

# DIVE IN



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

## **Stroke technique clinics**

Friday 3<sup>rd</sup> May 6-7pm – Butterfly

Friday 10<sup>th</sup> May 6-7pm – Front Crawl

Friday 17<sup>th</sup> May 6-7pm - Backstroke

Friday 24<sup>th</sup> May 6-7pm – Breast Stroke

Friday 31<sup>st</sup> May 5-6pm - Butterfly



## **Changes to Training over Bank Holiday Weekends**

**May Day Weekend** (beginning of May) - Friday evening and Saturday morning training and land training will take place as usual. Training on Sunday 5<sup>th</sup> May will be from 4-6.30pm, with C & D squads training at 4-5pm, B squad training at 5-6pm and A squad training from 5-6.30pm.

Spring Bank Holiday (end of May) – There will be no land training on either Saturday 25<sup>th</sup> May or 1<sup>st</sup> June. Training on Sunday 26<sup>th</sup> May will be held from 4-5.30pm, with A squad training from 4-5.30pm and B,C & D squads training from 4-5pm.

Training on Friday 31<sup>st</sup> May will take place between 5-7pm, with C & D squad training from 5-6pm and A & B squad training from 6-7pm.

## **Next Sub League Gala**

The next Sub league will take place on Saturday 1<sup>st</sup> June at Palatine Pool in Blackpool. The team will be announced shortly.

## **Garstang Gators Medals Gala**

Our annual Medals Gala, which is open to both our own club and other clubs, will be taking place on Sunday 16<sup>th</sup> June 11-3pm at the Palatine pool, Blackpool. All swimmers are encouraged to enter. Most of our swimmers who are aged 9 and over are eligible to enter as there are no lower cut off times. Entry form is on the website with an entry closing date of 25<sup>th</sup> May.

## UPCOMING EVENTS

### FRIDAY 3<sup>RD</sup> TO SUNDAY 5<sup>TH</sup> MAY

Blackpool Rocks Swimming Gala  
Palatine Pool, Blackpool

### SATURDAY 1<sup>ST</sup> JUNE

Sub League Gala, Palatine Pool,  
Blackpool

### SUNDAY 16<sup>TH</sup> JUNE

Garstang Gators Medals Gala,  
Palatine Pool, Blackpool @ 11am

### SATURDAY 29<sup>TH</sup> JUNE

Kendal Mint Gala, Kendal Leisure  
Centre

### SATURDAY 13<sup>TH</sup> & SUNDAY 14<sup>TH</sup> JULY

North Lancashire Level 3 Gala,  
Palatine Pool, Blackpool

CHAIR  
Sandra McKean

SECRETARY  
Sue Roome

TREASURER  
Annie Collinson

HEAD COACH  
Sue Booth

TEAM MANAGER  
Julie Barber

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## Kendal Mint Gala

This great small one day gala takes place at Kendal Leisure Centre on Saturday 29<sup>th</sup> May. As well as 50m events, this gala is a great opportunity to compete in 100m events. Any swimmer aged 9 or over can enter, as long as you haven't swam faster than the qualifying times. Further details and the entry form is on the website. Entries need to be handed in by 7pm on May 23<sup>rd</sup>.

## Good Luck!

Good luck to swimmers that are competing in the Blackpool Rocks Swimming Gala over May Bank Holiday weekend!

## Gala Information

Competing in galas is a great way to see how well all your hard work in training is paying off. There are lots of different galas. Want to know more? Check out the Gala Explanation document on the Garstang Gators website.

## Congratulations to our swimmers who attended Swim Camp

The Club is very proud of five of our swimmers (Rachel, Eloise, Erin, Sophie and Ernie) who recently attend Swim Camp in Mallorca organised by Blackpool Aquatics Swimming Club. They all made the most of the fantastic opportunity, trained really hard and were excellent ambassadors for our club.

## Regional Championships

For such a small club, it is so fantastic that we have swimmers who are good enough to qualify to enter both County and Regional Championships. Over the next few weekends, five of our swimmers: Jessica Critchley, Lucas Brown, Natalie Charlesworth, Erin McNeil and Charlotte Wilson will be competing in the Summer Regional Championships – Best of Luck to our Fantastic Five!

## More Swimming Success!

A set of seven magnificent Garstang swimmers made the trip to Darwen to compete in the Burnley Bobcats "Last Chance" Regional Qualifier Meet and gave another brilliant showing of their all round skills and talents. Between them **Jessica Critchley, Lucas Brown, Eloise Barber, Erin McNeil, Ernest Collinson, Charlotte Wilson** and **Stanley Collinson** got 14 personal best times as well as getting in amongst the medals.

**Stanley Collinson** romped home with three medals (2 silver medals in 100m Breaststroke and 100m Freestyle), including a whopping 18 secs PB and a Bronze in 50 Freestyle. He got a great start in the Freestyle and quickly got into his stroke



pattern. With immaculate turns and transitions he surged into 2nd place and timed his finish to perfection. His effort in the 100 Breaststroke saw him in a similar position working hard to challenge the leader. Again immaculate turns and under water work to his breakout put him in a position for success. Holding his nerve and injecting more pace in the final length he hit the finish for another Silver medal. He went on to snatch the Bronze medal in a storming finish in the 50 Freestyle sprint.

His brother **Ernest** also had a highly pleasing set of results, especially from three Freestyle events, the 50, 200, 400 and the all round 200 Individual Medley. His best result however, came from his 50 Butterfly sprint. Challenging for honours he came out of his turn and dug deep into his reserves and launched a devastating attack. Showing great technique he piled on the pressure and drove through to the finish to scoop the Silver medal.

11yr old **Charlotte Wilson** showed lots of skill in her events and gave performances in the sprints to be proud of. She got herself into a highly respectable 5th place in the 50 Butterfly and was desperately unlucky in the 50 Freestyle, where she just got touched out of the Bronze medal by a fraction of a second. She made up for it in the 100 Freestyle with a brilliant effort where she used all her experience to drive through the field to take the Bronze medal.

Another Bronze medallist was **Erin McNeil** in the 200 Breaststroke where she matched the pace and put herself in a position for success. Holding her stroke pattern together she held off challengers and hit the finish strongly. Her most pleasing result came in the 50 Breaststroke sprint where she got in the mix and maintaining her pace she hit the finish in 38.81 to qualify for this Summer's Regional Championships.

Another Regional qualifier was **Lucas Brown** who swam a fantastic race in the 50 Backstroke taking 4th place with a time of 31.13.

12yr old **Eloise Barber** gave a terrific display, producing swims in seven events that she can be really proud of. She was delighted to bag her first county time in 200m Backstroke with an impressive 11 second PB. **Jessica Critchley** completed the Club's success with outstanding swims at 50 Butterfly and 100 Breaststroke where she finished just outside the medals in 6th and 4th places.

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