

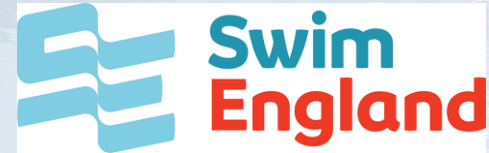
DIVE IN



February 2020 ~ 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 February 6-7pm – Breaststroke
Friday 14th February 6-7pm – Front Crawl
Friday 21st February 6-7pm – Backstroke
Friday 28th February 6-7pm - Butterfly



UPCOMING EVENTS

8TH AND 9TH FEBRUARY

Final weekend of Lancashire County Championships, Manchester Aquatics Centre

8TH FEBRUARY 2020 @ 8AM, FLEETWOOD POOL

Completion of the Preliminary Competitive Start Award (Diving Badge)

29TH FEBRUARY 2020 @ 4PM, SALT AYRE, LANCASTER

First Micro League Gala of the season

Completion of the Preliminary Competitive Start Award (Diving Badge)

This session is on Saturday 8th February from 8-9am at the Fleetwood pool. It will cost £5 for each swimmer which includes the badge and certificate. Swimmers need to be booked onto this session and have also attended sufficient sessions on Saturdays at 9am for the coach to be satisfied that they are ready to shallow end dive.

Changes to Training Times

There will be no swimming training at Garstang on Saturday 8th Feb at 9am, but the 8am session will be on as usual.

Sunday 16th February training will finish at 6.30pm. The A squad will swim from 5-6.30pm. All the remaining squads will swim at their usual time.

There will be no land training on Saturday 22nd February. Swimming will be as usual 8-10am.

First Micro League Gala of the Season

Saturday 29th February at Salt Ayre, Lancaster at 4pm. The swimmers selected for the team have been notified by email.

CHAIR
Sandra McKean

SECRETARY
Sue Roome

TREASURER
Annie Collinson

HEAD COACH
Sue Booth

TEAM MANAGER
Julie Barber

WELFARE OFFICER
Gaynor and Anna

chair@garstangasc.org.uk

sec@garstangasc.org.uk

treasurer@garstangasc.org.uk

headcoach@garstangasc.org.uk

teammanager@garstangasc.org.uk

anna.welfare@garstang.org and
gaynor.welfare@garstang.org

Easy fund raising web site

Please persuade family and friends to buy online through the Easy Fund Raising website. It is a great way of raising funds for Garstang Swimming Club. There is a step by step guide on our web site.

Chocolate Tasting evening

Following on from our well attended presentation evening in January we are arranging a Chocolate Tasting evening for families and friends. This will be on Saturday 7th March from 7-9.30pm at Scorton village hall. There will be soft drinks, tea and coffee on sale, along with a raffle and chocolate quiz. This should be an informative evening about chocolate and we shall be able to taste various samples which will be also available to buy.

Monthly training fees increase

Unfortunately we have to increase the monthly training fees from March 1st. YMCA have steadily increased our hourly rate by 5% for the past few years which we have absorbed with fund raising during the year. The monthly training fees haven't increase for about 8 years. Please change your standing orders accordingly. A+ squad- £39, A squad- £34, B squad- £34, C squad- £30, D squad- £28 and Skills Development- £24

Annual Presentation Evening

A great night was had by all at the annual presentation evening held at Wyrebank. This was a great opportunity to celebrate the achievements of all our swimmers and have fun! Here's to another year of success!



Lancashire County Championships

Six of our swimmers put in brilliant performances at the first two weekends of the Lancashire County Championships, held at Manchester Aquatics Centre. The first weekend of the competition saw both **Eloise Barber** and **Erin McNeil** competing in 200m backstroke and 200m breaststroke and **Tamara Crosbie** competing in 100m butterfly. All three girls achieved top twenty finishes and personal best times. The second weekend saw **Eloise** competing again, this time in 200m Individual Medley and 100m breaststroke; **Erin** competing again in 50m backstroke, 100m freestyle and 100m breaststroke; **Jessica Critchley** competing in 50m butterfly; **Charlotte Wilson** competing in 100m freestyle; and **Penny Diggins** competing in 100m breaststroke. Again impressive swims were delivered by all along with some great PBs, including a brilliant swim by **Eloise** in 200m Individual Medley where she knocked 2.3 seconds off her previous best time.

All nine of our County Swimmers will be competing in the final weekend of competition on 8th and 9th February. Good luck to **Natalie Charlesworth, Jessica Critchley, Lucas Brown, Erin McNeil, Eloise Barber, Penny Diggins, Charlotte Wilson, Tamara Crosbie** and **Issac Barber**.

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