

DIVE IN



Back to School 2023

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

Club Shop Opens 30th August till 10th September.

The Club Shop will open again on Wednesday 30th August and stay open till 10th September.

This will be the last guaranteed opening for Christmas deliveries.

With galas, micro leagues and sub leagues coming up over the next few months and into next year if you don't have a black costume or a club costume we would ask you get one

Any questions please ask Terence at the pool or email him terence.logan@me.com

CLICK HERE to get to club store



Useful Information

YMCA Garstang Swimming Centre
Oak Road
Garstang
PR3 1HT
Tel: 01995 604340

3-1-5 Health Club
Mannin Way
Lancaster
LA1 3PE
Tel: 01524 237315

[Microleague Website](#)
[Sub League Website](#)

Chair	Sandra McKean
Secretary	Sue Roome
Treasurer	
Harrison Price-Booth	
Head Coach	Ian McKean
Team Mgr.	Julie Barber
Welfare	Anna Beesley Terence Logan

North Lancs Level 3 Gala Update

In July 6 of our swimmers attended the North Lancs level 3 open gala. It was the first time for three of our swimmers at an open gala and they all swam exceedingly well.

Naomi Jones, 9 yrs, swam like a rocket on her 50m backstroke. **Scarlett Loeber** impressed both parents and coaches as she swam her breaststroke, backstroke and freestyle in both 50m and 100m with 6 pbs. **George Kenyon** won a bronze medal in his 200m backstroke and achieved 4 pbs including 100m freestyle, 100m IM and 50m freestyle. **Esme Atherton Gallagher** also achieved a personal best on her 50 freestyle. **Isaac Barber** swam 50m backstroke, 50m and 100m breaststroke achieving 3 pb's.

Alec Birchall was the star of the gala for Gators, winning 6 gold medals and a silver with 6 pbs.

Congratulations to all the swimmers, a big well done!

Training Sessions from 8th September

Garstang

Tuesday	5.00 - 6.00pm	A, B, C Squads
Tuesday	6.00 - 7.00pm	Dev*
Friday	6.00 - 7.00pm	Dev*, C, D Squads
Friday	7.00 - 8.00pm	B, A Squads
Saturday	8.00 - 10.00am	A, B Squads
Saturday	10.00 - 11.00am	Starts and Turns
Saturday	11.00 - 12.00pm	All Squads

315 Lancaster

Thursday	7.00 - 9.00pm	A Squad
Thursday	7.00 - 8.00pm	C Squad
Thursday	8.00 - 9.00pm	B Squad

*Development squad can attend either Tuesday or Friday to which they are assigned and Saturday 11am sessions and Starts and Turns lesson if space available.

SPONSORED SWIM WHAT AN ACHEIVEMENT

What an achievement "Swimming the Channel" was. In one hour, to raise funds for new club equipment, our swimmers not only swam the 33km to France but also back again.

We raised £2074 which is a great achievement and Ian is busy sourcing new racing blocks to enhance our training.

Followed by the social event it was a great day and thank you for all the helpers and your support.

Special mention needs to go to our main fundraiser Henry Cogle who raised over £300 on his own.



Upcoming Events

16-17th
SEP

North Lancs Level 2

Saturday 16th September and Sunday 17th September
TBC
Blackpool Palatine Leisure Centre, 207 St. Anne's Road, Blackpool, FY4 2AP

1st
OCT

North Lancs Level 2 Part 2

Sunday 1st October
TBC
Blackpool Palatine Leisure Centre, 207 St. Anne's Road, Blackpool, FY4 2AP

8th
OCT

Dolphin Dash

Sunday 8th October
All Day
Darwen Leisure Centre, The Gran, Darwen, BB3 1PW

12th
NOV

Gators Club Championship

Sunday 12th November
12.45-2.45pm
Blackpool Palatine Leisure Centre, 207 St. Anne's Road, Blackpool, FY4 2AP



MANY THANKS TO OUR SPONSORS