

NEWSLETTER MAY 2023

President's Pen – Richard George, Club President May 2023

Club Membership has grown to lucky 87. We have been joined by new members **Tracie Oaks** and **Tanya Kaptein**, and welcome back **Vince Serafino** and **Gayle Smith**.

New members please contact Todd Taylor or the coach at training to collect your Masters swim caps.

The **2023 'winter' swim season commences this week**. During this season we build our skills in

all strokes, and train towards the *Busselton Masters* carnival. This year we welcome Julie O'Connor to help run the events. It will take the format of 3x Saturdays dedicated to **short** (50m, 100m), **medium** (200m, 400m) distances and much-loved **relay session**. Remember all swim points go to holding the CCC Trophy we won from Bunbury last year!!



Andrew Sexton is back from the AGE Nationals this **Thursday** (7pm 4th May – we are going month to month as winter numbers can drop fast when its cold) and 26 weeks of **Saturdays** May 6th 8:45am. This will include the 4-week famous *multiple* Stroke Clinics. Our great mate **Peter Pavlinovich** will be back in two weeks for Tuesday 7 PM sessions across winter too.

News

BUSSELTON 100. Thank you to Andrew H and every one of you who attended and helped last Saturday. We had a terrific turn out and fun cheering on individuals and teams. The athletes must have been faster too as we were all packed up well before 4pm. Big shout out to several of our members who competed. Legends.

Its official, we're now a member of **Geographe Bay Yacht Club**, and have access to facilities as a Club. Social membership is \$15 until September, and will be holding events (e.g. Christmas In July) to show you the venue and what's on offer. Dates to be confirmed.

Coaches are the life blood of our Club, and we acknowledge them by providing funds that ensure they can maintain their qualifications, take opportunities to learn and offer us a safe and fun environment. Coaches only know what you need if you talk to them so please do that whenever you have a question. Talk to **Steve Gibson, Trish Miller, Andrew Sexton, Monique Gilks, Pete Pavlinovich and Donna Stephenson.**



President's News Continued – Richard George, Club President

Swims

Ocean Events – Club Ocean Captain **Colin Holden** summarized the swims participated in by BMSC this season and it included over 11 events located between Perth and Gracetown, including local favorites the Jetty Swim (40 entries). On behalf of the Club we thank Colin for his work, skills and dedication. Especially for introducing us to the Virtual Rotto Swim.

Ocean swims on Saturdays have ended now winter has arrived, ocean temperatures dropped to 16 degrees and the weed is coming. Trish's Fishes are full on at the GLC on Mondays 8:15am.



Yallingup Tuesday

10:30am Social swim-

ming, and Wednesdays 2:45pm pool options are in place. Please arrive 10 minutes ahead of all swims. Details also on our Google calendar.

Social

Newsletter – Swim and Social pages. The Social Team have some amazing events planned for winter including Golf, Pickleball, Ocean Solstice swim, walks, caves, coffee, dinners and even an The Amazing Race , read more.

Next Committee meeting – June 21st Surf Club 6pm.

Please talk to Donna, Committee members or myself about issues you'd like raised.

Richard George



Saturday Morning Swims

Last official OWS - King Street. Near perfect conditions 29th April, except for a few stingers along the way.. Some wore Wetties, some just wore bathers.

We attracted many watchers on the beach with dogs and kids, all very amused they were entertained.

We chatted with Coffee and Anzac Bik-kies and Basil Leaves & some wore footy Beanies!

These two lovely ladies came with fashion in mind.

The Fashionisters - Winners !!!

I could not resist the photo opportunity!

Saturday Swims now go to the GLC from next week! **8.45am**





2022 / 2023 OPEN WATER Report 1st May 2023

BMSC had members participating in the following open water events.

Nov 2022 – April 2023

WOW Koombana Bay Bunbury
M R Ocean Swim Gnarabup
OWS Festival of Swimming Busselton
Busselton Jetty Swim
Barrett's Swim – Thru Bunbury
Rottnest Channel Swim
WOW Mullaloo Mile Joondalup
Aussies Ocean Swim Scarborough
Jetty to Jetty Coogee
Bay Swim Gracetown

The Virtual Rottnest Channel Swim was a popular option with 41 members signing up and 37 completing the 4-week challenge during January & February. Certainly popular enough to run again next year.

Other options included social swims at Augusta, Bridgetown (pool) & Meelup.

Regular Saturday swims from West St nets included Steve's Nominated Time Swim and during Xmas school holidays King St was the preferred location.

Whilst the Busselton Jetty Swim attracted 40 BMSC members some of the other events were a little down on numbers compared to previous years. We will continue to provide event information to members so that you can make informed choices regarding participation.

Special mention for Jetty to Jetty at Coogee – a great social swim with three distances to choose from 250 / 750 & 1500m. Register early for this one & consider booking accommodation at Coogee Beach to be able to walk to the swim. Just look out for the BMSC flag on the foreshore next year for the meeting spot!

Name Our Club

We are looking for ideas on a name for our club! A less formal title. We will always be Busselton Masters Swimming Club Inc. However, we need something catchy, zippy and more in tune with our image!

We need a new name! Have you got any ideas? Maybe stay away from the shark ones? Law of attraction and all of that!

Please share your suggestions on president@busseltonmastersswimming.com

PS Is anyone into graphics here? I will need help with the logo..... as you can see!

Or Busselton....as a pre-word rather than Busso?

- **Busso Splash.**
- **Busso Saltys Salties**
- **Busso Bronzies.**
- **Busso Waves,**
- **Busso Barnacles,**
- **Busso Jets, Jetts Jettz**
- **Busso Shark Whisperers.**
- **Busso Stingers**
- **Basso Crabs**
- **Busso Rays**
(plenty of those in the bay!)
- **Busso Seaweeds**
- **Ready Jetty Go Busso**
- **Busso Strokes**
- **Busso Splash and Dash**
- **Busso Salts**
- **The Busso Seaweed Crew**
- **Busso Ocean Crew.**
- **Busso Pines**
- **Busso Squids**
- **Busso Dolphins**



Existing Clubs

- **Bunbury Stingers.**
- **Melville Marlins**
- **Inglewood, Marrons.**
- **Stadium Snappers.**
- **Freo Fins.**
- **Claremont Gropers.**



Anzac Day Swim and Bake-off



The selection of Anzac Biscuits!
The winners were Robin Van Kempen and
Best Presentation Lesley Reid
OMG No table cloth...You can tell Gail wasn't there!
Very rough and ready!





Yallingup Lagoon Tuesday Swimmers celebrating Colins Birthday!





Meelup Swim and Brunch





Meelup Swim and Brunch



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 over the next months.

See the 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

May	<ul style="list-style-type: none">• Mother's Day Drinks Hally's Bar• Golf Day - Ambrose or Mini Golf	<ul style="list-style-type: none">• Sunday 14th May 2023 4pm• Sunday 28th May 9am
June	<ul style="list-style-type: none">• MSWA Winter Solstice Swim at King Street 7.23am• Pickleball followed by Dinner at Albies	<ul style="list-style-type: none">• Wednesday 21st June 2023• Sunday 18th June 5pm - 6pm Pickleball 6.30- 7pm Dinner at Albies
July	<ul style="list-style-type: none">• Christmas in July Geographe Bay Yacht Club• The Amazing Race	<ul style="list-style-type: none">• ? July• ? July





Mother's Day Drinks at Hally's Bar

4pm Sunday 14th May

Come down and celebrate Mothers Day

With Club Members





SOCIAL GOLF MORNING

WHEN: Sunday 28th May 2023

TIME: Check-in from 8.30am Tee off 9.00am.

WHERE: Par 3 Fairway Drive Busselton <https://par3.com.au/>

HOW: Choose to play 9 holes on the Par 3 course OR Mini golf 18 holes.

Par 3 players will play an Ambrose Format in Pairs– so it is fine for any first time golfers - just team up with a partner that has played golf before.

COST: Pay on the day – Par 3 is cashless – card only

PAR 3 9 holes \$16 (pensioner discount \$11) Bring your own clubs or borrow some if you can otherwise you can hire clubs and buggy for \$8

MINI GOLF 18 holes \$19 (pensioner discount \$13) includes putter & ball

SOCIAL: Stay around for coffee, snacks & presentations. Par 3 is cashless – card only to pay. They are licensed & make really good coffee!

FAQ: **Can Non-Members join in?** Partners, friends are welcome.

How does Ambrose work? There will be an instruction sheet on the day but basically, both pairs hit a ball off the tee and the best ball – (the one nearest the hole) is where both players hit their second shot from.

Is there a winner? Yes there will be a trophy for both Par3 & Mini golf - but you can just enjoy the fun.

Do I need to pair up for Par 3 before the day? No, you can propose your pair but the organisers reserve the right to allocate pairs with the aim of facilitating an even, fun competition.

INTERESTED: Ask Lynette or Colin for more information and **let us know if you are coming**





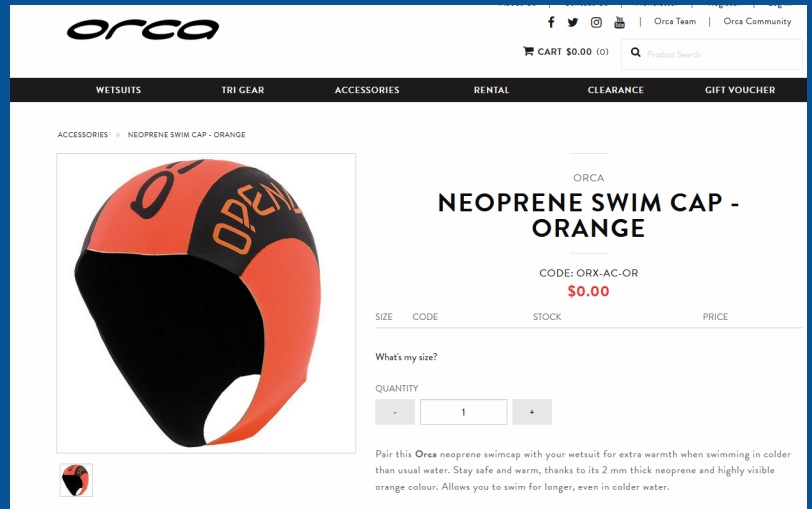
Thermal Neoprene Swimming Caps

Richard and Gail noticed in Geraldton last winter that the open water swimmers were all wearing these caps, or another version of them!

Why—for winter they keep your head warm and a result you do feel warmer in cold weather or cold water swimming.

They can be bought online from Wetsuit warehouse and other suppliers.

Or maybe the local surf shops.



NEOPRENE SWIM CAP - ORANGE

MATERIALS

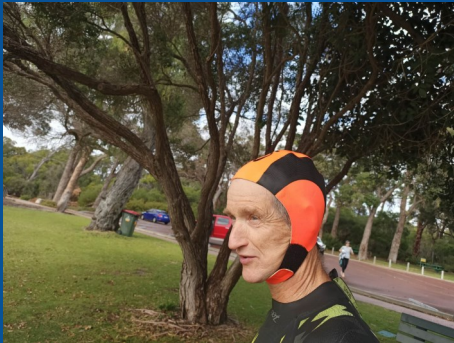
80% Neoprene, 20% Nylon.

COMFORT

The increased warmth offered by this swimcap allows you to stay in colder water for longer.

SECURITY

The highly visible orange colour ensures you're seen while swimming in open water.



Swimming Program May 2023

GLC Training

Monday 8.15am	Coach Tricia Miller
Tuesday 7pm	Coach Peter Pav
Wednesday 2.45pm	Various Coaches
Thursday 7pm	Coach Andrew Sexton
Saturday 8.45am	Coach Andrew Sexton

Ocean Swims

Tuesday 10.30am Yallingup Lagoon



Gracetown Community 1KM swim



Perfect conditions for the Gracetown Community 1KM swim - sunny, calm and ocean temp 20.8.

Attracted a few more swimmers this year about 295 total. Julie O'Connor won her age group and Lesley Reid was runner up in her age group.

Kaye Hoult won one of the raffle prizes so BMSC members did OK

We enjoyed Coffee and Treats at MAISON LASSIAILLE Dessert Shop on the way home! How amazing is that shop! See the next page!

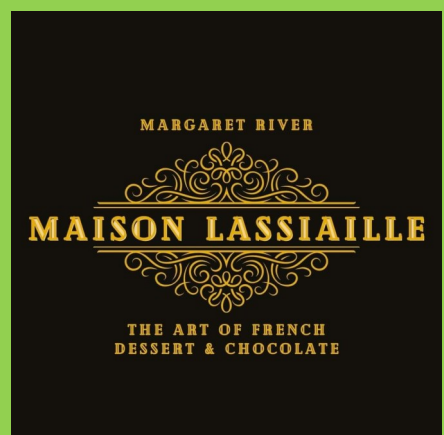




The fridge before the
Busselton Masters arrived



The fridge after the
Busselton Masters left!



How lucky are we to have
a dessert shop to visit on
the road home!

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

Scan 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

Venue Geographe Bay Yacht Club

June 21st 2023 6pm

16th August 2023 6pm

18th October 2023 6pm

6th December 2023 6pm

AGM Date Saturday October 14th 2023 at GLC 9.30am

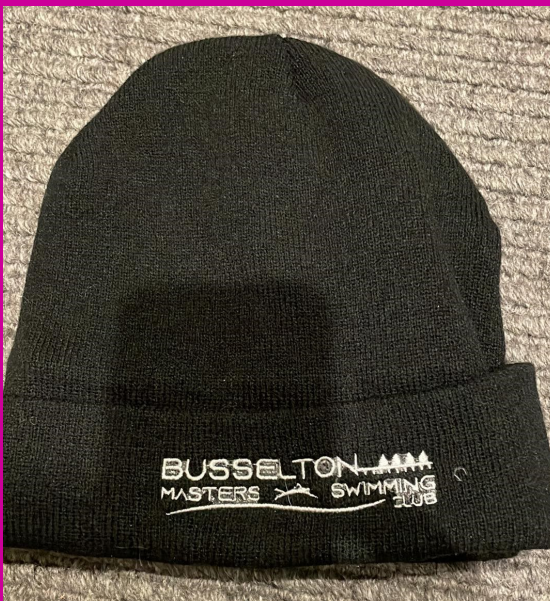


Beanies, T Shirts Windcheaters and everything club!

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





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**



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
BUSSELTON
p 08 9754 4001





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 Karen Bull

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

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.



microbizwebsolutions
Simply Beautiful Websites

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	Steve Gibson	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	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	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