



BASC Newsletter

Dec'17/Jan'18

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

Welcome back everyone! Hope you all had a fantastic Christmas and New Year break, and are fully refreshed and ready for the many galas lined up for 2018.

Club Champs—That's How it's Done!

Cast your mind back to December when our Club Champs proved to be an exciting afternoon and our swimmers really did show everyone how it's done and made us all very proud. Many of our the athletes were involved in up to 6 events in one afternoon demonstrating their sheer strength and stamina. There were lots of PBs and medals, and bucket loads of team spirit and sportsmanship on display. Well done to everyone who took part.

Party, Party, Party...

The following Saturday saw our Awards Night combined with the Club's 40th Birthday Party. At the beginning of the evening Awards were presented in recognition of achievements at the Club Championships plus annual performance trophies. Swimmers then partied the night away with the Ceilidh band putting everyone through their paces, followed by a disco. Many congratulations to the 2017 Trophy Winners (results on page 3) and all those who took part in the Club Championships.

Outgoing BASC President—Thank You

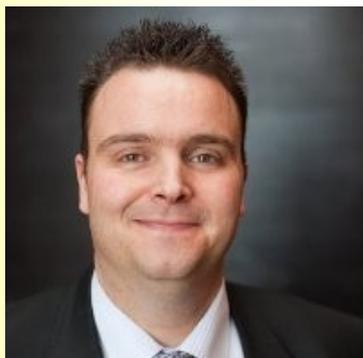
At the end of last year, Mike Calder stepped down from his role as Club President. Mike had been Club President for the past 3 years, however he's been involved with the club for many more whilst his children (Kirstyn and Douglas) have progressed through the ranks and are now part of the FIRST squads. During his tenure the club as gone from strength to strength. He has been a fundamental part of BASC and a driving force within the Committee. Mike will be greatly missed and the club would like to thank him for all his hard work, commitment and all that he has done over the past few years.

Myles Gorton is filling this role on an interim basis until the club AGM next year when the post will be open for re-election. This means that Myles' previous role of Vice President and Gala Convenor are now vacant positions. Please get in touch with [Myles](#) if you are interested.

Committee Contacts:

President, Myles Gorton (interim)
president@bonessasc.org
VP & Gala Convenor, Vacant
galas@bonessasc.org
Head Coach, Shannon Botham
headcoach@bonessasc.org
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admin@bonessasc.org
Competition Secretaries,
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competition@bonessasc.org
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Swim Shop, Jenny Holmes
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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

New President—A Few Words from Myles Gorton



Having taken over from Mike as President I'd like to welcome you to a new year of swimming at BASC. I hope all swimmers get increasingly fast PBs throughout the year, but most importantly I hope you'll all enjoy the training!! Any parents interested are welcome along to any committee meeting - these are normally held at the Bo'ness Recreation Centre on the last Thursday of each month from 7pm.

If you ever have any questions or suggestions relating to the club, please feel free to speak to me poolside or send me an email at president@bonessasc.org or [click here](#).

Good luck this year

Myles Gorton

This Month:

Club Champs—That's How it's Done!

Party, Party, Party...

Outgoing BASC President
Thank You

New President - A Few
Words from Myles Gorton

Swimshop Vacancy

Time keeper
Congratulations

A BIG THANK YOU

Swimmers of the Months

FVJL December Final

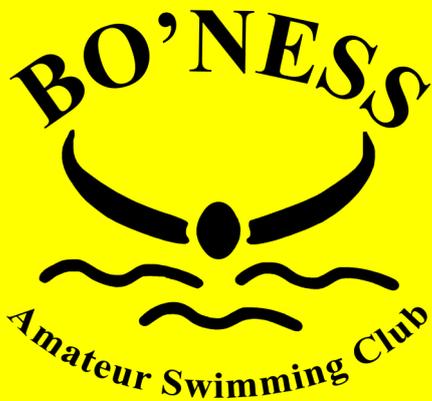
New Club Members

Diary Dates

Club Champs Trophy
Winners 2017

www.bonessasc.org





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A BIG THANK YOU

A huge thank you to all those who have supported the club on a volunteer basis throughout 2017. These include committee members, time keepers, judges, helpers, coaches, marshals and anyone who has volunteered their time over 2017. The club could not run without volunteers and it is these people that have helped make the club the success that it is. If you are new to BASC or would like to get involved going forward, please get in touch with [Myles Gorton](#), our Club President. There is also a useful section on the club website which outlines [volunteer roles](#) and how you could help.



Swimmers of the Months



Congratulations to our swimmers of the month for November and December! Anna Beetham was Improvers Swimmer of the Month for November 2017. Anna also had a fantastic Club Champs. Joseph Reeve was December's Swimmer of the Month. Well done to you both!

Swimshop Vacancy

Jenny Holmes is stepping down from her role as Swimshop Manager leaving the position vacant. If there is anyone who could help out with the club's swimshop please get in touch with [Myles Gorton](#).

FVJL December Final

Bo'ness ASC had a fantastic final at the Forth Valley Junior League in December coming runner up! A brilliant performance all round and well done to all those athletes who took part.

In addition, some good news from the FVJL committee. They have agreed to remove the 5 point penalty system this year. Previously when a swimmer/team swam too fast the club were deducted 5 points. This has now been changed to zero.

Welcome—New Members

Welcome to Isla Paton and Amy Lindsay who joined the Developers squads at the end of 2017. Welcome to BASC!

Timekeeper Congratulations

Congratulations to the 9 members of the club who became qualified timekeepers at the end of November 2017. These were: Keith Knight, Paul McMurray, Valentina Lawless, Don Hamilton, Herve Vareille, Anne Watt, Simon Arbuckle, Alisdair Black & Kevin Cuthill. These parents have swimmers across the squads and their qualification will help allow the club to provide the correct number of timekeepers at competitions.

In addition, another 4 people have signed up for Judge Training. If you are interested in either becoming a timekeeper or judge please speak to [Sandra Knight, our Swimming Technical Officer](#) or email her via the link.

Diary Dates: January/ February

FIRST Annual Open Meet—Qualifiers

Saturday 6th & Sunday 7th January - Bathgate Xcite

West District Long Course—Qualifiers

Sat 13th & Sun 14th Jan—Dollan Aqua Centre, East Kilbride

Livingston Dolphins Development Gala— Improvers/ Bronze

Saturday 20th January - Xcite, Whitburn.

Stirling Winter Graded Meet—Selected Silver & Gold

Saturday 20th & Sunday 21st Jan—The Peak, Stirling

Grangemouth ASC JAGS—Improvers, Bronze, Silver

Saturday 27th January —Grangemouth Sports Complex

Grangemouth ASC MAGS—Bronze, Silver, Gold

Sunday 28th January—Grangemouth Sports Complex

West District Long Course Round 1—Qualifiers

Sat 3rd & Sun 4th February—Dollan Aqua Centre, East Kilbride





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Congratulations to all swimmers who took part in the 2017 Club Championships. Listed below are trophy winners. A full set of [results](#) and [scores](#) can be found on the website or click on the links.

Category		Trophy	2017 Winner
Girls 8yrs & Under	Club Championship Age Group Winner	Bo'ness ASC Trophy	Anna Beetham
Boys 8yrs & Under	Club Championship Age Group Winner	Bo'ness ASC Trophy	Fraser Willoughby
Girls 9yrs	Club Championship Age Group Winner	Alexander Trophy	Amy McLeod
Boys 9yrs	Club Championship Age Group Winner	Harry Constable Trophy	Aidan McCavish
Girls 10/11 yrs	Club Championship Age Group Winner	Journal & Gazette Cup	Holly Willoughby
Boys 10/11 yrs	Club Championship Age Group Winner	Bo'ness ASC Trophy	Douglas Arbuckle
Girls 12/13 yrs	Club Championship Age Group Winner	Bo'ness ASC Trophy	Alice Knight
Boys 12/13 yrs	Club Championship Age Group Winner	Bo'ness ASC Trophy	Dylan Christie
Girls 14 yrs & Over	Club Championship Age Group Winner	EJS Shield	Eva Vareille
Boys 14 yrs & Over	Club Championship Age Group Winner	Bo'ness ASC Shield	Ethan Stein
Girls 11yrs & Under	Fastest 100m IM on the day	Stuart Martin Memorial Trophy	Holly Willoughby
Boys 11yrs & Under	Fastest 100m IM on the day	Seamus Laffan Shield	Douglas Arbuckle
Girls 12yrs & Over	Fastest 100m IM on the day	Hundleby Cup	Alice Knight
Boys 12yrs & Over	Fastest 100m IM on the day	Serpent Cup	Dylan Christie
Girls 11yrs & Under	Fastest 50m Freestyle on the day	Victory Cup	Holly Willoughby
Boys 11yrs & Under	Fastest 50m Freestyle on the day	Round Table Cup	Gregor Skinner
Girls 12yrs & Over	Fastest 50m Freestyle on the day	Challenge Cup	Alice Knight
Boys 12yrs & Over	Fastest 50m Freestyle on the day	BP in Scotland Cup	Dylan Christie
Girl/Boy	Swimmer of the Year	Sreenan Trophy	Douglas Calder
Girl	Most Improved Girl	Most Improved Trophy	Iona Hamilton
Boy	Most Improved Boy	Most Improved Trophy	Alex Black
Girl/ Boy	Stephen Family Trophy	Stephen Family Trophy	Michael Mooney
Girl/ Boy	Land Training Commitment Recognition	Land Training	Iona Hamilton

