



# BASC Newsletter

## June 2016

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

### BASC Judge & Timekeeping

Congratulations to our Technical Officer Sandra Knight who was recently assessed for her Judge I level grading and passed! This is a great achievement for Sandra and fantastic news for the club as BASC can now fulfill it's judging obligations at swim meets and avoid paying any penalties for failure to provide the required technical officials.

The next Timekeepers Course is being run on Saturday 11th June at the Bo'ness Recreation Centre. This course is already fully subscribed, but there will be another course soon, possibly in September. Anyone interested in finding out more about timekeeping or judging feel free to get in touch with Sandra by emailing [sto@bonessasc.org](mailto:sto@bonessasc.org)

### SwimShop Update - New Kit!



The first orders of the new Zeon BASC kit have started to arrive, and very nice they are too!

The new kit can be ordered online through the club website which also lists prices: <https://bonessasc.org/swim-shop/>

Alternatively speak to Jackie or Jennifer on Thursday evening training sessions at the SwimShop table.

### Summer Training Schedule

Just a reminder that there is no training over the Summer Closure period starting Friday 1st - Wednesday 20th July.

A reduced Summer Training Schedule then follows from Thursday 21st July through until Saturday 21st August.

Full details are available on the club website : <https://bonessasc.org/training/>

### BASC Trial Evening - Thurs 2nd June

As ever, if you know of anyone who might be interested in swimming with the club, please feel free to pass on our details - free 4 week, no obligation trial. Session starts at 6pm at the Bo'ness Recreation Centre. Email [membership@bonessasc.org](mailto:membership@bonessasc.org) to register interest, or simply turn up.

### June Diary Dates

**Royal Commonwealth Pool Training Session (Gold Squad only)**  
Saturday 4th June 17:30 - 19:30

**FIRST Inter-club Time Trial (Improvers, Bronze & Silver Squads)**  
Sunday 5th June; Grangemouth Sports Complex 16:45 - 20:00

**East Lothian Distance Meet (Gold & FIRST AGPS)**  
Saturday 11th & Sunday 12th June; Mercat Gait Centre, Prestonpans

**End of Season Internal Time Trial (All squads)**  
Thursday 16th June; Bo'ness Recreation Centre  
Developers & Improvers Session : Warmup 18:00 & Concludes 19:10  
Bronze, Silver & Gold Session: Warmup 19:15 & Concludes 21:00

**Bo'ness Fair - No training (except Gold & FAPS)**  
Thursday 23rd & Friday 24th June

### Swim Success

**InCAS Distance Meet - Carnegie Leisure Centre, Dunfermline**  
BASC had 10 swimmers attending from Silver and Gold squads over the weekend of May 14th. Each of the swimmers gave fantastic individual performances and together contributed towards a very successful meet for team BASC.

With 5 Golds, 1 Silver and 1 Bronze BASC were not short on medals, but more impressively every swimmer set new PB's in most if not all of their events. Read the full write up on the club website: <https://bonessasc.org/news/>

### Lost Property

It'll come as no surprise to learn that our swimmers occasionally leave the odd item of kit behind them in their rush to leave after training.

We will have a Lost Property box out on the last Thursday of the month, so if you think you swimmer may have inadvertently left an item behind them please feel free to ask at the SwimShop table and check in case the item was picked up and handed in.

Please encourage your swimmers to label their equipment. It makes it much easier to reunite owners with their gear if their names are on it.

### Welcome to BASC - New Starts

We have 6 new swimmers to welcome this month! **Anna and Sam Beetham, Adam Gallagher, Molly Arbuckle, Max Cartright and Gregor Skinner** all completed successful trial sessions and are starting with the club. Welcome to BASC and enjoy your swimming!

### Parents Helpers needed for Time Trials!

Without your help the club can't run enjoyable events for our swimmers. There are two evening Time Trial events coming up this month that we need parental help with;

- FIRST Inter-Club Time Trial : Sun 5th June
- End of Season Club Time Trial : Thurs 16th June

If you can help setup, manning the registration desk, timekeeping or clearing up afterwards, your help would be much appreciated. Please get in touch with Sandra Knight our Technical Officer on [sto@bonessasc.org](mailto:sto@bonessasc.org) with any offers of assistance.

### Parents Evening - Thurs 2nd June

Everyone is invited! Please feel free to come along and hear about the latest developments regarding Club Kit, SwimShop, 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 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.

### Dolphin Swimming Club - Volunteer Request

The Grangemouth based Dolphin Swimming Club provides support for swimmers with disabilities. They have approached BASC to ask if any of our older swimmers (Platinum & Gold) might be interested in helping out at their swim sessions. They meet every 2nd Saturday between 17:00 - 18:00 at Grangemouth Swimming Pool. Anyone interested can find out more about the club at their website: <http://www.thedolphinclub.co.uk>, or get in touch with Caroline our club secretary on [clubsec@bonessasc.org](mailto:clubsec@bonessasc.org)

