



BASC Newsletter

June 2017

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

Club AGM

A successful AGM took place last month. The Club would like to thank the Committee for all their hard work over the past year and also for standing for re-election. It is very much appreciated and recognised that this is essential for the Club to function at the standard that it does. Volunteering ensures the running of the Club and we are always looking for more help. If you can spare some time to assist in any capacity please get in touch. Don't forget the ['volunteering section'](#) on the website which may answer any questions.

IM Tough Meet

The Club had a successful time at the IM Tough Meet in May. Four of our FIRST swimmers competed under Bo'ness ASC. Alice Knight had an extremely successful meet achieving 4 Gold medals in the 12yr girls category for 400IM, 200 Breast, 100 Breast, 50 Breast; Silver in the 100 Back; and Bronze in the 200IM. She also won Best Girl for her category and replaced two event records for the 100 and 200 breaststroke. Sarah Coffey also had a fantastic meet winning Gold in the 12yr category for the 800 Free, 400 Free, 200 Back and Bronze in the 100 Free and 100 Back. Niamh Tierney won Gold for the 800 Free in the 13yr category, Silver for 400 Free and Bronze in the 200IM. Liam Murphy won Bronze in the 100 Breast in the 13yr Boys category. Congratulations to you all.

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! Swimmers Code of Conduct !

We have had two incidents over the past few weeks where swimmers belongings have been deliberately thrown into the shower. Consequently, the clothes have been soaked and in one case caused a shower gel/ shampoo bottle to split and resulted in a swimmer slipping and hurting himself.



Could parents please reiterate the [Swimmers Code of Conduct](#) to their children. If you're not sure where to find it, it's on the website (or click the link above or below). Every swimmer signed this when they joined the Club and this recent kind of behaviour does not comply and will not be tolerated at any level. If it should continue action maybe taken. www.bonessasc.org/policies

The Great North 10K Swim

Hugh Sellars from our Masters Squad is competing in the 10K Great North Swim on Lake Windermere on 10th June. This is the largest open water swim in the UK and attracts thousands of competitors each year. Held on England's largest lake in the Lake District National Park this event is set to see 50,000 spectators over the course of the weekend. We wish Hugh all the best for his swim.

Summer Holiday Training Schedule

The summer holiday training schedule will shortly be available on the website. Once it's published please check your squad session times, dates and locations. It is important to attend any scheduled training over the summer to maintain fitness levels.

Diary Dates

Midlothian Minnows—Improvers & Bronze

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

Cumbernauld Open Age Group & Senior Meet—Silver & Gold

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

FVJL Meet - Selected Swimmers

Sunday 18th June at Bathgate Xcite.

Aquanauts Livingston ASC - Gold

Saturday 24th June at Bathgate Xcite.

This Month:

Club AGM

Swimmers Code of Conduct

The Great North 10K Swim

Improvers Swimmer of the Month

IM Tough Meet

Summer Holiday Training Schedule

Diary Dates

Improvers Swimmer of the Month

Congratulations to Gregor Skinner, May Improvers Swimmer of the Month. Well done Gregor keep up the good work!



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