



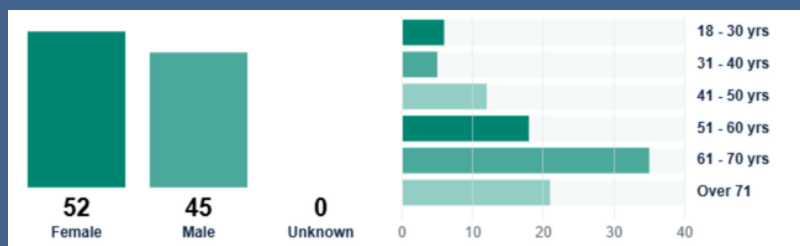
In this issue:

- President's Report by Steve Gibson
- Coach the Coaches – Is also open to dedicated swimmers to advance your learning
- The Social Corner And Events Invitations

President's Pen

Our membership base is slowly getting closer to the 100 members, now standing at 97.

Here is a snapshot



I'd like to wish two of our members, Julie and Nicky, all the best in the National Masters Championship currently being held in Brisbane. Hopefully they fulfill all their goals that they have set to achieve for their selves.

With Saturday morning being added to the pool training calendar, the club now offers 6 coached training sessions per week, so there's really no need to slack off over the winter months. Please keep in mind that we head to Par 3 after Saturdays morning training session for coffee and catch up.

If you haven't yet, please take the time to check out the club's website page. There have been some major changes made and is looking awesome. Keep in mind this is a work in progress, and I'd like to thank Naomi Taylor for all her efforts in working with us to make this happen.

Thank you.
President – Steve Gibson



OUR BIG CLUB FUNDRAISER

SIGN UP FOR THIS FAVOURITE AMONG WA TRIATHLETES. HELP US ON SUNDAY, MAY 3RD 1:30-3:30. EMAIL ANDREW

GENERAL CLUB NEWS

Free events, good vibes, and slightly less sore shoulders incoming! This year we're mixing things up with yoga (yes, you probably need it), nutrition tips to keep you moving, a mental health session with a BBQ (because balance), and a celebration of swimming for life. Come along, have a laugh, learn something new, and enjoy being part of the crew—both in and out of the pool.

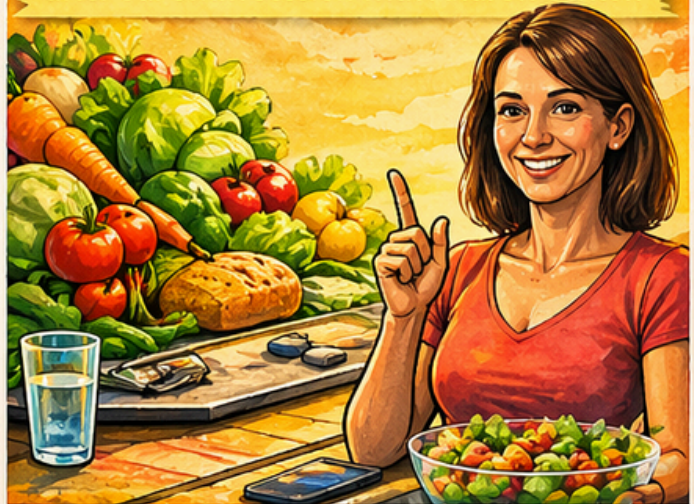
FREE EVENTS THIS YEAR!

Yoga for Swimmers (x2)



Nutrition for Swimmers

by Lana Brandli: July 4th at Par3
after our swim session with Andrew Sexton



Mind & Body: Lecture + BBQ

Mental Health Awareness: October 3
after swim session with Andrew Sexton



Swimming for Life!



STAY INFORMED, STAY INVOLVED!

Stay tuned!

GENERAL CLUB NEWS

Congratulations! **Busselton Masters Make a Splash at State Championships** *Congratulations!*

What a fantastic weekend it was for the Busselton Masters Swimming Club at the WA Masters State Swimming Championships, held at the Mandurah Aquatic and Recreation Centre.

In a wonderful reflection of the club's growing strength and spirit, nine swimmers represented Busselton this year – a significant step up from just one competitor in 2025, Andrew Sexton, who made his mark by breaking a state record.

This year's team brought both energy and outstanding performances, enjoying a weekend of connection, fun, and impressive results in the pool.

Outstanding Performances

Julie O'Connor – 1st in her division in 25m, 50m and 100m Freestyle, and 25m and 50m Backstroke

Helen Lee – 1st in 50m Freestyle; 2nd in 25m & 50m Butterfly and 100m IM

Tricia Miller – 1st in 25m & 100m Freestyle, 50m Butterfly, 100m Breaststroke and 25m Breaststroke; 2nd in 200m Backstroke

Nicky Wade – 2nd in 25m, 50m, 100m and 200m Breaststroke (and briefly holding the State Record in the 100m & 200m events – an incredible achievement)

Jo Rudland – 3rd in 50m Freestyle and 25m Backstroke; 4th in 100m Freestyle

Monique Gilks – 3rd in 50m Backstroke and 25m Freestyle; 4th in 100m Freestyle

Tanya Gibson – 3rd in 100m Breaststroke

Well done also to Steve Gibson and Darren Sliker on their swims and on their contributions to the team across the weekend.

A Team Effort

As a team, Busselton placed 10th overall and proudly achieved 1st Country Team, highlighting not only performance but the strength of community and commitment within the club. Congratulations to all nine swimmers who represented Busselton Masters and did their club proud – a powerful sign of the club's continued growth.

A special thank you to Steve and Tanya for their support behind the scenes, including timekeeping and transport – contributions that make weekends like this possible.

From one swimmer to nine in just a year – a beautiful reflection of what's building within this club. The future is looking strong.



GENERAL CLUB NEWS

A Moment That Signals Something Bigger

There are moments in sport that feel like more than just an award presentation – moments that quietly mark the beginning of something new. Let's first recognise **Nicky Wade's** performance at the State Championships. Even though she held the records for only two heats, breaking a **State Record** as a regional swimmer is no small feat – often achieved without the benefit of being pushed daily by faster training partners. In contrast, Nicola Corsbie, who later extended those records, trains in a deeper squad environment with strong competition around her. Plus the image of Julie O'Connor receiving the 1st Country Team Award on behalf of Busselton Masters at the Masters Swimming Western Australia Championships is another one of those moments.

Not long ago, Busselton Masters had just a single swimmer stepping onto the blocks at this level. This year, a team of nine stood together – supporting one another, competing with pride, and representing their club with heart.

For many, Masters swimming is about more than racing. It's about connection, courage, and rediscovering what the body is capable of – at any stage of life. And in Busselton, that spirit is clearly building.

Julie's moment of receiving the certificate represents every early morning, every training session, and every piece of encouragement shared on the pool deck. It belongs to the whole team.

And perhaps most importantly, it points forward.

There is a growing energy around pool swimming in our region – one that is inviting more people to step in, give it a go, and be part of something supportive and uplifting.

This could well be the beginning of a new era for Busselton Masters – one where participation continues to grow, confidence builds, and competition becomes a natural extension of a strong and connected community.



If you're hunting for club merch anything from beanies, T-shirts, windcheaters, and club swag, zoom over to Work Clobber at 65A Strelly Street, Busselton!

They'll jazz up your threads with snazzy embroidery of the Club logo and your name.



Looking Ahead: From State Success to Nationals



This year's Nationals brings together Masters swimmers from across the country for five days of racing, connection, and celebration – a truly special event on the swimming calendar.

With two of our swimmers already stepping forward, this could be a wonderful opportunity for others in the club to consider being part of something bigger this season.

Given Nationals are being held in Perth in April next year. Let's all get thinking about joining in... Nationals are not just for fast swimmers... they truly celebrate "fitness, friendship & fun"... and it would be great to put together some fun relays for next years event..

Following the excitement and momentum of our recent State Championships, it's inspiring to see that journey continuing – with Nicki Wade and Julie O'Connor competing at the 2026 Masters Swimming Australia National Championships in Brisbane.

Congratulations Colin & Robin!

We're delighted to celebrate Colin and Robin on achieving an incredible milestone in the Vorgee Million Metres Program – 1 million metres swum!

What a fantastic achievement, reflecting dedication, consistency, and a true commitment to fitness. Well done Colin & Robin!

The program is open to all registered members of Masters Swimming Australia and is designed to inspire swimmers to build their fitness while recognising progressive milestones along the way.

There are great rewards too – including the poloshirt seen in the photos for reaching One Million Metres!

How to Get Involved

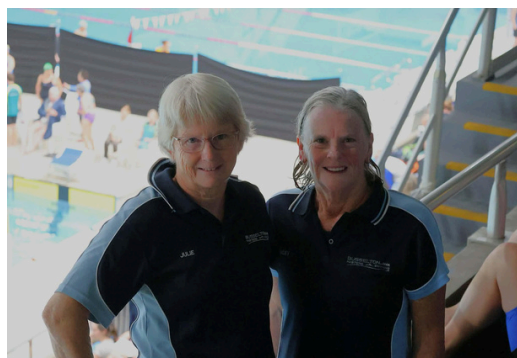
You can access Vorgee and log your swims here:

[Click here](#) to access the information on the Masters Swimming site

To install the app:

[Click here](#)

Then follow the step-by-step instructions to get started.



Important:

You must use the Vorgee App to record your swims for the Million Metres Awards Program. Swim data from the Bold & Beautiful App cannot be transferred. However you can contact Vorgee and they will help you have all those metres recorded against your name!

GENERAL CLUB NEWS



Swimmers should stretch daily to improve flexibility and prevent injuries, focusing on key areas such as the shoulders, hips, and back. Incorporating both dynamic stretches before swimming and static stretches after can enhance performance and recovery.

Importance of Stretching for Swimmers

Stretching is essential for swimmers to enhance flexibility, prevent injuries, and improve overall performance. Regular stretching routines can help maintain a full range of motion, which is crucial for effective swimming techniques.

Types of Stretching

Dynamic Stretching (Before Swimming)

Dynamic stretches are performed before swimming to warm up the muscles and prepare the body for movement. These stretches increase blood flow and joint readiness. Examples include:

- Arm circles
- Leg swings
- Stroke simulations with resistance bands



Key Areas to Focus On

Swimmers should pay special attention to the following areas:

Area	Common Issues	Recommended Stretches
Shoulders	Tightness and impingement	Overhead stretches, wall presses
Hips	Tight hip flexors	Seated hip stretches, lunges
Back	Lower back pain	Cat-Cow stretch, forward folds

Static Stretching (After Swimming)

Static stretches are beneficial after swimming to aid recovery and improve flexibility. These stretches should be held for 30 to 60 seconds and can include:

- Shoulder stretches
- Hamstring stretches
- Chest and back stretches

Stretching Routine Tips

- Frequency: Aim to stretch daily, especially focusing on the shoulders, hips, and back.
- Timing: Use dynamic stretches before swimming and static stretches afterwards for optimal benefits.
- Listen to Your Body: Stretch to the point of mild tension, but avoid sharp pain. If discomfort persists, consult a professional.

Incorporating these stretching tips into your routine can significantly enhance your swimming performance and overall health.



OUR BIG CLUB FUNDRAISER



CELEBRATING 25 YEARS



A favourite among WA triathletes
 Help us on Sunday,
 May 3rd
 11:30-1:30 or
 1:30-3:30
 email Andrew

GENERAL CLUB NEWS

See You In The Pool

It's that time of year again... when we all remember that technique actually matters! Our Stroke Correction Saturdays are back, and while four weeks might not turn you into an Olympian, they will make your swimming feel smoother, easier, and a whole lot less like survival. This is your chance to reset after the summer season, iron out those sneaky habits, and remind your body what good swimming actually feels like.

A little bit of focus now goes a long way—think fewer sore shoulders, better efficiency, and more value from every session you do over winter. Plus, let's be honest, it's a lot more fun swimming well than fighting the water every lap. Whether you're chasing times, building fitness, or just here for the camaraderie, these sessions are for everyone.

And of course... the well-earned reward afterwards—coffee and a catch-up at Par 3 .

Don't miss it—your future self (and your shoulders) will thank you.



STROKE CORRECTION SATURDAYS

May 9, 16, 23, 30 from 8:45AM

Get your pool season off to a great start with **FOUR** Saturday sessions led by **Andrew Sexton**. Join us to refine your strokes and swim smarter in time for winter training.

BOLD
BEAUTIFUL
SWIM
SQUAD
MANLY

 **budy smuggler**[®]

New members can contact the Club via president@busseltonmastersswimming.com to join in the fun of recording swims for the Monthly draw

Our Budy Smuggler Swimmer of the Month in March is Jan Tibbits.

You have won a Budy Smuggler Voucher

MASTERS NEWS AND EVENTS

STADIUM MASTERS SWIMMING CLUB



invites MSAWA members to participate in the

2026 Act Belong Commit 1500 Swim Meet

MEET OVERVIEW

1500m – One swim only, 400m and 800m splits will be recorded

Event 1: 1500m Freestyle Event 2: 1500m Backstroke Event 3: 1500m Breaststroke

MEET DETAILS

Date	Sunday 24 th May 2026
Venue	Perth High Performance Centre (Perth HPC) Indoor 8 Lane Pool Stephenson Avenue, Mt Claremont
Warm-up time	08:15 – 08:45
Start time	09:00 All Swimmers must register by 10am
Finish time	12:30
Cost of meet and Pool entry	Cost of meet entry is \$12 per swimmer Pool entry is \$7.40 payable on the day Concession (student and pension card holders) \$5.80
Entries Close	17 th May 2026 at 5pm (Late entries will not be accepted)
Registration link	https://www.myswimresults.com.au/Entries.aspx?MeetID=MAUJ80
Contact details	Jil Mogyorosy jilmogyorosy@gmail.com 0401522063



May 31st

1:00 pm – 3:00 pm

Important:

- **FINS are essential** for this clinic
- A deck coat or extra towel is recommended for comfort between swims

This is a unique opportunity to refine your stroke, clarify your technique, and leave the pool swimming better than when you arrived.

SCAN QR CODE



Act Belong Commit 1500m Swim Meet – May 24

Stadium Masters warmly invites all Masters Swimming WA members to take part in the 2026 Act Belong Commit 1500m Swim Meet, held at HBF Stadium.

Date: May 24

Time: 8:15am – 12:30pm

Swimmers can choose from three stroke options:

- Freestyle
- Backstroke
- Breaststroke

This is a wonderful opportunity to challenge yourself, connect with fellow swimmers, and be part of a supportive and encouraging event.

Let the coaches know if you are interested in swimming this event.

We look forward to seeing you there!

<https://www.myswimresults.com.au/Login.aspx>

Video Analysis Swimming Stroke Correction Clinic – New Format for 2026

We're excited to introduce an updated format this year, placing a stronger focus on your progress and visible improvement in the water.

Our Video Analysis Clinics, held in the indoor pool, offer a highly focused and personalised experience. Each 2-hour session is limited to just eight swimmers, ensuring you receive detailed attention and meaningful feedback on your technique.

Spaces are limited—secure your place early.

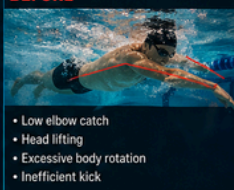
VIDEO ANALYSIS SWIMMING STROKE CORRECTION CLINIC

OUR PROCESS

- 1. ANALYSE**
We break down your technique frame by frame.
- 2. CORRECT**
We give you clear, actionable feedback to improve your performance.
- 3. RECORD**
We film your stroke underwater with GoPro.

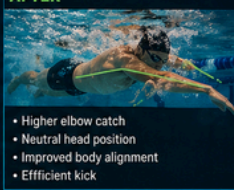
EXAMPLE: FREESTYLE STROKE

BEFORE



- Low elbow catch
- Head lifting
- Excessive body rotation
- Inefficient kick

AFTER



- Higher elbow catch
- Neutral head position
- Improved body alignment
- Efficient kick

MASTERS NEWS AND EVENTS

Coach the Coaches – Pool-Based Professional Development – May 10 – Book And Put It In Your Diary

Our upcoming Coach the Coaches day is on May 10th. This session will focus on **injury prevention**, providing practical tools and strategies to help athletes stay healthy, resilient, and performing at their best throughout the season. *PS if you are a dedicated swimmer, you are welcome to join us*

Jackie Clarke from **Essential Yoga Jackie** will personally guide everyone through the exercises to ensure coaches clearly understand them and perform them correctly. She will also provide a follow-up video resource covering all the exercises, giving you a valuable resource to refer to and implement in your own programs.

Andrew Sexton, SWAS Swim Program Leader, will deliver both a classroom-based session and a practical pool session, sharing his coaching insights and experience so you can apply them immediately on the pool deck. His sessions will complement the injury-prevention focus while broadening your overall coaching approach.

Together, Jackie and Andrew offer a balanced, coach-led day that connects movement, awareness, and technical application.

This is a practical, collaborative PD opportunity designed by coaches, for coaches and those who may one day become one.

Swimming Club Photography Policy

Celebrating our community

Photos and videos may be taken during training, competitions, and club events to capture and share our swimming community. These may be used on our website, social media, and in printed materials.



Shared environment

Swimming is a group-based activity, and photography will often include groups of members in and around the pool.

Opting out

If you (or your partner) prefer not to be photographed, you are responsible for notifying the club in writing.



SCAN QR CODE



Working together

Members who opt out are asked to:

- Make themselves known to coaches or staff, and
- Take reasonable steps to remain outside of group photos where possible.

Our approach

We will respect all opt-out requests and avoid individual images where advised. However, it may not always be possible to exclude individuals from wide or background shots.

Contact

To opt out or update your preference, please contact us via the [club email](#).

GENERAL CLUB NEWS

Coaches Corner – May Updates

We're excited to share a few important updates for May as we keep the momentum going in the pool as the weather becomes cooler.

All current training sessions will continue as scheduled, with an extra splash of good news: Saturday morning sessions are back, returning on 2nd May at 8:45 am. Steve will lead our first Saturday session, with Andrew Sexton stepping in from the following week. Andrew will also continue to look after our Thursday sessions and will begin coaching our Saturday mornings from then on.

For those keen to refine their technique, Andrew will be running stroke-correction clinics every Saturday morning throughout May, starting on the 9th. This is a fantastic chance for swimmers of all levels to brush up on skills and get personalised feedback.

We're also very fortunate this month to have another "Coach the Coaches" session on 10th May. This opportunity is open to current and future coaches, providing a great environment to share tips, learn new strategies, and support one another in developing our coaching team.

Looking forward to seeing you all on pool deck and making the most of these new opportunities. If you have any questions, feel free to catch one of the coaches after your session. Let's make May a brilliant month for the club!

Meet Your Coaches

Steve Gibson

Currently a Masters Swimming Coach, a role I've proudly held since 2020. Before moving fully into the swimming space, I was a Level 2 Triathlon Coach, which gave me a strong foundation in technique, endurance training, and athlete development across multiple disciplines.

In my swim sessions, I focus on two key elements:

- Drills with purpose
- I always start with drills, and I make sure swimmers understand why we're doing them and where they fit into the freestyle technique. I believe that when swimmers understand the mechanics behind a drill, they can apply it far more effectively to their stroke.

What I hope our swimmers take away from training is a genuine understanding of the technique we're teaching. I encourage everyone to listen carefully to the explanations from all coaches, then take some time outside the pool to think about the process.

When swimmers understand why something works, they can start to implement it into their stroke with much more success.

I also believe many swimmers would benefit from spending more time on purposeful drills, rather than simply swimming laps without intention.

Improvement comes from practice, patience, and focus.

Tanya Gibson

My swimming background is as simple as a love of the water. I enjoy the wholistic experience I feel when I'm in the water. (Particularly the ocean) My formal experience started in 2006 where I taught learn to swim for over 10 years to children, as a teacher of water safety and swimming. During and following this time, I also supported people with disability in water-based rehabilitation programs and coordinated programs for beginner (women) swimmers to learn to swim and participate in their first triathlon. I have helped with the BMSC restart program over the past few years and only formally completed my masters coaching late 2025.

I enjoy helping adult swimmers discover the water as a tool for lifelong health and vitality. Whether you're looking for cardiovascular fitness, managing joint discomfort or simply clearing your head from the stress of life, I like to think my coaching is for the "everyday athlete"

I like to focus on effortless efficiency and move away from the "No pain – No gain" mentality, instead prioritizing refined stroke mechanics that reduce strain on the shoulders and back. My goal is to create adaptable sessions that fit a varied fitness level – no competitive background required, just working on making swimming the best part of any wellness routine.

"The more you do it, the better you get—but you have to do it right."

— Mark Spitz



GENERAL CLUB NEWS

Meet Your Coaches

Monique Gilks

Going back in time, and one of the little snippets

1988 -1998

Austswim Certificate

Teaching and Coaching for a Private Swim School (United Swim School) at the Melville Aquatic Centre.

I taught Mums and Bubs

Levels 1 - 6 Learn to Swim Classes

Set up a Junior Mini Squad with coaching programs for teens wanting to progress into competitive swimming.

Continued Coaching for Applecross Swimming Club at Melville Aquatic Centre

2000 - 2020

I have taught and Coached, with just a few breaks in between for Travel and Medical reasons.

2023 Requalified National Accredited Masters Swimming Club Coach

2026 Requalified National Accredited Masters Swimming Club Coach

Clubs and people, I have coached over this period in time.

Fremantle - (Freo Fins) Pool Deck

Bunbury Pool Deck - for Australind Swimmers

Denmark - Where I set up Denmark Masters, catering for pool dedicated coaching. I drove 4 people, and another four went in another car, twice a week to the Albany Pool. As well as at Greens Pool and Ocean Beach, Denmark, for Open Water Swimming.

I have coached in both Open Water Swimming and Pool Dedicated Swimming, with an emphasis on Stroke Technique & Stroke correction. And always with Water Safety in mind, including Water Temp, Wind factor, and Swell, and understanding Hyperthermia, particularly during Winter OWS.

Our coaching team—Trish, Steve, Julie, Riley, Andy, Mon, Tanya, Ian and Andrew S

Coached Sessions GLC - May 2026

- **Monday Trish's Fishes 7:45 am**
- **Tuesday with Steve 7:00 pm**
- **Wednesday afternoon, 2:30 pm**
- **Thursday with Andrew: 7:30 am**
- **Thursday with Andrew: 7:00 pm**
- **Saturday with Steve, May 2, & then onwards, Andrew 8:45 am**



Open Water Swims (uncoached)

- **Tuesday: 10:30 am toes in the water Yallingup Lagoon; chatter & coffee at Andy's Store afterwards**
- **Sunday: Endurance swims - 8:00 am with the public at the GLC from May 17**

Even in the cooler months in Busselton, UV levels can still be high. It might not feel hot, but time spent at the pool means your skin is still exposed—so wearing sunscreen year-round helps protect against sun damage and keeps you swimming strong for the long term.

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



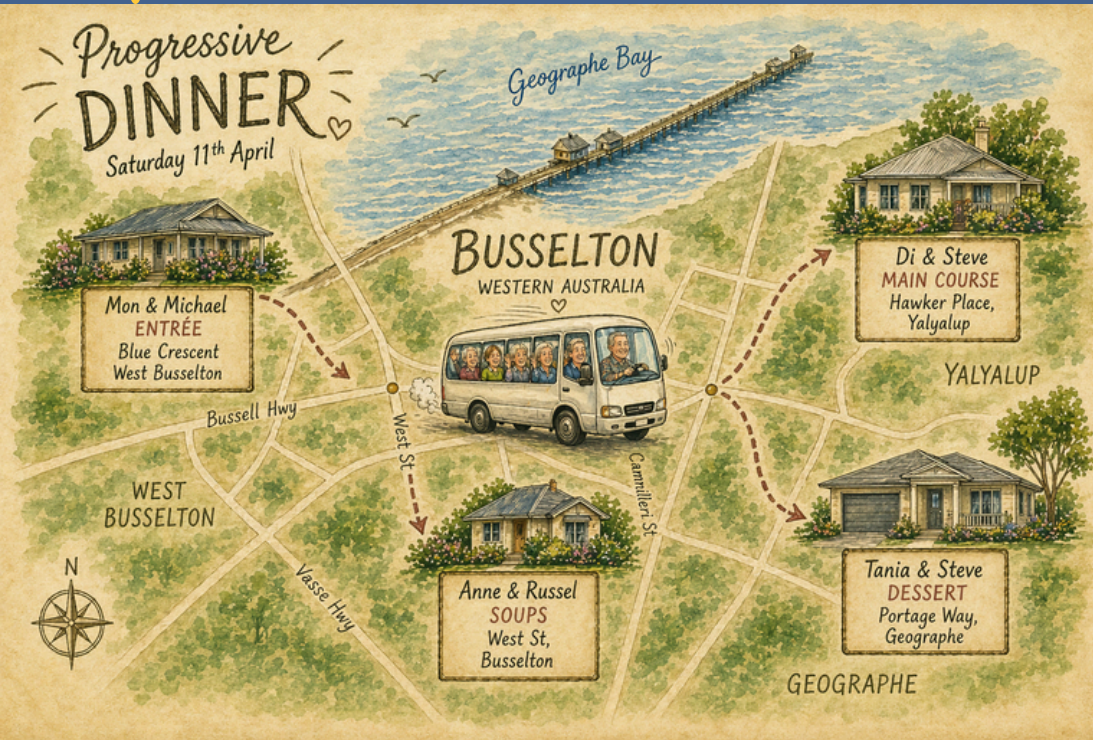
SEEK



SLIDE



BMSC SOCIAL CLUB NEWS



Progressive Dinner Saturday 11/4/2026

Wow, what an amazing night.

First of all, thank you to Di Pupilli for organising everything, with help from Steve. The evening ran so smoothly and was a great success. It was fun, social, well-organised, and the food was delicious, catering to everyone's taste. The chatting and laughter were constant, on and off the bus. What more could we ask for?

A big thank you to Mon and Michael, Anne and Russel, Di and Steve and of course Tanya and Steve for not only hosting the different courses in their homes but also providing a shared meal.

Special thanks to Steve, our esteemed president, for suggesting and organising the bus and for driving us all safely to each venue. It truly made the night.

As always, those who attended also helped by bringing food and by setting up and cleaning up afterwards.



Croquet and Dinner 27/3/2026

Sadly, the actual game of croquet was cancelled due to the weather. It was fantastic that this did not stop everyone attending the Bowling Club for a fantastic buffet meal. There were so many of us that they had to add an extra long table to the centre of the room. Great Food, great company and an early night had by all.

We will be organising an afternoon of croquet and dinner again soon.





Fabulous 50's

SAVE THE DATE

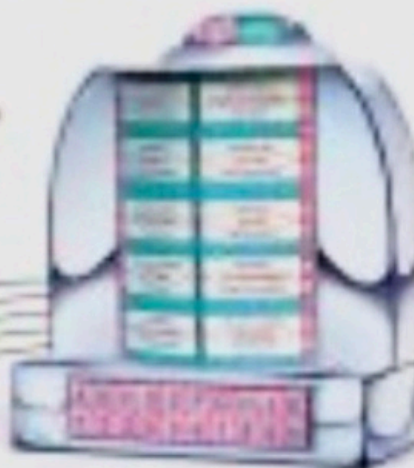
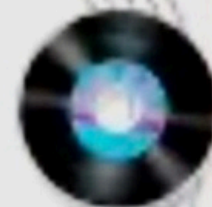
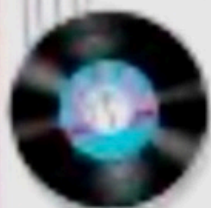
Dust off your Blue Suede Shoes!
Get ready to Jump and Jive!

DATE: 16th May 2026
WHERE: People's Place -
Kent Street.

WHEN: Dance Lesson
6pm Sharp! Followed by
a Rock'n'rolling good time.

BYO - Drinks and supper plate to
share. 50's dress encouraged!

Dance partner not
necessary, Family
welcome.





BMSC SOCIAL CLUB NEWS



13 Swimmers, 2 non swimmers, 4 dogs and lots of Anzac biscuits with the Australian Flag and Club Banner Flag as well.



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 see below:**

The rides always start at Dolphin Road, West Busselton, usually starts 9.00am Thursdays

CHAT GROUPS

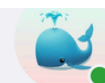
IF YOU WOULD LIKE TO BE ADDED TO THESE GROUPS PLEASE EMAIL: PRESIDENT@BUSSELTONMASTERSWIMMING.COM



BMSC Chat Group
Active now · 🏊



BMSC Bike Ride Thursday Group
Active now · 🚴



Sunday Endurance Training



Social Club Calendar



May

- Rock and Roll night at 'The People Place'.
Dance lessons beforehand

- Saturday 16th May 6pm sharp.



June

- Ten pin Bowling and Pizza
- Winter Solstice- hospice "#GoBlueForJune fundraiser" foreshore.

- ?Sunday 21st June 10am **(This Date May Change)**
- 21st Sunday 7am

July

- Xmas in July-Busselton bowling club

- Friday 17th 5.45pm

Join the Committee!

Love our club? Want to help shape its future? Join the Busselton Masters Swim Club committee! It's a great way to give back, share ideas, and keep the fun, friendship, and fitness flowing—on land as well as in the water!

YOUR 2026 Committee members:

Steve Gibson - President

Todd Taylor - Vice President

Tess Martin - Secretary

Jan Roberts - Treasurer

General Committee:

Colin Holden, Andrew Hembroff, Nicki Wade, Jane Smart, Trish Miller, Sharon Ramel and Lynette Gittos



FRIDAY
OPEN FROM 3 PM
Social Membership Geographe
Bay Yacht Club

What's On?

Click the QR
code to open the
Club's Website



Many of our members have joined this wonderful Club. There is nothing better than having a swim and sundowners at the Geographe Bay Yacht Club on a Friday Night Social. Membership is \$30.00 per year. You can invite 5 guests along. The Busselton Masters are building a strong association with the GBYC. We have our bi-monthly meetings in their meeting room.



Caps

Contact Todd Taylor for
your new sponsored cap

Contact us

PLEASE SUPPORT OUR SPONSORS



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- Extensions
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Anthony Maras
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ant@marascarpentry.com

BR 13222



BUSSELTON WATER



GOVERNMENT OF
WESTERN AUSTRALIA

Department of
**Creative Industries,
Tourism and Sport**



Busselton

Gives BMSC members a
discount on swimming gear