



# BASC Newsletter

## August 2015

### Summer Holiday Schedule

Hope everyone is enjoying the summer break and the usual, dependable Scottish summer weather!

The BASC holiday training schedule commenced on Monday 20th July. See below for a reminder of the holiday training sessions;

Day	Monday	Wednesday	Thursday	Saturday
Session Details	<p align="center"><b>Bo'ness Academy</b></p> <p align="center"><u><b>Improvers/ Bronze</b></u> 5:00pm – 6:30pm</p> <p align="center"><u><b>Silver/ Gold/ Platinum and Masters</b></u> 6:30pm – 8:00pm</p>	<p align="center"><b>Wed. 22<sup>nd</sup> and 29<sup>th</sup> July</b> <b>Grangemouth High School</b> <u><b>Selected Silver/ Gold</b></u> 7:00pm – 9:00pm</p> <p align="center"><b>Wed. 5<sup>th</sup> and 12<sup>th</sup> August</b> <b>Bo'ness Recreation Centre</b> <u><b>Selected Silver/ Gold</b></u> 5:00pm – 7:00pm *</p>	<p align="center"><b>Bo'ness Recreation Centre</b></p> <p align="center"><u><b>Developers/ Improvers</b></u> 6:00pm – 7:00pm</p> <p align="center"><u><b>Bronze</b></u> 6:30pm – 8:00pm</p> <p align="center"><u><b>Platinum and Masters</b></u> 7:00pm – 8:30pm</p> <p align="center"><u><b>Silver/ Gold</b></u> 7:00pm – 9:00pm</p>	<p align="center"><b>Bo'ness Recreation Centre</b></p> <p align="center"><u><b>Silver/ Gold/ Platinum</b></u> 6:15am – 7:45am</p> <p align="center"><u><b>Bronze</b></u> 6:45am – 8:15am</p> <p align="center"><u><b>Developers/ Improvers</b></u> 7:45am – 8:45am</p>

Note that the normal term-time training schedule starts again on Monday 17th August, with the first Land Training session starting the following week on Monday 24th August.

### Competition Dates

#### **FVJL Xcite Bathgate (Invited Swimmers only)**

Sunday 23rd August

Watch out for more details by email soon.

#### **Central Championships (Bronze/Silver/Gold Squads)**

Sunday 6th September 2015 at Grangemouth Sports Complex

*Withdrawal deadline : Monday 3rd August, 12 noon.*

#### **Stirling Autumn Championships (Bronze/Silver/Gold Squads)**

Saturday 26th September 2015 at The Peak, Stirling Sports Village.

*Withdrawal deadline : Thursday 20th August, 12 noon.*

Please make sure and let our Competition Secretary know by the deadline above if you wish to withdraw your child from a particular swim event.

Email : [bonessasc\\_competitionsecretary@outlook.com](mailto:bonessasc_competitionsecretary@outlook.com)

### Congratulations New Lifeguards!

There's never been a better time to unexpectedly fall in the water!

Congratulations to Susan Grant, Catriona Kilgour, James Stephen and Catriona Brown who have successfully passed their National Pool Lifeguarding Qualification (RLSS Approved).

They will join existing lifeguards Gemma Downie and Ross Stephen next season as part of the Bo'ness ASC lifeguard team.

### Diary Dates

**Fundraising Bag Packing** : Sat 8th August Sainsbury's Linlithgow  
If you would like to sign up and help out on the day, please contact our Fundraising Coordinator - Eirwen Hopwood  
email : [hopwood550@btinternet.com](mailto:hopwood550@btinternet.com)

#### **Fundraiser for F.I.R.S.T**

##### **Rod Stewart Tribute Night**

The Three Kings, Shieldhill, Falkirk.

Sat 3rd Oct 2015 7pm for 7.30pm.

£15pp for 2 course meal, cabaret and disco.

#### **Rescheduled Surf Day** : Saturday 12th September

More details to follow nearer the time.

### Volunteers Needed

Volunteers are needed to help with the smooth running of the following events (no previous experience required!):

#### **Central Championships - Grangemouth Sunday 6th Sept**

- help required on the doors; either morning or afternoon sessions.

#### **BASC Mini Meet - Grangemouth Sunday 4th Oct**

- help required in a variety of roles on the day or in preparation for it.  
Please email our Mini Meet Coordinator directly with any questions or offers of help. Email : [alan.stoddart@hotmail.co.uk](mailto:alan.stoddart@hotmail.co.uk)

