

DIVE IN

September 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 6th September 6-7pm – Back Stroke
Friday 13th September 6-7pm – Breast Stroke
Friday 20th September 6-7pm – Butterfly
Friday 27th September 6-7pm – Front Crawl

Training Timetable

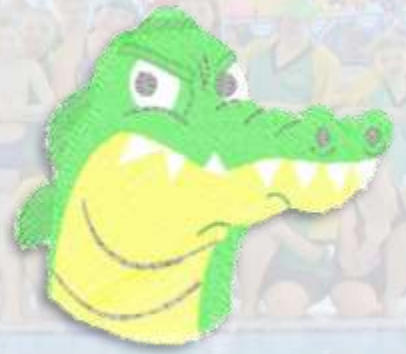
We hope you've had a great summer holiday. Training will be returning to normal times from Monday 2nd September at 3-1-5 and Fridays at Garstang with the lessons from 4pm and training from 5pm. Please note that as from Friday 6th September training will finish at 8pm. The A & B squads will both train from 7-8pm.

Land training starts again from Saturday 7th September at the Azcend gym at 10.15am.

Training on Sundays will remain at Lancaster Uni until Sunday 29th September when it returns to Garstang on that date.

Garstang Swimming Club Lessons

Garstang Swimming Club have been teaching the children of Garstang to swim since the early 1980s. YMCA have now decided that we are in direct competition with their lessons so from Friday October 4th we are not allowed to teach beginners lessons. This is as well as increasing our pool hire by 3% for this year. This is putting a strain on our already stretched finances. Where this has happened in others areas, it has resulted in swimming clubs having to close due to a lack of funding. If any parents disagree with this decision then please write to Wyre Borough, YMCA, Garstang Town Council, our MP and anyone else you can think of!



UPCOMING EVENTS

MONDAY 2ND SEPTEMBER

Training returns to normal time except on Sundays

EVERY SUNDAY IN SEPTEMBER UNTIL 22ND SEPTEMBER

Training at Lancaster University Pool from 4pm-6pm

SUNDAY 29TH SEPTEMBER

Sunday training returns to Garstang

TUESDAYS AND WEDENS DAYS IN OCTOBER

Skills Development Squad sessions start at Garstang

28TH-29TH SEPTEMBER AND 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

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Skills Development Squad

Exciting new development starting from the beginning of October is the Skills Development Squad which we will be starting on Tuesday and Wednesday evenings. This squad will be concentrating on the Club Development awards and getting back to basics with strokes techniques, dives and turns. The swimmers in this squad will have the opportunity of 1 hour of coaching a week. Any swimmers in our lessons who can swim one length of the pool can apply to join this squad. Please speak to Sue Roome or any of the coaches if you are interested.

Forthcoming Galas

A number of emails have been circulated recently about the galas that are coming up in the Autumn:

- North Lancashire Level 2 Gala, Blackpool – 28th-29th September and 19th-20th October
- Blackpool Lights (Level 3 Gala), Blackpool 26th-27th October
- Future Open Stars (Level 2 Gala), Wigan 15-17th November

The galas selected have been chosen because they provide a good mix of opportunities for a wide number of our swimmers. It is really important to check entry (consideration) times if you are interested. Blackpool Lights Gala is a really great gala to attend for anyone new to competition. North Lancs Level 2 and Blackpool Lights closing dates are in very early September so if you are interested make sure you check out the emails for further details ASAP and get your entries in!

Further details about December galas will be circulated by email nearer the time but include the Annual Club Gala and a long course competition (competing in a 50m Olympic sized pool) so watch this space!

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