



# BASC Newsletter

## November 2017

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

### Club Champs & 40th Birthday Awards Night

We hope everyone has saved the dates for our annual **Club Championships (2nd December) & Awards Evening (9th December)**. This year we have even more to celebrate - as the Club reached the grand old age of 40 years in September so we will be combining the Awards Night with a 40th Birthday Ceilidh and Disco at the Linlithgow Bowling Club on 9th December.

Medals for swims will be awarded poolside on the 2nd and trophies will be presented at the Awards Evening on the 9th. In addition, all swimmers will be presented with a 40th birthday souvenir on 9th, when there will also be a Ceilidh (which was hugely successful last year) and a disco.

Tickets for the Awards Night are £3 per person and will be on sale poolside. The event will start at 7pm till late. 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 sheet will be put on the Club board in the Recreation Centre (just by the poolside spectator door). 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.

As in the tradition of our annual Club Champs, families and businesses can sponsor one or more races. The cost for a family to sponsor a race is £5. If you know of, or have a business that would like to sponsor an event the cost is £20. Sponsors will appear in our programme. One of the committee will be poolside over the next couple of weeks to take any sponsorship requests.

Both dates are not to be missed and we look forward to seeing as many swimmers and their families as possible at both events.

#### Committee Contacts:

**President, Mike Calder**  
president@bonessasc.org  
**VP & Gala Convenor, Myles Gorton**  
galas@bonessasc.org  
**Head Coach, Shannon Botham**  
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

### Swimmer of the Month



Congratulations to Bethany Scott who is the Improvers Swimmer of the Month for October. Well done Bethany!



#### This Month:

Club Champs & 40th  
Birthday Awards Night

Swimmer of the Month

Judge 1  
Congratulations

Squad Movers

Gala Convenor  
Required

Hearts Meet Success

New Club Members

BASC Hosts FVJL

Christmas Gift Ideas

Alloa Meet Success

Prescription Goggles  
Discount

Time Keeper Course

Judge Course

### Judge 1 Congratulations

Congratulations to Hazel Glen who has qualified as a Level 1 Judge. Hazel is one of our two Competition Secretaries and mother of Niamh who has recently moved to Gold squad.

Myles Gorton, our current VP and Gala Convenor has also signed up to complete the Judge 1 course.

### Squad Movers

Congratulations to Grace Nicolson, Nina Thompson-Pueyo, Carys Stirling and Niamh Glen who move from Silver to Gold squad. Well done!

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





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### Club Gala Convenor Required

Over the next few months Myles, our Gala Convenor will be taking on Mike Calder's role of President of the Club. If you would like to put yourself forward for the role of Gala Convenor please contact Myles or Mike. [Click here to contact Mike](#) or [here to contact Myles](#).

### Hearts Meet Success

A number of our swimmers from Bronze, Silver and Golds squads competed at the Hearts of Midlothian Premier Age Group Meet at the beginning of October. It was an exciting weekend with many swimmers achieving PBs and also medal wins. Well done to everyone who competed.

### BASC Host FVJL Event on 19th Nov

We are hosting the FVJL event on Sunday 19th November at Bathgate Xcite. This is the second biggest fundraiser for the Club after our Mini Meet, so we are not only looking for volunteers to help at the meet but also raffle donations.

If you can help in any capacity please get in touch with Myles, our VP and Gala Convenor.

### Prescription Goggles Discount

Stephen Beirne Optometrists in Stenhousemuir have been in touch to offer our members a discount on prescription goggles. Closest Sphere correction goggles are usually £29.99, club members can buy for £19.99. Goggles made specifically to an exact prescription are usually £59 but club members can order them for £49. His website is <http://www.falkirk-opticians.co.uk/>.

### Christmas Gift Ideas

Remember, if you're struggling for ideas for Christmas we have some fabulous gift ideas in the swim shop. Don't leave it too late. All can be purchased poolside (BRC) on a Thursday evening between 6 and 7pm. Cash, Cheque or Card accepted. Any questions please email or speak to [Jenny](mailto:Jenny.swimshop@bonessasc.org). [swimshop@bonessasc.org](mailto:Jenny.swimshop@bonessasc.org).



### New Club Members

We would like to welcome the following swimmers to the club: Gabriel Lee joins Improvers. Teddy Lee, Katie Cuthill, Finlay Thomson and Sally Moffat join Developers.

### Alloa Graded Meet

Swimmers from Silver and Golds squads competed at the Alloa Graded Meet on 21st & 22nd October. It was another exciting weekend with many swimmers achieving PBs and medal wins. Well done to everyone.

### Timekeeper Course Filling Up

If you haven't already got your name down for the next Time Keepers course please contact our Swim Technical Officer, Sandra Knight to see if there is a space available. The course takes approximately 2 hours and is usually run at the Recreation Centre whilst your child is training. To email Sandra [click here](#).

### Judge Courses

At certain level meets it is a requirement for the Club to provide a Judge. Failure to do so can result in a fine which is why it is important that the Club is able to provide the correct number of officials at the meets in which it participates

If you have completed the Time Keeper Course there is an opportunity to embark on the Level 1 Judge Course. This covers Time Keeper, Chief Time Keeper, Inspector of Turns, Chief Inspector of Turns and Relay Take off Judge. It is a good way of learning the rules of swimming which can ultimately benefit your child. Once you have the Level One Judge course under your belt this gives you the opportunity to consider Level 2, and further to go on to Judge Level-2S Starter and then Referee.

Please let Sandra know if you think this is something you might like to consider in the future.

### Diary Dates: November/ December

#### West District Short Course JAGs Champs—Qualifiers

Sat 11th & Sun 12th Nov - Tryst Sports Centre, Cumbernauld

#### FVJL—Swimmers TBC

Sun 19th Nov—Bathgate, Xcite

#### Dumfries ASC Advent Open – Selected Silver, Gold & FIRST

Sat 25th & Sun 26th Nov—Sir Matt Busby Sports Centre, Bellshill

#### Bo'ness ASC Annual Club Championships—all squads

Saturday 2nd December—Bo'ness Recreation Centre

#### Bo'ness ASC Annual Awards Night & 40th Birthday Party

Saturday 9th December—Linlithgow Bowling Club

