

NEWSLETTER JULY 2023

President's Pen – Richard George, Club President

Club 2023

Club Membership is currently 92. We have been joined by new members **Tineke Denton** and **Mathieu Poulhazan**. All new members, please contact **Todd Taylor** to collect your **Equinox** sponsored Busselton Masters swim caps. The 6-month membership will open next week so please let anyone interested know.

I'm sad to announce that **Donna and AJ** are leaving Busselton to head to France for a few years. We will miss them both as they contributed a lot to the Club, with Donna *Secretary* and *Coach* and AJ, taking on *Bold and Beautiful*. We are planning drinks and a farewell evening in mid-August. (?18th TBC) We hope they love France, but in a few years, Busselton even more.

Susan Hart is stepping up to take on the Secretary role.

Todd Taylor is adding *Bold and Beautiful* coordination to his jobs. Thank to you both. A strong Club needs an active committee and members willing to pitch in.



News

Great news is that **Albemarle** has agreed to fund (**\$1800**) this winters 26-week Saturday swimming sessions, including the Stroke Clinic, Andrew's coaching and the CCC event. Thanks to a tip off from club member, **Dom Brinsmead**, we applied and were successful.



Albemarle is a lithium miner and processor building a large plant near Bunbury that attracts workers from southwest.

President's Pen – Richard George, Club President

News

I attended a Masters organized **Workplace Health and Safety Act** presentation, after an initial briefing last year. In short, our Club, like most Masters Clubs will be caught up in it. While we are working out what it means, the message for members is that we all have a *duty of care* to look out for hazards and to swim safely, whether at the GLC or the ocean. If you see a hazard, please let us know. The Committee have drafted safety procedures for ocean swims that are being reviewed.

In response to this Act and after several questions about **Masters Swimming WA**, we have invited **Sue Gliddon** to talk to us to explain what the State and National offices do and for you to ask questions. It's not often we have this opportunity. This is planned Friday 25th August at Geographe Bay Yacht Club.

Swims

Steve Gibson and **Coaches** are now gearing up to help us defend our 20220 victory in the 2023 “**CCC**” Carnival. Starting August 26th this is the only Masters event for country Clubs and did I say, we won last year. **Julie O'Connor** will be leading on pool deck to deliver 3 weeks of short (50, 100m) and longer (200-400m) events, that lead to our signature Relays and BBQ. **Albemarle** is our sponsor.

As everyone knows, Andrew Sextons masterclass ‘**Stroke Clinic**’ ended July 1st, with four weeks of technique and one-liners coming fast. Remember Waaaan, Twooooooo, Threeeeeeeee. A big thanks to Andrew for coaching up to 26 swimmers and for everyone's active participation.



President's News Continued – Richard George, Club President

Ocean swims continue all year – Yallingup Tuesday 10:30am and a few crazies still get wet weekdays and Sundays at King Street – where it was 14.1C last week.



Social

About 20 members fronted for the 7:23am Solstice swim, Pickleball was fantastic and for those who booked the Christmas in July, it was brilliant.

Next, we have Tess's Amazing Adventure (new event to the Club), please contact Tess to register **Nominations and questions** to Tess at:

tesskmartin@gmail.com by June 30.

and for plenty more – see the Newsletter.

Next Committee meeting – GBYC Club 6pm – date - 30th August 2023. Please talk to Committee members or myself about issues you'd like raised.

Six Month Membership will be available to new members as of 4th July. See Flyer.

Richard George

Out and About

News from Colin, He swam in the Summer Solstice this year in the UK!

I have had 4 X qualifying swims for the Masters Winter Solstice challenge so will complete the form with pics & email direct.
Attached one of the pics at Parliament Fields Lido - lovely 60m outdoor unheated but about 22 degrees after a few sunny days.



Last 🏠📍 this morning - popular at 7am opening time but the locals are experts at queueing!



Out and About



👤🏊 Two of our members celebrated the Summer Solstice today! 🏊👤

They are in Port Pollença, Mallorca, Spain.

Sisters Di P. and Lorraine and next to her, is Di's daughter-in-law Nikki.

How lucky are they!

Warm water and daytime temperature! Plus family fun! 🏊🏊



Winter Solstice Swim



The Stats

Date 21st June 2023

Wednesday

16 Swimmers

3 Dogs and

A few Supporters

Water Temperature 14.1C

Sunrise was at 7.23am

Ambient Temperature 5.1C

Water Clear

Conditions Perfect!



Winter Solstice Swim



Winter Solstice Swim



Christmas in July 2023



Christmas in July 2023



Remember Bring Your Fins to Training

Lost

Todd Taylor's Fins have disappeared from the shed please keep an eye out for them
Name on them T T



Swimming Program July 2023

GLC Training

<i>Monday 8.00am</i>	<i>Coach Tricia Miller</i>
<i>Tuesday 7pm</i>	<i>Coach Peter Pav</i>
<i>Wednesday 2.45pm</i>	<i>Various Coaches</i>
<i>Thursday 7pm</i>	<i>Coach Andrew Sexton</i>
<i>Saturday 8.45am</i>	<i>Coach Andrew Sexton</i>

Ocean Swims

<i>Tuesday 10.30am</i>	<i>Yallingup Lagoon</i>
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6 Month Membership 1st July to 31st December 2023



BUSSELTON MASTERS SWIMMING CLUB

Caters for swimmers of all abilities

18 years and over



FITNESS, FRIENDSHIP & FUN

2023 6-Month Membership
Now Available \$110.00 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

For further information email: president@busseltonmastersswimming.com

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
July	Christmas in July Geographe Bay Yacht Club The Amazing Race	1st July 23rd July
August	The Big Day Out Guest Speaker Sue Gliddon MSWA and GBYC Meal Club CCC Carnival GLC 200/400s	13th August 25th August 26th Aug
September	Club CCC Carnival 2 GLC 50/100s Club CCC Carnival 2 GLC Relays and Bacon and Eggs Meelup to Eagle Bay and return Walk and Picnic BBQ Lunch	9th September 23rd September 17th September
October	Bike Ride Cowaramup to Margaret River the Hairy Marron Coffee Shop Club AGM + Bacon and Egg Burger Breakfast GLC Bird Sanctuary Bike Ride Blackwood Marathon weekend	1st October 14th October 10am 22 October Saturday 28th October
November	Augusta Swim and Pub Lunch WOW Swim Koombana Bay 500m, 1.25km, 2.5km, 5km, 10km. Restart Nov 2023 Week 1 and 2 and 3	5th November ? November 2023 12th + 19th + 26th November
December	Restart Nov 2023 Week 4 Busselton Ironman Fundraiser Snorkelling – The Sculpture Tour – Busselton Jetty BMSC Christmas Windup Busselton Foreshore Swim and BBQ BYO Christmas Day Swim 8:30am	3rd December 4th December 10th December 18th December 4pm 25th December 8.30am



**SAVE THE
DATE
JULY 23 2023**

THE MASTERS AMAZING ADVENTURE

WHEN: Sunday July 23

WHERE: King Street Carpark

TIME: Meet at 9.00am for a 9.30 am start

WHAT: A variety of activities in the Busselton area to be completed as a team

Be prepared to:

take photographs

solve puzzles

laugh

have fun

think

be creative

One car required for each team (3-4 people).

Nominate your interest and IF you have a car available.

The Amazing Adventure will end at a lunch spot to be revealed.

Nominations and questions to Tess at:

tesskmartin@gmail.com by June 30.

Things Coming Up

Something New

Geo Bay 'cool water' Swim

Here is a 'new' Open water swim scheduled for 11th Nov 2023

Geo Bay 'cool water' Swim

19km from Dunsborough to Busselton Jetty

Options for Solo, Duo or 4 person team.

Minimum distance for team swimmer is about 4.5km

Early November so water not really warmed up yet!

More Info & you can sign up for updates

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

With shortest swim leg being 4.5km one for the more 'elite' swimmers

Those interested should go to the website for more info and they can sign up for updates.



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 Bombers**
- **Busso Bommies**
- **Busso Salmon**
- **Busso Splash.**
- **Busso Saltys Salties**
- **Busso Waves,**
- **Busso Geobay Swimmers**
- **Busso Barnacles,**
- **Busso Jets, Jetts Jettz**
- **Busso Sea-weeds**
- **Ready Jetty Go Busso**
- **Busso Strokes**
- **Busso Splash and Dash**
- **Busso Salts**
- **The Busso Seaweeds**
- **Busso Ocean Crew.**
- **Busso Pines**
- **Busso Squids**
- **Busso Dolphins**
- **Busso Jetty Jumpers**
- **Busso Bronzies.**
- **Busso Shark Whisperers.**



Busso Sea Weeds



Existing Clubs

- **Bunbury Stingers.**
- **Melville Marlins**
- **Inglewood, Marrons.**
- **Stadium Snappers.**
- **Freo Fins.**
- **Claremont Gropers.**
- **Rockingham Rays**
- **Mandurah Mannas.**
- **Cottesloe Crabs**
- **Armidale Pelicans**
- **Belmont Seals**
- **Carine Ducks**
- **Cockburn Rays**
- **Midvale Dolphins**
- **Perth City Swans**
- **Summerset Seahorses**
- **Swan Hills swans**
- **Whitfords seagulls**

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

Venue Geographe Bay Yacht Club

June 21st 2023 6pm

30th August 2023 6pm

18th October 2023 6pm

6th December 2023 6pm

AGM Date Saturday October 14th 2023 9.30am



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

Steve Pupilli B&B winner for May

Sue Buckland winner for June

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	Susan Hart Andrew Hembroff	Meeting secretary Essential systems and processes, streamlining operations	Guides Executive
Treasurer	Natalie Metcalf	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	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