



BASC Newsletter

July 2015

Swim Success

A very busy but successful end to the swimming season with lots of PB's being set and medals collected. BASC was well represented at the following events;

- Forth Valley Junior League - Bathgate Meet : 21/06/2015
- Aquanauts Summer Graded Meet : 20/06/15
- East Lothian Swim Team (ELST) Distance Meet : 14/06/15 (FIRST)
- Cumbernauld Open Age Group and Senior Meet : 13 & 14/06/15
- Midlothian Minnows Meet : 24/05/15

BASC had medal winners at the Midlothian Minnows Meet with Fionnlagh McGuire achieving Gold for 25m Backstroke and Aiden Taylor Bronze in the 25m Breaststroke.

The medals kept coming at the Aquanauts meet with Liam Murphy managing Gold in his first competitive outing at 200m's Breaststroke. Douglas Calder also had a terrific day winning a medal in every event he competed in!



Sarah Coffey & Rahul Kishore also won 2 Silvers and a Bronze between them.



Numerous swimmers set new PB's over the run of competition meets throughout the month. Michael Mooney, Niamh Tierney, Kirstyn Calder, Dylan Christie, Rachel Christie, Max Gemmell and Murray Simpson each deserve a mention for pushing hard and setting new PB's.

Well done also to all those turning up to support the club and hopefully enjoying their swimming success!

Summer Holiday Schedule

A reminder that the BASC holiday period runs from Wednesday 24th June to Sunday 19th July. Training recommences on a reduced summer schedule on Monday 20th July:

Normal term time training starts again on Monday 17th August.

Land Training restarts the week after on Monday 24th August.

Day	Monday	Wednesday	Thursday	Saturday
Session Details	<p>Bo'ness Academy</p> <p><u>Improvers/ Bronze</u> 5:00pm – 6:30pm</p> <p><u>Silver/ Gold/ Platinum and Masters</u> 6:30pm – 8:00pm</p>	<p>Grangemouth High School</p> <p><u>Selected Silver/ Gold</u> 7:00pm – 9:00pm</p>	<p>Bo'ness Recreation Centre</p> <p><u>Developers/ Improvers</u> 6:00pm – 7:00pm</p> <p><u>Bronze</u> 6:30pm – 8:00pm</p> <p><u>Platinum and Masters</u> 7:00pm – 8:30pm</p> <p><u>Silver/ Gold</u> 7:00pm – 9:00pm</p>	<p>Bo'ness Recreation Centre</p> <p><u>Silver/ Gold/ Platinum</u> 6:15am – 7:45am</p> <p><u>Bronze</u> 6:45am – 8:15am</p> <p><u>Developers/ Improvers</u> 7:45am – 8:45am</p>

Competition Dates

Due to the summer holiday break there are no competition dates in July. The next competition dates are not until late August and early September.

Please watch out for email notification of withdrawal deadlines. Further reminders in next months newsletter.

Other News

Please note that Susan Grant has been appointed to the role of Senior Development Coach and is now the contact point for parents of swimmers in Developers and Improvers.

Diary Dates

- **BASC Mini Meet Planning Session** : Thurs 23rd July 7:00 - 8:00 pm Bo'ness Recreation Centre, GP Room
- **Fundraising Bag Packing** : Sat 8th August Sainsbury's Linlithgow
- **Rescheduled Surf Day** : Saturday 12th September



Fun Night - June 20th

Monday 20th June was the end of season fun night, and as well as the usual fun and games it was also Amy Frickleton's last session.

Amy has been active in BASC since 1990 when she joined as a swimmer. Since then she has been both coach and lifeguard.

She will be sorely missed but will remain a BASC Master Member.

Thank you Amy for all your support over the years!

