



BASC Newsletter

April 2017

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

Starting Block - It's Arrived!

Finally, after a little wait, our new starting block has arrived and is now a permanent fixture at Bo'ness Recreation Centre.

All squads training at the pool will have the benefit of practising their dives and race starts on this new addition. This should help provide all swimmers with the experience and diving confidence at future meets.



Mad & Exciting March!

Another exciting month for the Club.



Back: Kirstyn Calder, Keir Edgar. Middle: Alicia Evans, Niamh Tierney. Front: Douglas Calder, Sarah Coffey, Alice Knight, Dylan Christie, Liam Murphy. Also: Joy Drummond and Rachel Christie.

Some of our swimmers (named above) represented FIRST (Falkirk Integrated Regional Swimming Team) at the **Scottish National Age Group Championships (SNAGS)** in Aberdeen this month. Swimming under the FIRST umbrella from Bo'ness ASC were five swimmers from our Gold squad and six of our FIRST squad swimmers.

It was an exciting meet where 1000 of the top age group swimmers from 90 clubs across the UK came together to compete over 5 days. FIRST achieved 6th place overall which was an outstanding performance. There were some nail biting swims and many PBs achieved. Keir Edgar achieved Gold for both his 100m and 200m Backstroke events and Bronze in 200 IM event in the 16 age group category. Liam Murphy and Dylan Christie were 2 of 4 swimmers who made up FIRST's 11-13 Boys 4x100m Medley Relay team and won the Silver medal. Well done to everyone!

There was another superb effort from the Club at the recent **Forth Valley Junior League** meet on 19th March. The team comprised of both new comers and some more experienced swimmers. Together the team achieved a fantastic third place and only 6 points behind second, so a brilliant performance by all. Well done!

The **Falkirk Otters Annual Mini Meet** held on 25th & 26th March also saw some outstanding swims and many PBs. Here are just a few of the highlights: Abby Keeble took 8.08 seconds off her 200IM. Fionnlagh McGuire took 13.85 seconds off his 200IM time to take the Silver medal. Sarah Mulholland took 16.74 seconds off her 200IM time. Nina Thompson-Pueyo took 21.81 seconds off her 200IM time, followed by 5.07 in her 100m Breast. Samuel Beetham took 8.97 seconds off his 100IM time to win the Silver medal in his category. Alex Black took 16.07 seconds off his 100IM time. Niamh Glen took 22.88 seconds off her 200IM and 5.46 seconds off her 100m Backstroke. Rowan Harkins took 8.80 seconds off her 100IM. Well done to everyone who competed and lots of great PBs.

Congratulations everyone for all your achievements this month.

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This Month:

Starting Block—It's Arrived

Mad & Exciting March!

•SNAGS

•FVJL

•Falkirk Otters Mini Meet

Improvers Swimmer of the Month

Head Coach Farewell

Welcome New Head Coach

Change of Date for Bo'ness ASC AGM

Club Branded Bags & Towels

Diary Dates

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Improvers Swimmer of the Month



Congratulations to Lucy Hellen, March Improvers Swimmer of the Month. Well done Lucy!





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Just In—Club Branded Bags & Towels

Club branded towels and swimming bags have finally arrived to complete our new additions to the Club's Swim Shop range. They look fantastic.



Towels are priced at £28.00 and bags are £43.00. Also available are TYR Mummy Mesh Bags priced at £17.00 and our Club branded water bottles at £3.00. If you would like to get your hands on any of these please see Jenny Holmes, our Swim Shop Manager, on a Thursday poolside at Bo'ness Rec between 6pm and 7pm or email Jenny swimshop@bonessasc.org.



CHANGE OF DATE—AGM 18th May

The Club's Annual General Meeting will now be held on Thursday 18th May at 6pm in the GP Room at Bo'ness Recreation Centre. This is the room that is just off the café. The change in date gives an opportunity for our new Head Coach to attend and meet more of our members.

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

Farewell to our Head Coach

Farewell and a huge thank you to Ross Stephen, our Head Coach who left the Club at the end of March.

Ross has been with the Bo'ness ASC for 13 years, initially joining the Club as a swimmer back in 2004 when he was just 8 years old! During his time at the Club Ross has achieved some impressive credentials in both his swimming and coaching career. As well as becoming a qualified Lifeguard, Ross became a coach in 2011 after completing his UKCC Level 1 Coaching qualification. He further went on to complete his UKCC Level 2 Coaching qualification in 2013 and the following year, in 2014, became Head Coach for Bo'ness ASC. Despite juggling studying for his degree with managing and coaching, Ross's organisation and dedication to ensuring the development and progression of swimmers has always been paramount. He has been an inspiration to the swimmers both with his passion and commitment to the sport and to the Club.

Ross is currently in the middle of studying for his finals in Politics and International Relations and will complete his degree in May. He will be greatly missed and we wish him well in his exams and all the very best for the future. Please watch this space for a date for a final farewell party for Ross.

Welcome to our New Head Coach

A very warm welcome to our new Head Coach, Shannon Botham. You may already have seen Shannon poolside getting involved with the training sessions.

As well as being a qualified swimming coach with a passion for swimming and a thirst for sport, her *'joy for swimming and all things water based'* (she expressed) has also led Shannon to become an accomplished Triathlete and Triathlon Coach. With an impressive repertoire of achievements to her name she represented Great Britain at the World Triathlon & European Aquathlon in 2016 and was Scottish Aquathlon & Junior Duathlon Champion in 2014.



Shannon is currently settling in to her new role as Head Coach, so if you see her please don't hesitate to introduce yourself.

Diary Dates

Bo'ness ASC AGM

Thursday 18th May— 6pm Bo'ness Recreation Centre GP Room.

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