



BASC Newsletter

February 2017

The Home of Competitive Swimming for Bo'ness, Linlithgow & Surrounding Areas

Coaching Course Opportunity

As part of the ongoing development of the Club, we are arranging our own Level 1 Coaching Course. The qualification is endorsed by the UKCC (UK Coaches Certificate) and the course will be run by a Scottish Swimming (SASA) Licence Tutor.

We are offering parents and other helpers the opportunity to attend this course and gain the qualification. **If you would like to get more involved in your child(ren)'s swimming, this is a great way to do it. YOU DO NOT NEED TO HAVE ANY COACHING OR COMPETITIVE SWIMMING EXPERIENCE.** It is not only exciting and self-satisfying but you can have a positive influence on people's lifelong involvement in sport. It will also help you to keep active both mentally and physically.

In order to run this ourselves we need a minimum of 6 volunteers (**3 have signed up already**). The course involves two consecutive weekends of your time but will be based in Bo'ness Recreation Centre and we will pay for all course costs. All we ask in return is for you to help poolside at 1 or 2 training sessions a week. 1 is fine - 4 is also fine!

Please let Caroline Griffiths know of your interest or any questions as soon as possible so that we can allocate your place— clubsec@bonessasc.org.

Improvers Swimmer of the Month

Congratulations to Aidan McCavish January's Improvers Swimmer of the Month. Well done Aidan!

Time Keeper Congratulations

Congratulations to Jen and Finlay MacLeod, Laura Arbuckle, Karen Beetham, Caroline Griffiths, Isobel Gorton, Alan Smith, Catherine Hankey, David Connor and Rachel McCavish who have all qualified as Time Keepers. Well done! 10 people are required to run a course and we plan to run another course in May, so if you are interested please email Sandra - STO@bonessasc.org.



Scottish Schools Championships

Congratulations to Douglas Calder (Gold) and Keir Edgar (FIRST Youth) for their performances at the Scottish Schools Championships on Friday. Douglas won gold for his 50m Breaststroke in the male 12 years and under category and swam an amazing 38.20 seconds! Keir won gold for both his 100m and 200m Backstroke in the 15-16 year category, despite swimming with a broken hand in the 100m!! Well done to you both.

This Month:

Coaching Opportunity

Time Keeper
Congratulations

Scottish Schools
Championships

Competition Secretary
VACANT & URGENT

Improvers Swimmer of
the Month

Judge Level 2
Congratulations

January—A Very Busy
Month

Squad Movers

Membership Fees

FIRST Quiz Night

FVJL Rep

Doodle Polls

February Diary Dates

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Competition Secretary VACANT & URGENT!

We still need to fill this vital role and in view of the lack of volunteers would anyone consider sharing the role with another parent?

Jane has now stepped down. However, she has kindly agreed to work a handover with the new person/people. As mentioned before, this is a critical role for the Club, and without it swimmers can't be entered to compete in the meets. This is urgent so please give this your consideration. It can now be a shared position if preferred. Please, get in touch with our President, Mike Calder, president@bonessasc.org.

Judge Level 2 Congratulations

Congratulations to Sandra Knight on passing her Judge Level 2 qualification. This is a qualification that is standardised across the UK and recognised in British swimming. Sandra started with the Time Keeper qualification and whilst her children were swimming she got the bug for more. She moved on to qualify as a Level 1 Judge before completing Level 2 just recently. Sandra has two swimmers in the Club, James who swims in Bronze and Alice who has recently moved to FIRST. This is an excellent achievement. Well done Sandra! If you fancy doing something similar please let Sandra know. STO@bonessasc.org.

www.bonessasc.org





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January— A Very Busy Month

The year took off to a fantastic start for the Club at the **FIRST Annual Swimming Meet**. Lots of PBs were achieved, and in many cases, several seconds knocked off! Highlights of the FIRST Meet:

Gold Squad:

Douglas Calder achieved PBs in all 7 of his events taking 3.23 seconds off his 200m freestyle time.

Dylan Christie took 4.75 seconds off his 200m Backstroke, 3.77 seconds off his 100m Breaststroke.

Joy Drummond took 3.22 seconds off her 50m Breaststroke.

Alicia Evans took 4.33 seconds off her 100m Backstroke.

Abby Keeble took 3.70 seconds off her 100m Backstroke.

Fionnlagh McGuire took 3.21 seconds off his 100m Backstroke.

FIRST swimmers:

Sarah Coffey took 12.03 seconds off her 400IM and 6.07 seconds off her 200IM.

Keir Edgar took 12.54 seconds off his 200m Breaststroke.

Alice Knight took 4.48 seconds off her 50m Breaststroke and 4.00 seconds off her 400IM.

Liam Murphy took 6.57 seconds off his 200m Breaststroke

Special thanks to Michael Nicolson, who undertook the role of Meet Manager at the FIRST Meet. This involved a significant amount of work both before and after the Meet to ensure its smooth running.

The FIRST Meet was followed by the **West District Round 1 Long Course Championships** at which some of our Silver, Gold and FIRST squads competed and gained more PBs and medal wins.

At the **Livingston & District Dolphins Development Gala** swimmers from our Developers, Improvers, and Bronze Squads competed. For some of the younger swimmers it will have been their first time competing. Well done to you all!

And finally, last weekend saw the **Grangemouth JAGS and MAGS** take place which involved swimmers from Improvers to FIRST. Again, PBs and medals wins were the order of the day!

What a start to the year! What a talent! And what a team of dedicated swimmers. WELL DONE TO EVERYONE!

Doodle Polls

We are currently trialling Doodle Polls to gather names of officials to help at each session of a competition. When you receive one of these emails please click on the link, enter your name in the table and highlight the session(s) for which you are available. You will already have received an email for helpers at the Time Trial on Thursday 9th February. Many organisations use these type polls and we are hoping that it will streamline this process for the Club.

Squad Movers

Congratulations to the following on their squad moves:

Developers to Improvers : Gregor Skinner, Ishbel Hamilton, Joseph Reeve and Lucy Hellen.

Improvers to Bronze: Rowan Harkins, Ethan Stein, Ellie Hamilton, Maya Walton, Mack Huxley and Rhea Griffiths.

BASC TIME TRIAL THURS 9TH FEB

We will be holding a time trial for all swimmers on 9th February at Bo'ness Recreation Centre. This is an excellent chance to register fresh times for swimmers to help with qualification for competitions. An email will follow but in summary:

6.00pm - 7.30pm: Developers & Improvers

7.30pm - 9.00pm: Bronze, Silver & Gold (Gold swimmers will only attend if they have not recently competed).

Membership Fees

Just a reminder that Membership Fees are due by 10th February. Everyone should have received an email outlining the details for payment. If you have not, please contact Valerie Christie, membership@bonessasc.org.

FVJL Rep

Thank you and welcome to Simon Arbuckle who has taken on the role of Forth Valley Junior League Rep.

FIRST Quiz Night

FIRST are holding a quiz night on Sat 25th Feb at 7.30pm at the Oxbang Hotel in Grangemouth. Tickets are £7:50 per adult and £5 per child which includes a buffet. Anyone wanting tickets please email Caroline, our Club Secretary, clubsec@bonessasc.org .

February Diary Dates

West District LC Championships Round 2 (Qualifiers)
Sat 4th & Sun 5th Feb - Dollan Aqua Centre, East Kilbride

BASC Club Time Trial—Developers to Silver (selected Gold)
Thursday 9th Feb - Bo'ness Recreation Centre

Bellshill Sharks Open Meet— FIRST AGPS
Sat 11th & Sun 12th Feb - Matt Busby Sports Centre, Bellshill

Carnegie Open Spring Meet - Selected Silver & Gold
Sat 18th & Sun 19th Feb—Michael Woods Centre, Glenrothes

Forth Valley Junior League—Swimmers tbc
Sun 19th Feb— Xcite Bathgate