



# Bo'ness Amateur Swimming Club

The Home of Competitive Swimming for Bo'ness,  
Linlithgow and the Surrounding Areas.

## NOVEMBER 2018



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### BASC Santa Dash



Santa Dash is a chance to put money in the bank for the club, and also put something back into charity. We will run a Santa Dash at [Little Kerse](#) on the 2<sup>ND</sup> December, meeting at 10:00AM. Our Swimmers will run laps of 1K. We're expecting all participating runners to raise a minimum £20 per runner (bring Sponsor form with

you). Please arrive to the event with club's shirt and a Santa hat.

The form has been devised to help with gift aid, so every £1 we get is worth £1.25.

Mince pies and hot drinks will be available post event.

Download attachments:

- [Santa Dash Sponsor form](#)



### Club championship & Awards night

[Club championship](#)

[Saturday 1<sup>st</sup> December, BRC, 12 noon.](#)

Bo'ness ASC Committee and Coaching Team would like to invite all Club swimmers to our

upcoming Club Championships taking place on Saturday 1<sup>st</sup> December 2018.

The Club Championships is a fantastic opportunity for all members of the Club to celebrate their swimming development, to achieve personal bests, and ultimately have fun! All swimmers registered with Bo'ness ASC upon the day of competing are eligible to participate. There will be an Awards Evening and Family Disco to mark the occasion the following week, on Saturday 8<sup>th</sup> December.

The Club Championships is the highlight of our year at Bo'ness ASC and is always eagerly anticipated by swimmers and coaches alike.

All swimmers currently registered with Bo'ness ASC have been entered, and removal from this event is on an 'opt-out' basis, with the exception of Platinum and Masters swimmers who should notify the Competition Secretary of the events they wish to participate in. All entries will be displayed on the Club's website. All swims are free. No cost to parents/ guardians.

If your child is unable to make it, you must advise: Jaqueline Smith, BASC Competition Secretary [competitions@bonessasc.org](mailto:competitions@bonessasc.org). All withdrawals must be received by Sunday 25th November, 12 noon.

We hope that you will join us in celebration of another great year for the Club.

Awards night  
Prizes, Ceilidh, Disco & lots of fun!  
Saturday 8<sup>th</sup> December, 7pm onwards,  
Linlithgow Rugby Club



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 link will be sent . 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 fine too!. Thank you in advance.

Tickets for the Awards Night are £5 per person. All proceeds going to the club.

[click here to buy tickets on-line](#)



## Xmas present



if you're struggling for ideas for Christmas we have some fabulous gift ideas in the swim shop - club branded hoodies & T-shirts!

Don't leave it too late. If you are interested, please order by end of the week as it takes several week to make and deliver.

you can order poolside (BRC) on a Thursday evening between 6 and 7pm or send an email to [swimshop@bonessasc.org](mailto:swimshop@bonessasc.org)



## BRC automatic doors installation

Due to the installation of new automatic doors there will be no normal customer access through the usual route. Instead, access shall be via the door next to the social club on the lower level. This will be from Monday 19<sup>th</sup> November until Sunday 25<sup>th</sup> November. Apologies for any inconvenience caused.



## Communications News

Boness ASC has a new website.

Over the next few weeks we intend to add new features that will provide both the club and the swimmers tools to improve the club's operations.



In addition, we are setting up a whatsapp group for the club. Only Admins will be able to send group messages. This will be used in cases of last minute notifications such as cancelled training.



if you wish to opt-out, please inform

[comms@bonessasc.org](mailto:comms@bonessasc.org)



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## Congratulations

Congratulations to Douglas Arbuckle, Samuel Beetham, Ryan Oliver & William Lawless for moving to Gold.

Congratulations to Hollie Buglass, Adam Scott & Gabriel Lee for moving to Silver.

Congratulations to Isla Paton, Owen Purdie, Amy Lindsay and Abby Sexton for moving to Bronze.

Congratulations to **Matthew McMurray** selected swimmer of the Month in October.

Congratulations to **Ethan Purdie** and **Ben Gourlay** for becoming qualified lifeguards in October.



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## Mobile Phone Policy Reminder

Following a child protection incident at the recent West District Swimming Championships which required police involvement, we need to reiterate the club's policy regarding the use of mobile phones.

Bo'ness ASC adheres to the Scottish Swimming guidelines with regard to the use of mobile phones. While it is recognised that smartphones, tablets and other hand-held devices can be put to a huge amount of good uses, there are a wide variety of functions that can be susceptible to misuse. Therefore, all swimming clubs have 'Mobile Free' areas where mobile devices must not be used under ANY circumstances. These are the Changing Rooms, Toilets and Showers. There is a zero-tolerance policy in place with regards to their usage in these areas and anyone caught breaching these rules will face

disciplinary action.

Could we please remind all swimmers to take note of and strictly adhere to this policy, as any contravention requires automatic police intervention and investigation. Full information on the club's mobile phone policy can be found on the club's website under [Club Policies](#). For those people interested in child protection as a whole, full details of Scottish Swimming's Wellbeing & Protection Policy can be found in the relevant section of the [Scottish Swimming Website](#)



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### **BASC Autumn Time Trial Results**

Well done to those that took part in our internal time trial on Thursday 25th October. With 74 PBs achieved and an additional 128 new times gained for events not swam before, there are too many successes to list! Having times helps our swimmers enter competitions and measure their improvement. Thank you to all the parents who helped poolside with timekeeping!



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### **Future Events, Meets and Diary dates**

- West District Junior Age Group (WD JAG), Sat, 17 November - Sun, 18 November, Tollcross ISC - Glasgow
- Dumfries Advent Open, Sat, 24 November - Sun, 25 November, Sir Matt Busby Sports Centre, Bellshill



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