

DIVE IN



December 2021 ~ Welcome to the Garstang Gators Swimming Club newsletter. If there's something you'd like to see included, please contact editor@garstangasc.org.uk

North Lancs No Frills Gala

Congratulations to the 17 Garstang swimmers who competed in the North Lancs No Frills Gala on 3rd October in Blackpool. Not only was this a great gala for our swimmers who had never competed in a competition before, it was also a great chance for our seasoned competitors to see what impact lockdown restrictions had had on previous personal best times. Our swimmers performed brilliantly and I think it's fair to say that many were pleasantly surprised with their performances! Many managed to maintain or in some cases better their PBs.

No medals were awarded at this No Frills Gala but if they had been our younger swimmers in particular would have come home with quite a haul! Congratulations to Aaron Nolte, Isaac Barber, Luke Johnston, Gabriel Barnett, Thomas Pinder, Eloise Barber, Charlotte Wilson, Julia Jeziorek, Beth Slater, Sophie Pinder, Isabel Critchley, Catherine McGonnall, Abby Johnston, Natalie Charlesworth, Tamara Crosbie, Erin McNeil and Harriet Mackenzie who all did themselves proud!

Blackpool Lights Gala

Blackpool Lights Gala was held on the weekend of 20th & 21st November and saw 14 of our swimmers competing: Aaron Nolte, Isabel Critchley, Charlotte Wilson, Thomas Pinder, Gabriel Barnett, Catherine McGonnall, Isaac Barber, Eloise Barber, Abby Johnston, Jessica Critchley, Luke Johnston, Erin McNeil, Harriet Mackenzie and Amelia Jordan. All swimmers performed brilliantly and between them achieved an astonishing 32 personal best times! Five of our swimmers also won medals and speeding tickets.

Well done to Aaron Nolte who won a gold medal in 100 IM, 200 IM, 100m breaststroke and 200m freestyle and also won a speeding ticket in 200m breaststroke. Well done to Eloise Barber who swam an exceptional 200m breaststroke race, knocking off a whopping 8



UPCOMING EVENTS

22ND/23RD, 29TH/30TH JANUARY &
5TH/6TH FEBRUARY

Lancashire County Championships
at Liverpool Aquatics Centre

16TH JANUARY

Sub League Gala

12TH MARCH

Sub League Gala

18TH JUNE

Sub League Gala

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

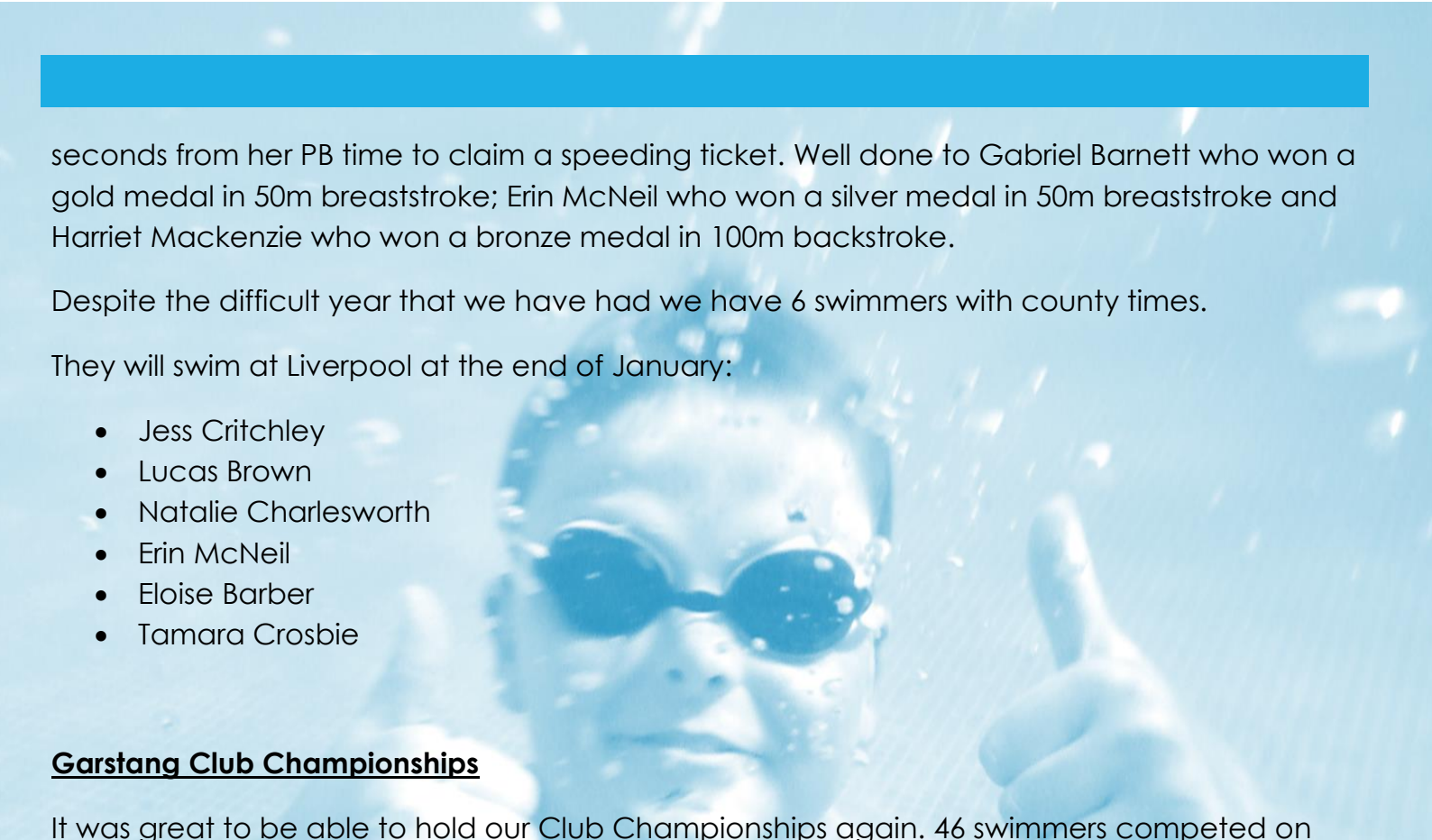
[sec@
garstangasc.org.uk](mailto:sec@garstangasc.org.uk)

[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)

[anna.welfare@
garstang.org](mailto:anna.welfare@garstang.org) and
[gaynor.welfare@
garstang.org](mailto:gaynor.welfare@garstang.org)



seconds from her PB time to claim a speeding ticket. Well done to Gabriel Barnett who won a gold medal in 50m breaststroke; Erin McNeil who won a silver medal in 50m breaststroke and Harriet Mackenzie who won a bronze medal in 100m backstroke.

Despite the difficult year that we have had we have 6 swimmers with county times.

They will swim at Liverpool at the end of January:

- Jess Critchley
- Lucas Brown
- Natalie Charlesworth
- Erin McNeil
- Eloise Barber
- Tamara Crosbie

Garstang Club Championships

It was great to be able to hold our Club Championships again. 46 swimmers competed on 14th November, with most coming away with at least one medal in the 6 different events. The 100m freestyle race was won by Erin McNeil and Lucas Brown. The Girls 100m Individual Medley winners for each age group were: Julia Jeziorek, Harriet Mackenzie, Abby Johnston, Tamara Crosbie and Eloise Barber. The Boys 100m Individual Medley winners for each age group were: Tobias Hill, Aaron Nolte, Isaac Barber, Oliver Carr, Nathan Williams and Isaac Hill. Trophies for these events and for the best combined strokes for each age group will be awarded at the Presentation Evening to be held in the New Year (date TBC). Thanks to all the parents and older swimmers who volunteered their time on the day to timekeep, judge, award medals and marshal the swimmers – we couldn't do it without you!

Majorca Swim Camp

Over October half term, 5 of our swimmers were lucky enough to attend a Swim Camp in Majorca organised by Blackpool Aquatics Swimming Club. The weather in Majorca was much better than it was at home! The five girls: Catherine McGonnall, Charlotte Wilson, Tamara Crosbie, Eloise Barber and Erin McNeil all trained hard, often putting in 2 x 2 hour training sessions in the pool and 2 x 1 hour land training sessions each day. All the girls thoroughly enjoyed the experience and made lots of new friends as well as training hard. Tamara was part of the overall winning team and Eloise was awarded Runner Up in the much coveted Best Camp Swimmer. Well done girls! Huge thanks to the Whittle family who organise this annual event and kindly invite Garstang swimmers to attend alongside their own swimmers.

Starts and Turns clinic

We are starting a new session for Starts and Turns on Saturday 4th December from 8.30-9.30am at the Garstang pool. Places are limited and need to be booked as we only have 2

lanes. Names to me please. Swimmers need to have previously passed their Prelim Competitive Start award. This session is for those swimmers will be held on the 3 Saturdays in December before Christmas (4th, 11th and 18th) and 4 Saturdays in January (8th, 15th, 22nd and 29th). From Saturday 5th February it will be open for booking all those swimmers who haven't achieved their Prelim Competitive Start award. This will continue for February and March.

Tuesday evening diving sessions

The Swimmers who have been attending since October 12th for the diving sessions will have their last session on Tuesday 14th December. If they need more time to practice their techniques then they can book onto Saturdays 8.30-9.30am starting on February 5th.

Friday 10th December

No swimming training at the 3-1-5 pool, Lancaster as the 3-1-5 pool staff are having their Christmas party.

Garstang Swimming Club- Xmas holidays

Last session before Christmas is on Sunday 19th December at the 3-1-5 pool, Lancaster. Swimming training returns on Thursday 6th January 2022.

The coaches at Garstang Swimming Club would like to wish all swimmers and their families a very happy Christmas and all the best for 2022.

Garstang Swimming Club- Annual Subscriptions

All swimmers become Swim England members when they join GASC and they need to pay the annual subscription of £40 to continue this membership. This amount is due from January 1st each year. Please pay into Garstang

Swimming Club bank account (01-03-33 28706986 Nat West).

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