



BASC Newsletter

October 2015

BASC Surf Day, Belhaven Bay Dunbar

About 35 swimmers with friends and family made the trip out to Belhaven Bay, Dunbar on Saturday 12th Sept for a surf lesson with Coast2Coast Surf School.



Despite the unpromising weather spectators stayed dry while swimmers donned wetsuits and did their best to balance on their boards through the late summer surf. Bass Rock was just visible in the distance through the spray and provided a dramatic backdrop to what was a really fun day.

Some had obviously done this before, while others spent more time in the water than on top of their boards. No matter really as everyone had a great time.



The post-session BBQ was most welcome and helped shake off any feelings of coldness.

Many thanks to everyone who helped organise, manned the BBQ and turned up to help surfers get into and out of the water!

FIRST Fundraiser - Sat 3rd Oct, The 3 Kings, Falkirk

Reminder that FIRST are holding a fund raiser Rod Stewart tribute night at the The 3 Kings. Tickets are still available by contacting Mandy Mooney. (email: bamooney57@gmail.com)

Can't make it? You can still support the event by entering the **Bucketful of Fivers** prize draw - see emails for further details or contact Mandy.

October Diary Dates

BASC Mini Meet (Improvers through to Gold squad)
Sunday 4th October 2015 at Grangemouth Sports Complex

BASC Autumn Time Trials (All squads)
Thursday 8th October, Boness Recreation Centre
Volunteers required to help out on the night!!
If you can help out please contact bonessasc_secretary@outlook.com

October School Holidays (Central)
Monday 12th through to Friday 16th October
Training schedule to be confirmed by email.

Alloa Graded Meet (Silver & Gold squads)
Sat 24th & Sun 25th October 2015 at The Peak Sports Village, Stirling.

DCA Autumn Open Meet (BASC FIRST Swimmers)
Sat 24th & Sun 25th October 2015 at Olympia Leisure Centre, Dundee.



<https://twitter.com/BonessASC>

BASC Website - <http://www.bonessasc.org/>

Email - bonessasc_communications@outlook.com



<https://www.facebook.com/teamboness>

Swim Success

Central Championships Grangemouth, Sunday 6th Sept.

BASC had a fantastic start to the competition season with 40 competitors from across Bronze, Silver and Gold squads swimming in over 41 different events.

Eight individual swimmers claimed at least 1 trophy and Sarah Coffey (Girls 10 & Under), Douglas Calder (Boys 10 & Under) and Michael Mooney (Boys 11 & 12) each won their respective age groups.



BASC medal winners scooped a total of 9 Golds, 5 Silver and 6 Bronze places between relay and individual events and at the same time broke PB times in almost every race.

Away from the headline medal winners the rest of the BASC team put in a tremendous show with many of the younger and less experienced swimmers setting new PB's. Equal congratulations need to go out to these swimmers for their superb results.



FVJL Bathgate, Sunday 14th Sept.

Another great team result with everyone putting in their very best. Three swimmers stood out for their times; Holly Willoughy in 25 front crawl, Rachel Blair in 50 back stroke and James Osborne in 50 back stroke.

Relays were all excellent but a special mention to the 9yrs boys Kyle Aitken (who stepped in on the day), Marc Thomson-Pueyo, Kinloch Law and Sam Dudchenko who were 1st then 2nd in their medley relay and FC relay respectively. Many thanks also to our volunteers, coaches and vocal support who came along on the day!

BASC Mini Meet - Sunday Oct 4th - Help!

The club is still looking for help and assistance on the day to make this event a success and fun not just the swimmers but spectators as well!

Tombola and Raffle draw prize donations!

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.

Help setting up and on the day!

The club needs help setting up the evening before the event from about 6pm as well as on the day managing the doors, selling programs, etc

If you are able to help even for a hour or so, please get in touch with our Gala Convenour directly : alan.stoddart@hotmail.co.uk