

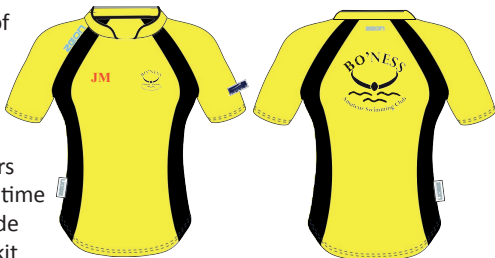


BASC Newsletter

April 2016

SwimShop Update - New Kit

We have a new supplier of BASC T-Shirts and shorts, and our SwimShop is taking orders for the new kit. We're waiting for the first batch of orders to arrive, but in the meantime these diagrams will provide an idea of what the new kit



will look like. Prices are as follows:



T-shirts : Junior £23.00 Adult £27.00
Shorts : Junior £20.00 Adult £23.00

Order through the club website:
<http://bonessasc.org/swim-shop/>

... or with Jackie directly on Thursday evening

training sessions (6:00 - 7:15pm). We also plan to run a SwimShop table selling club merchandise on Thursdays, so watch out for that.

BASC AGM News

The club AGM was held on Wednesday 9th March and amongst the annual review of the clubs activities the main theme that came through was how successful the year has been for the swimmers. Many swimmers have won multiple medals across a variety of different events, but beyond that BASC swimmers consistently set new PB's whilst competing. Head coach Ross Stephen, who confirmed that he wants to stay on in his current role, was keen to praise the efforts being made by swimmers across all of the squads, not just at the top level.

The AGM also saw Elspeth Brown stepping down after 3 very successful years as club vice-president. Elspeth has made a huge contribution to the club over the last few years, helping the club achieve SwiMark accreditation through improvements in club governance.

Elspeth will be sorely missed but is being ably succeeded by Myles Gorton who has agreed to take on the Vice-President role whilst also acting as the Gala Convener.



Alison Mullholland has also stepped down this year as Club Secretary. Alison very capably managed the club secretarial duties over the last year.

Coaching and Committee members alike would like to thank both Alison and Elspeth for all their hard work and effort they have put into the club making it such a great environment for our swimmers.

The club relies on parental help to function and is always open to offers of assistance from parents who can help in whatever way they can. If you are able to get involved please get in touch : email president@bonessasc.org

April Diary Dates

Scottish National Age Group Swimming Championships
(Selected swimmers only)
Wednesday 30th March - Sunday 3rd April
Tollcross International Swimming Centre, Glasgow

Swim Success

Ren '96 Graded Meet : Sat 19th / Sun 20th March - Linwood Sports Hub
Twelve BASC swimmers from across Bronze, Silver and Gold squads swam at the Ren96 meet at the Linwood Community Sports Hub. It was a very successful meet for BASC with a total of 18 medal places, although some fell foul of "Too Fast" penalties ...



Despite the penalties some very impressive PB's were set by all swimmers who attended. A fuller write up is available on the website and the BASC Facebook page.

Falkirk Otters 42nd Age Group Meet : Sat 26th / Sun 27th March
Grangemouth Sports Complex

Another multi-squad turn out at this event with 20 swimmers competing from Developer to Gold squads, cheering their teammates on to win a clutch of medals and set new PB's. BASC swimmers won a total of 23 medals; with 5 Golds, 11 Silver and 7 Bronze medals.

Sarah Coffee and **Alice Knight** had a terrific weekend, winning joint Best Girl in their age category. Sarah won 3 Golds while Alice won 3 Silver & 1 Bronze. **Abby Keeble** also did very well in her age group winning 3 Silver & 1 Bronze. Abby also achieved best BASC PB of the day improving her 400m Freestyle time by an impressive 26.77 secs.

Liam Murphy won 2nd place Best Boy in his age group, taking home 2 Golds, 3 Silver & 1 Bronze medal with a 11.63 sec improvement on his 400m Freestyle time.

Also in the medals were **Joy Drummond** with 1 Bronze and **Max Gemmel** with 2 Silver & 1 Bronze (400m Freestyle). Away from the medals almost all BASC swimmers set new PB's. In the younger age group **Holly Holmes** improved her 7-8yrs 100m IM time by 9.97 secs, and achieved 5th place for her 50m Breast setting a new PB by 8.04 secs.

FVJL : Sun 6th March - Xcite, Bathgate

Quick note to thank all parent helpers, timekeepers and coaches who attended the BASC hosted FVJL meet in March. Thanks to you the event ran smoothly and made over £400 for club funds!

BASC Club Handbook

A quick plug for the newly updated BASC Handbook, available to download from the clubs website: <http://bonessasc.org/policies/>
The handbook contains a wealth of information and answers many of the questions parents and swimmers have when they first start swimming with the club.

New Swimmers ...

Molly Arbuckle, Samuel Beetham, Max Cartwright and **Gregor Skinner** are all starting in Developers this month after a successful trial period. Welcome to BASC!

BASC Trial Evening - Thurs 7th April

The next BASC Trial evening will be on Thursday 7th April. If you know of anyone who might be interested in swimming with the club, please feel free to pass on our details and let them know about the trial sessions. Free 4 week, no obligation trial. Session starts at 6pm at the Bo'ness Recreation Centre. Email membership@bonessasc.org to register interest, or simply turn up.



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