

DIVE IN



June 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 7th June 6-7pm – Front Crawl
Friday 14th June 6-7pm - Backstroke
Friday 21st June 6-7pm – Breast Stroke
Friday 28th June 6-7pm – Starts and Turns

Garstang Gators Medals Gala

Preparations are well underway for our annual Medals Gala, being held on Sunday 16th June from 11-3pm at Palatine Pool in Blackpool. The Medals Gala will see swimmers from Garstang competing against swimmers from other clubs. Medals will be awarded on the day to 1st, 2nd and 3rd place swimmers, with ribbons from 4th, 5th and 6th places. Any swimmers who swim faster than cut off times will be awarded with Speeding Ticket.

Donations of raffle prizes will be appreciated to help raise much needed funds for our small club.

Good luck to all swimmers taking part.

Save the Date!

A club social event will be taking place on Saturday 6th July at Nateby School Hall. All swimmers and their families are invited to come and enjoy Prize Bingo. This promises to be a fun filled event so get the date in your calendars – more details to follow shortly.

Changes to Training Times

No training will be held on Sunday 16th June due to the Garstang Medals Gala.

Due to the Micro League Gala, training on Sunday 30th June will take place from 4-5.30pm. A Squad to swim 4-5.30pm; B, C and D Squads from 4-5pm.

UPCOMING EVENTS

SATURDAY 1ST JUNE

Sub League Gala, Palatine Pool, Blackpool – warm up at 1.15pm

SUNDAY 16TH JUNE

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

NO TRAINING ON THIS DATE

SATURDAY 29TH JUNE

Kendal Mint Gala, Kendal Leisure Centre

SUNDAY 30TH JUNE

Micro League Gala at Liverpool

TRAINING FROM 4-5.30pm ONLY

SATURDAY 6TH JULY

Prize Bingo for all the family @ Nateby School Hall

SATURDAY 13TH & SUNDAY 14TH 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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Final Sub League Gala

The final Sub League Gala will take place on Saturday 1st June at Palatine Pool in Blackpool. Doors open at 1pm, warm up is at 1.15pm and gala starts at 1.45pm.

Final Micro League Gala

The final Micro League Gala of the season takes place on Sunday 30th June at 11.30am at Liverpool. The team will be announced shortly.

North Lancashire Level 3 Gala


This gala takes place over two days (Saturday 13th and Sunday 14th July) and is our last competitive gala before the summer break. This is a brilliant gala, especially for swimmers (aged 9 and over) who are new to competitions or who want to compete in a wider range of events. This gala includes 50m, 100m and 200m events in all four strokes as well as 100m and 200m Individual Medley. Don't worry if you haven't got times for an event, we will work these out for you – just let us know which events you want to enter and we will do the rest! Faster swimmers will need to make sure they are eligible to enter by checking cut off times for each event. An entry form will be circulated by email shortly. **Closing date for entries is Thursday 20th June at 7pm.**

Blackpool Rocks Swimming Gala Results

Garstang swimmers made the short journey to Blackpool to compete in this year's Annual Blackpool Rocks open meet. **Eloise Barber** and **Rachel Williamson** got the squad's challenge under way in the 400 Freestyle where both produced magnificent efforts. Off the blocks they quickly found their rhythm and held themselves together brilliantly, with **Eloise** lowering her previous best by 7 seconds and taking 7th place, whilst Rachel lowered her P.B. by a clear 8 seconds. **Eloise** then moved on to give an outstanding display of her all round skills by competing in six events over the weekend and producing results to be proud of. Her best results came from the Individual Medleys with some awesome swimming where her Breaststroke ability put her into 5th place in 100m Individual Medley and 7th place in the 200m in which she secured an impressive County Time to add to her tally. Another 7th place came from her 100m Breaststroke where her stroke pattern, coupled with superb turns and transitions put her up amongst the big guns. **Rachel** although outside the medals, went on to give some fine performances taking part in no less than 8 events.

Lucas Brown joined the action in the 50m Freestyle sprint where he came out of transition and took it on. Staying completely composed he drove into his turn and transition and then moved up a gear and put all his exertions into the final length. Into the pressure zone it was neck and neck and in a storming finish **Lucas** secured a silver medal. Another outstanding effort in the 50m Butterfly saw him getting closer to that elusive 30 second time with a brilliant 30.26 and a 6th place. He went on to take a highly commendable 7th place for his 100m Butterfly and an 8th place for the 100 Freestyle.

9 year old **Sophie Pinder** got a steady start with a good solid swim in the 50m Backstroke and then upped her game at Breaststroke, getting a brilliant start off the block to get into the mix in both 50m and 100m. Holding her nerve she produced fantastic P.B.s and a 6th and 8th place in these two events. **Erin McNeil** also shone in the breaststroke events. The 50m sprint gave her a P.B. whilst her 1:27.90 for the 100m brought her inside the County Qualifying Times.



Charlotte Wilson, another multiple competitor gave a super display, entering a total of seven events putting her all round ability to great use, with satisfying results. **Penny Diggins** another 12yr old also gave a good account of herself with performances well up to her highest standard. **Jessica Critchley** took on the sprints and using all her skill and power launched brilliant attacks in both the 50m Freestyle and Butterfly. Digging deep into her reserves she timed her finishes to perfection taking 5th and 6th places. These performances were fully supported by more remarkable swims from youngsters **Isobel Critchley**, **Isaac Barber** and **Holly Diggins** all of whom enjoyed a superb weekend for the Club.

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