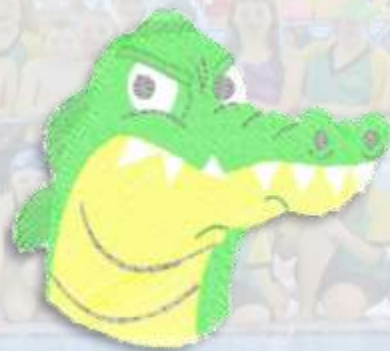


# DIVE IN

November 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](mailto:editor@garstangasc.org.uk)



## Stroke Technique Clinics

Friday 2<sup>nd</sup> November 6-7pm – Backstroke  
Friday 9<sup>th</sup> November 6-7pm – Breast stroke  
Friday 16<sup>th</sup> November 6-7pm – Front crawl  
Friday 23<sup>rd</sup> November 6-7pm – Butterfly  
Friday 30<sup>th</sup> November 6-7pm – Backstroke

## One to One Sessions

Is there a stroke you would like to improve or do you need more help perfecting your starts and turns? If so, then why not book onto a one to one session with one of our coaches, Ian McKean. These sessions are held on a Friday evening at Garstang Pool between 8-9pm, with sessions available from Friday 16<sup>th</sup> November onwards. Price £5 for 15 mins of personal tuition. Hurry, as they are getting booked up fast! Contact [sec@garstangasc.org.uk](mailto:sec@garstangasc.org.uk) to get your slot booked.

## Cake Stall on Friday 2nd November

The swimmers who are going on swim camp in 2019 are holding a cake stall on Friday 2<sup>nd</sup> November from 4pm. Please donate cakes and bring money to buy some tasty treats after lessons and training. 50p a cake!

## Club Championships

The Club Championships are being held on Saturday 15<sup>th</sup> December at the Palatine Pool in Blackpool starting at 1.30pm. The entry form has been emailed to everyone and it is also on our web site. **Entries will close on Sunday 25<sup>th</sup> November.** We encourage all swimmers who attend for the hour long training sessions to enter. The medals from this gala will be presented on Saturday 19<sup>th</sup> January. Tickets can be ordered now and will be on sale soon for our social event of the year.

## UPCOMING EVENTS

FRIDAY 2<sup>ND</sup> NOVEMBER 4PM-8PM

Cake Sale at Garstang Pool

SUNDAY 25<sup>TH</sup> NOVEMBER

Closing date for Club Championship entry forms

Diving Badge from 4.30pm-6.30pm at Fleetwood Pool

Training at Garstang Pool from 4pm til 6.30pm (A Squad 5pm-6.30pm)

SATURDAY 15<sup>TH</sup> DECEMBER  
1.30PM

Club Championships at Palatine Pool, Blackpool

SATURDAY 19<sup>TH</sup> JANUARY

Presentation Evening, Wyre Bank Conference Hall, Garstang from 6.30pm til late

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## Finishing the diving badge

For the new swimmers and other swimmers who have attended Saturday mornings 9-10am sessions and have learnt to dive safely in the deep end but have not yet attended Fleetwood, then I have booked the Fleetwood pool on **Sunday 25th November** from 4.30-6pm for these swimmers to learn to dive into shallow water and so finish the Prelim Competitive Start award. We ask for a donation of £5 which will pay for the pool hire and also the cost of the badge and certificate.

Please note that training will continue at Garstang on that date but the B, C and D squad will swim from 4-5pm and the A squad from 5-6.30pm.

## More Swimming Success!

The second weekend of the North Lancs Level 2 Swim Meet took place on 21<sup>st</sup> / 22<sup>nd</sup> October. Just like the first weekend, there were some brilliant performances, including county championship qualifying times gained by **Sophie Livingstone** in 200m backstroke and **Charlotte Wilson** in 100m freestyle. Over the two weekends, Gators took home a total of 14 medals. Huge congratulations to both **Matthew** and **Natalie Charlesworth** who scooped an astonishing 6 medals each (Matthew won 3 golds, 2 silvers and a bronze whilst his sister won 2 golds, 2 silvers and 2 bronze medals) and to **Erin McNeil** and **Lucas Brown**, who each took home a bronze medal.



## Blackpool Lights Swimming Gala

Last weekend (27<sup>th</sup> and 28<sup>th</sup> October) saw 16 Gators competing against swimmers from 25 clubs in the popular Blackpool Lights Swimming Gala. Between them the swimmers swam in over 80 races and clocked up an amazing **57 personal best times!** Eight of the swimmers collectively won an incredible two speeding tickets and thirteen medals. Congratulations to:

**Matthew Charlesworth** – SPEEDING TICKET in 200m Individual Medley

**Isabel Critchley** – SPEEDING TICKET in 50m freestyle

**Lucas Brown** – GOLD in 50m backstroke; SILVER in 100m backstroke; and BRONZE in 100m free

**Erin McNeil** – GOLD in 50m breaststroke; BRONZE in 100m breast; and BRONZE in 200m breast

**Tamara Crosbie** – GOLD in 100m butterfly; and SILVER in 100m Individual Medley

**Jack Holmes** – SILVER in 50m breaststroke; SILVER in 100m breast; and SILVER in 200m breast

**Charlotte Wilson** – BRONZE in 200m freestyle

**Sophie Livingstone** – BRONZE in 200m backstroke

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