

# DIVE IN

July 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 5<sup>th</sup> July 6-7pm – Butterfly

Friday 12<sup>th</sup> July 6-7pm – Front Crawl

## Summer Holiday Training

Last session before the summer holidays at Garstang will be on Saturday 13<sup>th</sup> July. Land training is also being held on that date.

We are moving swimming training to the Lancs Uni swimming pool from Sunday 14<sup>th</sup> July until September 22<sup>nd</sup> apart from August Bank holiday weekend (25<sup>th</sup> August). The A squad will attend from 4-6pm, and the B,C & D squads from 5-6pm.

Thursdays at 3-1-5 will continue throughout the holidays.

Mondays will finish on 15<sup>th</sup> July.

This change of venue saves us loads of money over the holidays so then we have a bit saved towards the 3% increase YMCA are imposing on us!

## Summer Prize Bingo

We are holding a Summer Prize Bingo which will be suitable for all the family and friends on Saturday 6<sup>th</sup> July at Nateby Primary School Hall starting at 6pm. There will be a raffle, cake stall and refreshments. Please support this fund raising event.

## Report from Garstang Medals Gala

*Garstang Swimming Club staged its Annual Medals Gala in the Palatine Centre at Blackpool where it was hugely supported and attracted swimmers from a large number of Clubs including Ulverston, Barrow, Great Harwood, Clitheroe as well as those in the local area. With the gallery full and a high standard of sprinting events spectators were able to enjoy some outstanding performances from the competitors. The Garstang club had a day full of great success with a host of PBs and medals together with a number of Speeding Tickets which despite swimming over the upper limit still enables swimmers to retain their time.*

*The Club's 9 year olds did themselves really proud with two of them, **Sophie Pinder** and **Esme Beesley** entered in every event and producing times well up to their standard. **Sophie** got off*



## UPCOMING EVENTS

SATURDAY 6<sup>TH</sup> JULY 6PM

Prize Bingo for all the family @ Nateby School Hall

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

North Lancashire Level 3 Gala, Palatine Pool, Blackpool

EVERY SUNDAY FROM 14<sup>TH</sup> JULY TO 22<sup>ND</sup> SEPTEMBER

Training at Lancaster University Pool from 4pm-6pm

CHAIR  
Sandra McKean

SECRETARY  
Sue Roome

TREASURER  
Annie Collinson

HEAD COACH  
Sue Booth

TEAM MANAGER  
Julie Barber

WELFARE OFFICER  
Jayne Smith

[chair@garstangasc.org.uk](mailto:chair@garstangasc.org.uk)

[sec@garstangasc.org.uk](mailto:sec@garstangasc.org.uk)

[treasurer@garstangasc.org.uk](mailto:treasurer@garstangasc.org.uk)

[headcoach@garstangasc.org.uk](mailto:headcoach@garstangasc.org.uk)

[teammanager@garstangasc.org.uk](mailto:teammanager@garstangasc.org.uk)

[welfare@garstangasc.org.uk](mailto:welfare@garstangasc.org.uk)

the mark with a superb all round display in the 100 Individual Medley and holding her nerve snatched the Bronze medal in 1:43.21. She went to take another Bronze for her 50 Breaststroke, working hard and holding off all challengers. Others in this group, **Freya Robinson, Elsa Hayton, Sophie Groom, Dylan Burrows, John Lawrenson, Joshua Williams** and **Oliver Parkinson** all worked hard and looked great prospects for the future.

The Club's 10 year olds were really on fire and got in the mix with a whole clutch of medals. **Isabel Critchley** should have struck Gold with her opening 50 Free but was so determined to win she hit the finish in 35.41 and landed a Speeding Ticket, but what a brilliant swim! She then went on to collect double Gold in 50 Backstroke and 50 Butterfly. Away to a strong start at Backstroke her elegant stroke pattern combined with natural skill took her through to a comfortable finish in 1:42.53. Her 50 Butterfly was full of power and fine technique and an extra injection of pace in the pressure zone got her the win in a blanket finish. **Catherine McDonnell** came shoulder to shoulder with a Fleetwood swimmer in the 50 Breaststroke and neither would give an inch. Into the final length they battled it out and hitting the pads together **Catherine** had to settle for Silver. She then clashed with two rivals in the 50 Butterfly and in a storming finish was just touched out into Bronze medal position. A whole crop of Bronze medallists then emerged following further outstanding performances from **Amelia Robinson** – Breaststroke and Individual Medley, **Stanley Collinson** – Backstroke and Individual Medley and **Oliver Carr** – Butterfly.

An outstanding display came from **Penny Diggins** who put herself on the front at 50 Breaststroke and outpaced her challengers to get a Speeding Ticket, then she stormed to a magnificent Gold medal for 50 Butterfly. Next came 50 Backstroke and again her sprinting produced a terrific effort to lift the Silver medal. Still not finished she kept up her high performance rate, taking Bronze for both 50 Freestyle and 100 Individual Medley. **Euan Morse** got in the mix at 50 Backstroke and making a supreme effort, pulled clear to hit the finish in 34.93 for a Speeding ticket. A Gold medal came with a swim from the Gods at 50 Freestyle just holding the rest of the field at bay by a split second in 31.19. Another fine effort brought him the Gold medal for 50 Breaststroke. He topped his score with the Bronze medal for his all round effort at 100 Individual Medley.

16yr old **Jessica Critchley** was also at her winning best taking the Gold medals at both 50 Butterfly and the 100 Individual Medley. She too, picked up a Speeding Ticket for 50 Freestyle where she had too much skill and power for her rivals to contend with. **Tamara Crosbie's** performances proved outstanding as unbelievably she powered her way to the winners place at 50 Backstroke and 50 Freestyle only to find she had won a pair of Speeding Tickets. She then had some consolation collecting the Silver medals with superb swims at 50 Breaststroke and 100 Individual Medley.

Another Gold medallist was **Ernest Collinson** in top form and immaculate at Backstroke where he had a comfortable win. He had to settle for Silver however at 50 Breaststroke and 100 Individual Medley and completed his collection with a Bronze for his 50 Butterfly. **Erin McNeil** completed the Club's list of Gold medallists with a remarkable performance at 50 Backstroke, leading them out, controlling the race to set herself on the path to victory. She too, got a Speeding Ticket for 50 Breaststroke, then took Silver for Freestyle and a Bronze for 100 Individual Medley. **Rachel Williamson** completed the squads medal winners with super efforts at 50 Freestyle, taking Silver and winning bronze medals with determined performances at 50 Breaststroke and 100 Individual Medley. Dedicated swims from the rest of the squad ensured a day of outstanding success for the Club.

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