



BASC Newsletter October 2016

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

Timekeeping & Judges News

Congratulations to our Membership Secretary, Valerie Christie who has just passed her Judges 1 course. This means the club now has two judges which helps BASC fulfill its judging obligations at swim meets (and avoid paying penalties for not having qualified officials).

Plans are also in progress to run another Timekeepers course. Timekeeping is a great way to get close to the action poolside and avoid the remote, often stuffy and overheated viewing galleries!

Training sessions will run on a Saturday morning and anyone interested should contact our Technical Officer Sandra Knight at sto@bonessasc.org

BASC Mini Meet - Sunday 2nd October

Good luck to everyone competing in this weekend's BASC Mini Meet at Grangemouth Sports Complex! Many thanks to everyone who has volunteered to help out in whatever capacity!

Final reminders for the event:

- Sat evening helpers to setup; we have poolside access from 6:30pm.
- Sun morning helpers; please meet in the GP room at 7:45am.
- Session 1; Warm-up 08:30; Start 09:30
- Session 2; Warm-up 13:30; Start 14:30
- Timekeepers & Judges; please remember your whites!

Any last minute questions or offers of assistance, please email our Gala Convenor Myles Gorton: galas@bonessasc.org

October Diary Dates

BASC Mini Meet (All Squads)

Sunday 2nd October, Grangemouth Sports Complex

Hearts Premier Age Group Meet (Selected Silver & Gold Squads)

Sat 8th & Sun 9th October, Mercat Gait Centre, Prestonpans

Alloa Graded Meet (Bronze, Silver & Gold Squads)

Sat 22nd & Sun 23rd October, The Peak Sports Village, Stirling

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 want to give you lots of advance notice!

BASC Trial Evening - Thurs 5th October

The next trial session is on Thursday 5th October at the Recreation Centre from 6pm. If you know of anyone who might be interested in swimming with the club, feel free to pass along an invite!

Welcome to BASC - October New Starts

Quite a busy month for new members with 6 new starts joining the club. **Alexander Al-Gailani, Andrew Connor, Tana Burnett, Ellie Stirling, Fraser Willoughby** and **Niamh Bremner** are all joining the Developers Squad. We also have two new swimmers to welcome to the Masters Squad; **Caroline Griffiths** and **Laura Arbuckle**. Welcome everyone!

Swim Success

District Regional Programme : Sunday 25th September, Cumbernauld
The DRP is a 3-day programme run by Scottish Swimming over a few months for selected swimmers who have achieved particular times in their swim events. BASC swimmers **Douglas Calder, Sarah Coffee, Niamh Tierney** and **Rachel Christie** were invited along together with coach **Susan Grant**. Olympic swimmer Ross Murdoch was on hand to provide instructions and tuition on such topics as swimming, nutrition and land training. Never one to miss an opportunity Susan managed to capture a quick selfie with Ross!



FVJL News : Team Bo'ness came in 4th place last month, which is a step up for the FVJL swimmers and a consequence of the hard work they are putting in.

Open water swimming : BASC Master Squad member **Hugh Sellars** has been out in the open water again, this time without a wetsuit for a 10 mile event in the Lake District - the Windermere One Way! Hugh had a mix of water conditions from still calm to some chop and strong currents towards the end. Hugh finished in a very respectable time of 6 hrs 40 mins, coming 7th out of 15 that swam without wetsuits. He also raised £720 for charity at the same time! Read a fuller report of the event on his fundraising page: <https://www.justgiving.com/fundraising/Hugh-Sellars>

New Coaches & Committee members!

After last month's note of some coaches leaving and an appeal for parent helpers, we are delighted to announce some new additions to the coaching, poolside helpers and committee members;

- **Amy Frickleton** : makes a welcome return as Lead Coach for Developer's
- **Kimberley Hoey & Rebecca Stephen** : will be sharing the Lead Coach role for the Bronze Squad.
- **Jemma Brown** : Silver Squad coach
- **Caroline Griffiths** : Developer Squad poolside helper
- **Laura Arbuckle** : Bronze Squad poolside helper
- **Jenny Holmes** : takes on the Swim Shop representative role
- **Christine Evans** : has volunteered to take on the Communications role

Many thanks to everyone volunteering to give up some of their free time to help the club!

SwimShop - The Great Stock Sell-Off

As well as the usual Swim Shop & Lost Property items we will also be selling off some of the older stock items over the next few weeks. While not sporting the latest club colours these are still good quality sports gear! We have trunks, swimsuits and jammers for sale - ideal for training! Grab a bargain at the SwimShop table!

The BASC label machine is also available from the same location to help with marking those harder to write on bits of kit. Please ask at the Swim Shop table if you'd like to make use of it.



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