

NEWSLETTER FEBRUARY 2023

President's Pen – Richard George, Club President

Club 2023

Club Membership is strong with 75 members to date. We have been joined by several new members since Christmas edition and welcome; **Callan Barnes, Nick Shrewsbury, David Mulhearn, Dawn Phillips, Stephen Pupilli and Ian McKay.**

News

Trish Miller has recently stepped down from the Committee. A founding member, Trish has had roles of secretary, coach, coaching captain, GLC coordinator and leader of the Clubs signature RESTART program, with past President Darryl Kelly. Trish has provided leadership for those new members who train on Mondays and swim across the year in the ocean. The Club deeply appreciates Trish, and we acknowledge all she has done. While stepping down from the Committee, Trish will remain a Coach and lead her Monday 'Trish's Fishes' sessions at the GLC at 8:15am.

Day one of the Rotto Virtual Swim



President's News Continued – Richard George, Club President

Coach Co-Ordinator

Please thank and congratulate

Steve Gibson, who has stepped into lead coach role and
Gail George who is taking on the GLC Booking task.

Re-Start

Steve with support from Donna and several members will be running RE-START 2023.

Re-start allows non members the opportunity to try Busselton Masters out over a 4 week period and to get back into swimming. Please share the information if you know anyone who would like to participate. The link and registration form is on our wonderful and informative website under the Google Calendar! Thankyou Naomi T for our website management,

Wednesday's training in recess.

Popular winter program, that continued into summer, will now have a break. Last day is February 1st. School swimming, means GLC is heavily booked in February and March. Wednesday Training 2.45pm recommences on the 15th March.

Bold and Beautiful

We also thank **Andrew (AJ) Stephenson** for taking on *Bold and Beautiful* coordination.

New members, talk to AJ or Committee members about the getting onto the app and be up for the \$100 monthly prize Budgy Smugglers prize for regular swimmers. Bold and Beautiful provides a fun way club members can track their swimming—around Australia!

Members enjoying a cuppa after the Margaret River, Gnarabup swim



President's News Continued – Richard George, Club President

2022 Club awards were presented at the Christmas Party.

Presidents Award, **Steve Gibson,**
Achievement Awards; **Maureen King** and **Niamh Healy** and
Coaches Awards; **Brett Edwards** and **Tanya Gibson.**

A big thanks to our sponsor **SportsPower** for the \$50 Vouchers.

Swims

Virtual Rottnest – the South32 event is underway, with 41 members signed up to do 20km.

We received wonderful coverage in the Busselton Mail thanks to our past member, journalist Catherine Massey's and Darryl K and Colins H work behind the scenes.

Margaret River, Gnarabup Swim

Several BMSC swimmers attended **Margaret River, Gnarabup swim**, with more competing in the Australia Day OWS swim at Busselton. The next event is the signature Busso Jetty Swim, followed by Barrett's swim in Bunbury. Colin is coordinating attendance.

Swim Timeslots

- Saturdays 8.30am we return the Foreshore nets for the remainder of summer and autumn, now the tourists have thinned out.
- Trish's Fishes are back on at GLC on Mondays 8:15am.
- Yallingup 10:30am Social swim returns January 31st at the Lagoon. Arrive 10 minutes ahead of swim times.

Look at Google calendar on the website if uncertain. Look there anyway—it is a lot of work!

Margaret River, Gnarabup swim



President's Pen continued Richard George

Social

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

Busselton Jetty Swim are looking for Volunteers

We are still looking for volunteers on the day for the Busselton jetty swim for 2023 and we also have spots open in the 500m swim.

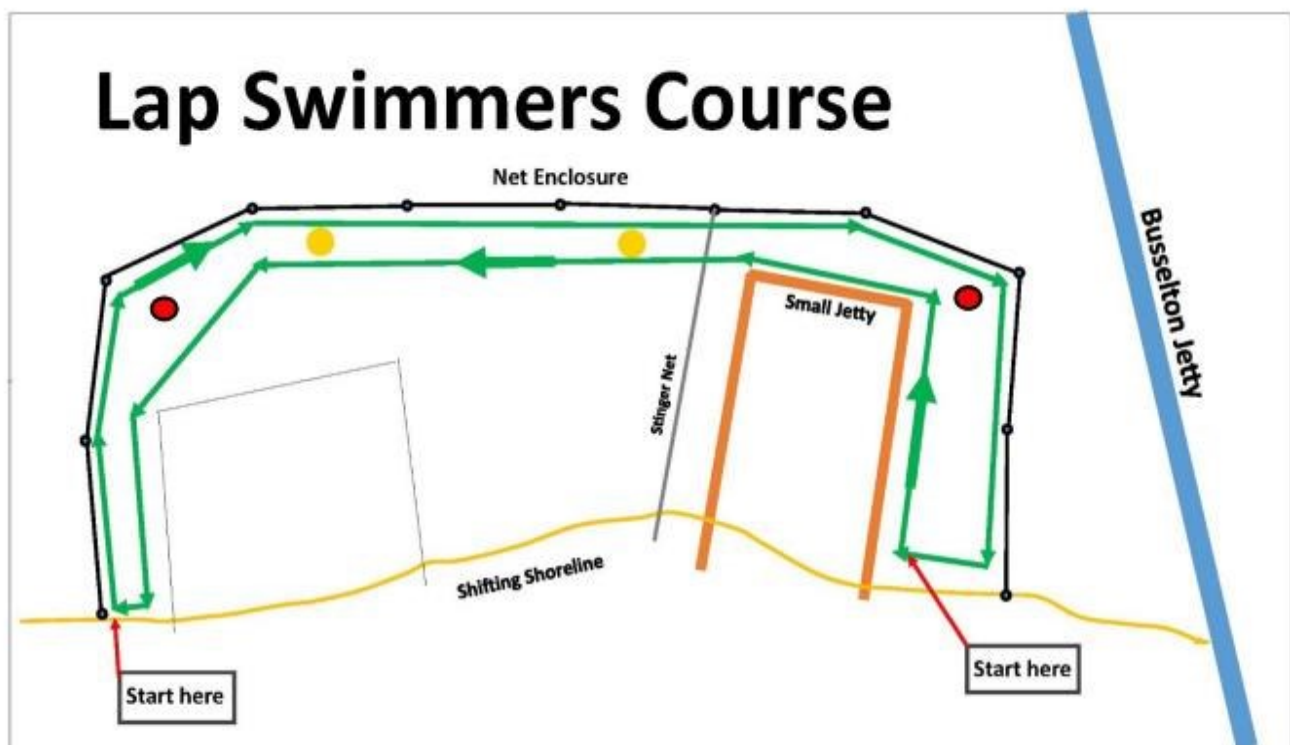
<https://busseltonjettyswim.org.au/volunteers/>

Next Committee meeting – Wednesday February 15th Surf Club 6pm.

Please talk me, Donna or Committee members about issues or suggestions you'd like raised.

Richard George

Busselton Foreshore



Please KEEP LEFT to avoid collision

One full circuit 900m

Sport and Recreation Facilities Strategy Review

Your Say Busselton

The City has just released a **Survey** and **Priorities** Tool online. Our Club members need to tell the City we need better facilities and a plan to achieve the eventual goal of a 50m pool. Can we ask you to fill in the Survey. After some introductory questions, they ask you for three (3) most important actions. I wrote.

1. Aquatic Facilities Business Plan for 2030-2060
2. Aquatic Centre including a 50m pool (location to be defined)
3. Expanded Foreshore netted area (immediate)

These are based on the overwhelming evidence that the City has no detailed Plan for future aquatics. As you will read with costs escalating, it remains on the plan to spend \$7.2m on adding two walking lanes to the Indoor Pool. This will not benefit Busselton Masters or other aquatic and school clubs. They are also planning \$12m on 3 basketball courts. To spend \$20m on a 30year old site that is too small for the future is not good use of funds.

Finally I suggest you do not respond to the priorities tool. If we tick the aquatics section, we are saying go ahead on the \$7.2m spend! The Survey is more important.

Any questions - please call me Richard George

Hello Busselton sporting clubs and associations,

In May 2020, Council endorsed the Sport and Recreation Facilities Strategy 2020-2030 (SRFS) as a guide to the provision of sport and recreation infrastructure throughout the district. Over the next 10 years the SRFS recommends approximately \$37M of sport and recreation projects.

However, the figures included in the endorsed strategy are based on research conducted in 2018. Current economic conditions mean that the cost of delivering all of the projects included in the strategy would well exceed the endorsed \$37M.

The City is seeking feedback to help review the priorities of the Strategy, to ensure they still align with what community needs. We have two tools available to gather feedback on the Strategy one being a Survey and the other the Prioritise Tool with both available on the SRFS Review Yoursay page. Could you please complete these and share them with all your members and local networks.

The tools will be open for use until the end of February 2023. The link to the Survey and Tool can be found here: [**Sport and Recreation Facilities Strategy Review | Your Say Busselton**](#)

Please contact Adrian Fisher with any queries.

Adrian Fisher

Recreation and Community Development Coordinator

p: (08) 9781 0403 m: 0460 405 596

Adrian.Fisher@busselton.wa.gov.au

Found property



Left on Christmas Day

Bolle Sunglasses and Houghton Wines Bag

Please contact Richard or Gail
George and we will reconnect you!

Email to

president@busseltonmastersswimming.com



Ocean Swim Festival and Australian Open Water Championships

Busselton Jetty, Busselton WA

The Australian Open Water Championships was held from 25 to 28 January in Busselton, Western Australia.

This event will be delivered in partnership with Swimming WA and with the support of Tourism WA and the City of Busselton.

Some of our Members competed in the event, congratulations to Julie who won her category.

Julie O'Connor 2.5 KM 45.14
Winner Female Legends Category

NAME:	DISTANCE	TIME
Michelle Synnot	1.25KM	27.48
Julie O'Connor	2.5 KM	45.14
Winner Female Legends Category		
Tricia Miller	2.5KM	1:01.52
Niamh Healy	5KM	1:18.56
Simon Keall	10KM	3:14.57

Newsletter Editor and Social Corner - Gail George

The Social Organisers

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

We need to meet soon to map out activities for the year!

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 month.

For the Jetty Swim we usually meet in front of the Equinox. Look out for club Banner!

Remember to come to Yallingup and swim in the Lagoon on Tuesdays, Toes In at 10.30 am.

Some members and friends having a cuppa and cake and Celebrating a birthday!



Month	Activity	Details
February	<ul style="list-style-type: none">Busselton Jetty SwimROTO Virtual Swim 2023 Final weekend Teams EventsBarrett's 40th Swim through 1600m	<ul style="list-style-type: none">Sunday 12th FebruarySaturday 18th and/or Sunday 19th FebruarySunday 25th February
March	<ul style="list-style-type: none">WOW Jetty to Jetty CoogeeRe-Start Swimming Program	<ul style="list-style-type: none">12th March12 March to 2 April 2023
April	<ul style="list-style-type: none">Re-Start Swimming ProgramGracetown Bay Swim (Easter)Busselton Half Ironman 70.3. Club Fundraiser SunSmart Busselton Festival of Triathlon	<ul style="list-style-type: none">12 March to 2 April 20238th AprilSaturday 29 April 2023

BUSSELTON MASTERS SWIMMING CLUB

Busselton Masters Swimming Club Inc ReStart Swim Programme 2023

A 'Refresher' Swim Programme to build
SKILL, FITNESS, SWIM CONFIDENCE



FITNESS, FRIENDSHIP & FUN
Masters Swimming Australia

ReStart Four Week Swimming Programme

Sunday 12 March – 2 April 2023 x 4 weeks
SUNDAYS 8.15AM – 9.15AM

Geographe Leisure Centre OUTDOOR POOL
Cost of \$40

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

Pool entry payable at GLC reception each session
Please bring Swimming Fins (if you have a set),
Goggles, Water Bottle, Sunscreen

For further information or to REGISTER please go onto
the Busselton Masters Swimming Club Website
QR Code link below

Any Questions email bussorestart@gmail.com

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 swimming confidence.

The ReStart program is run by accredited coaches who
will help you improve your technique, skill and
efficiency in the water.

Restart will give participating swimmers the
confidence, strength and ability through the four
weekly 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**



Busselton Masters Swimming Club Inc

www.busseltonmastersswimming.com



Winner of the 2017 MSWA McDonald Shield Best Club Administration Award

Winner of the 2017 MSWA Volunteer of the year award

Nominated for the 2018 RAC WA Community Sports Star Award

Finalist in the 2018 RAC WA Community Sports Award

Welcome to the 2023 Re-Start Swimming programme presented by

Busselton Masters Swimming Club Inc

ReStart 4 week Programme Sunday 12 March to Sunday 2-April GLC Outdoor

Coaches - Steve Gibson, Donna Stephenson

Thank you for interest in the Busselton Masters Swimming Club's 4 week ReStart swim programme commencing as above at the Geographe Leisure Centre, Queen Elizabeth Drive, Busselton Sunday 12 March 2023.

\$40 for the four week Programme.

Please note: You will need to pay pool entry at reception.

Participants must be able to at least **swim 25m in deep water** and be **medically fit** to participate in this programme. This is not a Learn to Swim programme for the complete beginner, but a Refresher programme to get people who may have swum in the past back into the sport to build on fitness, skill, technique, confidence and fun in the water.

Can you please **arrive at 8am to check-in** and enable you to meet the team and have an overview of the programme presented to you. Please bring **Cap, Goggles, Water Bottle, Sunscreen and Swimming Fins** to enable you to gain the most from this programme. Kickboards and other equipment will be provided.

Please confirm your registration by completing, signing and returning the attached Registration Form to us by Monday 7 March to secure your place in the programme. After this date Wait Listed participants will be invited to register.

bussorestart@gmail.com

Busselton Masters Swimming Club looks forward to meeting you on the 12 March 2023 at 8am.

Kind Regards

Steve Gibson

0407166057

Coach – ReStart Programme

FITNESS, FRIENDSHIP AND FUN

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





Heart Beat 45+ Grant

Lifesaving skills of Resuscitation and First Aid

We have been successful in obtain a grant via the Western Australia Department of Health for the above programme . It is available for 10 of our members and the course will be run on:-

Date Wednesday 5 th April

Time From 8 -11 am and

be conducted by the Royal Lifesaving Western Australia .

To enrol please email Richard Stubbs

president@busseltonmastersswimming.com

Please provide your name, phone number and email address

Although this is a free event the value is around \$2000 for our participants .

The Royal Life Saving Society WA (RLSSWA) believes that everyone should know the lifesaving skills of resuscitation and first aid. Half of all drowning deaths recorded in WA are adults aged 45 years and over. In the event of a drowning, CPR performed at the scene could be the difference between life and death. If this was you could you provide lifesaving assistance until emergency help arrives?

Like with any skill, resuscitation skills can be forgotten if not practiced regularly so update your CPR skills by completing a refresher course every 12 months.

RLSSWA's Heart Beat 45+ community education course is specifically designed for adults who would like to learn more about how to respond in an emergency and refresh their resuscitation skills. It is a flexible session that runs for between two and three hours, depending on your needs.

Virtual Rotto Started from Saturday 21st Jan. Wear your Virtual Rotto swim caps, record your swims & times too if you want to.

Saturday 4th onwards School Holidays are over so back to West St Nets - toes in the water at 8.30am

Sunday 12th Jetty Swim Usual meeting place in front of Equinox be there early for Club photo – all welcome to support the swimmers.

Saturday 18th Virtual Rotto Team swimmers will share 20km this morning & last chance for Solo Accrual swimmers to complete their 20km. BYO everything for coffee / brunch & presentation of medals, certificates & spot prizes West St foreshore from 10am.

Saturday 25th Barretts Swim Thru' One of the friendliest swims as it isn't a race just a fun challenge to get close to the time you nominate – entry price includes BBQ meal afterwards & despite what you might have heard the water quality is not that bad!

DATE	EVENT	LOCATION	DISTANCES	TYPE
Following Swims are all Local – Day trip only				
Sun 12/02/23	Busselton Jetty Swim	Busselton	600m/ 1KM relay 1.6 / 3.6KM solo	Ocean Teams / Solo
Sat 18/02/23	Virtual Rotto	Busselton West St Nets	TEAMS 20KM & Finish Accrual	Ocean Teams
Sat 25/02/23	Barretts Swim-Thru	Bunbury	1.6KM	Estuary Solo
Sun 12/03/23	Jetty to Jetty	Coogee	750m / 1500m	Ocean Solo
Sat 18/03/23	Steves nominated time	Busselton West St Nets	850m / 1.7KM	Ocean Solo
Sat 8/04/23	Bay Swim	Gracetown	1KM	Ocean Solo
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



Virtual South32 Rottnest Channel Swim Briefing Solo Accrual 20km

Thank you to all those Busselton Masters Swim Club Members who have signed up for the [Virtual South32 Rottnest Channel Swim](#)

Event Rules

You can start recording your swims from Saturday 21st January up to and including Saturday 18th February

West St Busselton will be a popular starting point for the swims but you can choose to swim at other ocean locations and count distances swum in the pool.

If choosing to swim outside of protected locations ie: Yallinup lagoon; netted enclosure at West St Busselton or Dunsborough boat ramp – it is recommended for your safety to stay within 50metres from the shore.

Swim aids are not permitted for [the](#) actual [South32 Rottnest Channel Swim](#) so if you need to use aids for any of your swims this must be declared on your Solo Accrual Recording Schedule.

Please wear your **Virtual South32 Rottnest Channel Swim** swimming caps.

How to record your swim

The [SOLO DISTANCE LAP ACCRUAL Sheet](#) ATTACHED will be the official record of your swims.

[You can record](#) distances swum from GPS watches / known locations and enter into your current apps Bold & Beautiful / Vorgee million metres before transferring the information onto the SOLO DISTANCE LAP ACCRUAL Sheet.

If swimming together buddy up to [ensure distances are accurate and verified.](#)

Recording of times taken for each swim is not required but optional.

[Once](#) you have completed 20km forward a copy to Colin Holden on or before Saturday 18th February



Final Weekend & Presentations

Saturday 18th February will be the [Virtual South32 Rottnest Channel Swim event](#) for team swimmers – everyone who can should swim at West St. on this day – solo accrual swimmers might just have a small distance to complete their 20km

Saturday 18th February will be the **Virtual South32 Rottnest Channel Swim** event presentations 10am – 11.30am – BBQ area at West St BYO coffee / brunch

Friends & family members are welcome so please encourage them to come down to support you completing the **Virtual South32 Rottnest Channel Swim**

Questions?

Please contact organiser Colin Holden with any questions mob 0490708935

colinholden968@gmail.com

Members in the Virtual Rottnest Channel Swim





BARRETT'S BUNBURY SWIM THRU' 1.6km

WHEN: Saturday 25th February 2023

TIME: Registration 1.30 – 2.30pm Event start 3pm

Presentations & BBQ 5pm – 6.30pm

WHERE: Leschenault Inlet, starting and finishing at the Bunbury Rowing Club.

HOW: **Registration Online Deadline Friday 24th February**
<https://www.barrettfunerals.com.au/events/41th-barrett-bunbury-swim-thru/>
 Or via printed Registration form

COST: \$40 includes BBQ meal (Registration on the day \$45)

SOCIAL: Stay around after the swim for the BBQ & drinks from the Bar

FAQ: **Is it Muddy?** The water isn't clear, but the quality is much improved from early years.
How many entrants? Usually, 100+ but not more than 200.
Is it a race? Can be with prizes for fastest Male & Female in addition each age group \$100 prizes are awarded for closest to your nominated time. So, you don't have to swim fast just consistently to match your time.
Changerooms? Yes, Rowing Club toilets & showers.

INTERESTED: More Info [facebook.com/barrettbunburyswimthru](https://www.facebook.com/barrettbunburyswimthru)
deen@barrettfunerals.com.au

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

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



Coogee Jetty to Jetty Ocean Swim

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

WHEN: Sunday 12th March 2023

TIME: Check-in from 6.45am Briefing 8am
Walk from 8.10 to start line. Swim starts 8.30/8.45am
Come early to get a car parking spot!

WHERE: Woodman Point Coogee

HOW: Registrations open November date TBA – it will sell out so register early.
If you entered last year when event was cancelled and donated your entry fee you will get a spot

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

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

FAQ: **Changerooms?** Yep cold water shower & toilets
How many entrants? 1500m event capped at 1,000 but it is a wave start according to your nominated time
Is it a race? Yes for some but there is also a prize for closest to your nominated time and you can just enjoy the challenge of a 750m or 1500m ocean swim.

INTERESTED: More Info <https://www.jettytojetty.org.au/>
Ask Suzanne, Sue, Lindsay or one of the other Masters members that have swum this one before





COACH'S CORNER

Remember Bring Your Fins to Training



Swimming Program February 2023

GLC Training

<i>Monday 8.15am</i>	<i>Coach Tricia Miller</i>
<i>Tuesday 7pm</i>	<i>Coach Steve Gibson</i>
<i>Wednesday 2.45pm</i>	<i>Coach Andrew Sexton</i>
	<i>1st Feb only Recommences 15th March</i>
<i>Thursday 7pm</i>	<i>Coach Andrew Sexton</i>

Ocean Swims

<i>Saturday 8.30am</i>	<i>Busseton Nets Recommences 4th February</i>
<i>Tuesday 10.30am</i>	<i>Yallingup Lagoon</i>



Committee Meeting Dates for your Diary for 2023

Venue Busselton Surf Lifesaving Club

February 15th 2023 6pm

April 19th 2023 6pm

June 21st 2023 6pm

16th August 2023 6pm

18th October 2023 6pm

6th December 2023 6pm

AGM Date Saturday October 14th 2023 9.30am

Vacancy Club Captain—Pool

Vacant Position

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

More recently we have streamlined it to 3 Saturdays

The Role

Leads Club pool swimming meets / events / records.

Coordinates Club members

Opportunities to achieve swimmers goals.

Works with Club coaches.

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

president@busseltonmastersswimming.com



YALLINGUP LAGOON SOCIAL SWIMS

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

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



From the Newsletter Editor—Gail George

Hi Everyone

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

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

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

president@busseLtonmastersswimming.com

Caps

**If your cap needs
replacing please contact**

Todd Taylor

president@busseLtonmastersswimming.com





Please Support our Sponsors

The Equinox

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



**BOLD AND
BEAUTIFUL**
SWIM SQUAD MANLY



Bold and Beautiful
Swimmer of the Month
Donna Stephenson
A \$100.00 Budgy Smuggler Voucher

Sports Power Busselton

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



Such a great local business with friendly helpful staff

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

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



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

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