

NEWSLETTER OCTOBER 2023

President's Pen – Richard George, Club President

AGM Presidents Report – October 14, 2023

Snapshot - Membership and Sponsorship

Club Membership at October 14 – 2023 increased to 110 members, from 85 in 2022.

Club Participation – has grown at 5 training sessions, including 31 swimmers on Saturday 30 September and a record 43 swimmers at the Busselton CCC Carnival Relay swim.

We have several core Sponsors to acknowledge: **Equinox Cafe** (Club swim caps), **Sports Power** (discounted gear and 5 Club prizes) and until recently **MicroBizSolutions** (website management). Also a special thanks to **Julie Isbill** for the **Bold and Beautiful** swimming app and monthly \$100 prizes by **Budgy Smugglers**. This year we welcomed support of \$1800 from **Albemarle** for Saturday stroke clinic, Carnival and winter season coaching by Andrew Sexton.

We also acknowledge a \$1000 donation by a valued member who wishes to remain anonymous.

We end 2023 in a stronger financial position than 2022 (see Treasurers Report).

The 2023 Committee

President: Richard George

Vice president: Todd Taylor

Secretary: **Vacant** (Donna Stephenson – resigned to travel to France)

Treasurer: Natalie Metcalfe

Coaching Coordinator: Steve Gibson

Membership Officer: Todd Taylor

Pool Captain: Julie O'Connor

Open Water Captain: Colin Holden

Grants: Richard Stubbs

Events; Andrew Hembroff / Email Secretary

Communications, GLC Bookings, Newsletter and Social team lead: Gail George

Members; Simon Keall, AJ Stephenson (resigned – as above).



The Committee are amazing. They are the engine that enables the Club to succeed. It's your committee's work behind the scenes that drives our Club's ability to achieve financial, social and swimming goals. Sad farewells this year to **Donna & AJ Stephenson** who took off to France to start a new chapter of their life. We are grateful to have had **Steve Gibson** step into the Coaching Coordinators role and **Julie O'Connor** recently join as Pool Captain and run the Busselton Masters (CCC) Carnival. We are also very fortunate to have **Julie O'Connor** and **Monique Gilks** join the coaching panel of **Steve Gibson, Andrew Sexton, Peter Pavlinovich** and **Tricia Miller**. This year the coaches have another RESTART program soon to help our community swim and enjoy the water.

AGM Presidents Report – October 14, 2023—Continued

Other core Committee roles are undertaken by **Colin Holden** who has grown the summer ocean water calendar, **Richard Stubbs** who keeps finding cash to manage our needs and **Andrew Hembroff** who keeps the Clubs email traffic flowing and manages Volunteering, like Ironman. Finally special thanks to the executive group of **Todd Taylor**, **Natalie Metcalfe** and **Gail George** for helping with decision making and workload. These three people dedicate huge hours to enable new members to join, manage our finances, book lanes and with the social team, deliver the news, communication and events we all love. Supporting everyone is **Simon Keall**, and soon, 2-3 new members in 2023 to add resilience to the Committee.

Highlights for 2023

Lots more swimming – This year has seen growth in attendance at Monday, Tuesday, Wednesday, Thursday and Saturday (GLC - winter) Club swims. Add this to Tuesday at Yallingup and our Summer Saturday Ocean Swim and it's a full week – plus social swims weekdays at the nets. This year we are also starting a social Simons "Snowflake" 5pm Friday session – and drinks afterwards at our new home, the GBYC. Incredible ocean swim opportunities exist for members with the old classics, Jetty, Gnarabup, Margaret River and Barrett's, and new events such as the GEOBAY Coolwater Classic and Colins "Virtual" Rotto Swim. Add to this Masters and other Open Water swim series opportunities.

Growth – 110 members brings many benefits but also some challenges as we use up available lane space at the GLC. Growth in overheads like MSA and MSWA fees and potentially for increased lane hire at the GLC, which means we must look for grants to increase our income and manage our expenditure. In 2024 we are looking at new Grants (RTIO and Albemarle) and a \$5 small fee rise to ensure we retain cash reserves. We also rely on our Ironman volunteering events to raise money.

Busselton Aquatic Facilities

This year one of our issues will be to maintain our Clubs input in the future of the GLC – and our weekly access. Reviews underway suggest a new facility maybe required. It maybe at Vasse to serve the whole community. Council is now more aware of issues because of our lobbying and has some planning and decisions ahead. Our Foreshore plan seems to be resurfacing as a way forwards. This 2023 election will be pivotal.

AGM Presidents Report – October 14, 2023—Continued

Busselton Masters is now a large and well-established Swimming Club, with a growing membership group. I think we are now the 3rd largest Club in WA. With new members comes the need for each of us to ensure we go out of our way to welcome new faces and look out for each other - in the water and out. Our Club is great at this as we are very social and welcoming and have dozens of social events each year. We also have our coffee catchups at almost every swim. This year I'd ask each of you to encourage new members to these events.

Finally, safety is a key element of our Clubs Strategy. When we swim in the ocean in larger numbers, especially in the ocean, it means that we need to be organised and safe. This year we will introduce ocean swim procedures at Club events. These are simple and include a pre-swim briefing and buddy system. We seek your support is starting as one group at our 8:30am times.

The Committee is looking forward to 2024. Richard George President, Busselton Masters Swimming Club

14th October 2023.

Richard George, Club President



President's Pen continued– Richard George, Club President

Club 2023

Club Membership is 112. We welcome Roger Reyes and Naomi Gray. Members, please introduce yourselves and contact **Todd Taylor** to collect your **Equinox** sponsored swim caps.

Club 2024 – normal 12-month membership opens December – so please wait a little more. Any concerns, talk to Todd or a Committee member.

RESTART 2023. Steve and his coaching team will commence RESTART in November – let Steve know if you have friends and neighbors interested.

News

With Council elections now complete – it will be important to have input at the GLC and with our proposed expansion of the nets. I attended a City briefing a week ago where some indications from the Paatsch survey were outlined. Most significant is the GLC engineering review has shown urgent work is required (engineering) and that the expansion of the pools/ basketball into the remnant bush is unlikely. If this occurs, it will confirm our advice to the City in 2020 to haul back \$12m (now \$20m) proposed and pursue a new long-term site – e.g. Vasse. For us, its going to be a long wait and lobbying. On the upside for sports, the City recently committed 1% of the Shire rates to a facilities fund, ongoing.

Swims

All ocean swims, like 8:30am Saturdays, remember our new safety procedure and buddy up. Get in and out with your friend/s and ensure no one is left behind. Any issues, talk to the Coaches.

Important – we need your help at two events!

Club support required at **Ironman** – can you please respond to the email you received and log a timeslot. We need over 30 members to take on this volunteering task - for which we also earn >\$2000. Can those of you who **haven't** done the event before, especially regular GLC training crews, please look at see if you can spare ~4 hours on the day. I note all 5:30am slots are full, so join me in the midday or afternoon shifts. Andrew H is the organizer.



President's Pen continued – Richard George, Club President

Many of us are swimming in the GeoBay Coolwater Classic (11/11/23) – thankfully its 20C ! We've arranged on Friday at the Origins market check-in, that MSWA staff CEO (Sue Gliddon) and Hannah Lawton will be there talking about us - Masters. Can I ask those of you swimming, to plan to be there for a while to say



hi to them, and to talk to swimmers who are checking in. Also on Saturday late morning and afternoon, we need as many **other** members as we can manage to call in to the Masters WA tent near the finishing line to talk about us - Busselton Masters - and help Sue and Hannah who are working on their weekend.

Also watch for a late invitation to hear 7 Oceans ultra distance swimmer Andy Donaldson at GBYC after a planned 5pm King St swim on Friday 10th at 5pm. More to follow if Sam M can pull this off.

GeoBay Coolwater Classic featuring – 23 Busso Masters – 1 organiser, 17 swimmers and at least 5 paddlers !!

Three (3) Busselton Masters teams, two solos and a raft of paddlers (sic) are taking on the new 20km Geobay Coolwater Classic. Not to mention Sam Moore the Organiser. Simon Keall and Mel McSkimming are training big miles at present in wetties to master and mistress the 20km event. The 3 teams consist of Tricia Miller, Christine Lawson, Gayle Smith, Natalie Metcalf and Naimh Heally. The two Boys plus Tess teams are Peter Gittos, Tess *Solomons*, Russell *Rusty* Ironman, Lindsay Reynolds (Peters double) and Steve Coach and last but not least, the favourites, *Bronze Flailers*; Todd retired plumber, Brett the Vet, Richard Me, Tom the Doc and Brendon Big Green building. Paddlers are not limited to Ash Webster, Colin Holden, Brian Graham, Dane Barrett and Andrew Hembroff. Colin Holden has shown Power Points to one of the teams to ensure perfection and rest of us are winging it.

President's Pen continued– Richard George, Club President

Social

Augusta – Flinders Bay this Sunday 5th November

Christmas Party and Awards planning will also kick off soon with new events to follow.

GBYC Friday 5:00PM Social swims are running, followed by drinks at the GBYC. Social membership is (\$30) and our expectation is regular members join – but its voluntary.

Congratulations to for monthly Budgy Smugglers Award. For new members, this award is \$100 and presented every month by sponsors. It's a great reward with your annual fee.

Next Committee meeting is 6th December. Please talk to Committee members, or myself about issues you'd like raised. Next time you see Tess or Karen, give them a big hug as appreciation for joining the Committee.

President - Richard George

Rottnest Virtual Swim from Colin

- 28 BMSC Members already registered.
- Not registered yet?
- Hurry register asap before end of November or risk missing out.
- Join in the fun
- Presentations - Finisher medals; spot prizes and new this year special category awards.





Beanies, T Shirts Windcheaters and everything club!



Go to Work Clobber

65A Strelly Street, Busselton

**They do the embroidery of the logos and names on
the clothing items**

**You can go with the Club T-shirts and Jackets or take
one of your own choice**



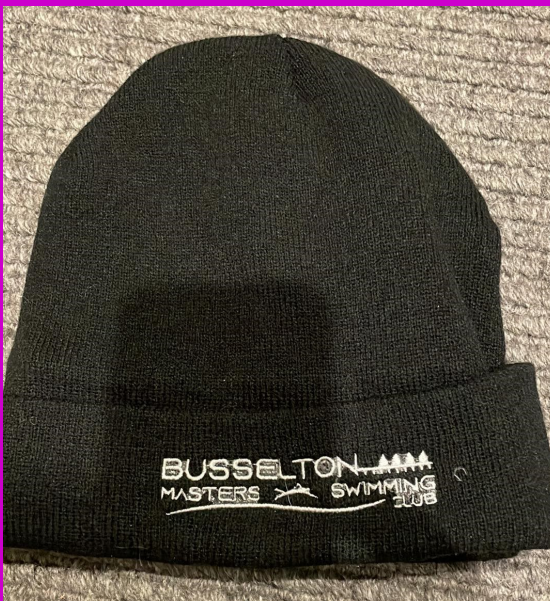
You can get Club Beanies, T Shirts Windcheaters and Jackets



You can add your own name here!



T Shirts and Jackets can be purchased from work Clobber in these colours or you can take your own!



Work Clobber

65A Strelly Street, Busselton
They do the embroidery of the logos and names on the clothing items

Beanies are available from Work Clobber \$17.50 and they can embroider them straight away!

There are a selection of beanies and colours

Or you can take your own! For them to embroider





Go to Work Clobber

65A Strelly Street, Busselton

They do the embroidery of the logos and names on the clothing items

You can go with the Club T-shirts and Jackets or take one of your own choice



The jacket above is available from Work Clobber. Very smart for winter



The jackets below have been taken in there to work clobber and you only have to pay for the embroidery





Juice Print will PRINT our emblem onto bathers and t-shirts as well



11 Bradman Street
BUSSEILTON



Lane Etiquette Information

Please read the next two pages!

All about what do in a training session in the pool

I know, too many words and not enough pictures....

However, this is what makes swimming in lanes work.



ETIQUETTE FOR TRAINING IN A MASTERS SQUAD

or

“How to get the most out of your squad training sessions while still getting on well with all your lane mates.”

Every now and then, coaches discover that there has been unrest and disagreements in lanes about how things should be done, so it's important to understand the fundamentals of squad training etiquette. The most important consideration is that most Masters' sessions only run for one hour and need to achieve a reasonable training distance, so sessions need to run as smoothly as possible.

Session Start / Warm Up – VERY IMPORTANT

THE RULE: Once the first person to get in the water (in your lane) has finished the warm-up, EVERYONE else in the lane must STOP (the next time they reach the starting end), and be ready to start the Main Set.

If you get in the water AFTER the session start time, please ascertain where the leaders are up to in the warm-up or ask the coach if you are unsure. If the leaders have already done (say) 200 metres of a 400 metre warm-up, then YOU will only be able to do the last 200 metres of warm-up.

If that's not enough for you, then just start the Main Set going easy at the back of the lane, so that the first part of that set is like a continued warm-up for you.

Note: If you get in early, do not start the official warm-up. Do your “own thing” until session start time (e.g. 7pm) and start the official warm-up at that time.

Get in the Right Order!

THE RULE: If you generally train faster than someone, make sure you go ahead of them in the lane order.

OK – sometimes you might feel better than others – but it is most frustrating to other swimmers in the lane if someone regularly says “oh no, you go ahead of me” when everyone knows that person will end up catching the person ahead.

It is sometimes difficult to get it right, particularly when the program requires you to do different strokes. Also, sometimes two people can swim at exactly the same speed, but the second person will keep catching the first person|due to the benefit of “drafting”. Just do the best you can and be flexible. Don't be offended if someone asks to go ahead of you and don't be afraid to ask to go ahead of someone else.

PTO...

Leaving Five Seconds Between Swimmers... no less... and no more!

THE RULE: The first person pushes off on 00. The second person pushes off on 05. The third person pushes off on 10. Not rocket science!

It is accepted lane etiquette all over the world that swimmers leave 5 seconds between each other before pushing off the wall. Sometimes coaches will even ask you to leave 10 seconds if we want you to do Timed Efforts without “drafting”.

It is very frustrating to have someone push off “on your toes” and stay there. It is just as frustrating when people leave too LONG a gap between swimmers. This can result in swimmers in the lane getting too far apart and the leaders having to wait extra time to let everyone catch up.

Letting Everyone Finish into the Wall

THE RULE: Swimmers should endeavor to move off to the sides of the lane after each repeat swim, allowing the other swimmers to finish into the wall and complete a full lap.

HOWEVER... This requires a lot of thinking and common sense, especially when the rest intervals are short. Please read the following CAREFULLY.

When you lead a lane and finish into the wall at the end of a repeat within a set (e.g. a 100m swim within a set of 100s), please move to the right-hand side of the lane (as you face the end) to allow the other swimmers in the lane to finish into the wall.

When the second person touches, they are to move to the right-hand lane rope. The third person is to do the same and possibly the next person too. But BEWARE – particularly when the rest interval is short! Usually only **three or four** swimmers need to move across to the right-hand lane rope, as the leader will have pushed off for the next repeat by the time the later swimmers finish that repeat, leaving room for them to finish into the wall.

Most of our swimmers are very diligent at queuing down the lane rope as described above, however they continue to do so without having regard for when the leader is about to push off again. This has caused a number of collisions. After three or four swimmers, the queue should be formed on the left-hand lane rope.

Thanks for reading... and hopefully this will lead to even more Happy Swimming!!

Source: [Masters Swimming WA](#)

REMINDERS ON OPEN WATER SWIMMING

Factors to keep in mind - particularly as we enter the summer season, the elements can change very quickly at this time of the year.

Outside Ambient Temp

Water Temp

Sun Protection

Length of Time in the water

Wind Factor

Keep in mind - Your Own Barometer

If you get cold, alert your Buddy or Coach that swims near you, don't try and continue swimming because everyone else is. ALERT, ADVISE - turn around go back

Make a plan to swim a achievable distance, you can always repeat the distance with your buddy, Always Advise what the plan is.

Double Cap – you lose body heat very quickly through the top of your head

Keep your swimming Safe and Achievable



BUSSELTON MASTERS SWIMMING CLUB

Caters for swimmers of all abilities
18 years and over



FITNESS, FRIENDSHIP & FUN

2023—2024 16-Month Membership
Now Available \$225.00 includes all :-

SWIMMING TRAINING

Geographe Leisure Centre

Pool Entry Fee Not Included in Membership Fee

TRAINING TIMES

- Monday 8.00am
- Tuesday 7pm
- Wednesday 2.45pm
- Thursday 7pm
- Saturday Winter 8.45am

OPEN WATER SWIMMING

- Saturday Summer 8.30am
Busselton Foreshore Nets
- Tuesday 10.30am Yallingup Lagoon

All ages 18 years and over welcome

ALSO INCLUDED

- Active Social Calendar
- Qualified coaching
- Pool and open water swimming
- Focus on Health and Participation
- Use of club swimming equipment
- Paid lane hire.
- Club Newsletters are on our website
- Open Water Events Calendar
- Google Calendar on Website

You can have 2 come-and-try sessions before joining.

To Join the Club

Please visit our website and follow the links to "Join Us"



www.busseltonmastersswimming.com

Out and about

Sharon Ramel had an Unlikely Birthday Present ! She is not sure whether Jorn was trying to kill her!

Hell Week 2023 Thanyapura Sports Resort, Thailand

Yes, two sessions per day! 6-8 am and 3-5 pm. However, not all swimming - but mainly the first 30 minutes were devoted to athlete care - lots of stretching and working our trigger points, talking about the importance of good posture. The swims were plenty of technique, lots of drills and quite a few km - varying between 4-5kms for lanes 1&2 (me) and lanes 3&4 5-6kms per day.

Some amazing coaches- well, all of them are. Brenton Ford, who heads up Effortless Swimming. He was ably assisted by Mitch Kibby (professional triathlete - he raced in Busso last year and will do again this year - (p.s. he wants to swim with us Thursday evening if he is here in time). Phil Rush (WR holder of the fastest two and three-way crossings of the English Channel - one very funny Kiwi). Sam Ashby (Australian Representative 100m Fly - A larrikin who left the Oz Swim team on his conditions and is very happy about his time in Mitch son



it) and
Patter-

Out and about

Hell Week 2023 Thanyapura Sports Resort, Thailand continued

Amazing pools and facilities generally here at Thanyapura I was fatigued - between the swimming and the humidity, it was challenging - lots of naps, humour and electrolytes.... Half of the 'squad' of 20 were tri-athletes, the rest trying to improve our swimming and have some fun doing so.

Here are a few things I came away with from Hell Week Camp. Clear your mind

- Get and listen to regular feedback
- Find your ideal stroke rate
- Three different ways to think about your 'Catch.'
- Patience - it takes time to change muscle memory
- How an effective active warm-up can change and inspire your entire workout
- Educate, try and test
- Getting faster right away isn't always an indicator of a correct change in your stroke.
- Work on a small change over 6-8 weeks.
- Consistency is key.



Hell Week 2023 Thanyapura Sports Resort, Thailand continued



The camp was held at the world-class training facilities of Thanyapura in Phuket, Thailand. It was a week of fun, exercise and dining in paradise! It was designed for open-water swimmers and triathletes of all levels and abilities. Beforehand on signing up, despite being asked my 400m time.... I gave an inane answer about the Margaret River 1km and how I didn't like it because it was cold and sorry I swam slowly but finished..... they accepted me....

We swam mostly the 50m pool and the 25m for the two swimmers with one coach sessions. Plus, there was an open water pool session, then out to the beautiful Naiyang beach not far from the airport.

The camp is designed to emulate what it's like to live as a professional athlete. All the coaches were terrific, giving off their time along with underwater filming and lots of focused, intense training that improved our technique, strength and fitness.



Newsletter Editor and Social Corner - Gail George

The Social Organisers

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

Colin is helping out with all of the flyers! He is brilliant!

Any suggestions to us at president@busseltonmastersswimming.com

We value your input to give variety and new activities!

Plenty of things on the Calendar for members to participate in in the next months.

Dates Below:-

Remember to come to Yallingup and swim in the Lagoon on Tuesdays, Toes In at 10.30 am. Plenty of social chatter afterwards at the Yallingup Store!

Busselton Masters Swimming Club - Social & Events Calendar 2023

Month	Activity	Details
October	Bike Ride Cowaramup to Margaret River the Hairy	8 st October
	Marron Coffee Shop	
	Club AGM + Bacon and Egg Burger Breakfast GLC	14 th October 10am
	Bird Sanctuary Bike Ride	22 October
	Blackwood Marathon weekend	Saturday 28 th October
November	Augusta Swim and Pub Lunch	5th November
	WOW Swim Koombana Bay 500m, 1.25km, 2.5km, 5km, 10km. Restart Nov 2023 Week 1 and 2 and 3	12 th + 19 th + 26 th November
December	Restart Nov 2023 Week 4	3 rd December
	Busselton Ironman Fundraiser	3rd December
	Snorkelling – The Sculpture Tour – Busselton Jetty	10 th December
	BMSC Christmas Windup Busselton Foreshore	17th December 4pm
	Swim and BBQ BYO	
	Summer Solstice Swim GBYC	Fri, 22 Dec 2023, 5pm
	Christmas Day Swim 8:30am	25th December 8.30am



Serious Stuff Making Coffee

A panel of Experts!

After The Bike and Hike!



Swimming Program November 2023

GLC Training

<i>Monday 8.00am</i>	<i>Coach Tricia Miller</i>
<i>Tuesday 7pm</i>	<i>Coach Steve Gibson</i>
<i>Wednesday 2.30pm</i>	<i>Monique Gilks and Julie O'Connor</i>
<i>Thursday 7pm</i>	<i>Coach Andrew Sexton</i>

Ocean Swims

<i>Tuesday 10.30am</i>	<i>Yallingup Lagoon</i>
<i>Saturday 8.30am</i>	<i>Busseilton Foreshore West Street end of the Nets</i>

Swimmer of the Month
For October
presented to
Tanya Kaptein
Awarded for continual
improvement and
commitment.



Swimmer of the Month
For November
presented to
Colin Holden
Awarded for continual
improvement and
commitment.

BIKE RIDE Cowaramup to Margaret River

👂🚴🚴 We Made It to the Hairy Marron Safe and Sound! 🚴🚴👂

Our adventure had a couple of unexpected twists - one jammed chain and one delicate fall - but we handled it like champs! 🦵🔧🚴 Thankfully, no one was seriously hurt, and our spirit is still high! 😊



Busselton Masters Swimming Club Bike and Hike

🚴🏍️ What a fantastic day with the Busselton Masters Swimming club! We embarked on a bike and hike adventure, exploring the beautiful Malbup Bird Hide. The scenery was breathtaking, and we saw some incredible bird species! 🐦🌿

A huge shoutout to Peter and Lynnette for opening up their place for a lovely morning tea. ☕🍰 We couldn't have asked for a better way to end our adventure. Thanks to everyone who joined us – your company made this day truly special! 🌞💙 #BusseltonMastersSwimming #NatureAdventures #CommunityLove





Social Swim at Flinders Bay Augusta & Lunch at the Pub

WHEN: Sunday 5th November 2023 – Day after OWS Koombana Bay

TIME: Meet up at Flinders Bay for a 10.30am swim

WHERE: **Swim** at Flinders Bay (Go straight through town out towards the lighthouse approx. 2km turn off **LEFT** DAVIES RD – Flinders Bay car park with playground & shower block is on the left) Search Google maps for Flinders Bay Augusta

Lunch at the Augusta Hotel.

HOW: RSVP to Colin please by **Sunday 28th October** for Lunch Table Booking. Partners are welcome. colinholden968@gmail.com mob: 0409708935

COST: <https://www.facebook.com/AugustaResorts/menu>
Lunch prices as per bar menu.

SOCIAL: If you get to Augusta early & want a pre swim coffee check out the collectables & coffee at the Ragged Robin – provided they are open!
<https://www.facebook.com/The-Ragged-Robin-1454731451501791/>
Meet up for lunch at the Augusta Hotel – table booked at midday.

FAQ: **Are there changerooms?** Yes with cold water showers
How far do we swim? Up to you & depends on the conditions - maybe 1km
Can I just turn up on the day? Yes but please **RSVP if staying for lunch**

TRANSPORT: Car pooling may be possible – ask around to see who is going
Takes just over an hour from Busselton



Weather is warming up - time to start thinking about Open Water Swim Events.

Sat October 1st to 9th October

Jetty Swim Ballot opens – choose your distance & get your entries in – most who were wait listed last year moved up the list and got a spot.

Sat 4th November

One of the first of the season is Koombana Bay Bunbury – Distances include 500m all the way up to 10km and the OWS 5km W A State Championship.

Sun 5th November

Social day out to Augusta – swim at Flinders Bay with lunch at the Pub afterwards – RSVP if coming for lunch otherwise just turn up.

Sat 11th November

A few members have already organised teams & registered for the Geo Bay Cool Water Classic 20km – it would be wise to get your teams together including support paddlers before the day to run through where everyone needs to be when.

Sat 2nd December – Registration Deadline

Rottneest Virtual Swim is on again over 4 weeks Jan – Feb 2024 – Register your name with Colin prior to December to secure your entry. Look forward to more spot prizes & special awards this year.

Thankyou Colin Holden


2023 / 2024 OPEN WATER EVENTS

DATE	EVENT	LOCATION	DISTANCES	TYPE
Following Swims are mainly local				
Sat 4/11/23	WOW series	Koombana Bay Bunbury	500m - 1.25km 2.5km - 5km +	Ocean Solo
Sun 5/11/22	Augusta Swim	Flinders Bay	Choose your distance	Ocean Social
Sat 11/11/23	Geo Bay Classic	Dunsborough to Busselton	20KM	Ocean Solo / team
TBA Sat 13/01/24	M R Ocean	Gnarabup	1KM	Ocean Solo
Sat 20/01/24	Virtual Rotto	Busselton West St Nets	Start 20KM Accrual	Ocean Pool Solo
Sun 11/02/24	Busselton Jetty Swim	Busselton	600m/ 1KM relay 1.6 / 3.6KM solo	Ocean Teams Solo
Sat 17/02/24	Virtual Rotto	Busselton West St Nets	TEAMS 20KM & Finish Accrual	Ocean Teams
TBA Sat 24/02/24	Barrett's Swim- Thru	Bunbury	1.6KM	Estuary Solo
Sun 10/03/24	Jetty to Jetty	Coogee	750m / 1500m	Ocean Solo
Sat 16/03/24	Steve's Trophy	Busselton West St Nets	850m / 1.7KM Nominated time	Ocean Solo
Easter Sat 30/03/24	Bay Swim	Gracetown	1KM	Ocean Solo
More Swims for you to consider!				
Nov 2023 – Mar 2024	WOW series	www.wowswims.com.au downloadable-calendar	250m try it Up to 10KM	WOW
Sept 2023 – Mar 2024	OWS series	www.openwaterswimming.com.au/ events/	500m up to 10KM	OWS
TBA Sun 14/01/24	Cut 2 Club	Dawesville Mandurah	2.25 / 3.5KM	Ocean Solo
24 -27/01/24	Swim Australia	Open Water Champs	Busselton 2023 2024 Venue TBA	Ocean Solo
Sat 24/02/24	South 32	Rottneest Channel Swim	19.7KM	Ocean Team Solo
TBA Sun 31/03/24	Aussies	Scarborough	2KM	Ocean Solo

REMINDERS ON OPEN WATER SWIMMING

Factors to keep in mind - particularly as we enter the summer season, the elements can change very quickly at this time of the year.

- ◆ Outside Ambient Temp
- ◆ Water Temp
- ◆ Sun Protection
- ◆ Length of Time in the water
- ◆ Wind Factor
- ◆ Keep in mind - Your Own Barometer
- ◆ If you get cold, alert your Buddy or Coach that swims near you, don't try and continue swimming because everyone else is. ALERT, ADVISE - turn around go back
- ◆ Make a plan to swim a achievable distance, you can always repeat the distance with your buddy, Always Advise what the plan is.
- ◆ Double Cap – you lose body heat very quickly through the top of your head
- ◆ Keep your swimming Safe and Achievable

<div> 2023/24 Season OPEN SOON #COMESWIMWITHUS</div>			
PART 1			
DATE	EVENT	LOCATION	DISTANCE
Sat 21 Oct 2023	Round 1: Leighton	Leighton Beach	500m 1.25km 2.5km 7.5km 5km
Sat 4 Nov 2023	Round 2: Bunbury	Koombana Bay	500m 1.25km 2.5km 5km
Sat 25 Nov 2023	Round 3: Coogee	Coogee Beach	500m 1.25km 2.5km 7.5km 5km 10km
Sun 10 Dec 2023	Round 4: Rockingham	Rockingham Foreshore	500m 1.25km 2.5km 5km
Sat 30 Dec 2023	Round 5: Mullaloo	Mullaloo Beach	500m 1.25km 2.5km 7.5km 5km 10km



OWS Series Round 2 Koombana Bay Bunbury

500m – 10km includes OWS 5km W A State Championship

WHEN: Saturday 4th November 2023

TIME: Check in 6.30-7.30am

Briefings from 7.30am start from 7.40am in distance waves.

WHERE: Koombana Bay Bunbury.

HOW: Register direct via website – registrations close the day before but it could sell out so best register asap. If it doesn't sell out they **may** have on the day late registration
<https://www.openwaterswimming.com.au/round-2-bunbury-2023/>

COST: Early Bird pricing \$25 - 500m / \$45 – 1.25km / \$49 - 2.5km / \$54 – 5km

SOCIAL: Stay around after the swim – BYO thermos & snacks if you want to avoid the Coffee Van Queue!

FAQ:
Are there changerooms? Yes with cold water showers
Can you wear a wetsuit? Yes but no exposed zips and watches and jewelry can't be worn due to risk of scratching other swimmers.
Is it good for a first timer? There is a 500m 'try it' swim which is a good first time distance – conditions vary it isn't the clearest water & sometimes it can be windy.
Is it a race? Sure is - but as usual go at your own pace.

INTERESTED: More Info <https://www.openwaterswimming.com.au/round-2-bunbury-2023/>
Ask Niamh / Todd who swam this one last year

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



New Event Saturday 11th November 2023

WHAT: A 20km point - to - point open water swim in the pristine waters of Geographe Bay.

WHERE: Dunsborough to Busselton

HOW: Solo, Duo or Team of 5 swimmers.

DISTANCE: Team Legs:- 4km / 5km / 2.5km / 4.5km / 4km with four change stations at 'Beach Party' locations.

PADDLER: Each swimmer must be always accompanied by a Paddler – Paddlers can change at Beach Party.

MORE INFO: Check the website and if interested sign up for updates as there have been some changes already.

COST: Waiting for confirmation – might be quite a bit more than other local swim events.

<https://www.geobayswim.com.au/>



It is on again for 2024 ROTTTO Virtual Swim

Solos:- Accrue the 20km (pool and/or ocean) over four weeks
Sat 20th Jan – Sat 17th Feb 2024

Can't do Solo Accrual? Consider a Team Swim on Sat 17th Feb

Want to be in it?

Here is How – Do something about it TODAY

- Register via Email to colinholden968@gmail.com
Pay \$20 EFT (Or over the counter at Westpac) to
BusseLton Masters Swimming Club BSB: 036-123 A/C
497285 Notation '*Surname* Rotto'
- Save the date:- Saturday 17th Feb to do your final Solo
Accrual Swim any Team Swims followed by Presentations.
- Register **before Sat 2nd December 2023** and you are in it.
- More Spot Prizes & Special Awards this year!
- Briefing notes & Recording sheets later:-|



Petticoat Lane Twilight Markets

Festival of Busselton

Heads up—the Jetty Swim Committee will be selling off
Jetty Swim Towels for \$5.00

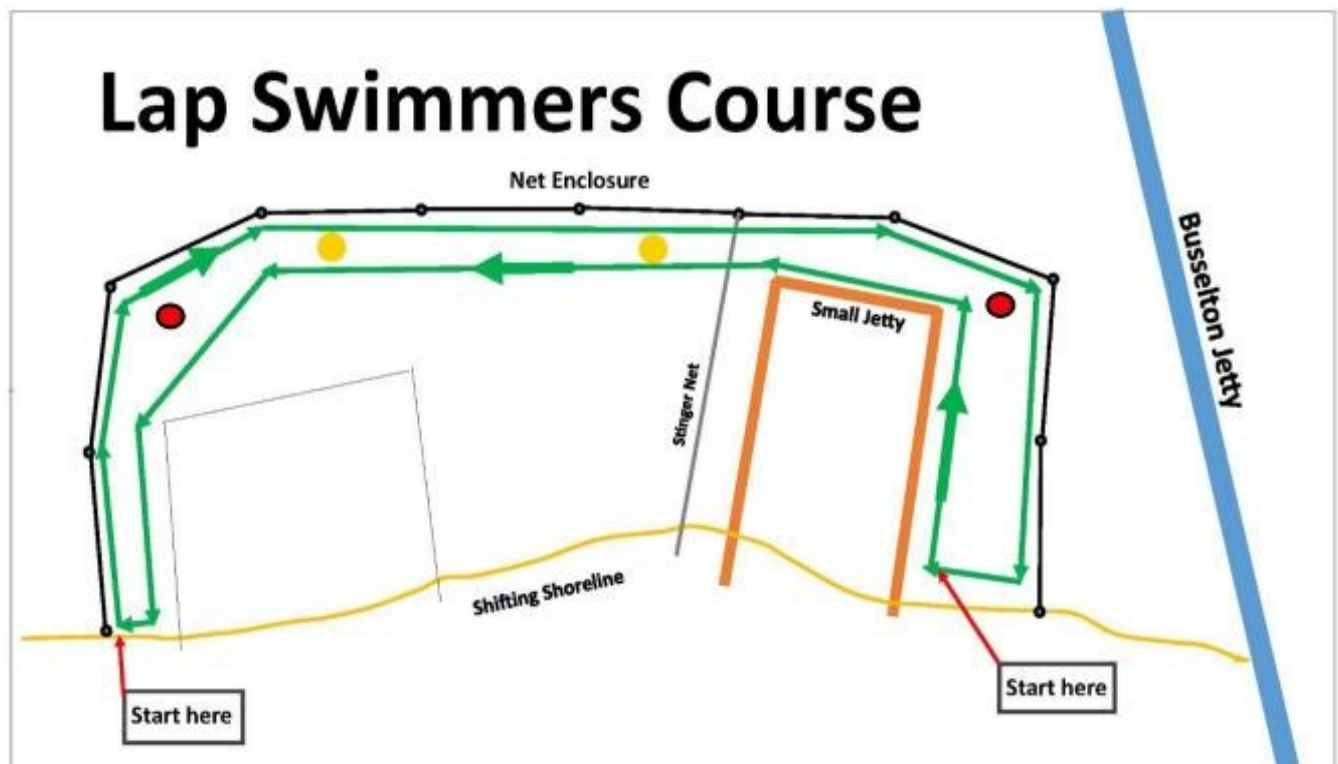
AROUND WEDNESDAY, 17TH JANUARY 2024

Date To Be Confirmed!

6pm—9pm

The Nets will soon be installed in Busselton, please make sure
you keep left to avoid collisions.

Busselton Foreshore



Please KEEP LEFT to avoid collision

One full circuit 900m

Wheels and Peddles 2023

Thursday Bike Riding Adventures

Club members have a weekly bike ride via a coffee spot along the way.

Keep in touch via messenger

If you would like to be added to the messenger group please email

president@busseltonmastersswimming.com

The rides always start at

Dolphin Road, West Busselton,

9.00am Thursdays

If it is hot 8.30am

What's On

Check Google Calendar for more details on the Club's Website

Click on the QR Code

[Busselton Masters Swimming Club](#)



Keep yourself up to date, to find more info is in the event when you click on them.

You can import them into your own calendar and receive reminders

Committee Meeting Dates for your Diary for 2023 and 2024

Venue Geographe Bay Yacht Club

6th December 2023 6pm

21st February 2024 6pm

17th April 2024 6pm

19th June 2024 6pm

21st August 2024 6pm

16th October 2024 6pm

4th December 2024 6pm



Geographe Bay Yacht Club

Junior and Adult sailing,
family friendly, Busselton
Western Australia

Social Membership Geographe Bay Yacht Club

The membership renewal time has come for Social Membership of the
Geographe Bay Yacht Club.

\$30.00 per year. Many of our members have joined this wonderful Club and we have affiliated the Busselton Masters swimming Club with them as well.

The Busselton Masters are having our bi-monthly meetings in the meeting room.

In Summer we plan to have Friday night Twilight swims there.

Followed by drinks on the fabulous new Alfresco Deck Due for completions soon.

GBYC

Proposed Alfresco Deck



Busselton Masters Swimming Club Inc. Re-Start Swim Programme 2023

A 'Refresher' Swim Programme to build



FITNESS, FRIENDSHIP & FUN
Masters Swimming Australia

Re-Start Four Week Swimming Programme LIMITED NUMBERS

Sunday Nov 12th, 19th & 26th plus Dec 3rd

SUNDAYS 8am—9.15am

Geographe Leisure Centre OUTDOOR POOL
Cost \$40.00

*Participants must be able to swim 25m and
Be competent in deep water and be medically fit.*

Pool entry payable at GLC reception each session

Please bring Swimming Fins, Goggles, Water Bottle,
Sunscreen

For further information or to REGISTER to secure your place
please email to:

ReStart is a refresher swim program for adults 18+
who have been out of the water for a period of
time and who would like to refresh their swimming
skills, ease into a fitness regime and gain swim-
ming confidence.

The Re-Start program is run by an accredited
coaches who will help you improve your tech-
nique, skill and efficiency in the water.

Restart will give participating swimmers the confi-
dence, strength and ability through the four week-
ly sessions to continue in the lifelong sport and join
our swimming community through membership
with Busselton Masters Swimming Club.

**Swimming for Fitness, Friendship and
Fun for Life**



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 of
Lindsay Reynolds
A \$100.00 Budgy Smuggler Voucher

Sports Power Busselton

Give BMSC members a discount on swimming equipment including fins, goggles and bathers.

Please let them know when you purchase



Such a great local business with friendly helpful staff



Albemarle sponsors our winter Stroke Clinics and coaches winter's 26-week Saturday swimming sessions, including the Stroke Clinic, Andrew's coaching and the CCC event.

Thankyou to Naomi Taylor who does an amazing job on our club's website, supporting our club with IT support and knowledge.

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	Tess Martin Andrew Hembroff	Meeting secretary Essential systems and processes, streamlining operations	Guides Executive
Treasurer	Natalie Metcalfe	Budgets / reporting, audits, planning.	Guides Club expenses, and helps set fees
Vice President Membership	Todd Taylor	Membership, Swim Central, New members first contact.	Caps
Grants Officer	Richard Stubbs	Funds, Opportunities, facilities.	Supports Club development
Coach, Coach Co-ordinator	Steve Gibson	Coaching team, Andrew Sexton, Peter Pavlinovich, Tricia Miller, Monique Gilks, Donna Stephenson, Steve Gibson, Julie O'Connor helping achieve swimmers goals though skills at the GLC .	Looking to be a coach? MSWA links. https://mastersswimming.org.au/become-a-club-coach/
Club Captain—Pool Club Captain—Open Water	Julie O'Connor 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	Todd Taylor	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	Simon Keall Karen Bull	Supports Club—events Supports Club—events	Committee member Committee member

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