



BASC Newsletter

May 2016

The Home of Competitive Swimming for Bo'ness, Linlithgow and Surrounding Area

BASC Club Promotion & Falkirk Community Trust Active Schools Initiative

The club is always on the look out for new swimming talent and is keen to encourage local swimmers who are looking to improve and develop their swimming in a friendly and supportive environment. To this end the club recently ran an advert in the local press inviting potential swimmers along to one of our free trial evenings.

We are also arranging a leaflet drop to local primary schools in the area through Falkirk Community Trust. They are keen to work with us through their Active Schools Initiative, helping to promote healthy lifestyles and positive outcomes for young people in the local area.

We hope that by doing this we can continue to attract motivated young swimmers into the club and encourage new talent to develop. If you have any ideas in this area and would like to get involved please feel free to get in touch - comms@bonessasc.org

Parents Evening - Thurs 2nd June

BASC will be holding a Parents Evening on Thursday 2nd June. Please come along and hear about the latest developments regarding Club Kit & Swim Shop, Competitions, FVJL & Timekeeping.

There will be two sessions, both of which will be held in the GP Room at the Bo'ness Recreation Centre:

- 6pm - 7pm for Developers & Improvers Squads
- 7pm - 8pm for Bronze, Silver & Gold Squads

This is also a great opportunity to raise any questions or issues you may have. If you're thinking it, someone else will be as well, so let us know.

Timekeepers & Judges

Another Timekeepers course will be run soon (dates to be confirmed), with a further session to follow, hopefully within a month or so. We really need parents to come forward and volunteer to be timekeepers as the club is required to provide timekeepers at swim meets. Anyone interested should email our Technical Officer directly at sto@bonessasc.org

We also have another two volunteers going forward for their Judges 1 Course. A big thank you to **Jennifer Holmes & Hazel Glen** for taking this on. Again this helps the club hugely at meets as we're able to provide the required officials and avoid financial penalties.

May Diary Dates

FIRST & Dumfries Spring Graded Meet

(Selected Bronze, Silver, Gold & FIRST AGPS Squads)
Sat 30th April & Sun 1st May; Sir Matt Busby Sports Complex, Bellshill

Best in the West Open Meet (FIRST AGPS & FIRST Youth Squads)
Fri 6th - Sun 8th May; Tollcross International Swimming Centre, Glasgow

InCAS Distance Meet (Selected Silver & Gold Squads)
Sat 14th & Sun 15th May; Carnegie Leisure Centre, Dunfermline

Swim West Lothian IM Tough Meet (Selected Bronze, Silver, Gold & FIRST AGPS Squads) Fri 20th & Sun 22nd May; Xcite, Bathgate

Midlothian Minnows Meet (Improvers & Bronze Squads)
Sat 21st May; The Mercat Gait Centre, Prestonpans

Swim Success

Hannah Miley Session - Grangemouth High School, Mon 18th April
FIRST recently held a land and swim skills session with Hannah Miley at Grangemouth High School, and twenty swimmers from across BASC Bronze, Silver and Gold squads were amongst the swimmers attending.



Hannah who is arguably one of Scotland's best ever female swimmers, regularly swims and wins at national and international level and has represented both Scotland and Great Britain at European Championship and Commonwealth Games. Hannah's specialism is the Individual Medley and the session at Grangemouth was a fantastic opportunity for our young swimmers to meet and speak to someone at the highest level of their sport.

A fuller write up of the session was published in the Scotsman newspaper and is available here : <http://www.scotsman.com/sport/more-in-sport/hannah-miley-goes-extra-mile-at-grangemouth-1-4110201>

Scottish National Age Group Championships - Tollcross, Glasgow

8 Bo'ness ASC swimmers were among the 33 athletes representing FIRST at the Scottish National Age Group Championships (SNAGs) at Glasgow's Tollcross International Swimming Centre, held over 5 days from Wed 30th March through to Sunday 3rd April.

BASC swimmers had a fantastic event and put in some terrific performances - full write up on the club website : <https://bonessasc.org/news/>

SASA Membership

The new Scottish Amateur Swimming Association (SASA) online membership system is now up and running. Everyone should have received an email from SASA with their membership and login details, and instructions on how to access their own information on the SASA web site.

If anyone hasn't received their SASA information, please get in touch with our Membership Secretary on membership@bonessasc.org

New Swimmers ... & a new Club Secretary

Natalia Michna, Alex Black and Rory Leitch are all starting with the club this month after a successful trial period. Welcome to BASC and we hope you enjoy swimming with us!

We would also like to welcome **Caroline Griffiths** to the club committee, who has volunteered to take up the Club Secretary post. Caroline is a former competitive swimmer herself having swum for Heart of Midlothian ASC and the Edinburgh Squad... but we won't hold that against her! Welcome Caroline and thank you for volunteering to help the club!

BASC Trial Evening - Thurs 5th May

The next BASC Trial evening will be on Thursday 5th May. 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.

