



BASC Newsletter

December 2015



NSA Long Course Training

Swimmers from Silver and Gold squads held a special Long Course training session at the National Swimming Academy 50m pool in Stirling University on Sunday 22nd Nov.

The NSA pool is a superb facility and over the two hours Silver and Gold swimmers managed to squeeze in some 50 odd lengths.

Over 4 km's of swimming!

Fortunately the excellent cafe facilities were a lot closer to hand.

Well done to all who attended, and thanks to Elaine for coaching.



Scottish Swimming Youth Leaders

BASC's very own Ellen Kilgour recently took part in a Scottish Swimming Youth Leaders event weekend in Dunoon. Ellen was representing BASC amongst other youth leaders from clubs all over the West of Scotland. The emphasis of the weekend was looking at ways of encouraging young swimmers to develop within the sport and how to keep them motivated. Read all about her weekend on the BASC Facebook page or on the club website News page.



BASC Club Championships & Disco - Sat 5th Dec

The BASC Annual Club Championships are just a few days away and provide a great opportunity for everyone involved in the club to get together, celebrate another year of swimming and have some fun. Full meet details are available on the website Competitions page.

There will be a raffle on the day, so any donations towards the raffle would be very welcome. We hope to have a raffle donations box available at training sessions in the week leading up to the event.

The disco is usually great fun and the swimmers really enjoy it. This year the swimmers have chosen a "Red Carpet" theme, so feel to dress up as fancy as you like! Tickets are available from Angharad Hopwood £2.50 each, or £10 for a family ticket.

If your coming to the disco then you please put your name down for food on the yellow list on club notice board in the Recreation Centre. It's a pot luck supper, so please have a look at what others are bringing.

We are also running a race sponsorship to help raise funds for the club and covers costs for the event. £5 a race. Our club secretary, Alison Mulholland has the sponsor sheet and should be available at the next few training sessions to accept your sponsorship.

We still need volunteers to help the event run smoothly; timekeepers, raffle ticket sellers, furniture movers – if you can help please let our Gala Convenor know : alan.stoddart@hotmail.co.uk

Swim Success

West District Short Course Championships, Sat 14th & Sun 15th Nov

Six swimmers represented BASC at the West District Short Course Championships on Sat 14th and Sun 15th Nov. The Tryst Centre in Cumbernauld was the venue for this meeting of top swimmers from all over the district. BASC is the most easterly club and it's no small achievement to be selected to attend.

All the BASC swimmers put in huge efforts with each setting new PB's across a variety of strokes.

Best BASC new comer to this level of competitive swimming was Alicia Evens, who produced a great performance to achieve a 4th place finish in the 10-11yrs Girls 100m Breaststroke and set a new PB by 6.66 secs at the same time!

Kristyn Calder won Silver in the 13yrs Girls 400m Freestyle and took three Bronze medals in her age category for 100m, 200m & 800m Freestyle. Douglas Calder beat his previous 10-11yrs Boys 200m Breaststroke by 11.51 secs, while Niamh Tierney finished the 12 years old Girls 400m Freestyle 9.39 secs quicker.

Fauldhouse Penguins Gala, Sun 8th Nov

The Fauldhouse Penguins Eian Prentice Memorial Gala was held at Deans Community High School on Sun 8th Nov. About 25 BASC swimmers attended from across Improvers and Bronze squads at what was a very competitive meet, with several other clubs also in attendance.

Several swimmers set new PB's with the biggest improvement achieved by Holly Willoughby beating her 50m Freestyle time by 5.94 secs in the 9yrs Girls category. Ewan Blair also did well to improve on his 50m Freestyle time in the 9yrs Boys age group by 2.07 secs.

Marc Thompson-Pueyo consistently set new PB's across his events and achieved a Bronze in the 8yrs Boys 25m Backstroke. Well done all!

Club website - <http://bonessasc.org>

The club website has been rehomed and revamped after suffering spam attacks earlier in the year. If you haven't already seen the club website, please check it out at the address above. There is a dedicated Swim Shop page through which you can place orders as well as the Competition and Training reference sections. Please feel free to use the contact forms to submit suggestions, questions and get in touch with us.

December Diary Dates

BASC Club Championships & Disco (All Squads)

Sat 5th Dec - Bo'ness Recreation Centre

Forth Valley Junior League (Selected swimmers only)

Sun 20th Dec - Xcite, Bathgate

Winter Holidays

Tues 22nd Dec - Mon 4th Jan

Training times to be confirmed over this period. Email updates to follow.

