

NEWSLETTER



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Club Membership has raced up to 124 (24/08/25). Welcome to **Andrew Brice and Emma Carolan**. Our 16-month memberships will start on 1 September 2025. Invite your friends to join MSA Swim Central for the rest of this year and all next year at one price.

As with all Newsletters, new members should introduce themselves to a coach, Todd, or me when attending a training session to collect their **Par 3**-sponsored green Club cap. Please also pick up your **MSWA "Gold"** 50-year Masters celebration caps. Coaches,



Thank you to Julie O'Connor for once again volunteering her time to film everyone at our recent video analysis clinics – we truly appreciate your generosity and skill!

ask about joining **Bold and Beautiful** to log your kilometres and enter a monthly draw for a **\$100 Budgy Smugglers prize** – and inquire about our **Messenger** groups.

English Channel

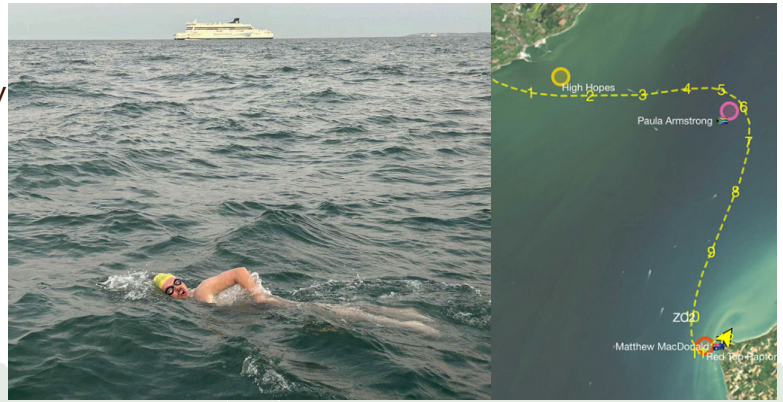
Our incredible **Matt Macdonald** completed the English Channel on his first attempt. Encouraged by unusually warm waters, Matt started near Dover and arrived in France in 12 hours and 4 minutes on 15th August, and from his map, it looked like a perfect swim. Once again, thank you to everyone who supported Matt during training, including swimming buddies, paddlers, and lap supporters. Matt is taking a break at the moment, and we might persuade him to share his story with us soon.

Club Committee

As we discussed last month, the **Committee** is currently busy working on the Clubs' 2025-2028 Strategy, revising the By-Laws, and writing a Club Best Practice Manual. We have completed drafts and will have the By-Laws ready for the 2025 AGM. Sharon has also been active searching for more funds to make things more enjoyable.

Coaching

The club's fantastic coaches have been very busy running our five winter sessions each week. Trish's Fishes remain very popular, with weekdays meeting the regulars' needs. However, I'd like to highlight the four special Sunday "Busselton Water" video clinics, which were incredibly well attended and much appreciated. After an hour with the camera and Andrew, I know I had plenty to think about again. A huge thanks to Julie for filming and Sharon for sending everyone YouTube links and successfully engaging with Busselton Water again, along with the coaches and helpers who came along. Also, welcome back to Andy after a holiday with Tanya up North, and Riley, Riley, who coaches as often as she can when home from her FIFO job. Steve has kept things really interesting for the 7 PM swimmers, and we have begun to build our numbers again as the days grow longer.



Not only did Matt MacDonald complete the crossing, he also raised over \$33,000 for Ambulance Wish WA

Club swimming

Please come and try the CCC fun swims at the GLC next Saturday, 30th, or help out with a stopwatch. Our GLC swim sessions have prepared us for the Busselton Masters CCC (Country Correspondence Carnival) timed swims, beginning Saturday, 30th August. The first weekend features the Sprints Events (shorter distances). The CCC is a fun hour or so, where you can do a few shorter sprints (go as fast as you can), for fun, to see how much you've improved, and to have a chance of beating other legends' times. Every swim also earns points for the club. Check out the post later in this edition.

Andrew Sexton, Busselton Water, Saturdays.

Andrew's 6-lane coached session attracted 28 members last Saturday, the 23rd. These popular swims run every year. To help, the Committee is meeting on September 3rd and will discuss extending these into early November to assist with your transition from the pool to a warmer ocean.

Planning for summer swimming. The Club's summer GLC program is currently being finalised. Have a chat with the coaches about which sessions you're keen to continue over summer. Note that we wind down several sessions to give coaches a break, to accommodate School Carnivals, and to be mindful of midday sun exposure at the GLC. We also understand that many of you want to focus on ocean training. Evening sessions will also increase, and will run from 7-8 PM as usual. Remember, in summer, there are three weekday social swims, the Club Saturday swim, and later in December, the 7 am Sunday social Jetty swims. The Yallingup crew also swim 3-4 days a week, varying locations between Meelup and Dunsborough nets depending on the weather.

Social Events.

Busselton Masters Social Club has several events planned. A Pot Luck, Margaret River rail-trail ride, and more are being organised by **Lynette Gittos** and her team for the lead-up to Christmas. If you can spare an hour, the Social Club would love to hear from you. Please get in touch with her directly, me, or email the Club if you're interested in joining the Committee. For new members, the Social Club is a fantastic way to get involved.

The Next Committee meeting is on Wednesday, 3rd September, at the Yacht Club. Please speak with Club Secretary Tess, committee members, or myself about any issues you'd like raised.

Forward Planning – The AGM is likely to be postponed for a few weeks. A date will be confirmed at the next Club Committee meeting.

Remember – Nominations Forms for the 2026 Committee are available from Tess, and we would really appreciate you putting your hand up for next year. Positions will be available. We need members to share the role of maintaining and building our Club.

Thank you.

President – Richard George

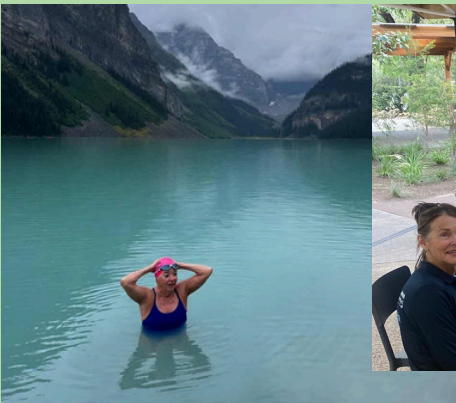


Thank you to everyone who participated in our recent two-hour video analysis clinics – your energy and willingness to learn made them a real success! We all benefited from Andrew's analysis.



Daffodil Day Cancer Awareness Swim, special mention to Jan's cap!

Out and about



Tess out swimming for 4 minutes in 10 degrees – Lake Louise



Some of the crew enjoying Par3 hospitality after Trish's Fishes



Trish helping Suzanne out of the mud in the bay after a cool 1 Km local swim

GENERAL CLUB NEWS



Country Correspondence Carnival 2025 – Let's Dive In!

We're excited to announce the return of the highly anticipated Country Correspondence Carnival (CCC) – proudly hosted by Masters Swimming WA. This yearly event celebrates regional community, resilience, and a love for swimming.

The CCC is perfect for clubs like ours that might not always make it to the metro meets but are full of talent and enthusiasm. It's our chance to race, connect, and shine – on our own terms, right here in Busselton.

What's on Offer?

- ◆ Up to 8 individual timed swims
- ◆ Up to 4 action-packed relays

"I focus on what I can control and let go of everything else. It helps me stay mentally strong."
– Ariane Titmus

Events include Freestyle, Backstroke, Breaststroke (25–1500m), Butterfly, and Individual Medley (up to 800m). Freestyle lovers – you've got 7 race options to enjoy!

Whether you swim for records or simply for enjoyment, the CCC is about participation, progress, and club pride. Year after year, it's an excellent way to monitor your improvement and earn valuable points for Team Busselton.



Carnival Schedule

☀ Saturday, August 30 – Sprint Carnival (08:30–10:15)

Replacing regular training, this session concentrates on timed 25m–200m sprints. Just turn up! We'll group swimmers by pace and create a fun, relaxed morning to improve your speed and try new events.

🌊 Sundays, September 14 & 28 – Endurance Events (08:00–09:45)

Calling all Jetty Swim fans! These mornings are reserved for longer distances – 400m, 800m, and 1500m – but also welcoming anyone who missed the sprints and wants another go.

🍌 Saturday, October 4 – Relay Carnival & BBQ (08:30–09:45)

Teamwork time! As the date approaches, we'll gather RSVPs and organise as many relays as we can. Expect plenty of energy, teamwork, and a well-deserved breakfast BBQ afterwards!

Can't Make Those Dates?

No worries – if you'd still like to participate or clock some times on alternate days, please speak with a coach. We'll do our best to accommodate you.

Not Racing? You Can Still Join In!

If you're attending Saturday training but not swimming CCC events, we'd appreciate your help with timekeeping or cheering from the sidelines. All swimmers, all roles, all welcome.

Let's keep the **Busselton Masters flame** burning bright. Together, we can defend our title, celebrate the joy of swimming, and continue fostering the inclusive, passionate community we're known for. CCC Records and 2024 Results are now available on our website under "Newsletters".

Go Team BMSC!

– Busselton Masters Swimming Club Committee

GENERAL CLUB NEWS

Ready to make a splash at the next MSWA Swim event?

Join us at the South West Sports Centre and swim to make a difference at the MSWA Bunbury Swim on Saturday, 13 September!

Gather your team and take part in the seven-hour swim challenge to help support people living with neurological conditions in the South West region and beyond.



REGISTER NOW

The **Multiple Sclerosis WA Swim events** are family-friendly days that bring our vibrant regional community together for an unforgettable time at locals pool centres. Teams compete in an seven-hour marathon swim, pushing their limits to cover the longest distance in support of West Aussies living with neurological conditions.



Join the fun – the more the merrier! Our Club already has a team registered – join ours by clicking the above link, or you can create your team or swim as an individual too. Support a friend, or back our Club's fundraising for this event, or even make a self-donation. Search for our Club's profile or your name to contribute.

DONATE ❤️

Every dollar supports our cause. Every contribution to MSWA, big or small, directly impacts the lives of West Aussies living with neurological conditions including MS, MND, Parkinson's, stroke, Huntington's and more.

Your support helps provide essential services, while also driving vital research.

Acknowledging Andrew Sexton

Andrew Sexton, an Advanced ASCTA-accredited coach with a strong competitive background, brought great skill and care to our recent video analysis clinics. Each swimmer received individualised tips to refine their technique, seeing their strokes clearly and leaving with practical things to work on.

We thank Andrew sincerely for his expertise and generosity in sharing knowledge that has uplifted every participant.

Join Your Coaches Poolside!

Join your coaching team—Trish, Steve, Julie, Riley, Andy, Mon and Andrew S

Club Training - September 2025


- Monday with Trish: 8:00 am - Arrive 15 minutes early for the pre-pool stretch and swim land training. coffee afterwards at ☕
- Tuesday with Steve: 7:00 pm
- Wednesday with either Riley or Andy: 2:30 pm
- Thursday with Andrew: 7:30 am - coffee afterwards at ☕
- Thursday: 6:00 pm program by Steve (uncoached)
- Saturday with Andrew: 8:45 am - coffee afterwards at ☕
- Sunday: 8:00 am - Winter endurance swims uncoached in the GLC outside pool

Social Swims

- Tuesday: 10:30 am toes in the water Yallingup Lagoon; chatter & coffee and Andy's Store afterwards

GENERAL CLUB NEWS

2 ENERGY-DRAINING MISTAKES YOU'RE PROBABLY MAKING



Head Position That Creates a Bow Wave


High head position pushes water like a snowplow, increasing drag by 40%.

Keep your waterline above your eyebrows.

Most swimmers unknowingly fight the water instead of working with it, creating unnecessary drag and burning energy

The frustrating truth?

It's rarely about your fitness level.



Overreaching and Crossing Over

Reaching too far creates a zigzag motion through water.

You're swimming sideways instead of forward.

Source: Effortless Swimming with Brenton Ford

"Acknowledging all

I wish to acknowledge Julie O'Connor and Sharon Ramel for their contribution to Andrew Sexton's Video Analysis Clinics. The Clinics are a testament to the Coaching Expertise of Andrew Sexton, and to the team that makes this all possible for all, over the four sessions.. These clinics are helpful in all manner of ways. We are indeed a fortunate club at BMSC". Mon G

Why Sprint Training Matters for Masters Swimmers

While endurance (aerobic) training is the foundation of swimming fitness, anaerobic sprint work—the short, high-intensity efforts that get your heart pounding—is the secret ingredient that can take your swimming to the next level.

Our sprint coach, Andrew Sexton, knows exactly how to push us into that powerful zone where speed, strength, and skill collide. Sprint sets activate your body's fast-twitch muscle fibres and sharpen your neuromuscular coordination, making every start, turn, and final push faster and more efficient.

But the benefits go far beyond raw speed:

- *Builds explosive power for that extra kick off the wall or down the final stretch.*
- *Improves lactate tolerance, so you can sustain speed without burning out.*
- *Sharpens race-day readiness by simulating the intensity of competitive moments.*
- *Supports ageing well by offsetting the natural decline in strength and agility.*

For Masters swimmers, sprint training is especially valuable—it keeps us race-ready, boosts our confidence, and helps us move through the water with purpose and precision. And the best part? You don't have to be a sprinter to reap the rewards.

Even short bursts of high-intensity swimming can improve your overall performance, no matter your preferred distance.

So next time Andrew calls "max effort" and wants to see you "really puffed"—embrace it. Those sprints are building not just speed, but the belief in what you're truly capable of.

Stronger together. **Powered by Busselton Water.** Driven by community. Proudly wearing our Buddy Smugglers.



3-MINUTE WORKOUT

Do each exercise for 30 seconds.



OVERHEAD MARCH

Stand up straight with your arms above your head and hands together. Engage your core. Lift your right knee to waist height. Lower your foot back to the floor and repeat on the left leg. For an extra challenge, hold a weight in your hands above your head.



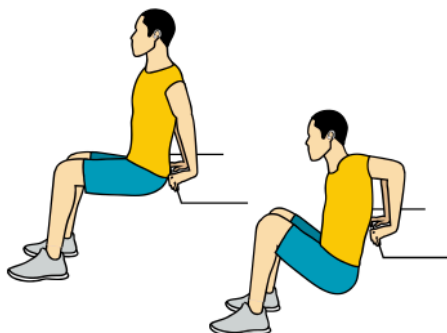
GOOD MORNING

Stand up straight with your feet shoulder width apart, arms crossed over your chest and hands resting on your shoulders. Slightly bend your knees, engage your core and look forward. Keeping your back straight, slowly push your hips back and lean forward until you are parallel to the floor. Pause for 1 second and slowly come back up. Repeat.



SUMO SQUATS

Stand with your feet slightly wider than shoulder width apart and point your toes slightly outwards. Engage your core. Keep your back straight and slowly lower into a sitting position until your thighs are parallel to the floor. Push through your heels to stand up again. Repeat.



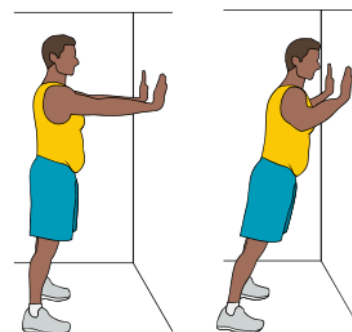
DIPS

Face away from a bench, desk or chair (without wheels). Place your hands shoulder width apart on the edge. Bend your knees to a right angle or extend them in front of you. Engage your core. Slowly bend your elbows and lower your body towards the ground. Slowly push back up into the starting position. Repeat.



TOE TAPS

Stand up straight with your arms by your side. Slowly lift your right leg up to waist height and reach your left hand to touch as close to your toes as you can. Try to keep your back straight. Lower your foot back to the floor and repeat on the other side.



WALL PUSHUPS


Stand up straight facing a wall with your feet shoulder width apart, about one arm's length away from the wall. Place your hands straight in front you on the wall. Keeping your legs straight, slowly lower your chest towards the wall. Push back into the starting position. Repeat. For an extra challenge, push up from a desk or the floor.





BMSC SOCIAL CLUB NEWS




Get Ready for the Masters Amazing Adventure!


 When: Sunday, 21 September





 Where: Meet at King Street Carpark


 Time: Gather from 9:00am for a 9:30am start


 What's It All About?


A fun-filled team adventure across the Busselton area! Expect challenges that test your creativity, problem-solving, and teamwork while keeping plenty of room for laughter.


 You'll be:

- Snapping photos 
- Solving puzzles 
- Thinking outside the box 
- Having FUN with friends 


 Teams: 3-4 people per team

 Transport: One car required per team

 Finish Line: A mystery lunch location will be revealed at the end!

 How to Join:

Register your team and let us know if you have a car available. If you don't have a team it's OK as teams can be arranged if you just let Tess know you'd like to join in.

 Email Tess at tesskmartin@gmail.com by 14 September to secure your spot!

✨ Don't miss out on a day of adventure and fun. ✨

LET'S GO

ADVENTURE



Sometimes I go to the other side of the pool and hide underwater from the coach... all whilst contemplating our next social adventure ... plotting how to outwit my competitors....



Social Club Calendar

September

- Potluck dinner "Peoples Place" 19-20 Kent St.
- Amazing adventures
- Saturday 6th September 6-8pm
- Sunday 21st September

October

- Bike ride from Witchcliffe to Margaret River
- Sunday 26th October

November

- Lawn bowls
- to be decided

December

- Busselton Ironman
- ? Sculpture snorkelling
- Xmas Party
- Xmas day swim 8.30 am
- Sunday 7th December
- Sunday ?14th December
- To be decided
- Thursday 25th December





BMSC SOCIAL CLUB NEWS



WELCOME AND THANK YOU

The Social Committee is thrilled to welcome Andrew Hembroff to our team! We're also delighted to warmly welcome back two familiar faces, Steve Gibson and Gail George. Their return brings a wealth of experience and energy, making them fantastic additions alongside Lynette Gittos, Colin Holden, and Sue Hart.

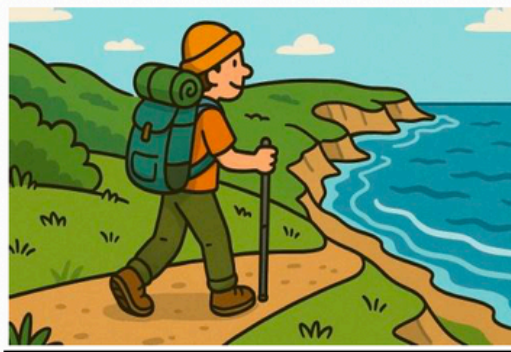
THANK YOU

A huge thank you to Darryl Kelly, whose bubbly and vibrant personality has been the light of our social events. While we'll miss his presence on the committee, we're grateful he'll continue to be the life of the party and support our gatherings. Darryl, your years of dedication have filled our club with friendship, fun, and laughter.

Thank you!

We also extend our deepest appreciation to Tess Martin, whose enthusiasm and drive have kept us all moving! Though stepping back from the committee, Tess will still be involved in planning and helping with events whenever possible. We're so lucky to have your continued support! Thank you.

Meelup Beach Walk



From Meelup Beach to Eagle Bay via beautiful Point Picquet – we spotted whales breaching, surfers catching waves, and enjoyed breathtaking ocean views all the way.

After a cuppa at Eagle Bay, we returned to Meelup for a refreshing swim in the crystal-clear water (with only one cheeky shower while we were in!). We rounded off morning with a sunny picnic lunch – perfect for a warm winter's day.

So much fun, great company, and plenty of laughs – another reminder why we love our club!





BMSC SOCIAL CLUB NEWS



POTLUCK DINNER

A casual get together to eat, drink and be merry.

When: Saturday, 6th September, 6-8pm

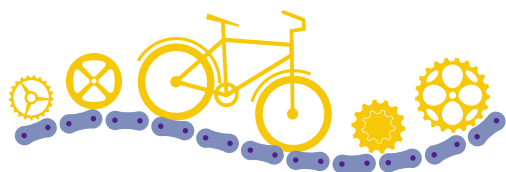
Where: 'Peoples place' 19-20 Kent St.

Bring: Nibbles, main meal or desserts enough to share.

BYO drinks

RSVP Lynette: 0429082334

Tess Martin will be giving a short talk on Volunteering.



Don't Miss This Ride

We have a social bicycle ride organised starting at Witchcliffe 9am, Sunday, 26.10.25

Meet up near "Marmalade Witchy" which is next door to the service station turning right on to Redgate Rd, Witchcliffe.

We will stop for coffee at "amaz'n

On return to Witchcliffe please meet up & enjoy pizza or whatever else is on the menu at "Dear Darnall's



Wheels & Peddles 2025

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



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 see below:**

CHAT GROUPS



BMSC Chat Group

Active now · 🚴



BMSC Bike Ride Thursday Group

Active now · 🚴



Sunday GLC Swim

Active now

IF YOU WOULD LIKE TO BE ADDED TO THESE GROUPS PLEASE EMAIL:

PRESIDENT@BUSSELTONMASTERSWIMMING.COM

♥ 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 2025 **Committee members are:**

Executive:

Richard George - President

Todd Taylor - Vice President

Tess Martin - Secretary

Christine Patterson - Treasurer

General Committee:

Colin Holden Julie O'Connor

Andrew Hembroff, Monique Gilks

Sharon Ramel, Steve Gibson



FRIDAY

OPEN FROM 3 PM

**Social Membership Geographe
Bay Yacht Club**

What's On?

Click the QR
code to open the
Club's Website



Caps

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.

Contact Todd Taylor for
your new sponsored cap

Contact us

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**BOLD
BEAUTIFUL
SWIM
SQUAD
MANLY**



**Swimmer of the Month
is Valerie Newbold -
you have won a Budgy
Smuggler Voucher**



Busselton

Gives BMSC members a
discount on swimming gear



BUSSELTON WATER