



BASC Newsletter

January 2016

Merry Christmas and Happy New Year!

Hope everyone is enjoying the festive break and having a relaxing time off from the usual routine!

BASC would like to extend a big thank you to all the coaches, parent helpers and committee members for all their support and hard work over the year.

Best wishes for 2016!

BASC Gala Convener

After organising many successful BASC Gala day events, our current Gala Convener Alan Stoddart is unfortunately stepping down from the role. Myles Gorton has bravely volunteered to fill the position and will be the club's new Gala Convener going forward.

Alan will be taking on a new role as the Forth Valley Junior League (FVJL) Convener.

Everyone at BASC wishes both Alan and Myles all the best in their new roles and many thanks for all your hard work - both in the past, and for that still to come!

Club AGM

The date for the BASC AGM meeting has now been set for Wed 9th March. More details to follow on this. Please mark this in your calendars and come along on the night - you will be very welcome.

New Members

BASC warmly welcomes Kier Edgar who has recently joined the BASC and FIRST teams from Carnegie.

Kier has already established himself as a very successful competitive swimmer within his age group (13/14 years), and recently swam for FIRST at the Scottish Short Championships at the Royal Commonwealth Pool in Edinburgh, Dec 11th - 13th.

Many Olympians, Commonwealth Games swimmers and Rio 2016 hopefuls attended this intensely competitive meet. Undaunted Kier set new PB's in every event except one and set 2 new West District records for his 50m and 200m Backstroke at the same time!

Swim Success

The BASC Club Championships were held at the beginning of December, it was a great event with many fantastic performances being put in across all of the clubs' squads.

Full event results are available on the website, as are photographs of the winning swimmers from each event receiving their medals on the podium.

The top 6 swimmers in each age group in each event received medals.

The photo opposite shows Sarah Coffey, Alice Knight, Joy Drummond, Alicia Evans, Cary Stirling and Eilidh Gorton receiving their medals for the Girls 10 - 11 years 100m IM.



Check out the website if you haven't already seen the medal winners gallery:

<http://bonessasc.org/club-championships-2015/>

Holiday Training Schedule

Just a reminder that a reduced training schedule is being run over the holiday period - full details are available on the club website; in the Training section : <http://bonessasc.org/training/>

Note that all sessions run will be in the Bo'ness Recreation Centre.

Normal training schedule resumes Saturday 9th January, although land training does not start again until the following week.

January Diary Dates

It's a busy start to the new year ...

FIRST Open Meet (Invited Silver/ Gold/ FIRST AGP/ FIRST Youth)
Sat 9th & Sun 10th Jan - Xcite, Bathgate

West District JAGS Long Course - Round 1 (Qualifying swimmers only)
Sat 16th & Sun 17th Jan - Dollan Aqua Centre, East Kilbride

LDD Development Meet (Invited Developers, Improvers & Bronze)
Sun 17th Jan - Xcite, Whitburn

Stirling Winter Meet (Silver & Gold)
Sat 23rd & Sun 24th Jan - The Peak, Stirling Sports Village

Grangemouth ASC JAGS Meet (Improvers, Bronze & Silver)
Sun 31st Jan - Grangemouth Sports Complex



<https://twitter.com/BonessASC>

BASC Website - <http://www.bonessasc.org/>

Email - comms@bonessasc.org



<https://www.facebook.com/teamboness>