

DIVE IN

October 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 October 6-7pm – Front Crawl
Friday 11th October 6-7pm – Backstroke
Friday 18th October 6-7pm – Butterfly
Friday 25th October 6-7pm – Breaststroke

Save the Date!

Our Annual Club Championships will be held on Saturday 14th December from 2-5pm at Palatine Pool in Blackpool. This gala is suitable for all our swimmers. Trophies and medals from this gala will be presented on Saturday 18th January 2020. Entry forms will be emailed shortly.

Half Term Swimming Training

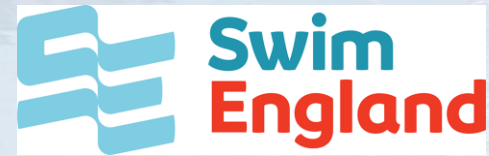
All training will take place as usual during October half term except:

There will be no land training on Saturday 26th October

Training on Sunday 27th October will be held between 4-6.30pm. C & D Squads to swim from 4-5pm and B Squad from 5-6pm. A Squad will swim from 5-6.30pm.

Skills Development Squad

This new squad will start on Tuesday 1st October at 6pm. There are a few spare places for any young swimmer who is currently in lessons and is level 5 or above. Please speak to Sue Roome or any of the coaches if you are interested.



UPCOMING EVENTS

19TH-20TH OCTOBER

North Lancashire Level 2 swimming gala, Blackpool

26-27TH OCTOBER

Blackpool Lights Swimming Gala

15TH-17TH NOVEMBER

Future Open Stars Level 2 Gala, Wigan

14TH DECEMBER 2-5PM

Garstang Annual Club Championships @ Blackpool

18TH JANUARY 2020

Annual Club Championships Presentation Evening

5TH-7TH JUNE 2020

Great North Swim, Windermere

CHAIR
Sandra McKean

SECRETARY
Sue Roome

TREASURER
Annie Collinson

HEAD COACH
Sue Booth

TEAM MANAGER
Julie Barber

WELFARE OFFICER
Jayne Smith

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sec@garstangasc.org.uk

treasurer@garstangasc.org.uk

headcoach@garstangasc.org.uk

teammanager@garstangasc.org.uk

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Gala News

Congratulations to all our swimmers who competed in the first weekend of the North Lancashire Championships last weekend. Some great PBs and county times were achieved. Well done to Eloise Barber who won a silver medal in 100m Individual Medley.

Good luck to our swimmers who are competing in the second weekend of North Lancashire championships on 19-20th October and in the Blackpool Lights gala which is being held on 26th-27th October.

Open Water Swimming

This summer, for a change of scenery we had 2 sessions of open water swimming in Coniston. It was a taster session to see if anyone liked it. From paddlers and splashers to some swimming across the lake and back (approx. 800m) it was a new experience for most. Both sessions were well attended but with better weather on the second session more people stayed for longer. We had a barbecue with bacon, burgers, sausages and chicken skewers and hot drinks to warm swimmers up again after their dip. Much fun was had splashing round with a life ring and paddle board then throwing a frisbee around after on the grass.

Many thanks to Mr Nolte for bringing his barbecue and lots of food, and Mrs Nolte and Caitlin McNeil for cooking, Julie Barber for making the drinks and those who paddled in kayaks for safety cover.

Everyone paid £5 on the day and £300 was raised for much needed club funds

Enjoyed open water swimming? Why not sign up for The Great North Swim

If you did enjoy the open water swims and fancy a challenge and raising much needed funds for our club, why not sign up for The Great North Swim 2020 which takes place on 5th-7th June 2020 (entries are open now).

We have 4 people who have already entered so you won't be on your own. Sue and Joe will be there on the day at the start (working) to send you on your way and verify that you did the swim. You don't have to be a fast swimmer. Loads of different abilities enter and it's up to you what stroke you do.

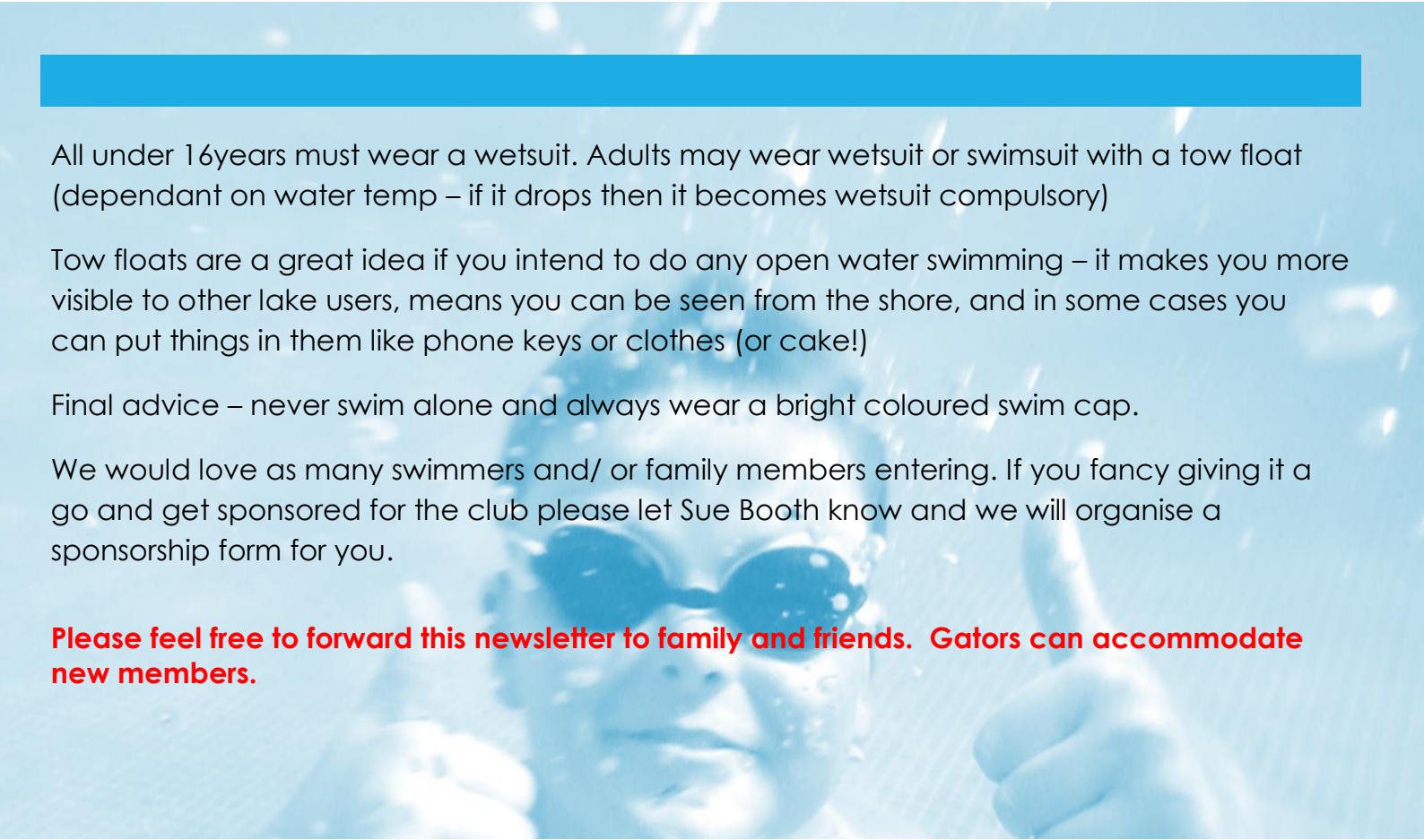
Just enter the distance you want on line and choose your time slot (there are a number to choose from across the weekend) and the club will sort out some sponsor forms for you. The 250m event is particularly popular so don't leave it too late to enter.

Distances are:

250m for 8 years and over – Note 8 or 9 year olds must swim with an adult (adult gets free place)

800m for 12 years and over

1 mile, 2 miles 5km or 10km – minimum age is 16 yrs



All under 16years must wear a wetsuit. Adults may wear wetsuit or swimsuit with a tow float (dependant on water temp – if it drops then it becomes wetsuit compulsory)

Tow floats are a great idea if you intend to do any open water swimming – it makes you more visible to other lake users, means you can be seen from the shore, and in some cases you can put things in them like phone keys or clothes (or cake!)

Final advice – never swim alone and always wear a bright coloured swim cap.

We would love as many swimmers and/ or family members entering. If you fancy giving it a go and get sponsored for the club please let Sue Booth know and we will organise a sponsorship form for you.

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