



BASC Newsletter

September 2015

Swim Success

**Scottish Summer Meet, July 24th - 26th,
Royal Commonwealth Pool, Edinburgh.**

Over the summer holiday period three BASC swimmers Kirstyn Calder, Jemma Brown and Michael Mooney were invited to swim for FIRST at the Scottish Summer Meet. This is a national level event run by Scottish Swimming and swimmers are selected to attend based on their long course times.

All three did extremely well with Jemma winning Gold for her 200m Fly and Bronze for 100m Fly (Girls 15 - 18), achieving PB's in both events. Kirstyn swam well in 100m Freestyle (Girls 12 - 14) qualifying for the final, while Michael came 2nd in his 50m Freestyle heat (Boys 12 - 14).

Well done to all three swimmers!

FVJL Xcite Bathgate, Sunday 23rd August

Coach Susan Grant was proud to lead the BASC swimmers at the August FVJL meet in Bathgate. A lot of swimmers were competing for their first time, putting in great swims and showing excellent team commitment.

There were many good swims and everyone attending should be pleased with the final 3rd place result achieved. In one race BASC had 5 points deducted for being too fast, so we just missed out on 2nd place!

Many thanks to our 2 time keepers, all marshalls, coaches and other parent support

September Diary Dates

Central Championships (Bronze/Silver/Gold Squads)

Sunday 6th September 2015 at Grangemouth Sports Complex

Timekeepers & Volunteers required to help out on the doors!!

If you can help out please contact bonessasc_secretary@outlook.com

Monday 7th September : No training - Public Holiday

Saturday 12th September : Surf Day

Email with more details to follow ...

FVJL Xcite Bathgate (Invited Swimmers only)

Sunday 13th September.

Stirling Autumn Championships (Bronze/Silver/Gold Squads)

Saturday 26th September 2015 at The Peak, Stirling Sports Village.

Timekeepers Course

Apologies to all the parent volunteers who signed up for a TimeKeepers Course after the last Parents Evening. There have been some delays in getting a new course scheduled and we are working with Scottish Swimming to get this setup as soon as possible.

More details to follow soon.

IPC Swimming World Championships

BASC swim coach Gemma Downie was a volunteer helper at the IPC World Swimming Championships in Glasgow this summer. She found the whole experience really worthwhile and wanted to share her thoughts on the event:

"From the 13th to the 19th of July this year, the International Paralympic Committee (IPC) held their swimming world championships at Tollcross International Swimming Centre, Glasgow.

Within Paralympic swimming there are 14 categories based on impairments. Swimmers with loss of muscle control to swimmers with amputations and even swimmers with a complete loss of sight took part.

I was able to volunteer as a Kit Carrier along with around twenty other young helpers. I was there for five action packed evenings and was inspired by the spirit and determination of the swimmers at the event.

I was amazed by their speed, strength and positive attitude. Those in categories S11-13, visual impairment, had to trust their coach to tap their head with a soft ball on the top of a stick at the exact time they had to tumble turn. This meant the swimmer had an immense amount of trust in his/her coach and I thought this was an extraordinary relationship.

I believe it is important to share my experience with all our young swimmers and I hope it inspires them not only to swim but to get involved with other swimming events."



Gemma Downie & Lucy Cameron with one of the Mexican news crew enjoying the event.

BASC Mini Meet - Sunday Oct 4th

The annual BASC Mini Meet is an important fundraising event for the club and is being held at the beginning of October at Grangemouth Sports Complex.

The club needs donations for the Tombola and Raffle draws!

Any donations parents of club swimmers can make will be gratefully received. Tombola donation boxes will be available on:

- Thursday evenings (18:00 - 21:00) and

- Saturday morning (06:15 - 08:45)

... training sessions at the Bo'ness Recreation Centre in the viewing gallery from Sat 5th Sept onwards.

We also need individual Race Sponsors leading up to the event.

Anyone sponsoring a race will be automatically entered into a prize draw! Sponsor sheets will be available soon to sign up.

Please give generously to help raise funds for your club!



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