



# BASC Newsletter

## May 2017

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

### Bo'ness ASC AGM

Come and join us for our Club AGM at the Bo'ness Recreation Centre and take the opportunity to meet and chat with our new Head Coach, Shannon. It's 6pm for 6.15pm on Thursday 18th May.

It's been an extremely busy year for the Club and it would be good to see as many faces as possible supporting this annual event. Refreshments will of course be provided.

### Congratulations FIRST Movers

Congratulations to Gold Squad members Douglas Calder and Dylan Christie 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. We wish Douglas and Dylan all the best in their well deserved move.

### Coaching Congratulations

Congratulations to Jade Downie, Angharad Hopwood and John Bremner in achieving their Level 1 Coaching qualification. Jade is a member of our Platinum squad and is currently coaching the Bronze squad on a Monday night and also assisting with Gold. Angharad is one of our Swimmer Reps who also swims with Platinum and has been helping coach Silver and Gold. John is the father of one of our swimmers, Niamh Bremner, and he will be coaching the Developers squad on a Saturday morning. A fantastic achievement, well done to you all. Please contact Caroline, our Club Secretary if you are interested in future coaching courses.

#### Committee Contacts:

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### Farewell & Thank You

The Club would like to say a massive thank you to Sandy Stephen—Gold & Silver Squad Coach—who leaves the Club on 9th May. Sandy has been an integral part of the Club's coaching team for many years. He has always given a great deal of support and encouragement to the swimmers and worked hard with them to help them improve their strokes and optimise their performance. Sandy's family (Ross, James and Rebecca) have all been very much involved in the Club's success and development in the past, all swimming with the Club and going on to coach. Sandy will be hugely missed and we thank him for all he has done and wish him and his family all the very best.

### Diary Dates

#### Bo'ness ASC AGM

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

#### Midlothian Minnows—Improvers & Bronze

Sunday 4th June at The Mercat Gait Centre, Prestonpans.

#### Cumbernauld Open Age Group & Senior Meet—Silver & Gold

Sat 10th & Sun 11th June at Tryst Sports Centre, Cumbernauld.

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

### This Month:

Bo'ness Club AGM

Congratulations  
FIRST Movers

Coaching  
Congratulations

Farewell & Thank You

Improvers Swimmer  
of the Month

New Club Members

Diary Dates

### Improvers Swimmer of the Month

Congratulations to Alex Black,  
April Improvers Swimmer of  
the Month. Well done Alex!



### New Club Members

Welcome to Owen Purdie who joins the Developers Squad this month after a successful trial period.

