



Heading out for a swim with our Busselton Jetty Swim Ambassador Leslie (Cherry) Meaney

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The Social Corner And Events Invitations

President's Pen

I hope everyone enjoyed a wonderful Christmas and a happy start to the New Year. As we dive into another exciting season, it's great to see the energy returning to the training sessions and the enthusiasm building across our club.

A special welcome goes out to our newest members, Daniel Whitley, Naomi Shelby and Edgar Olyerhoek. We're thrilled to have you join our swim family, and hope you enjoy everything our club has to offer.

It's been great to see large numbers of members joining our ocean swims, and pool sessions have been well supported. Please see Coaches' Corner for updated pool session information.



Andrew Hembroff (Volunteer 'Coordinator' responsible for raising funds for Busselton Masters Swimming Club.) has received the IRONMAN Western Australia Community Award.

The award was presented at the athletes' awards ceremony in front of fellow athletes and peers – a moment that was both overwhelming and deeply humbling. Past recipients include Helen Rabjones and Val Best, making this recognition especially meaningful.

Andrew is truly honoured to be acknowledged for his contribution to the sport, both as an athlete and as a volunteer.

PRESIDENTS REPORT

CONTINUES

Congratulations to all swimmers from the club who took part in the Open Water Swimming event held in Bunbury on the 24th of January. You were treated to near-perfect conditions, and it was fantastic to see such strong results.

I would also like to wish all of you competing in this year's Jetty Swim, the very best. Hopefully all the training pays off, and we have a safe and enjoyable day. Keep in mind that we will be meeting out the front of the Sand Box Café – just look out for the club flag.

Thank you.

President - Steve Gibson



Our sincere thanks to Kyle Lee, Andrew Sexton and Julie O'Connor for delivering their coaching expertise.. Their contribution supported not only our club coaches but also coaches across the South-West, and was greatly valued by all who attended.



AER 60 MEMBERS ARE PARTICIPATING! BUSSELTON JETTY SWIM SATURDAY 7TH + SUNDAY 8TH FEBRUARY 2026



Meeting spots & after 'party'

SATURDAY: Team swimmers meet up usual pre-race spot in front of KYST
Post race drinks option at 4pm @ PAR 3 ask around to see who might be going

SUNDAY: Solo swimmers meet up at usual pre-race spot in front of KYST
Post race coffee let's try our usual spot at Shelter – it will be busy so be prepared for a massive queue.
Post race drinks option at Par 3 4pm @ Par 3

All the Information you need is here <https://busseltonjettyswim.org.au/>



MASTERS NEWS AND EVENTS

DATE	EVENT	LOCATION	DISTANCES	TYPE
Following Swims are mainly local				
22 - 25/01/26	Swim Australia	Open Water Champs Koombana Bay	500m - 10KM Community Swim Saturday	Ocean Solo
Sat & Sun 7:8 /02/26	Busselton Jetty Swim	Busselton Sat Teams / Sun Solo	600m/ 1KM relay 1.6 / 3.6KM solo	Ocean Teams Solo
Sat 21/02/25	Swim-Thru	Barretts Bunbury Nominated time	1.6KM	Estuary Solo
Sun 8/03/25	Jetty to Jetty	Coogee	750m / 1500m	Ocean Solo
TBA Sat 14/03/25	Steves Trophy	Busselton West St Nets Nominated Time	850m / 1.7KM Nominated time	Ocean Solo
Easter Sat 4/04/26	Bay Swim	Gracetown	1KM	Ocean Solo
More Swims for you to consider!				
2025 – 26	WOW series	wowswims.com.au	250m try it Up to 10KM	WOW
2025 – 26	OWS series	wa.swimming.org.au	500m up to 10KM	OWS
Sat 21/02/25	South 32	Rottnest Channel Swim	19.7KM	Ocean Team Solo



Sat 21st February Barretts Swim Thru Bunbury – One of Colin’s favourite swims, as it isn’t a race, just swim consistently to try and match your nominated time – post swim BBQ included in your entry.

Sun 8th March Coogee Jetty to Jetty (30th Anniversary)
Online entries are still open. This one always sells out, so register early

Rottnest Virtual Swim. It has been fun for the last 3 years; we are taking a break this year. If enough swimmers are keen & someone is prepared to organise the small team of helpers, it could return next year, 2026/27.



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.



Your 12-month membership can be renewed from December 1st. Log onto renew your membership

GENERAL CLUB NEWS



Coach the Coaches PD – A Regional Success

Our first Coach the Coaches Professional Development session was a great success, and we extend our sincere **thanks** to **Kyle Lee, Andrew Sexton and Julie O'Connor** for their outstanding contribution.

The session was attended by **19 coaches** from our club and across the wider South-West region, highlighting the importance of accessible, high-quality professional development opportunities for regional coaches. Feedback from attendees has been overwhelmingly positive, with participants valuing the depth of experience, practical insights, and collaborative approach shared throughout the day.

Initiatives such as this play a vital role in strengthening coaching capability across our region and supporting the ongoing development of both coaches and athletes.

We are grateful to Kyle, Andrew and Julie for their time, expertise, and commitment to advancing coaching excellence in the South-West together.

Ironman Relay Winners!



Pull Buoy Tip

Using a pull buoy helps isolate the arms, build upper-body strength, and improve stroke technique. It supports better body position by keeping the hips high, reducing drag and allowing swimmers to focus on an efficient catch and pull.

Regular pull buoy work can improve overall swimming efficiency and endurance.



The team – made possible from the fun volunteers prize won by Julie O in 2024 led to these legends killing it out on the course.

And... they didn't just win the Mixed Relay... they were the fastest relay full stop!

Well done Team Busso!



GENERAL CLUB NEWS



MSWA State Championships



Dive In for Two Days of Competition,

Camaraderie, and Celebration.

Every April, the best of Western Australia's Masters swimmers come together for one of the most anticipated events of the year – the MSWA State Pool Championships, held over two exciting days at the Perth High Performance Centre (Perth HPC).

Kerensa Allason Open Water State Championships

The 1.6km swim at the WOW Mullaloo Mile is the official Masters Open Water State Championship race. Open to all Master's swimmers. Join us at Mullaloo Beach for WA's premier event.



MULLALOO MILE

400m 'Come and Try'
800m, 1600m, 3.2km

Sat 28th Feb 2026

Mullaloo Beach, Mullaloo



Lights. Camera. Fresh Haircut.

We joined **Busselton Jetty Swim Ambassador**, Club member, and local legend **Cherry Meaney** to film promotional clips for the swim.

There was water time, good banter, and someone who clearly decided the moment deserved a fresh haircut. Coincidence? We think not.....

We won't name names...

But if you're a Channel Swimmer extraordinaire who sported suspiciously tidy hair, you know exactly who you are 😊

Huge thanks to Cherry for bringing this energy, generosity, and her unmistakable presence.



Retraction – Sweet Style! 🎂🍰

Late last year, our local chilli-choc-brownie baking legend, Brendon, marked a major birthday milestone at Par 3 – and the celebration was every bit as delicious as it was joyful!

And just to set the record straight... it was **Colin** who **baked the heavenly honey cake** (not Marina – apologies for the mix-up!). Huge thanks to everyone who brought the treats and the cheer.



Entries are now open for the 2026 Masters Swimming Australia National Championships!

Join us in Brisbane for the most prestigious Masters Swimming event in Australia. Five days of competition, celebration, and community in the heart of Queensland.

GENERAL CLUB NEWS

JULIE O'CONNOR RECOGNISED FOR HER CONTRIBUTION TO THE CREATION OF WOW SWIMS

WOW Swims is the community swim series for all, and was the brainchild of Julie O'Connor, who was Director of Open Water Swimming on the Masters Swimming WA Board. Julie recognised the potential to unite the open-water swims run by the various Masters Swimming Clubs and create a unified series that could still allow each event to showcase its unique qualities. Together with the Event Coordinators, Julie formulated the framework for WOW Swims (WA Open Water Swims), and there are now six swims that proudly form the series – Lake Leschenaultia Swim, Fremantle Ports Swim Thru, Christmas 10K, Swim Thru Perth, Mullaloo Mile and Coogee Jetty to Jetty.



Julie swam a PB of 54 minutes, and Brendon won his category in 1 hour, 5 minutes in the iconic Swim Thru Perth. It was pretty much perfect conditions... a very enjoyable swim.



Julie receiving her award

It was Julie's vision, support, and determination that allowed WOW Swims to be created, while the ongoing efforts of the Event Coordinators and host clubs ensure the vitality of the series, which aims to welcome swimmers of all ages and abilities at varied locations. Julie continues to participate in the events and was recognised for her contribution to the creation of WOW Swims at the recent Swim Thru Perth on Sunday, 18 January

Elena Nesci

Event & Sponsorship Coordinator

2026 Swim Thru Perth

106 Years of Australia's oldest open water swim

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

Coached Sessions GLC - Feb 2026

- Monday Fishes 8:00 am - stay tuned
- Tuesday with Riley & Tanya. 7:45 am. New session - yeah 😊
- Tuesday with Steve & Pav: 7:00 pm
- Wednesday afternoon restarts after Easter
- Thursday with Andrew: 7:30 am
- Thursday with Andrew: 7:00 pm

Open Water Swims (uncoached)

- Monday: Wednesday, Friday and Saturday: 8:30 am West St Nets
- Tuesday: 10:30 am toes in the water Yallingup Lagoon; chatter & coffee at Andy's Store afterwards
- Sunday: Endurance swims - 7:00 am with the public, in front of the Goose

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



SLIP



SLOP



SLAP



SEEK



SLIDE

With our strong sun and outdoor culture, skin cancer prevention is a priority. We encourage hats, sunscreen, shade, and regular skin checks to help keep our community safe.

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 on May 10th brings together two complementary perspectives that sit at the heart of sustainable, effective swim coaching.

Jackie Clarke offers a movement-based approach that focuses on what makes good swimming possible. Jackie helps coaches better understand the foundations beneath efficient stroke mechanics, injury prevention, and long-term swimmer wellbeing.

Andrew Sexton, SWAS Swim Program Leader, brings extensive coaching experience and practical insight from the pool deck. Through applied coaching discussion and swimming analysis.

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.

Shark Awareness



Sharks have always been in the ocean. They always will be. What shifts is not their presence, but our awareness. A headline, a social media post, a conversation that gathers momentum – and suddenly sharks feel omnipresent, even when nothing in the water has changed.

Fear often grows in the space where understanding is missing. That is where education becomes essential.

Being shark smart does not mean denying risk. It means understanding when risk is naturally lower and learning how to make informed choices that work in your favour. It begins with local knowledge – knowing which species are common along your coastline, whether they are resident or migratory, when they are more active, and which conditions influence feeding behaviour.

These are practical, learnable insights. And once you understand them, the ocean becomes less mysterious and far less threatening.



SCAN QR CODE



Most experienced ocean swimmers already practise this intuitively. They choose calmer conditions, swim at considered times of day, avoid certain situations, swim with others, and stay alert. Not because they are fearless, but because they are informed.

The goal is not bravado, nor is it talking yourself out of fear with disconnected statistics. It is about replacing vague anxiety with clear understanding.

Sharks are an essential part of the ocean ecosystem. They belong there.

And so do ocean swimmers – when we enter with awareness, respect, and knowledge.

The ocean does not ask us to ignore reality. It rewards us for learning how it works.

That is where true confidence is found.

OUR COACHES CORNER

Coaches Corner with Tanya Gibson

The New Year has begun with wonderful momentum in our Masters swimming program. Attendance across all sessions has been consistently strong, creating a vibrant and encouraging atmosphere in the pool and setting a positive tone for the months ahead. It has been a joy to see both returning swimmers and new faces committing to regular training, steadily building fitness, refining technique, and growing in confidence in the water.

Coaching Schedule

Our dedicated coaching team continues to offer high-quality, supportive sessions throughout the week:

- Tuesday evenings: Steve is back on deck, delivering well-structured training that caters to a wide range of abilities while keeping everyone motivated and progressing.
- Thursday mornings and evenings: Andrew leads both sessions, bringing his trademark energy and expertise to guide swimmers through focused and challenging sets.

Pool Training Sessions

DAY	TIME	COACH(es)	SESSION TYPE
Tuesday	7:45am	Riley / Tanya	Technique / Fitness
Tuesday	7:00pm	Steve	Technique / Fitness
Thursday	7:30am	Andrew	Performance (All levels)
Thursday	7:00pm	Andrew	Performance (All levels)



Coach Workshop for Program Leaders and/or Professional Development

WHAT IS A PROGRAM LEADER?

- Program Leaders run swim sessions on behalf of Masters Accredited Coaches.
- They are not coaches but are qualified to implement sessions designed by Accredited Coaches.
- Accredited Coaches maintain full responsibility for the safety of the swim sessions.

COACH vs PROGRAM LEADER vs SWIMMER

- Masters Accredited Coaches complete a full Accreditation Program and provide stroke correction.
- Program Leaders complete 3 modules of the Masters Professional Development Course to run sessions.
- Swimmers assist with pool organisation but do not instruct others.

MASTERS NEWS AND EVENTS

Coogee Jetty to Jetty Ocean Swim

It could be a good choice for your first open water event 250m / 750m / 1500m

WHEN: Sunday 8th March 2026 (30th Anniversary)

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: REGISTER ONLINE NOW – always sells out <https://www.jettytojetty.org.au/>

COST: 250m / 750m / 1500m \$20 / \$48 / \$54

EARLY BIRD DISCOUNT OFF THESE PRICES ONLY UP TO FRIDAY 5th December

SOCIAL: Saturday night dinner at Spice Market Fremantle RSVP to for table booking
https://www.spicemarketthai.com/index.php?branch_id=1

Stay around – for presentations and breakfast Coffee van & Community food stalls
BYO food to avoid the queues & BYO folda chair

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 you can just enjoy the challenge of an ocean swim.

INTERESTED: More Info <https://www.jettytojetty.org.au/>

Ask one of the BMSC members that have swum this one before



To celebrate 30 years of the Coogee Jetty to Jetty Swim, we're unveiling a brand-new anniversary logo – featuring Daphne the duck reimagined as a pearl to mark this milestone year.

BOLD BEAUTIFUL SWIM SQUAD MANLY

budgy smuggler

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

Our Budgy Smuggler Swimmer of the Month is Suzanne Reynolds, and Richard George is the swimmer of the year. You have both won a Budgy Smuggler Voucher

GENERAL CLUB NEWS

BARRETT's BUNBURY SWIM THRU' 1.6km / 0.8km

WHEN: Saturday 21st February 2026



TIME: Registration 1.30 – 2.30pm Event start 3pm
Presentations & BBQ 5pm – 6.30pm

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

HOW: [Registration Online Deadline Friday 20th February Via Blue Chip](#)
<https://secure.onreg.com/onreg2/front/step1.php?id=7478> 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

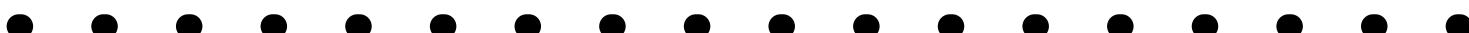
FAQ: **Is it Muddy?** NO it isn't muddy - the water isn't clear, but the quality is very much improved from early years. **How many entrants?** Usually, 100+ but not more than 200. **Is it a race?** Can be with \$200 cash prize for fastest Male & Female. But for everyone else it is a nominated timed swim \$300 for overall closest to your nominated time plus \$50 in each age group closest to your nominated time. No need to swim fast just consistently to match your nominated time. **Changerooms?** Yes, Rowing Club toilets & hot showers.



INTERESTED: More Info

<https://barregenerals.com.au/news-and-events/barrebunburyswimthru/> Ask Richard, Colin, Darren, Peter 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



Improving Your Backstroke Technique

- Aim to keep your body long and streamlined, staying as close to the surface as possible. A slight slope from shoulders to hips helps keep the legs underwater and effective.
- Keep your head still and neck relaxed. The water should cover your ears, with your eyes looking up and slightly back. Lifting the head creates drag and neck tension.
- Use shoulder and hip rotation to drive the stroke. As one arm recovers out of the water, the other begins its propulsive phase underneath.



- During arm recovery, lead with the thumb out of the water, and enter with the little finger first, arm straight and close to the ear.
- Set the catch before pulling – turn the palm down and press the water back past the thigh.
- Kick from the hips, keeping legs close together, knees soft, and ankles relaxed.
- Maintain a steady breathing rhythm, breathing continuously rather than holding the breath.
- Push off the wall in a tight streamline and stay long before restarting the stroke.



BMSC SOCIAL CLUB NEWS



MARGARET RIVER OCEAN SWIM GNARABUP 10th Jan 2026



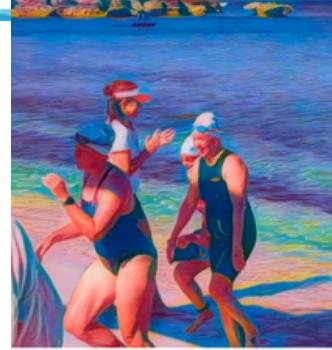
Near perfect conditions & seeded five waves start according to nominated time



Niki 18:12.08 – stinger free!



Colin 19:43.78



Tess 20:25.27



Sharon 23:52.24

*Sonja 20:46.25
Sue Scott 19:22.46*



Traditional post Gnarabup Brunch @ Maison Lassialle

Six BMSC members enjoyed one of the friendliest and most relaxed social swims on the calendar. The conditions were perfect. Adding to the fun, the random prize draw brought smiles all round – with Colin winning some Ripple Effect tea and Nicki taking home a pair of swim goggles from Fiski, two of the event's generous sponsors. Thank you, Swimming Women for a terrific event.



 There are only 328 days. until Christmas

Plenty of swims, sunrises, and steady strokes before the festive season arrives





BMSC SOCIAL CLUB NEWS



SNORKELLING AT THE BUSSELTON JETTY

YOU ARE INVITED TO JOIN THE BUSSELTON MASTERS SWIMMING CLUB FOR A SNORKELLING ADVENTURE AT THE END OF JETTY – COME AND ENJOY OUR INCREDIBLE MARINE LIFE 'UNDER THE SEA'.

WHEN: SUNDAY 15TH FEBRUARY 730AM (MEET AT THE FLAGPOLE IN FRONT OF THE BUSSELTON JETTY FOR 745AM START).

EQUIPMENT – IF YOU HAVE A MASK AND SNORKEL BRING IT ALONG, IF YOU ONLY HAVE YOUR SWIM GOGGLES YOU WILL BE JUST FINE.

FINISH WITH COFFEE AT THE SHELTER



CONTACT DETAILS:

ANDREW HEMBROFF
0434 778 068



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@BUSSELTONMASTERSSWIMMING.COM



BMSC Chat Group
Active now ·



BMSC Bike Ride Thursday Group
Active now ·



Sunday Endurance Training



Social Club Calendar



February

- Snorkelling at Jetty

- Sunday 15th February
Meet at flag pole at 7:30 am
for 8.00 start.

March

- Steve's Trophy swim around nets
- ? Croquet

- Sunday 15th March at nets
- Watch this space

April

- progressive dinner
- ANZAC day- biscuit bake off.

- Sunday 12th April
- Saturday 25th April at

May

- Rock and roll night at
'The People Place'. dance lessons beforehand

- Saturday 16th May 6pm.



Beach / Pool Swim, Breakfast & Morning Tea at Gittos'

We were blessed with a beautiful sunny morning – perfect swimming weather and a wonderful way to start the day. Most swimmers headed down to the beach, while a few opted for the pool. Others practised their jetty swim or lent a hand preparing breakfast, creating a relaxed and cheerful buzz from the outset.

There was plenty of laughter and conversation throughout the morning, setting a lovely tone. The beach swimmers were greeted by some friendly stingers, but even they couldn't dampen the high spirits.

A highlight was our impromptu game of "musical chairs" with the shade, eventually deciding it was far easier (and more sensible!) to move everyone into a larger shaded area together.

Breakfast was simple, delicious finger food – including "Eggs on Mars," a dish Sharon learned from her daughter for quickly and easily feeding farm workers and visitors. We then raised a glass of champagne and/or orange juice to celebrate Steve and Di Di's first wedding anniversary, with Sharon offering a heartfelt toast to the happy couple.

As always, everyone pitched in, and the place was sparkling again before the last guests departed – you'd never have known we'd hosted around 30 people for breakfast.

Afterwards, a few swimmers stayed on for another swim... or perhaps more accurately, a relaxed float in the pool, enjoying drinks, laughter, and plenty of good conversation.

A big thank you to everyone who brought morning tea, to Di and Steve for supplying the coffee machine, and to all who helped in any way – especially Suzanne, Sue, and Mon, who arrived early to cook breakfast.



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

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.

What's On?

Click the QR code to open the Club's Website



Contact Todd Taylor for your new sponsored cap
[Contact us](#)

PLEASE SUPPORT OUR SPONSORS



Busselton

Gives BMSC members a discount on swimming gear

BUSSELTON WATER



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



City of Busselton
Geographe Bay