



BASC Newsletter November 2016

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

BASC Club Championships & Awards Evening

Our Annual Club Championships is fast approaching. This year the event has been split into two separate dates. The Club Champs will be held at 1pm on **SATURDAY 3RD DECEMBER** at the Bo'ness Recreation Centre. The Awards Evening will be held on **SATURDAY 10TH DECEMBER** from 6pm to 10pm at Linlithgow Bowling Club (behind the Fire Station).

Medals for swims will be awarded poolside on the 3rd and trophies will be presented at the Awards Evening on the 10th when there will also be a disco and this year the possibility of a Ceilidh (which will be confirmed).

As in previous years the catering is a 'Pot Luck Supper' where everyone brings something. To ensure a variety of food is available a sign-up sheet will be put on the Club Board at the Recreation Centre (just by the poolside spectator door). It would be appreciated if you could please pop your name against one or more items you would like to bring. It doesn't need to be homemade, shop bought is just fine too! Thank you in advance.

Tickets for the Awards Evening will be available poolside very soon at a cost of £2 per person or £5 for a family ticket. And for those who would like to enjoy a wee Christmas tippie and celebrate the successes of our swimmers, the Linlithgow Bowling Club have their own bar!

We look forward to seeing as many swimmers and their families as possible.

Forth Valley Junior League

Bo'ness ASC are responsible for organising the next FVJL Meet to be held on Sunday 18th December at Excite Bathgate. There will be two 2 hour events in the afternoon. The first will run from approximately 2 - 4pm with the warm-up commencing at 2.10pm; the second from 4 - 6pm with the warm-up at around 4.25pm. Exact times to be confirmed. The Club will require volunteers to help run this event and any offers to help would be much appreciated. If you can lend a hand please email Myles Gorton on galas@bonessasc.org.

Raffle prize donations will also be required nearer the time.

Your Committee Needs You!

Alan Stoddart is our fabulous FVJL Convenor and represents the Club on the Forth Valley Committee. Unfortunately, due to other commitments he now requires someone to attend the 6 FVJL meetings over the course of the year. If you are interested in getting more involved in supporting the Club please either speak to Alan or email or speak to our president, Mike Calder, president@bonessasc.org.

Jane Murphy has been our superb Competition Secretary for the past 2 years managing the Club's competition programme and ensuring that the Club entries for Meets are submitted on time. Jane is stepping down from her role and the Club now urgently requires someone to take on this pivotal role. If you are interested, or would like more information, please speak or email jane.competitions@bonessasc.org or email Mike.

Thank You

The Club would like to thank previous committee members Trevor Galloway and Jackie Mackay for all their hard work as Communications Officer and Swimshop Manager respectively. Trevor was instrumental in developing and launching the newsletter which has proven to be a hugely successful communication medium for the Club. Thank you both for all you have done.

Welcome to BASC - November New Starts

Another busy month for new members with 7 new starts joining the club. **Ellie Hamilton, Amy LaLeod, Lucy Hellen, Sam McGrow, Ishbel Hamilton, Amy Black and Callum Watt.** Welcome to BASC!

Bo'ness Mini Meet Success

Great success was had at the Bo'ness Mini Meet on 2nd October. Lots of fantastic PBs were achieved by many of our swimmers. Congratulations to the following who achieved first to third place medal positions:

Dylan Christie - Gold 50m Back, Gold 100IM, Silver 50m Breaststroke, Silver 50m Fly in 12yr Boys.

Alice Knight - Gold 50m Back, Silver 50m Free, Silver 50m Fly in 12yr Girls.

Alicia Evans - Silver 100IM, Bronze 50m Free in 12yr Girls.

Fionnlagh McGuire - Gold 50m Free in 11yr Boys.

A huge THANK YOU to all those who offered their time and assistance in helping to make the Gala a resounding success.

Alloa & Hearts Meets

The recent Alloa Graded Meet at The Peak in Stirling and Hearts Premier Age Group Meet in Prestonpans saw a number of our swimmers compete. There were a number of medal winners from the Club and also some excellent PBs. Well done to all those swimmers who took part.

Congratulations

Congratulations to Gold Squad members **Alice Knight, Sarah Coffey and Liam Murphy** whom have been invited to join FIRST (Falkirk Integrated Regional Swimming Team). For those new to the Club, the FIRST programme is a partnership between BASC, Falkirk Otter ASC, Grangemouth ASC, Scottish Swimming and Falkirk Community Trust. Its aim is to provide a competitive training environment where the best swimmers of partner clubs can develop into performance swimmers, whilst remaining in the local area. We wish Alice, Sarah and Liam all the best in their well deserved move.

November Diary Dates

West District JAGS (Qualifiers)

Sat 12th & Sun 13th November at Tryst Sports Centre, Cumbernauld.

Time Trial (Squads TBC.)

Thursday 17th November at Bo'ness Recreation Centre.

FVJL Round 6 (Swimmers TBC)

Sunday 20th November

Dumfries Advent Open Meet (Silver, Gold & FAPS Squads)

Sat 26th & Sun 27th November, Sir Matt Busby Sports Centre, Bellshill.

BASC Trial Evening - Thursday 3rd November

The next trial session is on Thursday 3rd November 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!

