



BASC Newsletter

September 2016

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

Welcome Back!

Hope everyone had a great summer holiday! Now that the schools are back the BASC training schedule is also back to the usual schedule. Full details available on the website <https://bonessasc.org/training/>

BASC Mini Meet - Sunday 2nd October

It's nearly time for the annual BASC Mini Meet, and as ever the club needs parent helpers to ensure the day runs as smoothly as possible. There are a variety of roles that we need assistance with so whatever or wherever you can make a contribution it would be most welcome.

We need help setting up the evening before the event (shouldn't be more than an hour or so) as well as on the day; managing the tickets, selling programmes or giving out medals. We also need assistance poolside, so if you fancy being closer to the action please get in touch. Please email our Gala Convenor Myles Gorton with any offers of help: galas@bonessasc.org

We also need **Tombola** and **Raffle** donations! There will be a collection box for any donations available on Monday, Thursday & Saturday training sessions. Please give generously to help support the club!

Coaches Leaving

As the new academic year starts a few of our coaches are leaving us to take up college & university places.

The club would like to thank **Gemma Downie**, **James Stephen** and **Catriona Brown** for all the support and hard work they have put in to the club. Each of them have been very popular with the swimmers and other coaches alike and their dedication and commitment to the club will be sorely missed.

We wish each of them well in their studies and hope to see them back whenever they can make it!

Your club needs you!



As swimmers move through the club squad structure and as others leave, there are always new opportunities for parents to help support their swimmers and get the most out of their club.

Poolside Assistants : with some of our coaches leaving for college & university we need poolside assistants to help during training sessions.

No previous swimming experience required and whatever time you can manage, even just once a week - would be greatly appreciated.

There are also a variety of non-poolside posts that need parental support. The club is looking for and will soon need a new **SwimShop Representative**; a new **Forth Valley Convener** and a new **Communications Officer**.

If you would like to know more about any of these roles please get in touch. Each of the roles above are flexible enough to fit in with whatever time you are able to give.

Contact Ross Stephen our head coach in the first instance if you would like to hear more about any of these: headcoach@bonessasc.org

Welcome to BASC - New Starts

Four new starts this month. Welcome **Essien Thomson** & **Amy MacLeod** to the Developers squad and **Iona Hamilton** to Improvers. **Douglas Birse** is also starting with us this month in the Masters squad. Welcome all and enjoy your swimming!

Lost Property

Due to popular demand the Lost Property box will be making a weekly appearance on Thursday evening training sessions alongside the SwimShop table. If your swimmer forgot that bit of kit (again), please ask for a rumage in the Lost Property box!

Also note that we have a label machine available to help with labelling those items harder to write on. Again it should be available at the SwimShop table on Thursday evenings.

BASC Trial Evening - Thurs 1st September

BASC Trial sessions are back to their regular slot of first Thursday of the month. If you know of anyone who might be interested in swimming with the club, feel free to pass the date along and invite them for a session!

SwimShop ProSwimwear Reminder

A quick reminder about the ProSwimwear link on the BASC SwimShop web page. If you are buying new swim kit, using the ProSwimwear link on the SwimShop page means the club gets a commission on whatever you purchase! It doesn't cost you any extra, but does help raise some money for the club.



September Diary Dates

Central Swimming Championships (Bronze, Silver, Gold & FIRST)
Sunday 4th September; Grangemouth Sports Complex.

Stirling Autumn Meet (Silver & Gold)
Sunday 18th September; The Peak, Stirling Sports Village.

Help required: we need Timekeepers & volunteers to help out on the doors at this event. Please let Jane Murphy our Competition Secretary know if you can help out : competitions@bonessasc.org

BASC Mini Meet (All Squads)
Sunday 2nd October, Grangemouth Sports Complex

Other Diary Dates...

BASC Internal Club Championships; Saturday 3rd December
BASC Awards Evening; Saturday 10th December

In the past the Internal Club Championships have been held in early December with an evening disco held on the same day. This year we thought we'd split the two events, making a shorter day at the swim championships.

The Internal Club Championships will be held on Saturday 3rd December, with an Awards Evening held the following weekend on Saturday 10th December at the Linlithgow Bowling Club.

December is a busy time of year for all, so just wanted to give you lots of advance notice!



<https://twitter.com/BonessASC>

BASC Website - <http://www.bonessasc.org/>

Email - comms@bonessasc.org



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