



Bo'ness Amateur Swimming Club

The Home of Competitive Swimming for Bo'ness, Linlithgow and the Surrounding Areas.

APRIL 2019



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Dear All,

It has been a busy start to the 2019 for Bo`ness ASC and as it`s been a few months since our last Newsletter, a lot has happened.

The new WhatsApp groups are working well and the changes in swimmers attending competitions is slowly bedding in..

We have also placed an order for the purchase of new backstroke flags for the Recreation Centre Pool. The faded, rather tatty existing flags will be replaced with ones more appropriate for a high achieving sports club. Sticking with the club's colours of gold, red and black, the following design will soon be seen:



With the new backstroke starting block and flags, all swimmers should be achieving huge backstroke PB`s from now on!



Competitions



After the busy start to the year, the competition calendar finally eased off to allow the Scottish National Age Group Championship 2019 (SNAGS) to take place at

the Tollcross International Swimming Centre on the 27th – 31st of March. We had the fantastic achievement of two of our Gold Squad swimmers, Gregor Skinner and Samuel Beetham, being selected to join the F.I.R.S.T Squad to take part in some of the SNAGS relays.

Bo`ness ASC was also well represented in the F.I.R.S.T squad with some amazing swims again...

Here are a few of our swimmer's poolside before the races began.

Back row - Douglas Calder

Front row – Samuel Beetham & Ellie Hamilton



Future Events, Meets and Diary dates

Upcoming swimming events

Competitions

- Swim West Lothian 2019 IM TOUGH MEET
Fri, 17 May - Sun, 19 May, Xcite, Bathgate
- Alloa ASC, Junior Development Meet
Sun, 19 May - Sun, 19 May, Grangemouth Sports Centre

Open water events

we encourage our swimmers to take part in Open Water Swimming events

- 3/6 - Island to island: Murray Kilgour and Michael Mooney
- 9/6 - Windermere, lake district: Jonathan Tiran, Iona Hamilton, Niamh Glen and Aoife Glen.

Fundraising Events

BBQ at Muiravonside Country Park, 23 June, 13:00

We plan to have lots of fun activities (such as pin the hair bun on the Head Coach!) whilst enjoying freshly cooked food and each other's company.

additional information and tickets will be on sale soon...

We will also be arranging a fund raising `fun`race night later in the year. Over the coming months, Shannon will be filming our swimmers taking part in races in training.

These videos will then be then `re-run` on the night. Obviously, not all races will be used, and with numerous scenarios filmed, there will be no cheating on the night!



Congratulations

Welcome new swimmers: **Matthew Dwayne** (Platinum), **Charlotte Marr** (Bronze), **Olivia Stump** (Developers), **Macy Davidson** (Developers) and **James Reap** (Developers)

Also, warm welcome to our new members transferred from Grangemouth: **Matthew Dwane** (Platinum), **Jamie Marr** (Silver) and **Charlotte Marr** (Bronze)

Well done to Hazel Glen, Kevin Cuthill, Keith Knight, Udi Tiran & Mark Beetham for completing the Safeguarding and Protecting Children workshop in February.

Well Done!



Shark diving



well done to our coach Susan Grant and her sister, Carol Thomson (Masters Squad BASC), at their shark dive at Deep Sea World, South Queensferry.

"This is something that's been on our bucket list for a while so decided to take the plunge for our special birthday this year. We were in the water for around 25 minutes with 7 sand tiger sharks and other fish, including sting rays and smaller sharks. Was a bit scary, in particular getting used to the breathing gear and weights to keep us at the bottom of the tank, but had a wonderful time once we were in the big tank."



Special Thanks