

NEWSLETTER December 2022 and January 2023

President's Pen – Richard George, Club President

Club 2022-2023

The Clubs 'Your Voice' meeting was held Wednesday 7th December 2022. The Committee invited members who wished to contribute to the Clubs direction to last week's meeting. We received some really good feedback and thoughts on making our great Club even better and stronger. I'll share the ideas in the next Newsletter.

Club Membership renewals have commenced for 2023, and 23 of you are on the ball and have joined up already! To Rejoin, go onto our website and follow the links.

Remember don't open a *new* membership, unless you are joining for the first time!!

Renew your Membership.

See page 5 in this newsletter re instructions.

2023 Fees are \$175. Contact **Todd Taylor** if you are unsure.

Remember you must renew by December 31st of 2022.

We have had wonderful new members join recently, please welcome;

Jonathan Timms

Steph Madigan

Sharon Ramel

Miranda Hancock

Robin Van Kempen

Anita Parson



Ocean Swim from King Street Saturday 10th December 2022

President's Pen Continued – Richard George, Club President

Events

Sunday December 4th was the **Busselton Ironman**. Over 35 members signed up to Volunteer and we are very grateful. This is our biggest fundraiser. Members started at 5am and went through to 6pm. There were 2700 entrants and over 700 Volunteers – and I'm sure they all grabbed a drink from us and we organized their gear bags onto hooks! A HUGE thanks to **Andrew Hembroff** for leading the team of us on the day and having to juggle us across arrange of tasks – some we weren't aware we needed to do. We will be providing feedback to the Ironman for 2023 to make is easier for you.

We had a fantastic presentation and ocean swim with **Ceinwen Roberts** a few weeks ago, talking about her amazing Triple Crown, Hall of Fame and Open water stories.



Busselton Ironman Transition Station

President's Pen continued – Richard George, Club President

Social and Christmas

Christmas Party - and Club Presentations. Apart from celebrating 2022, we also award 5 members for their special achievements and commitment to the Club;

Coaches Awards (for two members who have worked and improved)

Club Swimmers (Male and Female for effort and achievement)

President's Award (Club person for the Year)

Xmas Morning Swim – this is perhaps one of my favorite events. Before we get into busy mode, we swim. Bring a thermos, cake or something Christmassy to share and enjoy a quiet time before THE days starts in earnest. Gail and Richard will bring the tea and coffee and cups.

Read the Newsletter - Social pages for events coming up soon.



President's Pen continued Richard George

Winners – we all did it!

I'm still gloating. **WE** won the Country Championships. We do need someone to step up into Rhonda's shoes and organize our defense next winter? You?

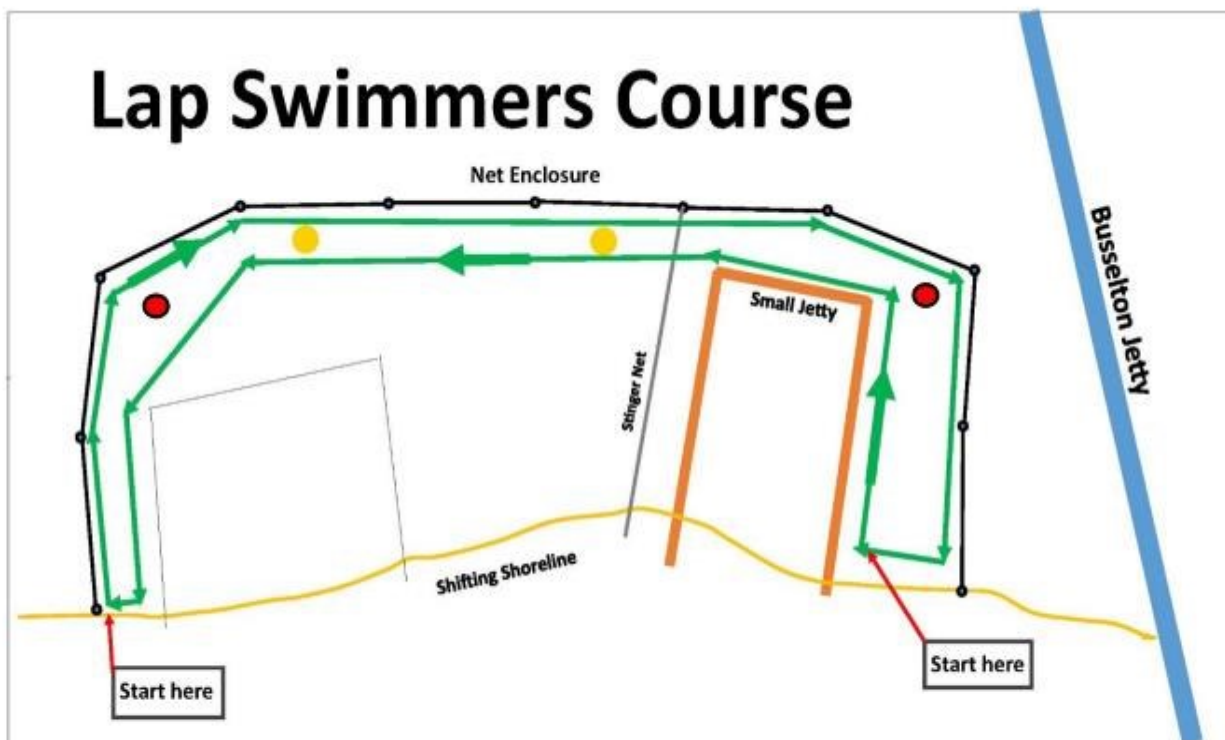
Also a big wrap for several BMSC swimmers who went to Bunbury OWS and did the 2.5km and 5km – and I've been told Simon won his age group. Give Simon plenty of support when you see him - as he's now into the Solo Rotto training – buildup stage. Summer sessions are changing. Saturday social swims are 8:30am at King Street. Trish's Monday Fishes are in recess. Wednesday 2:45pm is running into summer. Tuesday and Thursdays 7PMs are working well, and we can cater for you. Also don't forget the Yallingup 10:30am Ocean swim on Tuesdays is also in recess for January. Too hard to park! Tip for everyone...if you want to swim there in summer, wait until the sea breeze arrives and the families go home!

Summer temperatures have returned, and the Ocean is now 22 degrees and yes, you might get a love bites from the stingers thrown in for free!

See the Lap Swimmers Course Map, below to avoid collisions in the net area.

Merry Christmas Swimmers Richard George

Busselton Foreshore



Please KEEP LEFT to avoid collision

One full circuit 900m



New 2023 Membership now available

Go to the Busselton Masters Website to JOIN THE CLUB or RENEW YOUR MEMBERSHIP

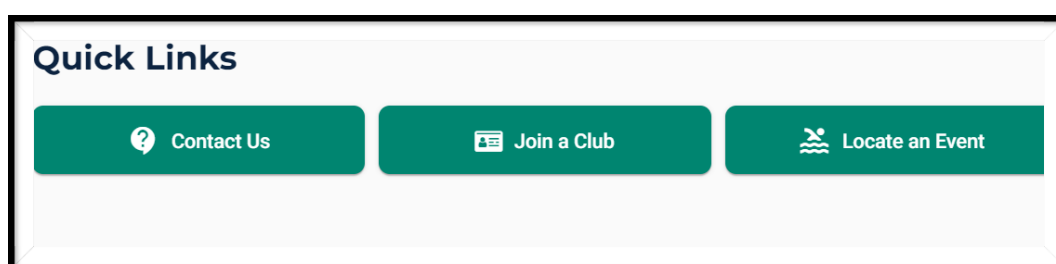
We have been working hard behind the scenes to assist clubs with training and setting up memberships in the new Swim Central membership portal. All 2022 members have been imported from STG into the Swim Central system.

To access Swim Central and renew your membership you need to:

Create a new password using the password reset method. This will allow you to log into Swim Central.

[DOWNLOAD THE PASSWORD RESET HELPSHEET](#)

Once you have logged in to Swim Central and are ready to renew your 2023 membership, look for the Quick Links toolbar, and click on the Join a Club tab.



If you cannot see your club in the dropdown menu, please contact Hannah on communications@mswa.asn.au

PLEASE DO NOT CREATE A NEW PROFILE IF YOU ARE AN EXISTING MEMBER

Go to the Busselton Masters Website to JOIN THE CLUB or RENEW YOUR MEMBERSHIP

Newsletter Editor and Social Corner - Gail George

The Social Organisers

Darryl K., Tess M. Sue H, Colin H, Steve G and Gail G.

Sorry the December January Newsletter is well and truly late! Apologies for that. It has been a rough road for the last couple of months. Travelling to Melbourne twice in that time exposed me to the latest viruses.... I have not been in the best of health! Looking forward to the new year!

Things Coming up

Everyone is enjoying the warmer weather and we look forward to the Festive Period for swimmers. We have our Christmas Party on the Busselton Foreshore the Sunday before Christmas and the Christmas Day Swim at the nets followed by a Cuppa and Christmas Treats!

There are loads of Ocean Swims coming up, a new one at Dawesville, mid January. There has been discussion in our household as to the length of the Channel at Dawesville....well here is the Wikipedia version of the answer!

"After several years of deliberations, a decision was made to build the channel at an estimated cost of \$37 million. The channel's construction commenced in 1990 and was completed in April 1994. It is about 2.5 kilometres (1.6 mi) long, 200 metres (660 ft) wide and between 6 and 6.5 metres (20 and 21 ft) deep.^[4] Construction involved the excavation of about 4.5 million cubic metres (160 million cubic feet) of material.^[5] In addition to the excavation work, breakwaters, training walls, a bridge and a sand bypassing system were constructed. "

Busselton Masters Swimming Club - Social & Events Calendar 2022

Month	Activity	Details
December	<ul style="list-style-type: none">Busselton Ironman FundraiserBMSC Christmas Windup Busselton Foreshore Swim and BBQ BYOChristmas Day Swim 8:30am	<ul style="list-style-type: none">Sunday 4th December18th December 4pm25th December 8.30am

Busselton Masters Swimming Club - Social & Events Calendar 2023

Month	Activity	Details
January	<ul style="list-style-type: none">Port Bouvard Mandurah CUT 2 CLUB<u>Gnarabup</u> Swim (1km). White Elephant Café.Australia Day Swim and <u>Breakfast Busselton</u>Snorkelling (AJ, Simon)ROTTA Virtual Swim 2023 20 km	<ul style="list-style-type: none">Sunday 15th January 2023<u>21 January</u> tbcThursday 26th January 8amJanuary tbaSat 21st January to Sun 19th February
February	<ul style="list-style-type: none">Busselton Jetty SwimROTTA Virtual Swim 2023 Final weekend Teams EventsBarrett's 40th Swim through 1600m	<ul style="list-style-type: none">12th FebruarySaturday 18th and/or Sunday 19th February25th February

Christmas 2022 Windup

Sunday 18th December
Busselton Foreshore Nets

4pm Swim

5pm Christmas Party

BYO Food and Drinks

BBQ's available

BYO Chairs, Picnic tables, Warm Clothing



Christmas Day Swim

8.30am The Nets on the Busselton
Foreshore

Followed by a Cuppa and Christmas
Treats

Tea and Coffee provided

Bring a Thermos and some Mugs if you have some
plus Christmas Treats to Share
If not we will!



Australia Day Swim

At King Street

Toes in at 8.00 am

Thursday 26th January 2023

Followed by

Australia Day Breakfast

BYO Breakfast, Chairs Tables, Cuppa

BBQ Available may be busy though!

There is an Event on at the Jetty end this year





Colin Holden our Club Captain Open Water Swims has put this together

Preliminary Dates for 2022 / 2023 OPEN WATER EVENTS

See the following pages for more details

DATE	EVENT	LOCATION	DISTANCES	TYPE
Following Swims are all Local – Day trip only				
Sunday 15 th January 2023	Port Bou- vard	Dawesville Cut	2.25km and 3.5km	Starts Estuary and goes through the cut the 3.5 finishes in the ocean
Sat 21/01/23tbc	Margaret River Ocean Swim	Gnarabup	1KM	Ocean Solo
Sun 12/02/23	Busselton Jetty Swim	Busselton	600m/ 1KM relay 1.6 / 3.6KM solo	Ocean Teams / Solo
Sat 25/02/23tbc	Barretts Swim-Thru	Bunbury	1.6KM	Estuary Solo
Sun 12/03/23	Jetty to Jetty	Coogee	750m / 1500m	Ocean Solo
Sat 18/03/23tbc	Steves nom- inated time	Busselton West St Nets	850m / 1.7KM	Ocean Solo
Sat 8/04/23	Bay Swim	Gracetown	1KM	Ocean Solo
Sat 21st -Sun 19th February	Virtual ROTTO	Busselton	New event 20KM Accrued distance or 10xperson team 2KM each	Ocean Solo Teams
Following Swims venues further away so probably involve overnight stay				
Nov 2022 – Mar 2023	WOW series	www.wowswims.co m.au downloadable- calendar	250m try it Up to 10KM	WOW
Sept 2022 – Mar 2023	OWS series	www.openwater swimming.com.au/ events/	500m up to 10KM	OWS



Port Bouvard Mandurah CUT 2 CLUB

This challenging 3.5km course takes entrants along the Dawesville Channel (The Cut) from the Mandurah Estuary into the open ocean, around the southern groyne, past 'The Wedge' (renowned surf break) to finish on Pyramids Beach outside the recently upgraded clubhouse.

For those competitors that are a little less adventurous there will be a shorter 2.25km course available which will see swimmers finish in the Cut before reaching the ocean, adjacent to the clubhouse

WHEN: Sunday 15th January 2023

TIME: Check in 5.45 -6.45am. Race start 6.50 – 7.05am.

WHERE: Port Bouvard 'The Cut'

HOW: Register direct via website <https://www.portbouvardslsc.com.au/cut-2-club/>

Online registration only No registration on the day

COST: \$55.00 – 2.25KM / \$60 – 3.5KM. Early bird price - \$10 extra after 1/01/23

SOCIAL: Stay around after the swim – BYO thermos & snacks.

FAQ:
Are there changerooms? 3.5KM finishes at clubrooms so I am guessing, yes?
Can you wear a wetsuit? Wetsuits & swim aids allowed but must be declared on entry & swimmers using aids ineligible for awards.
Is it a race? Sure is - but as usual go at your own pace – generous 2hour 10 minute cut off time for 2.25 km

INTERESTED: Lots of info on the website – this is the second year of this event

TRANSPORT: Car pooling may be possible, but it is either a super early start or an overnight stay
Ask around to see who might be going



Margaret River Swimming Women 1KM Ocean Swim

Could be a good choice for your first open water event 1km distance

WHEN: Saturday 21 January 2023

TIME: Check-in from 7 – 7.45am Race Briefing 7.50am Event start 8.00am.

Come early to get a car parking spot overflow car park up the hill also gets full!

WHERE: Gnarabup Main Beach

HOW: Registrations Online via <https://www.swimmingwomen.com.au/products-page-3/>

No entries on the day

COST: \$35 (2022 price)

SOCIAL: Stay around – for presentations and post swim coffee / breakfast at the White Elephant or agree to meet up somewhere a bit quieter.

https://www.whiteelephantcafe.com.au/media/website_pages/menu/MENU-2022-Opening-menu-PDF.pdf

FAQ: **Changerooms?** Yes, cold water shower & toilets

How many entrants? Last year just over 250. Wave start grouped according to your nominated time so the faster swimmers go first.

Is it a race? Fastest female / male award – but you can just enjoy the challenge of a 1KM ocean swim & there are lots of spot prizes.

INTERESTED: More Info <https://www.swimmingwomen.com.au/products-page-3/>

Ask Colin / Rhonda or one of the other Masters members that have swum this one before

TRANSPORT: Car pooling may be possible ask around to see who is going





UPDATE ROTTO Virtual Swim 2023

Distance options to suit all abilities

38 SWIMMERS ALREADY REGISTERED

By End October Deadline

Missed Out? Contact Colin H There is a wait list.

Next Step:-

If you have not already paid - Pay \$15 cash to Colin asap

OR pay \$15 EFT Busselton Masters Swimming Club Inc.

BSB: 036-123 Ac # 497285 Notation 'Surname Rotto'

Save the dates

Final weekend

Saturday 18th and/or Sunday 19th February

to do the open water team swim

Most swimmers are opting to accumulate the 20kms over 4 weeks from

Sat 21st January to Sun 19th February

Everyone who can, should swim with the teams on the final weekend of fun and presentations.

More details including:- Recording your swims / Allocation of teams / Final weekend schedule including presentations. To be advised later



Coogee Jetty to Jetty Ocean Swim

Could be a good choice for your first open water event 750m / 1500m

WHEN: Sunday 12th March 2023

TIME: Check-in from 6.45am Briefing 8am

Walk from 8.10 to start line. Swim starts 8.30/8.45am

Come early to get a car parking spot!

WHERE: Woodman Point Coogee

HOW: Registrations open November date TBA – it will sell out so register early.

If you entered last year when event was cancelled and donated your entry fee you will get a spot

COST: Early bird discounts 750m \$36 1500m \$42 (\$10 more after early bird 1st week)

SOCIAL: Stay around – for presentations and breakfast - Coffee van & Community food stalls

FAQ: **Changerooms?** Yep cold water shower & toilets

How many entrants? 1500m event capped at 1,000 but it is a wave start according to your nominated time

Is it a race? Yes for some but there is also a prize for closest to your nominated time and you can just enjoy the challenge of a 750m or 1500m ocean swim.

INTERESTED: More Info <https://www.jettytojetty.org.au/>

Ask Suzanne, Sue, Lindsay or one of the other Masters members that have swum this one before



Wheels and Peddles November 2022

Thursday Bike Riding Adventures

Keep in touch via messenger

3rd November - Be prepared and ready for the Summer time weather

The reptiles are on the move. There's always a little tale to be told on the riding adventures. Big black Dugite crossing the path, reared up as Mike G rode past, I was at the back, had to break or I would've run over it and who knows what !



10th November - Sensations today, lovely easy ride with Lesley, Andrew H, Mike G, Laurie and another ring in, "Princess" Margaret joined us, who is also a friend of Trish and Laurie. Lynette met us at Sensations for a coffee as well. The weather was kind, Mike slipped in the sand almost fell off, but didn't, so all is well.



Christmas is only 12 days away.

Suggestion for your Xmas wish list or Xmas stocking.

Sunscreen, Tyre Kit, Fly Net,
a Little First Aid kit for your bike,
Tyre Pump,
A review Mirror,
a thermal Water Bottle

17th November – Nice little ride, around the loop to Par 3... Seems to be a favorite at the moment..

24th November – Cloudy but warm, No rain, no one fell off... No snakes out But Lesley might need a new back tyre. Magpie Café Vasse for early coffee, then off to the LIA to the Humble Bike Shop in Vasse.. After a quick check over on Lesley's bike we took off to Par 3.. Lesley & Lynette had another Coffee, Mike had Juice, and Mon had a thirst quenching Extra Light Pale Ale, oh and that was fabulous! Well the weather was just begging for an Ale.. Topped Off November rides Fabulously.



Well That's November 2022 done ..

If you can, if you want to

Meet at Dolphin Road, West Busselton,

9.00am Thursdays

Time may change in December to 8.30 still TBA

Schools Finish 16/12/2022



Social Swim at Flinders Bay Augusta & Lunch at the Pub



A group of 22 BMSC members & friends/ family made the Annual pilgrimage to Augusta.

Those arriving early were able to sample the scones jam & cream at Ragged Robin Café.



Conditions were OK at Flinders Bay with a few waves stirring things up so the water wasn't crystal clear but no colder than Busselton.

Swimmers were able to choose 1,2 or 3 trips from the pole to rocks & return with top distance for 3 laps being 1km.



Post swim social lunch at the Augusta Hotel provided reliable 'pub grub'

COACHES CORNER



Saturday Morning Ocean Swim

Change of Venue for December and January 2023 to King Street

Toes in at 8.30am

By Popular Request after last week!!

GLC Training

Tuesday 7pm 13th and 20th December Recommences Tuesday 3rd Jan

Thursday 7pm 15th and 22nd December Recommences 5th January

Wednesday 2.45pm 14th December recommences 11th January

Monday 8.15am recommences 30th January

No Club training at the GLC Between Christmas and New Year

Christmas Day Swim

At the Nets Busselton Foreshore

Toes in at 8.30am

Remember Bring Your Fins to Training



Committee Meeting Dates for your Diary for 2023

Venue BusseLton Surf Lifesaving Club

February 15th 2023 6pm

April 19th 2023 6pm

June 21st 2023 6pm

16th August 2023 6pm

18th October 2023 6pm

6th December 2023 6pm

AGM Date Saturday October 14th 2023 9.30am

Vacancy Club Captain—Pool

Vacant Position

This important role has been done by Rhonda P in past years

More recently we have streamlined it to 3 Saturdays

The Role

Leads Club pool swimming meets / events / records.

Coordinates Club members

Opportunities to achieve swimmers goals.

Works with Club coaches.

Please contact Richard George on the club email address or talk to him

president@busseLtonmastersswimming.com



YALLINGUP LAGOON SOCIAL SWIMS

**WEEKLY ON TUESDAY
TOES IN AT 10.30AM**

**A Cuppa Afterwards at the
Yallingup Store!!**



From the Newsletter Editor—Gail George

Hi Everyone

We are a very social club and encourage members to participate in our club for
Fun, Fitness and Friendship.

Thanks go to those who helped out by supplying photos and articles! Plus the proof readers!

Please share anything that may need to go in the next newsletter to:-

president@busseLtonmastersswimming.com

Caps

**If your cap needs
replacing please contact**

Todd Taylor

president@busseLtonmastersswimming.com





Please Support our Sponsors

The Equinox

is a massive supporter of our club providing our swimming caps and complimentary coffee mornings.



**BOLD AND
BEAUTIFUL**
SWIM SQUAD MANLY



Bold and Beautiful

Swimmer of the Month

October Todd Taylor

November Miranda Hancock

A \$100.00 Budgy Smuggler Voucher

Sports Power Busselton

They give club members a discount on swimming equipment including fins, goggles and bathers.



Such a great local business with friendly helpful staff

Our Club Member Naomi Taylor does an amazing job on our club's website. Support Naomi's

business Micro Biz Web Solutions for all of your web and Social Media needs.



Roles	Who	Purpose / Leads	Other
President	Richard George	Club direction, supports Committee to achieve Clubs goals.	MSWA, Shire, GLC issues - opportunities. Tell me what you want from our Club
Secretary / Coach	Donna Stephenson Andrew Hembroff	Meeting secretariat Essential systems and processes, streamlining operations	Guides Executive Health and fitness
Treasurer	Natalie Metcalf	Budgets / reporting, audits, planning.	Guides Club expenses, and helps set fees
Membership / VP	Todd Taylor	Membership, Swim Central, new members first contact.	Vice-President
Grants Officer	Richard Stubbs	Funds, Opportunities, facilities.	Supports Club development
Coach, Coach Co-ordinator	Trish Miller	Coaching team, Andrew Sexton, Peter Pavlinovich, Donna, Steve Gibson, helping achieve swimmers goals though skills. GLC communication.	Looking to be a coach? MSWA links. https://mastersswimming.org.au/become-a-club-coach/
Club Captain—Pool Club Captain—Open Water	Vacant Colin Holden*	Leads Club pool swimming meets / events / records. Open Water Swims—coordinates Club members	Opportunities to achieve swimmers goals. Works with Club coaches.
Bold & Beautiful	Andrew Stephenson	Specific B&B website	Fun, Monthly prizes
Triathlon Events	Andrew Hembroff	Specific - 2 Tri Events	Fundraising Event Coordinator
Social Events	Darryl Kelly Tess Martin, Sue Hart, Colin Holden, Steve Gibson and Gail George.	Leads events with Committee and members support	Please all help here
Communication	Gail George	Newsletter Facebook	Google calendar
Committee	Andrew Stephenson	Supports Club—events	Committee member
Committee	Simon Keall	Supports Club—events	Committee member

To Contact the committee members please email president@busseltonmastersswimming.com