



BASC Newsletter

February 2016

Bowling Evening - Sat 12th March

BASC Scottish Swimming Youth Leader Ellen Kilgour is organising a 10-pin Bowling evening for swimmers and coaches on Sat 12th March at Deer Park, Livingston. Space is limited so this first session is intended for swimmers & coaches from Bronze, Silver, Gold & Platinum squads. Ticket prices will be £12.50 per child and £15.00 per adult, and includes two games and a main meal. Further details to follow by email on when and where to get tickets.

BASC Internal Time Trial - Thurs 11th Feb

The club is holding its first internal time trial of 2016, and as usual we need volunteers to help out and help ensure the event runs smoothly. Anyone willing to help time keeping, marshalling or setting up please contact Ross Stephen the Head Coach on headcoach@bonessasc.org

Swim Nutrition Session - Sat 6th February

The club will be hosting a Swim Nutrition session on Sat 6th Feb for swimmers in Bronze, Silver and Gold squads. This will take place in the Bo'ness Recreation Centre Cafe, between 07:45 and 09:00 and is being run instead of Land Training on that morning. Please encourage the swimmer in your life to come along. Parents are welcome too!

BASC Trial Evening - Thurs 4th Feb

The first BASC Trial evening of 2016 will be held on Thurs 4th Feb - so if you know of anyone looking for a club, or maybe looking to progress their swimming having just finished lessons, please feel free to pass on our details and let them know about the Trial evening. Anyone interested can get in touch by emailing the club Membership Secretary at membership@bonessasc.org

Club AGM - Wednesday 9th March

The club will hold its AGM on the above date at the Bo'ness Recreation Centre. The AGM is open to everyone involved in club; be that as a parent of a swimmer, volunteer helper, coach or committee member. The club cannot continue to function without parental support. Please consider attending if you can - free biscuits, teas and coffee!

Club website - Photographer wanted!

The club website needs some colour! Some photographs of our swimmers in action would help brighten it up and hopefully make it even more appealing to swimmers and parents. If any parent is a keen photographer and would like to help out by taking some action photographs we'd like to hear from you - get in touch on comms@bonessasc.org

February Diary Dates

Grangemouth ASC JAGS Meet (Improvers, Bronze & Silver)

Sunday 31st Jan - Grangemouth Sports Complex

BASC Internal Time Trial - Round 1 (All swimmers)

Thursday 11th Feb - Bo'ness Recreation Centre

FIRST Accredited Time Trial (Selected Swimmers)

Sunday 21st February - Grangemouth Sports Complex

Swim Success

FIRST Open Meet: Sat 9th & Sun 10th Jan - Xcite, Bathgate

The first weekend after the New Year saw 13 BASC swimmers attend a hugely enjoyable, friendly and successful two day meet; 4 of whom swam for FIRST, and a further 9 having been invited from BASC Gold and Silver squads.

All BASC swimmers set new PB's with the biggest PB improvements set by **Alicia Evans** (15sec) and **Dylan Christie** (14sec) for their respective 200m Breaststroke swims.

Keir Edgar had an outstanding meet, achieving new PB's and first places for all 4 events he competed in. He also set a new West District age group record for his 100m Backstroke swim, finishing in under a minute with a time of 00:59.90. A fantastic result.

Overall BASC swimmers won a clutch of medals across a variety of events;

Douglas Calder - Bronze (100 Breaststroke)

Kirstyn Calder - Gold (100 Freestyle, 200 Freestyle & 400 Freestyle);
Silver (200 Backstroke); Bronze (50 Freestyle)

Keir Edgar - Gold (200 Freestyle, 400 Freestyle, 100 Backstroke, 200 IM)

Alicia Evans - Silver (200 Breaststroke)

Liam Murphy - Gold (50 Breaststroke, 100 Breaststroke);
Bronze (200 Breaststroke, 50 Butterfly)

Niamh Tierney - Gold (200 Backstroke)

Many thanks to coaches & the many parents who helped out over the two days.

LDD Development Meet: Sun 17th Jan - Xcite Centre, Whitburn

A total of 24 swimmers from across Developers, Improvers and Bronze squads attended a successful meet, with a total of four medals for BASC; three individual and one for the mixed relay team.

Thomas Osborne claimed two silvers for his 11yrs Boys 50m Backstroke and 50m Freestyle. **Kyle Aitken** won a bronze in the 10yrs Boys for his 25m Butterfly time of 21.89 secs and **James Knight** did very well in the 8yrs & under Boys for his 25m Backstroke time of 27.25 secs.

The mixed 9 & under relay team won a bronze, narrowly missing 2nd place; finishing just under a sec behind Inverkeithing. Well done to **James Knight, Marc Thompson-Pueyo, Isabel Nicolson and Holly Buglass** for such a great team effort.



Lots of BASC PB's set at the event, too many to list individually, but some noteworthy times include;

Isabel Nicolson improving by 11.27 secs in the 8yrs & under Girls 25m Breaststroke; **Robin Campbell** beat his previous time by 10.03 secs in the 10yrs Boys 50m Breaststroke; **Kyle Aitken** swam 6.95 secs faster in the 10yrs Boys 25m Butterfly, while **Beth McGrow** and **Ruari Burnett** both set new PB's over 5 secs faster for 50m Freestyle swims.

Well done to everyone who attended!

