £5. This allows parents to use all the facilities. Please ask at reception for more details.

First Sub League of the Season

The first gala of the season is on Saturday 16th February at Salt Ayre, Lancaster, with a warm up time of 4.45pm. The swimmers needed for the team will be emailed shortly.

First Micro League of the Season

The first Micro League gala (for our younger swimmers, aged between 9 and 12 on 24th November) is on Sunday 3rd March at Salt Ayre, Lancaster.



UPCOMING EVENTS

2ND/3RD; 9TH/ 10TH FEBRUARY

Lancashire County Championships

SATURDAY 16TH FEBRUARY

Sub League Gala, Salt Ayre,
Lancaster @ 4.45pm

SUNDAY 24TH FEBRUARY

Splash and Dash 50m Sprint Gala,
Liverpool

SUNDAY 3RD MARCH

Micro League Gala, Salt Ayre,
Lancaster

SATURDAY 30TH AND SUNDAY 31ST
MARCH

Burnley Bobcats Gala, Darwen

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 Julie Barber teammanager@ garstangasc.org.uk	WELFARE OFFICER Jayne Smith welfare@ garstangasc.org.uk 07944 418819 01772 863766
---	---	---	--	---	---

Burnley Bobcats Gala, Darwen

This is being held on 30th and 31st March 2019 at Darwen Swimming Pool. Anyone aged 9 or over can enter, as long as you don't swim faster than the upper qualifying time (which are quite fast). This gala is a great, final opportunity for swimmers to obtain a qualifying time to enter the Regional Championships. Information about the gala and how to enter has been circulated by email. Entries need to be handed in by Sunday 10th February.

Lancashire County Championships

These Championships are being held over three weekends, with the first held last weekend. Seven swimmers from Garstang (nicknamed 'The Magnificent Seven' are competing.

Charlotte Wilson got Gators off to a great start, by obtaining a regional qualifying time in the first event, 50m back stroke. **Jessica Critchley** and **Tamara Crosbie** also put in good performances. Good luck to **Jessica Critchley**, **Lucas Brown**, **Ernie Collinson**, **Erin McNeil**, **Sophie Livingstone** and **Charlotte Wilson** who will be competing in events over the next two weekends.

Garstang Club Championships Trophy Winners

Huge congratulations to the following swimmers who were awarded trophies at our annual Presentation Evening:

Luke Johnston (Age 7 Boys Combined Strokes and IM trophies)

Freya Robinson (Age 8 Girls Combined Strokes trophy)

Emma Buckley (Age 8 Girls IM trophy)

Dylan Burrows (Age 8 Boys Combined Strokes and IM trophies)

Sophie Pinder (Age 9 Girls Combined Strokes and IM trophies)

Isaac Barber (Age 9 Boys Combined Strokes and IM trophies)

Isabel Critchley (Age 10 Girls Combined Strokes trophy)

Abby Johnston (Age 10 Girls IM trophy)

Reuben Hill (Age 10 Boys Combined Strokes and IM trophies)

Charlotte Wilson (Age 11 Girls Combined Strokes and IM trophies)

Ian Bethell (Age 11 Boys Combined Strokes and IM trophies)

Erin McNeil/ Eloise Barber (Age 12 Girls Combined Strokes trophy)

Eloise Barber (Age 12 Girls IM trophy)

Ernest Collinson (Age 12 Boys Combined Strokes and IM trophies)

Rachel Williamson (Age 13 Girls Combined Strokes and IM trophies)

Euan Morse (Age 13 Boys Combined Strokes trophy)

Isaac Hill (Age 13 Boys IM trophy)

Maisie Leatherbarrow (Age 14 Girls Combined Strokes and IM trophies)

Edward Clegg (Age 14 Boys Combined Strokes and IM trophies)

Lucas Brown (Age 15 Boys Combined Strokes, IM and 100m freestyle trophies)

Jessica Critchley (Women Open Combined Strokes, IM, 100m freestyle and Young Volunteer trophies)

Haydn Price (Men Open Combined Strokes)

Sophie Livingstone (Girls Land Training trophy)

Stanley Collinson (Boys Land Training trophy)

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