



BASC Newsletter

March 2016

Judges Training Course

Two of our parent Timekeepers recently volunteered to go forward for Judges Training and attended a dedicated course hosted by Scottish Swimming at the Bo'ness Recreation Centre. The club is required to put forward a judge at competitive swimming events and we've not been able to do so recently as no one was suitably qualified.

This is one way that parents can help support the club and if you are already timekeeping, you're half way there. The judges training only takes a few hours and is not that onerous. Full mentoring support with an experienced judge is provided and you are certainly not left on your own.

If you think you might be interested in getting involved, either as a time keeper or progressing on towards becoming a judge, please get in touch with the club secretary on clubsec@bonessasc.org

Many thanks to Jane Murphy and Sandra Knight for giving up some of their free time to attend this.

BASC hosting next FVJL meet - Sun 6th March

It's our turn to host the next FVJL meet, and it's a great opportunity to try and raise some money for the club. BASC will be running a raffle on the day and any donations would be gratefully received. Bottles of wine or spirits, boxes of biscuits or chocolates even an Easter Egg or two would be ideal. A donations box will be available at the following times, please help support the raffle:

- Thursday 3/3 Bo'ness Rec (just before 7pm until 9pm)
- Saturday 5/3 Bo'ness Rec (just before 6.15am until 8.45am)

BASC Swimmers secure Scottish National Age Group times!

Congratulations to **Liam Murphy, Alicia Evans, Douglas Calder, Niamh Tierney, Jemma Brown, Kirstyn Calder, Rachel Christie** and **Keir Edgar** in setting new PB's at the recent FIRST Inter-Club Time Trial. The new times secure Scottish National Age Group Championship 2016 qualification times for the swimmers! This is a fantastic achievement, well done to all of you! Full write-up on the Club website - <http://bonessasc.org/news/>

Club AGM - Wednesday 9th March

A wee reminder that the club is holding it's AGM on Wed 9th March. The fun starts at 7pm in the GP Room which is located at the back of the Cafe, on the first floor of the Bo'ness Recreation Centre. Would be great to see as many of you as can make it, the club needs your support! Free biscuits, teas and coffee!

March Diary Dates

Forth Valley Junior League (FVJL) (Selected Swimmers)
Sunday 6th March - Xcite, Bathgate

West District JAG/SAG LC - Round 3 (Qualifying swimmers only)
Saturday 5th/ Sunday 6th March - Dollan Aqua Centre, East Kilbride

Ren 96 Graded Meet (Selected Bronze/ Silver/ Gold)
Saturday 19th/ Sunday 20th March - Linwood Community Sports Hub

Falkirk Otter 42nd Age Group Meet (Improvers/ Bronze/ Silver/ Gold)
Saturday 26th/ Sunday 27th March - Grangemouth Sports Complex

10-pin Bowling Evening - Sat 12th March

There are still some tickets left for the Bowling evening being held on Sat 12th March, Deer Park Livingston. This is open to swimmers and coaches from Bronze, Silver, Gold & Platinum squads. Ticket prices are £12.50 per child and £15.00 per adult, and includes two games and a main meal. Ellen Kilgour will be selling tickets on:

- Mondays 7pm Bo'ness Academy, and
- Thursday 7pm Bo'ness Academy & also 9pm at the Recreation Center.

Fundraising for BASC

A group of 18 volunteers raised over £500 for BASC, giving up a couple of hours of their time on a Saturday bag packing at Tesco's in Bo'ness. The money raised will help go towards the cost of new lane ropes used during training sessions at the Bo'ness Recreation Centre. New lane ropes cost approx. £3000 for a complete set.

Unfortunately membership subscriptions do not cover the clubs running costs alone. To run properly the club has to pay out for pool hire, life guards, pool kit (lane ropes, starting blocks, etc), competition fees and coaching costs.

In order to try and keep membership subscriptions to a minimum, the only other source of income for the club is through fund raising activities like the recent bag packing session at Tesco's in Bo'ness. If you can spare any time to help out on events such as these it would be very much appreciated and allows the club to continue and your swimmers to keep swimming.

BASC Trial Evening - Thurs 3rd March

The next BASC Trial evening will be held on Thurs 3rd March. If you know of anyone who might be interested in swimming with the club, please feel free to pass on our details and let them know about the trial evening.

Looking for a local swimming club?

Finished with swimming lessons and want to keep swimming?

Come along to a free trial session with Bo'ness Amateur Swimming Club!

Bo'ness Amateur Swimming Club (BASC) offers some of the best coaching in the Linlithgow and Bo'ness area, and caters for all ages from 7+.

BASC offers a free 4 week, no obligation trial for swimmers looking to continue and develop their swimming.

Trial sessions run on the first Thursday of each month (except Jan & July) at Bo'ness Recreation Centre, 6pm.

Interested? Email membership@bonessasc.org or visit our website at <http://bonessasc.org/> or simply turn up - no appointment necessary.

BASC is a registered member of the Scottish Amateur Swimming Association

We will also be sending out promotional flyers to local schools over the next few weeks, inviting potential swimmers along to our trial sessions. If you would like a few flyers to pass out to friends that may be interested please let us know and we can provide you with some. Contact comms@bonessasc.org for more details.

