



# BASC Newsletter

## April 2018

The Home of Competitive Swimming for Bo'ness, Linlithgow & Surrounding Areas

### Welcome to the April Newsletter...

Another exciting month for the club and for swimming in general. March kicked off with the Ren 96 meet in Linwood and the club hosting the Forth Valley Junior League (FVJL). This was followed by the Falkirk Otters meet, and then the Scottish National Age Group Championships (SNAGs) at Tollcross in Glasgow.

### Bo'ness ASC AGM Thursday 26th April

The Club's Annual General Meeting will be held on Thursday 26th April at 6.15pm in the GP Room at Bo'ness Recreation Centre. This is the room that is just off the café.

Everyone is welcome to attend and it would be great to see as many faces as possible! We do have some vacancies on the committee at the moment and try and spread the workload as we are all volunteering our time over and above our other commitments, so please consider whether you could spare some time in support of the club.

If you are interested in helping in any way please speak to or email Caroline Griffiths [clubsec@bonessasc.org](mailto:clubsec@bonessasc.org) or you can put your name on the list on the notice board at the Recreation Centre. Thank you in advance for your support.

### SNAGS

Congratulations to **Joy Drummond, Alicia Evans, Ellie Hamilton** and **Carys Stirling** from our Gold squad who competed at SNAGs over the holidays. Joy swam the 50, 100 and 200 Breast events achieving PBs in the 50 and 100. Alicia competed in the 100 Breast with a strong swim, and Carys and Ellie swam as part of the FIRST relay teams in the 4 x 100IM and 4 x 100 Free. For those new to the BASC, SNAGs is an event where 1000 swimmers from 90 clubs from across the UK come together to compete at a national level.



Congratulations also to **Sarah Coffey, Douglas Calder, Kirstyn Calder, Dylan Christie, Keir Edgar, Alice Knight, Liam Murphy** and **Niamh Tierney** our FIRST swimmers who all competed at SNAGs. There were some fabulous swims and PBs. **Douglas Calder** took the bronze medals in both the 200 Breast and 50 Breast for 11-13 Boys with new PBs. **Alice Knight** took 6.00 seconds off her 400IM. **Liam Murphy** took a staggering 13.85 seconds off his 400IM, 10.49 off his 400 Free and 7.95 off his 200 Breast. **Keir Edgar** took the silver medal in the 200 Back for 17-18 boys and bronze in the 100 Back.—Fantastic results!

### February & March Improvers Swimmers of the Months

FEBRUARY



MARCH



Congratulations to Robbie Hamilton Improvers Swimmer of the Month for February and to Adam Gallagher Improvers Swimmer of the Month for March. Well done!

[www.bonessasc.org](http://www.bonessasc.org)

This Month:

BASC AGM

SNAGS

February Improvers Swimmer of Month

March Improvers Swimmer of Month

Ren 96 Meet

Falkirk Otters Meet

Glasgow University Project

BASC Hosts the FVJL

New Members

April Diary Dates

#### Committee Contacts:

**President, Myles Gorton (interim)**  
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### Falkirk Otters Meet

Swimmers from our improvers, Bronze, Silver and Gold squads competed at the Falkirk Otters meet. There were some fantastic swims and PBs, some of the highlights are below:

**Max Cartwright** took a staggering 14.21 seconds off his 50 back.

**James Knight** steamed the 100 Breast and took 13.92 seconds off his seeded time to take 4th place in the 11 year old category. He also took 3.18 seconds off his 100 Back to take the bronze medal. He also took 7.53 seconds off his 100 IM and 4.00 seconds off his 50 Fly.

**Ellie Stirling** took 10.30 seconds off her 100IM.

**Daniel Lawless** took 7.94 seconds off his 100 IM.

**Samuel Beetham** took 8.30 seconds off his 100IM. He also took the bronze medal in the 50 Back and the silver in the 50 Breast both with new PBs.

**Robbie Hamilton** took 7.81 seconds off his 100 IM.

**Ishbel Hamilton** took the bronze medal in the girls 10 year category for the 50 Fly with a new PB.

**Matthew McMurray** took 5.36 seconds off his 50 Breast.

**Hollie Buglass** took 3.53 seconds off her 100 IM, 3.64 seconds off the 50 Breast and 7.85 seconds off her 100 Back.

**Alex Black** took 7.43 seconds off his 100 IM, 4.07 seconds off his 50 Breast and 3.49 seconds off his 50 Free.

**Adam Gallagher** took 8.43 seconds off his 50 Fly and 6.23 off the 50 Back.

**Rhea Griffiths** took 3.16 seconds off her 50 Breast.

**Grace Nicolson** took 4.13 off her 100 Fly.

**Carys Stirling** took the silver medal in the girls 12-13 category for the 100 Breast with a new PB. She also too 4.22 seconds off her 200 IM

**Holly Willoughby** took 4.02 seconds off her 100 Breast.

**Ellie Hamilton** took the silver medal in the girls 12-13 category for the 100 Free with a new PB.

**Lucy Hellen** took 6.51 seconds off her 100IM.

There were more fabulous swims and PBs from **Anna Beetham, Ishbel Nicolson, Robbie Hamilton, Kayah Smith, Emily Byrne, Adam Hughes, Gabriel Lee, Adam Scott, Beth McGrow, Niamh Glen, Douglas Arbuckle, and William Lawless.** Well done everyone.

### Welcome—New Members

The club would like to give a warm welcome to Ashley Griffiths who joins Developers and also Valentina Lawless and Lindsay McGrow who join Masters.

### Ren 96 Meet

Improvers and Bronze squads had a very successful meet with every swimmer achieving PBs, some of which were huge!

**Max Cartwright** took an incredible 22.22 seconds off his 50 Breast! **Adam Gallagher** took 6.12 seconds off his 100 Free, 4.27 seconds off the 50 Breast and 2.93 off his 50 Free. **Isabel Nicolson** took 13.25 seconds off her 100 Back and 2.62 off her 100 IM. **Kayah Smith** took 11.91 seconds off her 100 Free, 11.03 seconds off her 200 Free, 9.45 seconds of the 100 Back, 7.31 seconds off her 100 Breast and 1.71 off her 100IM!! - Congratulations!



University  
of Glasgow

One of our swimmers parents is involved in a research project for Glasgow University which focuses on the study of well-being of members of a competitive swim-

ming club. Bo'ness ASC has been invited to take part and the University are looking to recruit swimmers aged between 7 and 14 years of age. All they require is to meet with the swimmer (and parent) for just 3 times for 30-40 minutes at Bo'ness Recreation Centre.

If you would like to understand more about your nutrition in relation to your swimming and also earn yourself a £15 Amazon voucher, then please see the last page of the newsletter for more detail and who to contact.

### BASC Hosts the FVJL

Another great performance at the Forth Valley Junior League on 18th March and it was the clubs turn to host the event. There were some great swims and several newcomers to the competition who were experiencing the meet for the first time. There were lots of too fast swims which means nil points but overall we took 5th place. Well done to all who took part and thank you to our timekeepers, marshals and coaches for their support.

As one of the biggest fund raisers of the year for the club it raised a total of £304. This will be invested back into the club for the benefit of our swimmers. Thank you to all those who helped at the meet or donated raffle prizes.

### Diary Dates: April

**BASC AGM— All invited**

Thursday 26th April — 6.15pm, Bo'ness Rec.

**Livingston & District Dolphins—Bronze, Silver & Gold**

Sat 28th April — Xcite, Whitburn

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University of Glasgow | College of Medical, Veterinary & Life Sciences

### Study of Well-Being of Members of a Competitive Swimming Team

**Calling parents of and swimmers aged 7-14 years who train at least 4 times per week**

#### Why take part?

There is evidence that health and performance in sport events, including swimming, is influenced by nutrition. Thus, this study aims to assess dietary profile, use of vitamins and minerals and other supplements, body composition and of sports nutrition knowledge in young competitive swimmers. This study will allow swimmers and their parent/carers to have their nutritional status reviewed.

#### Do I have to take part?

Participation in the study is completely voluntary. If you do decide to take part, you are still free to withdraw at any time without giving a reason.

#### If you decide to take part?

If you show interest in this study, by email, you will be contacted by one of two researchers, Aoife Wynne or Laura Tallon. They are both studying for an M.Sc. in Human Nutrition at University of Glasgow.

They will meet you for 3 appointments at Bo'ness Recreation Centre. They will discuss the study and schedule the three appointments, each lasting approximately 30-40 minutes.

#### What are the possible benefits of taking part?

After study completion you will receive feedback about your wellbeing including body composition dietary intake. We will inform you whether your nutrition is adequate in comparison to sports nutrition recommendation and dietary intake recommendations to the general population. We will also discuss with your answers given to sports nutrition knowledge and vitamin, mineral and supplement intake questionnaires. A **£15 Amazon voucher** will be given – to share between parent and child, once the study is completed.

#### Will my taking part in this study be kept confidential?

Any information which collected will be kept strictly confidential.

#### Who has reviewed the study?

This has been approved by the Ethics Committee, University of Glasgow.

#### Contact for further information:

Ms Aoife Wynne [2346107W@student.gla.ac.uk](mailto:2346107W@student.gla.ac.uk)

Ms Laura Tallon [2351816T@student.gla.ac.uk](mailto:2351816T@student.gla.ac.uk)

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