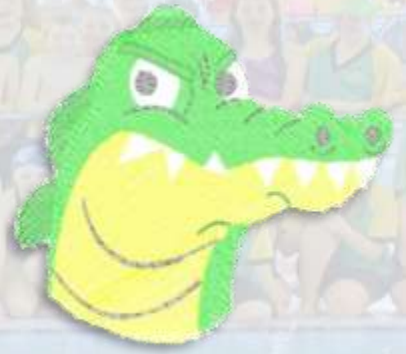


DIVE IN

January 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 4th January 5-6pm – Starts and Turns

Friday 11th January 6-7pm – Front Crawl

Friday 18th January 6-7pm – Back Stroke

Friday 25th January 6-7pm – Breast Stroke

Training Sessions

Training starts again on Thursday 3rd January at 3-1-5 in Lancaster. Training on Friday 4th January (at Garstang) will be 5-7pm, with C and D squads swimming from 5-6pm and A and B squads swimming from 6-7pm. Saturday 5th January 8-10am session and land training from 10.15am-11.15am. There will be no training session on Sunday 6th January because of the Club Championships being held that afternoon at Palatine Pool in Blackpool. Usual swimming session times continue from Monday 7th January.

Rescheduled Club Championships

The club championships have been rescheduled to take place on Sunday 6th January at the Palatine pool, Blackpool starting at 12.30pm. Good luck to all swimmers who will be taking part. Thank you to all volunteers who are helping to run this event.

Presentation Evening Tickets

This is the social event of the year for swimmers where all the medals and trophies won at the Club Championships are presented and achievements of the year celebrated. Tickets need to be ordered and paid for no later than Friday 11th January.

UPCOMING EVENTS

SUNDAY 6TH JANUARY 12.30PM

Rescheduled Club Championships at Palatine Pool, Blackpool

SATURDAY 19TH JANUARY

Presentation Evening at Wyrebank, Garstang

26TH/27TH JANUARY; 2ND/3RD FEBRUARY; 9TH/ 10TH FEBRUARY

Lancashire County Championships

SUNDAY 24TH FEBRUARY

Splash and Dash 50m Sprint Gala, Liverpool

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Annual Subscriptions

Subscriptions to British Swimming are due from 1st January 2019. Please can all swimmers and officials make sure that they pay the appropriate amount (details sent via email) by 31st January at the latest so a cheque can be sent to cover all memberships by the beginning of February.

Splash and Dash 50m Sprint Gala, Liverpool

This gala is a great opportunity for swimmers aged 9 and over to experience competing in a 50m (Olympic sized) swimming pool. Information about the gala and how to enter will be circulated by email very shortly. If you do wish to enter, please be aware that there is a tight deadline to get entries in.

Lancashire County Championships

Congratulations to **Jessica Critchley, Lucas Brown, Ernie Collinson, Erin McNeil, Sophie Livingstone** and **Charlotte Wilson** on achieving qualification times to be able to enter the Lancashire County Championships, which take place over 3 weekends. Six swimmers eligible to enter is a brilliant achievement for such a small club. Well done and good luck to all Garstang swimmers who will be competing.

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