



NEWSLETTER August 2022

President's Pen – Richard George, Club President

Club Management

The Committee have developed an updated **Club Strategic Intent**. This was part of City of Busselton sponsored planning evenings we attended. We will share the documents on the website after we review them at the next Meeting (August 17th) and seek comments.

Funding Programs

The City of Busselton matched grant (\$4000) has been acquitted and final payments made. This initiative has delivered new equipment and was led by your Committee, especially **Natalie M, Richard S.** and **Donna S.**

Richard S has also secured a second \$500 COVID related grant.

Coaching

Andrew Sexton led three Stroke Clinics with great support by members, with the first Free-style Clinic attracting 30 members and others over 20. The clinics were indoors given cold conditions and I thank you all for squeezing up. Remember the purpose of the Clinics is to get you ready to do at least 3 different strokes, in the carnival.

Winter swims on Monday 8:15, Tuesday 7pm, Wednesday 2:45, Thursday 7pm and Saturday 8:45 are being well supported and our Coaches are working together.

Committee

I contacted Budgy Smugglers to see if they would provide for members to not only select their novel designs, but also select or buy, our own **Club Colours**. A design is attached.

Men's only come in ex-Prime Minister "small" (👉), but I'm also asking after "Jammers".



Women's appear to be both one piece and bikini.

Details later if you like them!

Please give Richard George Feedback



Members and Social

We welcome several New Members, Bethany Williams, Gayle Smith, Melissa McSkimming, Sue Buckland, Ian McKay and welcome back previous members, Sue Hart and Sarah Dowse. Total Members are at 81 thanks to hard work by Todd T our Vice President and Membership Officer.

The Social Club met at our new winter adopted home, at the Par 3 in front of the fire last weekend. They have dreamt up some amazing social events.

The **Big Day Out** is coming soon – read more about Coffee, Caves and Capes.

For the Caves as we have to book and pay for the group ahead of time. Please make the payment so we can get it all organised.

Planned GLC Club Events

The inaugural **Busselton Masters Carnival** is coming on the 20th August. Please enter using the form sent by email. We would like all members to have a try at a few strokes and a range of distances. Your aim is to only go as hard as you want to. It is a try and have fun event. See advice from **Rhonda P.**

Club association with the Busselton Surf Life Saving Club

The Club has now joined the BSLSC and we will be able to use it for swims, meetings and gatherings in the future. We have already had a function there in 2021 and the First Aid course was run there.

Andrew Sexton Stroke Clinic

Last one on August 13th Breaststroke

These have been well supported...

Lots of Improvement noted!!





Christmas in July Friday 22nd July 2022

This event was well supported by members with
23 booked in!

Hosted by Neil from South West Functions at the
Busselton Bowling Club.



Sharpen up your stroke technique at **Andrew's Clinic, Breaststroke**

Saturday 13 August
8:45am – 9:45am

All members welcome and encouraged to attend
No need to register, just turn up!

Thank you to our coaches Andrew, Peter and Trish for sharing their passion for swimming and challenging programs for all standard of swimmers. Aren't we lucky to have dedicated coaches at Busselton Masters?!

Busselton Club Carnival

Saturday 20 August
8:30 am – 10:00am

Register now!

Entries close Thursday 11 August

Click [here](#) to register

Thank you to Naomi Taylor for your expertise in the registration process

microbizwebsolutions



Simply Beautiful Websites

0435 178 058

Mark the following dates in your diaries!

Saturday 3 September

Keep an eye out for information soon to register for continuation of the Busselton Club Carnival. All strokes in 200m and 400m events. Come down and challenge yourself!

Saturday 17 September

Again, information to come later to register for the final events of the Carnival, The Relays! Mark it in on your calendar under fun, fun, fun.

All enquiries contact Rhonda 0439205866

Fitness, Friendship and Fun!

Grants continued



**WESTERN
AUSTRALIA**

Congratulations to for these people for completing
First Aide , CPR and Emergency Life Support

- Karen Bull,
- Steve Gibson,
- Mon Gilks,
- Andrew Hembroff,
- Simon Keall,
- Tricia Miller,
- Michelle Synnot and
- Gail George
- Andrew Sexton, CPR

Next Committee Meetings

Time 6.00pm Busselton Surf Lifesaving Club

Wednesday 17th August 2022

Wednesday 19th September 2022

Club AGM 9.30am Saturday 15th October 2022

Any Agenda Items please direct to our Club Secretary

president@busseltonmastersswimming.com

Newsletter Items

Please send us in club news and photos to the email account, notation of "Newsletter Item"

Any relevant news of club members swims or photos. This makes the newsletter more interesting!

Please email to Gail George corymbia151@bigpond.com

Newsletter Editor and Social Corner - Gail George

Thankyou for the great response to my plea for help, we now have six of us working on the social aspects of our club!

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

We are already working on the summer program, the swims have been listed with known dates so far by Open Water Captain Colin H., as well as some winter and spring social events.

First up is The Big Day Out!

Remember to book and pay early, so that we can sort out the booking and logistics.
It will be fun!

Sunday Bike Ride

We will do the Bike Ride again from Cowaramup to Margaret River and have a cuppa at the Hairy Marron Bike Café then return. The Date will be the next fine and sunny Sunday.

Meelup to Dunsborough Hike

We will do a 2.5 hour hike from the car park at Meelup to Dunsborough and return. Followed by a picnic lunch. BYO everything.>

Busselton Masters Swimming Club - Social & Events Calendar 2022

Month	Activity	Details
August	<ul style="list-style-type: none">The Big Day Out Coffee + Cave + lunchBusselton Masters CarnivalBike Ride Cowaramup to Margaret River The Hairy Marron Coffee Shop	<ul style="list-style-type: none">Sunday August 21stSat 20th August 8.30- 10.00amTbc on a fine Sunday
September	<ul style="list-style-type: none">Busselton Masters CarnivalMeelup to Dunsborough Walk and Picnic BBQ LunchBusselton Masters Carnival	<ul style="list-style-type: none">Saturday September 3rd 200m & 400mSunday 11th SeptemberSaturday September 17th Relays
October	<ul style="list-style-type: none">Club AGMBSLSC Donna Stephenson Talk and Curry NightBlackwood Marathon Weekend	<ul style="list-style-type: none">15th October 2022 9.30amDate tbc29th October 2022
November	<ul style="list-style-type: none">Ceinwen RobertsWOW Swim Koombana Bay 500m, 1.25km, 2.5km, 5km, 10kmAugusta Swim and Pub Lunch	<ul style="list-style-type: none">Date tbc November26th NovemberTbc November
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">4th December18th December 4pm25th December 8.30am

Invitation BMSC Social Sunday Event

The Big Day Out

When: Sunday 21 August 2022

Our itinerary is below and if you don't register for the Jewel Cave, you are welcome to join in with any activities throughout the day.

Swimming is possible in August for anyone interested!!!



Yahava Koffee Works

Meet 9am

Cnr Rosa Brook Rd & Bussell Hwy, Margaret River for a tasting experience starting at 9.15am =no charge. Refreshments available to purchase.

Jewel Cave Fully Guided Tour

Meet 10.20am for starting 10.30 sharp.

Address: Jewel Caves Rd, Deepdene.

Only 25 spaces available – first in best dressed!

Prepayment Essential by 16th August

As numbers are limited Please pay ASAP

email: president@busseltonmastersswmmng.com

EFT Busselton Masters Swimming Club

BSB:306-005 A/C 2244329

\$20 for seniors \$22 for adults

Bank Notation (Surname JC)



Lunch at The Colourpatch Café

Meet 12.30pm

98 Albany Tce, Augusta - order & pay for your own meals.

(Bring your bathers in case you're tempted to take a dip.

This café is super close to the water)

Chocolate and Coffee

on the way home

Meet at Temper Temper fine chocolate store,
68 Bussell Hwy, Cowarmup.

This is just another stop on the way home, for those who might be tempered.

The Blacksheep Deli for Coffee





The Hairy Marron

Bikes | Food | Coffee

Bike Ride Cowaramup to Margaret River

On a Sunny Sunday in August or September

Date to be decided depending upon the weather

Meet at the Cowaramup Men's Shed

9am start

Distance 13km to the Hairy Marron Café

69 Bussell Hwy, Margaret River for morning tea

Then return to Cowaramup

Mountain bikes, thicker tyres preferred.



MEELUP RESERVE TRAIL BUSH WALK

Sunday, 11 September 2022

Walk from Meelup Beach towards
Dunsborough, then return back to
Meelup Beach.

Total time 2.5 hours.

Meet at the Meelup Beach car park at
830am for a 9am start.

Estimate to arrive back at Meelup by
12 noon for lunch and swim.

WHAT TO BRING:

Small back pack, plenty of water,
morning tea, lunch, swimming gear,
protective weather gear.

Colin Holden our Club Captain Open Water Swims has put this together
Preliminary Dates for 2022 / 2023 OPEN WATER EVENTS (DRAFT)

DATE	EVENT	LOCATION	DISTANCES	TYPE
Following Swims are all Local – Day trip only				
Sat 26/11/22	WOW series	Koombana Bay Bunbury	500m/ 1.25km /2.5km/5km/	Ocean Solo
Sunday November	Augusta Swim	Flinders Bay	@1KM	Ocean Social
Sat 21/01/23tbc	Margaret River Ocean	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 nominated time	Busselton West St Nets	850m / 1.7KM	Ocean Solo
Sat 8/04/23	Bay Swim	Gracetown	1KM	Ocean Solo
During JAN FEB 2023tbc	Virtual ROT-TO	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.com.au downloadable-calendar	250m try it Up to 10KM	WOW
Sept 2022 – Mar 2023	OWS series	www.openwaterswimming.com.au/events/	500m up to 10KM	OWS



ROTT Virtual Swim 2023

WHAT: A chance to be a part of the South32 Rottneest Channel Swim

WHEN: Sat 21st Jan to Sun 19th Feb 2023 (FOUR WEEKS)

WHERE: Usual beach at West St nets and / or other open water locations

RULES: 20 KM Swim as SOLO / DUO / FOUR or 'NOVELTY' TEAM of TEN

- Plenty of options to complete the distance.
- First decide to go SOLO or organise yourself into a DUO or FOUR- person team OR nominate to be part of 'NOVELTY' TEN-person team.
- SOLO SWIMMERS can choose to do accrued distance over FOUR WEEKS.
- All other TEAM SWIMMERS to complete the whole 20KM over Final Weekend Sat & Sun 18th & 19th Feb.
- 'NOVELTY' TEN-Person Teams to swim 2km each Sat 18th Feb

PRESENTATIONS: Social Function time & venue to be advised for Presentations
On completion participants awarded medal & certificate

COST: \$15 per person to enter

HOW: Expression of Interest to COLIN NOW colinholden968@gmail.com
Provided enough interest Entries with payment by 30th October



Andrew and Donna's Adventures.

We are now half way into our French adventure on wheels. We had a fantastic but very hot day on the road up the Col de Port visiting a friend who held a TDF paella lunch. The verandah is only a metre from the road and we could watch the coverage on TV, listen for the helicopters and then run out to the balcony to get a great view. We had blown up kangaroos on the balcony and got acknowledgements from Aussie riders and team cars on the grind up the climb about 4.30pm and 38 degree heat.

Our next visit was to our favourite bicycle bnb, La Vue, in Quillan. Steve and Lou are English, which helps, and are fantastic hosts. Steve is a very fit cyclist, trail runner and skier and he will guide rides if you want or help plot routes depending on how many cols you want to ride. Lou is a great cook and provides car backup.



We arrived to a great dinner and met 4 other cyclists staying and Steve asked if we wanted a cruisy ride and then a 16km time trial with his local ARB cycle club. It was another stinking hot day, but not too hilly. We stopped for lunch in a nice village after a coffee stop at Rennes le Bains, a spa town, and then through the Gorges of Galamus. The road was cut by hand complete with rock walls, and a chapel is cut in to the cliff half way down to the river. In summer, they regulate traffic as there are very few options to squeeze past and caravans and Winnebago are not allowed. It is spectacular. After the Gorges, we cycled another 20km to a secret swimming hole where Lou met us with our swimming kit and cold water, superb! Not much room for swim training, but that will have to wait until we get home.

After the swim we rode to the start of the time trial. I was co-opted to time keep and Andrew put in a great effort and came 6th.

We left La Vue about 9.30am and it was now 7pm and we headed to Dave Moore, the club President's for beer/rose and chips and had a great chat with people. The day was pretty long at this stage and 4 of us loaded our bikes on the car and got a lift for the final 25km back to Quillan. But there was no room for Steve and Andrew, so they time trialled it back in the twilight. Steve was the lead out train and the last 20km was downhill. They managed to hold 50km/hr for 5km and arrived back as were unpacking the car. A massively fun and exhausting day.



We are now back at Erce in the Pyrenees for some more hilly rides, unlike Busselton, and hope to get over to tackle Mont Ventoux in September. This is a climb on Zwift (Mt Ventop), if anyone wants to join us.

Cheers

Wheels and Peddles July 2022

It was very very very Wet on Thursday 21st...

Haven't got much to report Covid caught up...

Trish turned up at mine, it's only drizzling, she said.... so went to the meeting place where Andrew H was waiting.

The 3 of us headed off in the persisting rain, forget the drizzle, it rained and rained and rained... Headed for Par 3, where we knew the fire would be on, soaked through every layer of clothing, she sox, beanie under helmets, everything... On the way we stopped and told Jan T, so she drove her car and joined us for coffee.. in front of the fire.. Duly soaked after a nice chat and coffee, heading for home, yes in the rain, when Trish had a flat tyre, I helped by giving her my pump, which was probably a waste of time, cause she had a puncture, no amount of pumping would have brought that tyre back to life in the persisting rain.. But it was only flat on the bottom !!

She got home safely - eventually.

No wind, so not too cold, The riders were absolutely soaked, the bikes were soaked, wet bums, feet and legs. Seems to be a theme at present. It's Winter.. And it'll soon be Xmas...

Meet at Dolphin Road, West Busselton,

9.00am Thursdays

Rain or Shine

Luckily on the 28th July things improved!





YALLINGUP LAGOON SOCIAL SWIMS

WEEKLY ON TUESDAY AT 10.30AM

A Cuppa Afterwards at the Yallingup Store!!

Yes we are back!

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



COACHES CORNER

Please Check the **Google Calendar** on the BMSC website if you can't remember!!

All of these trainings are at the GLC

Tricia Miller Training Monday Morning 8.15am to 9.15am

Peter Pavlinovich Training Tuesday Nights 7pm to 8pm

Andrew Sexton Training Wednesday Afternoons 2.45pm-3.45pm

Andrew Sexton Training Thursday Nights 7pm to 8pm

Andrew Sexton Training Saturday 8.45am to 9.45am

Remember Bring Your Fins to Training

(Yes Richard G , that includes you)

After Monday and Saturday Training

Enjoy a Social Cuppa at the

Par 3 Afterwards

Address

1 Spinifex Court, West Busselton 6280

bar@par3.com.au

(08) 9754 2002

We are a cashless facility, eftpos only with no cash

kept on premises.





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 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	Essential systems and processes, streamlining operations (Meeting secretariat)	Guides Executive Health and fitness
Treasurer	Natalie Metcalf	Budgets / reporting, audits, planning.	Guides Club expenses, and helps set fees
Membership / VP	Todd Taylor	Membership, SportsTG, 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, 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	Rhonda Pearsall Colin Holden*	Leads Club pool swimming meets / events / records. Open Water Swims—coordinates Club members	Opportunities to achieve swimmers goals. Works with Club coaches. *R2R fundraising
Bold & Beautiful	Andrew Stephenson	Specific B&B website	Fun, Monthly prizes
Triathlon Events	Andrew Hembroff	Specific - 2 Tri Events	Fundraising Event Coordinator
Club development – Social Events	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

Exercises that Will Develop or Enhance Physical Capacity





Training for Strength



Some useful information about the use of body weight exercises:

- To begin, start with one set of as many reps as your swimmers can perform comfortably, *whilst maintaining good technique*. Once they feel (or you can see) their technique is falling away, stop.
- Vary combinations of these exercises, the number of sets and reps for each set and the sequences of performing these activities from session to session for variety.
- Start with at least 2 sessions per week, with at least one day rest between sessions.
- Whilst you may incorporate these exercises at any stage of a training session, they are best done after skill and technique practice, as this ensures your swimmers are “neutrally fresh” when working on technique and skills.

Training Core Strength

The benefits of sound core strength / stability in swimmers are numerous and include improvement in posture, technique, power, endurance, strength, speed and overall swimmer performance as well as reducing the risk of injury. Some examples of core strength exercise are outlined below.

<p>Prone hold</p> <ul style="list-style-type: none"> • Support your weight between elbows and toes • Maintain your legs, trunk and head in a straight line 	<p>Side hold</p> <ul style="list-style-type: none"> • Lie on your side, resting weight on one elbow • Lift hip up off the ground and hold body in a straight line
	
<p>Gluteal Lift</p> <ul style="list-style-type: none"> • Lie on ground on stomach • Bend one leg at right angles • Squeeze gluteal and lift bent leg off the ground 	<p>Hip Rotation</p> <ul style="list-style-type: none"> • Lie on side, both knees bent to 90 degrees, hips flexed to 45 degrees and heels in line with trunk • Keep the heels together, while lifting the top knee like a hinge • Keep the hips and lower back still
	

Hip Abduction <ul style="list-style-type: none"> • Lie on side, one leg on top of the other and body straight • Lift the top leg up to 45 degrees • Keep the feet apart at the bottom of the movement 	Bridging (20-60 sec/rep) <ul style="list-style-type: none"> • Lay on the ground with knees bent • Squeeze gluteal and draw belly to spine, lift hips • Hold body position with knees, hips and shoulders in line
	

Training for Power

Power is very important for swimming performance, especially in shorter events.

Developing power in the pool can be done by the use of fins, paddles, parachutes and sponges. While using this equipment the distance and type of set you prescribe as the coach will determine the effect on the swimmer. These sets can include: kick, drill and swim. To improve muscular power work must be done at shorter distance where the swimmer can apply maximum force to each stroke or kick. See the example sets below:

Power kick set

3 sets of 4x25 Max kick with Fins (60 seconds) with 100m swim recovery (2mins)

Power Pull set

3 sets of 4x25 Max Pull with Paddles & Pull Boy (60 seconds) with 100m swim recovery (2mins)

Power swim set wearing Fins and Paddles (Add a sponge or Drag suit for advanced swimmers)

3 sets of 4x25 Best effort / max (60 seconds) with 100m swim recovery (2mins)

Power can also be trained by using plyometric training, this is when swimmers perform explosive movements on land without the use of weights and in the pool.

Training for Speed

High intensity efforts with short duration and lots of recovery between efforts, is the type of training which will; best develop speed in your swimmers.

Peak lactate training will help swimmers adapt to race conditions over 100-200m. Each swim should be approached with race intensity, see some example sets below:

Set 1

4 – 6 x 100m race effort on 20+min. interval, recovery swimming or aerobic base training set between efforts, total 400-600m of race quality (excluding recovery swimming)

Sprint training for 50m sprint events is another way to train for speed. See below for an example set:

Set 1

64 x 25m on 45sec interval, sprint off numbered swims / build up even numbered swims, approximately 1000m fast swimming and 600m at lower intensity.

Training for Flexibility

- **Static Stretching:** The swimmer takes the limb or body part to the limit of comfortable motion and holds it there for 15 - 30 seconds.
- **Passive or Partner Stretching:** These exercises require an “external force” to be applied. This external force is usually another person who holds the swimmer in a still position at stretch. This type of stretching can assist athletes to relax more and allows limbs to be taken to a greater range of motion (ROM).
- **Ballistic:** Repeated swinging or bouncing to the end ROM. Although this type of stretching can improve flexibility, it can cause injury and is only to be used by experienced coaches with well-trained swimmers.
- **Dynamic:** Stretching with movement such as deliberate and slow high knee lifts, trunk rotations and others. Coaches should make this specific to the movements of Swimming.
- **PNF (Contract – Relax Stretching):** Again, this is an advanced stretching method and should only be used when swimmers are warmed-up and experienced. A limb is taken by a partner to its full ROM and held there for a short period. The swimmer then forces against the partner maximally, then relaxes and allows the static stretch to be taken further. This type of exercise increases strength as well as flexibility.

Training for Endurance

Endurance training increases the participant’s ability to keep performing for as long as possible without slowing down too much or becoming tired too soon.

Longer duration, lower intensity training will help develop endurance in your swimmers. Some examples of endurance training sets are below:

Set 1(fixed interval distance)

15 x 200m or 30 x 100m free, rest 15 seconds between swims, or use a send-interval to allow this rest (variation- descend times on swims 1-3, 4-6, 7-9, 10-12, 13-15 etc.) total 3000m

Set 2 (mixed interval distances)

4 – 8 x (100 – 200 – 300m) free, rest 10/20/30 seconds (or establish an interval time per 100m such as 1min 25sec., i.e. 1.25/2.50/4.15 send-off times), total 2400-4800m