



# BASC Newsletter

## March 2017

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

### FVJL—Can You Really Swim Too Fast?!

A strange phenomenon: swimming too fast. It goes against everything you would think a race is about, and explaining something like that to your child just doesn't seem to make sense at all! So if you've ever felt slightly baffled watching the

Forth Valley Junior League, when we appear to have won lots of races, but we're not at the top of the table, then have a read of our newly posted section on the website. It will tell you everything you need to know;

from what your child needs to bring to the gala, to competing as a team, to the points system that ultimately determines where we are placed.

You can find the 'FVJL 2017' article under the 'Competitions' tab on the home page. Definitely worth a read!

### Improvers Swimmer of the Month

Congratulations to Adam Scott, February's Improvers Swimmer of the Month. Well done Adam!



#### Committee Contacts:

President, Mike Calder  
president@bonessasc.org  
VP & Gala Convenor, Myles Gorton  
galas@bonessasc.org  
Head Coach, Ross Stephen  
headcoach@bonessasc.org  
Meet Manager, Michael Nicolson  
admin@bonessasc.org  
Competition Secretaries,  
Hazel Glen & Jacqueline Smith  
competition@bonessasc.org  
Membership Sec, Valerie Christie  
membership@bonessasc.org  
Swim Shop, Jenny Holmes  
swimshop@bonessasc.org  
Treasurer, Laura Arbuckle  
Treasurer@bonessasc.org  
Swim Technical Officer, Sandra Knight  
STO@bonessasc.org  
Child Protection, Stuart Thompson  
CPO@bonessasc.org  
Club Secretary, Caroline Griffiths  
clubsec@bonessasc.org  
Comms Officer, Christine Evans  
comms@bonessasc.org

### Coaching Course

Dates for the coaching course have now been confirmed as 3rd, 4th, 5th, 11th, and 12th March. It's not too late to sign-up if you're quick! Contact Caroline Griffiths clubsec@bonessasc.org as there may still be a chance of a place this weekend.

Remember, this is a Level 1 Coaching Course qualification endorsed by the UKCC (UK Coaches Certificate) and you do not need to have any coaching or competitive swimming experience. It is fully paid for by the Club. All we ask in return is for you to help at one session a week (or more if you want too).

Get in touch with Caroline immediately if you are wanting to attend the course this weekend.

### Bo'ness ASC AGM

The Club's Annual General Meeting will be held on Thursday 27th April at 6pm in the GP Room at Bo'ness Recreation Centre. This is the room that is just off the café.

Everyone is welcome to attend and it would be great to see as many faces as possible! Thank you in advance for your support.

### Vacancies & Volunteering

This is another brand new post on the website. Ever considered helping out with the Club but wanted to find out more first? This section will give an insight into the ways you could help.

'Vacancies & Volunteering' gives an overview of the areas within the Club that need support. Once you've had a read you will see that you can be involved as little or as much as you feel. The important thing to remember is that a little help provides far more support than no help.

Nearly all clubs are almost entirely run by volunteers and Bo'ness is no exception. There are five main ways you could give your support but this is not an exhaustive list so if you have a suggestion then please let us know.

**LAST CHANCE**

### This Month:

Coaching Course  
\*\*Last Chance\*\*

FVJL—Can you really swim too fast?!

Competition Secretaries

Child Protection Officer

Bo'ness ASC AGM

Improvers Swimmer of the Month

Vacancies & Volunteering

February—Another Busy Month

March Time Trial

SNAGS

New Club Members

Scottish Swimming Renewals

Swim Shop

Thank You

March Diary Dates

### New Competition Secretaries

Thank you and welcome to our two new Competition Secretaries: Hazel Glen and Jacqueline Smith. Hazel and Jacqueline will share the role with immediate effect and will use the following email address: competition@bonessasc.org.

Hazel has two children in the Club—Niamh who is in Silver and Aoifa who swims in Bronze. Jacqueline's daughter, Kiyah also swims in Bronze.

### New Child Protection Officer

Thank you and welcome to our new Child Protection Officer, Stuart Thompson. Stuart's daughter Nina, swims in the Silver squad.

[www.bonessasc.org](http://www.bonessasc.org)





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### February— Another Busy Month

The second month of the year has continued to be another busy month for galas.

The first weekend in February saw qualifiers compete at the **West District Long Course Championships** in East Kilbride. Some great swims and PBs with the added bonus of swimming in a 50m pool.

The Club attended the **Carnegie Spring Meet** in Glenrothes on 18th and 19th February. Gold and selected Silver squad members competed in this very busy meet which saw over 2,100 swims across the weekend. Lots of PBs, with some swims taking more than just a few seconds off!

This same weekend the Club took part in the first **Forth Valley Junior League** of the year. This is one of 6 FVJL meets that will take place during 2017. It was an exciting afternoon of super swimming with Bo'ness winning at least 12 races out of 39. Lots of PBs and a few 'too fasts' and nil points due to times, however, we achieved 5th position. Read 'FVJL 2017' on the website for explanation of 'too fasts' and 'nil points' and an incite into FVJL meets.

Some great swims. Well done everyone!

### Scottish National Age Group Championships (SNAGs)

The Club would like to wish good luck to the following swimmers who have achieved either qualification or consideration times for SNAGs: Kirstyn Calder, Keir Edgar, Rachel Christie, Sarah Coffey, Alice Knight, Liam Murphy, Niamh Tierney, Douglas Calder, Dylan Christie, Joy Drummond & Alicia Evans.

We wish them all luck for being accepted to compete later this month at the Aberdeen Aquatics Centre.

### Thank You

The Club would like to say a huge thank you to Jane Murphy, our recent Competition Secretary, for all her hard work over the past 2 years. You have done a fabulous job of keeping us all well informed and on the ball with competition entries and ensuring our children are entered for their swims.

The Club would also like to say a massive thank you to Mandy Mooney, our recent Child Protection Officer who has fulfilled this position for the past 5 years. Thank you for keeping us up to date and informed about the things we need to know regarding CP and, most importantly, ensuring the safety of our children.

Thank you both for your involvement with these two vital Club roles.

### BASC TIME TRIAL THURS 2nd March

The time trial for swimmers will be held on 2nd March at Bo'ness Recreation Centre. This is an excellent chance to register fresh times for swimmers to help with qualification for competitions. Information has been posted on the website but in summary:

Developers & Improvers

Poolside for 6.05pm, warm-up 6.15pm, finish 7.30pm.

Ensure you register before 6.10pm when the desk will close.

Bronze & Silver

Poolside for 7.20pm, warm-up 7.30pm, finish 9.00pm.

Ensure you register before 7.25pm when the desk will close.

Gold swimmers will be given the opportunity to swim if they haven't recently competed.

### New Club Members

We have two new Club members this month: Kyle McCracken and Robbie Hamilton who both join the Developers squad. Welcome to you both.

### Scottish Swimming Membership Renewals

All renewals for Scottish Swimming Membership have now been completed and you should have received an email from Scottish Swimming confirming this. If you have not, it is most likely to be because your email address is out of date. Please contact Valerie and she will be able to provide you with your swimmer's SASA number for you to access to website and amend any contact details. [membership@bonessasc.org](mailto:membership@bonessasc.org).

### Swim Shop

Bo'ness ASC branded water bottles are now in stock. They are priced at £3 each. If you would like to buy one of these or anything else from the Swim Shop please see Jenny at the Recreation Centre between 6 and 7pm on Thursdays.

### March Diary Dates

**BASC Club Time Trial—Developers to Silver (selected Gold)**

Thurs 2nd March - Bo'ness Recreation Centre

**West District LC Championships Round 3 (Qualifiers)**

Sat 4th & Sun 5th March- Dollan Aqua Centre, East Kilbride

**Falkirk Otters Annual Mini Meet—Improvers, Bronze, Silver, Gold**

Sat 25th & Sun 26th March - Grangemouth Sports Complex

**Scottish National Age Group Championships—Qualifiers**

Wed 29th Mar to Sun 2nd April—Aberdeen Aquatics Centre