

## NEWSLETTER OCTOBER 2023

### President's Pen – Richard George, Club President

#### Club 2023

**Club Membership** has powered ahead to 110, noting many recent members are 16-month and hence 2024 members. We have been joined by **Peter Croft, James Stewart, Sue Bussell, Natalie Bowskill, Brendon Bunning, Nick Gulledge, Sam Moore, Andrew Cowan, Riley Hunter and Lauren Evans**. Members, please introduce yourselves to anyone you don't know and also contact **Todd Taylor** to collect your **Equinox** sponsored swim caps that arrived recently.

**Club 2024** – existing members, normal 12-month membership opens December – **so please don't renew just yet!** We have had one overexcited member jump in a bit early already! You will get an email in December to invite you to renew!

**RESTART 2023.** Steve and his coaching team are planning a 2023 Restart program and we have submitted a special option to the Jetty Swim committee to team up and provide 40 spaces this year. Its planned in November – let Steve know if you have friends and neighbors interested. There is an advert later in the newsletter. This is for people who are out of swimming and looking to get back into it!



#### News

Council elections 2023 – and a 50m pool? I've written to all nominees for Council and Mayor, asking for their aquatic plans. All but one has written back. I've talked to Andrew Macnish, met with Kate Cox and Paul Carter. The issue has split the nominees into two 5-person 'tickets', with sitting members (4 standing for mayor) going 'plan and budget' and the new candidates behind Anne Ryan-Macnish ticket "supporting" a new pool at a proposed Vasse Complex. However, its more complicated as there is no land yet available, and no budget.

Photo below is of the Recent Meelup Swim and Walk



**President's Pen – Richard George, Club President continued**

Kate Cox advised, that Council passed a motion this week to set aside 1% of all rates in a fund, to budget for major sports facilities – in addition to the \$37m (over 10 years). They all agree with Clubs Ocean plan, with some honest enough to say be wary with uncostered election promises.

I won't advise you how to vote – but you are welcome to ask me what they have all said. I've made up a document with their email responses.

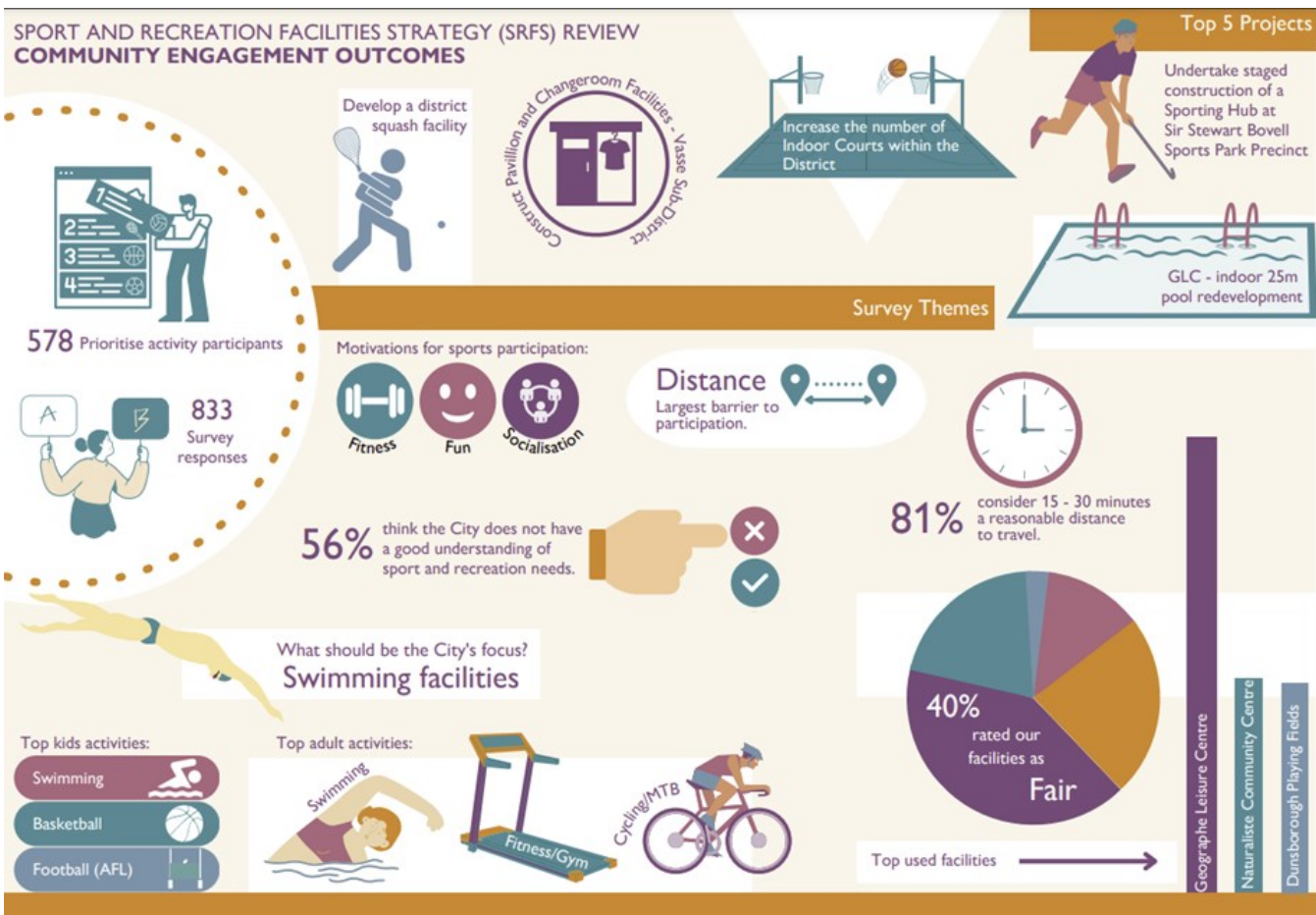
One thing I've asked all candidates is, that we have a seat at the table when the GLC Review (and Strategy), run by Paatsch Consultants (this is what our media blitz in March delivered) is drafted later this year.

Surprisingly, the City, initially, was going to lock out aquatics user group, and broader community input, by using a survey. Sue Ricceli (Mayor Candidate) contacted the City and we now have a seat in the consultation process later this year.

## President's Pen continued – Richard George, Club President

After consultation, several candidates now support our position to use matching funds to do more than upgrade the indoor pool. The revised budget for the GLC is approaching \$20m without a 50m pool, at a site that is now too small and is not sensible for the future of Busselton. A site at Vasse is looking more likely—but it's a long way off.

The graphic below from March 2023 had a indoor lane addition and three basketball courts as two of 5 priorities - <https://yoursay.busselton.wa.gov.au/srfsreview>.



The March survey specifically precluded any input or comment on the 50m pool or a review of the GLC. The city said they didn't qualify as they weren't in the Sports Strategy! This was the point of our criticism and a question I am putting to Councilors.

It seems early, unofficial news from the review, supports what we said. We will also now have a seat at meetings before it goes to Council and have a say in the future of the GLC and facilities in the City.

## President's Pen continued– Richard George, Club President

### Major items - for discussion at next Meeting

**AGM Oct 14** – Committee position, **Vacancy Secretary**; unfortunately, Sue Hart wasn't able to take up the role this year. We need someone to step up to help. The role is to do the minutes for our 6 meetings per year – we supply a laptop.

**Committee Positions**—most of the existing committee are happy to continue at this stage!

**Fees for 2024** will be set at the AGM, 14th October 2023, around 10.00am at the GLC.

Please come and support your Club at our last pool swim before the AGM/BBQ,.

Swims on Saturdays will be at the Busselton Foreshore from 21st October

**Funding:** Richard S has submitted two new Grant application for 2024 funds.

**Club Awards for 2024** (please let your committee know of any nominees)

**Open Water – 23/24** (Colin has many events planned, including Virtual Rotto)

**Swim Calendar** – summer is heating up with 20km GeoBay swim starting us off on November 11th, 2023.

### Swims

**Julie O'Connor and Coaches** delivered on 3 weeks of the "CCC" Busselton Masters Carnival, supported by volunteer timekeepers and many of our members. On relay day, 41 swam for glory and points. It was our biggest event and I know some of you put off your long weekend to lead your teams. Lets hope we received the points to have a chance at the Country Award. Albemarle was our sponsor for this event and we thank them very much for \$1800 sponsorship of Winter Coaching.

The Recent CCC Carnival Relay day!



**Swim etiquette.** In this newsletter, MSWA rules of pool swimming are included. For many it's new swimming in a smaller 25m pool, and for others, it's a reminder how to share space in a busy lane. You will have noted the Coaches have started using both ends – as start/finish - to manage numbers. Please support them. We do have a procedure with the GLC so we can add lanes, however there are limitations the GLC impose at busy times. Your Coach will sort it.


## President's Pen continued – Richard George, Club President


**Start times.** Coming into summer, we start swims, "Toes In" at 8:30am sharp. This means 8:30, not 8:25, 8:15am. The Club and Coach have a safety protocol to adhere to, and a briefing and head count. It's also out of respect for others who really want to catch up and be part of the group.

**BMSC GeoBay Coolwater** (its 17 degrees) (11/11/23) teams are almost locked in. Sam Moore – event organizer – has joined our night training sessions and I'm sure can help with questions.

### Busselton Jetty Swim

The Ballot opens on 1st October to the 9th October. If you would like to enter please go on to their website and register. If you are new to this, feel free to contact the club and one of our committee members or coaches can help you. There are several categories

EVENT	DISTANCE	FEE	INCLUSIONS
<b>SOLO SWIM</b>	3.6km	\$85	 CAP TATTOO TOWEL
<b>TWO PERSON TEAM</b>	Leg 1: 1.4km Leg 2: 2.2km	\$170	 CAP TATTOO TOWEL
<b>FOUR PERSON TEAM</b>	Leg 1: 1.0km Leg 2: 1.0km Leg 3: 0.6km Leg 4: 1.0km	\$340	 CAP TATTOO TOWEL
<b>ONE MILE SWIM TO SHORE</b>	1.6km	\$85	 CAP TATTOO TOWEL
<b>SIMONS 500M SHORTCUT</b>	500m	\$50	 CAP TATTOO MEDAL
<b>KIDS SWIM</b>	222m	\$30	 CAP TATTOO MEDAL



## President's Pen continued– Richard George, Club President

### Social

**September Meelup Swim and Walk** was very popular. October 8th – Cowaramup-to-Hairy-Marron bike ride is on, Please note the change of date to October the 8th—due to forecast rain on the 1st October. Plus much more. See the events page and Google Calendar.



**Christmas Party and Awards** planning will also kick off soon with new events to follow.

**Geographe Bay Yacht Club** Friday 5:00PM Social Ocean Swims – when it's warmer (or now if you are one of Simon's snowflakes) followed by Sundowner. The Yacht Club provides social membership (\$30 each year Sept to Aug 2024). Swims Start at King Street.

Many Club members are having sundowner drinks on Friday nights already and Tanya took off last weeks prize.

Other club members catch up for swims on Monday, Wednesday and Friday mornings, 8.30am, at the nets near West Street. Followed by morning Coffee at the Equinox. These are not club events, however, great way to catch up with friends. Dunsborough members usually do something similar over summer at their nets.

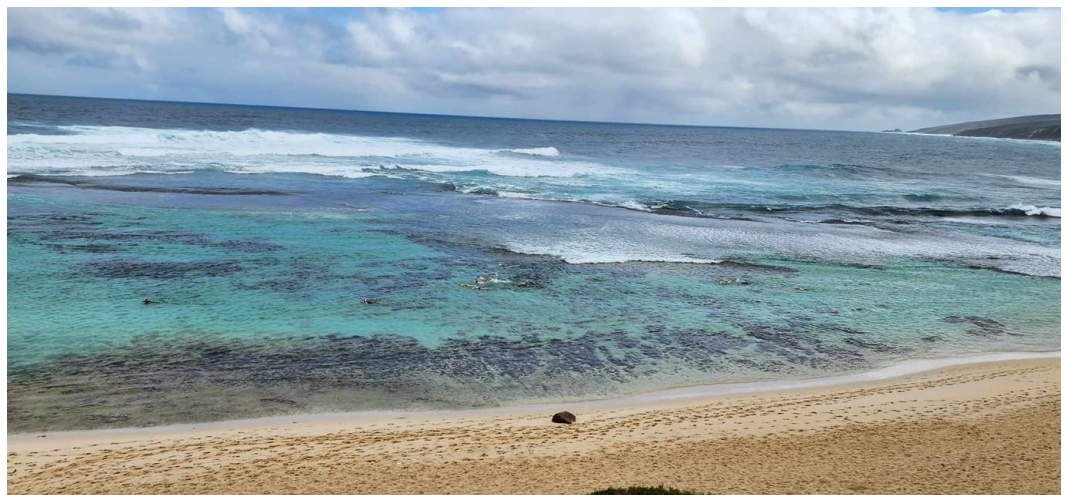
**Congratulations** to Robin Van Kempen for monthly Budgy Smugglers Award. For new members, this award is \$100 and presented every month by sponsors. It's a great reward with your annual fee. To be eligible, you need to log swims on the Bold and Beautiful App. Ask Todd about this if you want to be included.

**AGM Saturday 14th October around 10am.** Including Bacon and Egg Burgers plus a raffle to fundraise! **Tickets \$2.00 each of 3 for \$5.00.** Pop some cash in your swim bag on this day! Great prizes!

### Next Committee Meeting

18<sup>th</sup> October, after the AGM. Please talk to Committee members, or myself about issues you'd like raised.

**Richard George**



Swimmers in the Yallingup Lagoon , Dive in on Tuesdays 10.30am all year

# Coaches Corner

Please note the  
Dates and Changes to Swimming Times,  
please see below,

Of note

Wednesday's time changes to 2.30pm from 11th October

Saturday's Ocean Swims Commence

21st October at the Nets, West Street Busselton

Cuppa afterward at the Equinox



## Swimming Program October 2023

### GLC Training

Monday 8.00am Coach Tricia Miller

Tuesday 7pm Coach Steve Gibson

Wednesday 4th October only 2.45pm Monique Gilks and Julie O'Connor

Wednesday 11th October onwards 2.30pm Monique Gilks and Julie O'Connor

Thursday 7pm Coach Andrew Sexton

Saturday 8.45am Coach Andrew Sexton until 14th October then the ocean

### Ocean Swims

Tuesday 10.30am Yallingup Lagoon

Saturday 8.30am 21st October onwards

Busselton Foreshore West Street end of the Nets





# BUSSELTON MASTERS SWIMMING CLUB

Caters for swimmers of all abilities

18 years and over



## FITNESS, FRIENDSHIP & FUN

**2023—2024 16-Month Membership**  
Now Available \$225.00 includes all :-

### SWIMMING TRAINING

Geographe Leisure Centre  
*Pool Entry Fee Not Included in Membership Fee*

### TRAINING TIMES

- Monday 8.00am
- Tuesday 7pm
- Wednesday 2.45pm
- Thursday 7pm
- Saturday Winter 8.45am

### OPEN WATER SWIMMING

- Saturday Summer 8.30am  
Busselton Foreshore Nets
- Tuesday 10.30am Yallingup Lagoon

All ages 18 years and over welcome

### ALSO INCLUDED

- Active Social Calendar
  - Qualified coaching
  - Pool and open water swimming
  - Focus on Health and Participation
  - Use of club swimming equipment
  - Paid lane hire.
  - Club Newsletters are on our website
  - Open Water Events Calendar
  - Google Calendar on Website
- You can have 2 come-and-try sessions before joining.

To Join the Club  
Please visit our website and  
follow the links to "Join Us"



[www.busseltonmastersswimming.com](http://www.busseltonmastersswimming.com)



## ETIQUETTE FOR TRAINING IN A MASTERS SQUAD

or

**“How to get the most out of your squad training sessions while still getting on well with all your lane mates.”**

Every now and then, coaches discover that there has been unrest and disagreements in lanes about how things should be done, so it's important to understand the fundamentals of squad training etiquette. The most important consideration is that most Masters' sessions only run for one hour and need to achieve a reasonable training distance, so sessions need to run as smoothly as possible.

### **Session Start / Warm Up – VERY IMPORTANT**

**THE RULE:** Once the first person to get in the water (in your lane) has finished the warm-up, EVERYONE else in the lane must STOP (the next time they reach the starting end), and be ready to start the Main Set.

If you get in the water AFTER the session start time, please ascertain where the leaders are up to in the warm-up or ask the coach if you are unsure. If the leaders have already done (say) 200 metres of a 400 metre warm-up, then YOU will only be able to do the last 200 metres of warm-up.

If that's not enough for you, then just start the Main Set going easy at the back of the lane, so that the first part of that set is like a continued warm-up for you.

*Note:* If you get in early, do not start the official warm-up. Do your “own thing” until session start time (e.g. 7pm) and start the official warm-up at that time.

### **Get in the Right Order!**

**THE RULE:** If you generally train faster than someone, make sure you go ahead of them in the lane order.

OK – sometimes you might feel better than others – but it is most frustrating to other swimmers in the lane if someone regularly says “oh no, you go ahead of me” when everyone knows that person will end up catching the person ahead.

It is sometimes difficult to get it right, particularly when the program requires you to do different strokes. Also, sometimes two people can swim at exactly the same speed, but the second person will keep catching the first person|due to the benefit of “drafting”. Just do the best you can and be flexible. Don't be offended if someone asks to go ahead of you and don't be afraid to ask to go ahead of someone else.

PTO...

## Leaving Five Seconds Between Swimmers... no less... and no more!

**THE RULE:** The first person pushes off on 00. The second person pushes off on 05. The third person pushes off on 10. Not rocket science!

It is accepted lane etiquette all over the world that swimmers leave 5 seconds between each other before pushing off the wall. Sometimes coaches will even ask you to leave 10 seconds if we want you to do Timed Efforts without “drafting”.

It is very frustrating to have someone push off “on your toes” and stay there. It is just as frustrating when people leave too LONG a gap between swimmers. This can result in swimmers in the lane getting too far apart and the leaders having to wait extra time to let everyone catch up.

## Letting Everyone Finish into the Wall

**THE RULE:** Swimmers should endeavor to move off to the sides of the lane after each repeat swim, allowing the other swimmers to finish into the wall and complete a full lap.

HOWEVER... This requires a lot of thinking and common sense, especially when the rest intervals are short. Please read the following CAREFULLY.

When you lead a lane and finish into the wall at the end of a repeat within a set (e.g. a 100m swim within a set of 100s), please move to the right-hand side of the lane (as you face the end) to allow the other swimmers in the lane to finish into the wall.

When the second person touches, they are to move to the right-hand lane rope. The third person is to do the same and possibly the next person too. But BEWARE – particularly when the rest interval is short! Usually only **three or four** swimmers need to move across to the right-hand lane rope, as the leader will have pushed off for the next repeat by the time the later swimmers finish that repeat, leaving room for them to finish into the wall.

Most of our swimmers are very diligent at queuing down the lane rope as described above, however they continue to do so without having regard for when the leader is about to push off again. This has caused a number of collisions. After three or four swimmers, the queue should be formed on the left-hand lane rope.

**Thanks for reading... and hopefully this will lead to even more Happy Swimming!!**

## Newsletter Editor and Social Corner - Gail George

The Social Organisers

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

Colin is helping out with all of the flyers! He is brilliant!

Any suggestions to us at [president@busseltonmastersswimming.com](mailto:president@busseltonmastersswimming.com)

We value your input to give variety and new activities!

Plenty of things on the Calendar for members to participate in in the next months.





Dates Below:-

Remember to come to Yallingup and swim in the Lagoon on Tuesdays, Toes In at 10.30 am. Plenty of social chatter afterwards at the Yallingup Store!

### Busselton Masters Swimming Club - Social & Events Calendar 2023

Month	Activity	Details
<b>October</b>	Bike Ride Cowaramup to Margaret River the Hairy Marron Coffee Shop Club AGM + Bacon and Egg Burger Breakfast GLC Bird Sanctuary Bike Ride Blackwood Marathon weekend	8 <sup>st</sup> October  14 <sup>th</sup> October 10am 22 October Saturday 28 <sup>th</sup> October
<b>November</b>	Augusta Swim and Pub Lunch WOW Swim Koombana Bay 500m, 1.25km, 2.5km,5km,10km. Restart Nov 2023 Week 1 and 2 and 3	5th November  12 <sup>th</sup> +19 <sup>th</sup> + 26 <sup>th</sup> November
<b>December</b>	Restart Nov 2023 Week 4 Busselton Ironman Fundraiser Snorkelling – The Sculpture Tour – Busselton Jetty BMSC Christmas Windup Busselton Foreshore Swim and BBQ BYO Summer Solstice Swim GBYC Christmas Day Swim 8:30am	3 <sup>rd</sup> December 3rd December 10 <sup>th</sup> December 17th December 4pm  Fri, 22 Dec 2023, 5pm 25th December 8.30am



  Busselton Masters Swimming Club Adventure  

What a day it's been! Our adventurous crew from the Busselton Masters Swimming Club embarked on an incredible journey along the Meelup Reserve Trail Bush Walk, from Meelup to Eagle Bay and back. 🌿🌊

But it wasn't just about walking – we added a splash of swimming into the mix! 🏊‍♂️🌊 Richard, Todd, and Simon showcased their aquatic prowess, with Richard and Todd swimming an impressive 3km and 4 km each, while Simon clocked up a whopping 5km in the crystal-clear waters. 🏊‍♂️🏊‍♂️🏊‍♂️

And of course, we couldn't resist taking a dip after the trek. Many of our trekkers hopped into the water for a refreshing tea bag dip or a full-on swim, basking in the beauty of this stunning coastline. 🇺🇸🌊

It was a day filled with adventure, fitness, and the joy of being in nature. Huge shoutout to everyone who joined us on this memorable journey. 🙌 Let's keep exploring and making waves together! 🌊👥





## **BIKE RIDE Cowaramup to Margaret River**

**Change of Date to SUNDAY 8<sup>st</sup> October**

**What:** Bike ride from Cowaramup to Margaret River

**How:** Meet up at the Men's Shed Cowaramup ready to set off at 9am

**How Far:** Approx 13km along the rail trail gravel cycle way tracks for coffee at the Hairy Marron Café return after coffee so 26km round trip

**Bring:** Bike with thicker tires better for gravel & riding gear

**Transport:** Ask around in case you can car pool.

# Busselton Masters Swimming Club Bike and Hike

🌊 Join the Busselton Masters Swimming Club for a Day Out! 🚲 🦘

Date: October 22

Time: 8:00 AM (Departure at 8:15 AM)

📍 Where:

Meet at Pete and Lynette's house  
334 Forrest Beach Rd, Wonnerup



Get ready for a casual 4km bike ride to the beautiful Malbup Bird Hide. If you don't have a bike, no worries! You can meet us at Pete's and Lynette's, and we might even arrange some carpooling.

🌿 Activity:

Enjoy an easy walk around the Malbup bird hide trail and boardwalk to the bird-watching hides. The area has seen a lot of recent efforts from local volunteer groups, making it a fantastic spot for nature enthusiasts.

🚶 Distance:

Less than a 2km walk

After our adventure, let's treat ourselves to some well-deserved coffee and cake back at Pete's and Lynette's house.

Come join us for a day of fun, fitness, and nature appreciation. It's going to be a fantastic time! 🚲 ☀️ 🏠





## Social Swim at Flinders Bay Augusta & Lunch at the Pub

**WHEN:** Sunday 5<sup>th</sup> November 2023 – Day after OWS Koombana Bay

**TIME:** Meet up at Flinders Bay for a 10.30am swim

**WHERE:** **Swim** at Flinders Bay (Go straight through town out towards the lighthouse approx. 2km turn off **LEFT DAVIES RD** – Flinders Bay car park with playground & shower block is on the left) Search Google maps for Flinders Bay Augusta

### Lunch at the Augusta Hotel.

**HOW:** RSVP to Colin please by **Sunday 28<sup>th</sup> October** for Lunch Table Booking. Partners are welcome. [colinholden968@gmail.com](mailto:colinholden968@gmail.com) mob: 0409708935

**COST:** <https://www.facebook.com/AugustaResorts/menu>  
Lunch prices as per bar menu.

**SOCIAL:** If you get to Augusta early & want a pre swim coffee check out the collectables & coffee at the Ragged Robin – provided they are open!  
<https://www.facebook.com/The-Ragged-Robin-1454731451501791/>  
Meet up for lunch at the Augusta Hotel – table booked at midday.

**FAQ:** **Are there changerooms?** Yes with cold water showers  
**How far do we swim?** Up to you & depends on the conditions - maybe 1km  
**Can I just turn up on the day?** Yes but please **RSVP if staying for lunch**

**TRANSPORT:** Car pooling may be possible – ask around to see who is going  
Takes just over an hour from Busselton



Weather is warming up - time to start thinking about Open Water Swim Events.

### **Sat October 1<sup>st</sup> to 9<sup>th</sup> October**

Jetty Swim Ballot opens – choose your distance & get your entries in – most who were wait listed last year moved up the list and got a spot.

### **Sat 4<sup>th</sup> November**

One of the first of the season is Koombana Bay Bunbury – Distances include 500m all the way up to 10km and the OWS 5km W A State Championship.

### **Sun 5<sup>th</sup> November**

Social day out to Augusta – swim at Flinders Bay with lunch at the Pub afterwards – RSVP if coming for lunch otherwise just turn up.

### **Sat 11<sup>th</sup> November**

A few members have already organised teams & registered for the Geo Bay Cool Water Classic 20km – it would be wise to get your teams together including support paddlers before the day to run through where everyone needs to be when.

### **Sat 2<sup>nd</sup> December – Registration Deadline**

Rottnest Virtual Swim is on again over 4 weeks Jan – Feb 2024 – Register your name with Colin prior to December to secure your entry. Look forward to more spot prizes & special awards this year.

Thankyou Colin Holden



## 2023 / 2024 OPEN WATER EVENTS (DRAFT)

DATE	EVENT	LOCATION	DISTANCES	TYPE
<b>Following Swims are mainly local</b>				
Sat 4/11/23	WOW series	Koombana Bay Bunbury	500m - 1.25km 2.5km - 5km +	Ocean Solo
Sun 5/11/22	Augusta Swim	Flinders Bay	Choose your distance	Ocean Social
Sat 11/11/23	Geo Bay Classic	Dunsborough to Busselton	20KM	Ocean Solo / team
<a href="#">TBA Sat 13/01/24</a>	M R Ocean	Gnarabup	1KM	Ocean Solo
Sat 20/01/24	Virtual Rotto	Busselton West St Nets	Start 20KM Accrual	Ocean Pool Solo
Sun 11/02/24	Busselton Jetty Swim	Busselton	600m/ 1KM relay 1.6 / 3.6KM solo	Ocean Teams Solo
Sat 17/02/24	Virtual Rotto	Busselton West St Nets	TEAMS 20KM & Finish Accrual	Ocean Teams
<i>TBA Sat 24/02/24</i>	Barretts Swim- Thru	Bunbury	1.6KM	Estuary Solo
Sun 10/03/24	Jetty to Jetty	Coogee	750m / 1500m	Ocean Solo
Sat 16/03/24	Steves Trophy	Busselton West St Nets	850m / 1.7KM Nominated time	Ocean Solo
Easter Sat 30/03/24	Bay Swim	Gracetown	1KM	Ocean Solo
<b>More Swims for you to consider!</b>				
Nov 2023 – Mar 2024	WOW series	<a href="http://www.wowswims.com.au">www.wowswims.com.au</a> <a href="#">downloadable-calendar</a>	250m try it Up to 10KM	WOW
Sept 2023 – Mar 2024	OWS series	<a href="http://www.openwater&lt;br/&gt;swimming.com.au/&lt;br/&gt;events/">www.openwater swimming.com.au/ events/</a>	500m up to 10KM	OWS
<i>TBA Sun 14/01/24</i>	Cut 2 Club	Dawesville Mandurah	2.25 / 3.5KM	Ocean Solo
<b>24 -27/01/24</b>	Swim Australia	Open Water Champs	Busselton 2023 2024 Venue TBA	Ocean Solo
Sat 24/02/24	South 32	Rottnest Channel Swim	19.7KM	Ocean Team Solo
<i>TBA Sun 31/03/24</i>	Aussies	Scarborough	2KM	Ocean Solo



2023/24 Season

OPEN SOON

#COMESWIMWITHUS

# PART 1

DATE	EVENT	LOCATION	DISTANCE
Sat 21 Oct 2023	Round 1: Leighton <i>7.5km STATES</i>	Leighton Beach	500m 1.25km 2.5km 7.5km 5km
Sat 4 Nov 2023	Round 2: Bunbury <i>5km STATES</i>	Koombana Bay	500m 1.25km 2.5km 5km
Sat 25 Nov 2023	Round 3: Coogee <i>10km STATES</i>	Coogee Beach	500m 1.25km 2.5km 7.5km 5km 10km
Sun 10 Dec 2023	Round 4: Rockingham	Rockingham Foreshore	500m 1.25km 2.5km 5km
Sat 30 Dec 2023	Round 5: Mullaloo	Mullaloo Beach	500m 1.25km 2.5km 7.5km 5km 10km





## OWS Series Round 2 Koombana Bay Bunbury

500m – 10km includes OWS 5km W A State Championship

**WHEN:** Saturday 4<sup>th</sup> November 2023

**TIME:** Check in 6.30-7.30am

Briefings from 7.30am start from 7.40am in distance waves.

**WHERE:** Koombana Bay Bunbury.

**HOW:** Register direct via website – registrations close the day before but it could sell out so best register asap. If it doesn't sell out they **may** have on the day late registration  
<https://www.openwaterswimming.com.au/round-2-bunbury-2023/>

**COST:** Early Bird pricing \$25 - 500m / \$45 – 1.25km / \$49 - 2.5km / \$54 – 5km

**SOCIAL:** Stay around after the swim – BYO thermos & snacks if you want to avoid the Coffee Van Queue!

**FAQ:**  
**Are there changerooms?** Yes with cold water showers  
**Can you wear a wetsuit?** Yes but no exposed zips and watches and jewelry can't be worn due to risk of scratching other swimmers.  
**Is it good for a first timer?** There is a 500m 'try it' swim which is a good first time distance – conditions vary it isn't the clearest water & sometimes it can be windy.  
**Is it a race?** Sure is - but as usual go at your own pace.

**INTERESTED:** More Info <https://www.openwaterswimming.com.au/round-2-bunbury-2023/>  
Ask Niamh / Todd who swam this one last year

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



## **New Event Saturday 11<sup>th</sup> November 2023**

**WHAT:** A 20km point - to - point open water swim in the pristine waters of Geographe Bay.

**WHERE:** Dunsborough to Busselton

**HOW:** Solo, Duo or Team of 5 swimmers.

**DISTANCE:** Team Legs:- 4km / 5km / 2.5km / 4.5km / 4km with four change stations at 'Beach Party' locations.

**PADDLER:** Each swimmer must be always accompanied by a Paddler – Paddlers can change at Beach Party.

**MORE INFO:** Check the website and if interested sign up for updates as there have been some changes already.

**COST:** Waiting for confirmation – might be quite a bit more than other local swim events.

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



**BUSSELTON**   
MASTERS SWIMMING CLUB

## It is on again for 2024 ROTTO Virtual Swim

Solos:- Accrue the 20km (pool and/or ocean) over four weeks  
Sat 20<sup>th</sup> Jan – Sat 17<sup>th</sup> Feb 2024

Can't do Solo Accrual? Consider a Team Swim on Sat 17<sup>th</sup> Feb

**Want to be in it?**

**Here is How – Do something about it TODAY**

- Register via Email to [colinholden968@gmail.com](mailto:colinholden968@gmail.com)  
Pay \$20 EFT (Or over the counter at Westpac) to  
Busseton Masters Swimming Club BSB: 036-123 A/C  
497285 Notation '*Surname* Rotto'
- Save the date:- Saturday 17<sup>th</sup> Feb to do your final Solo  
Accrual Swim any Team Swims followed by Presentations.
- Register **before Sat 2<sup>nd</sup> December 2023** and you are in it.
- More Spot Prizes & Special Awards this year!
- Briefing notes & Recording sheets later:-|



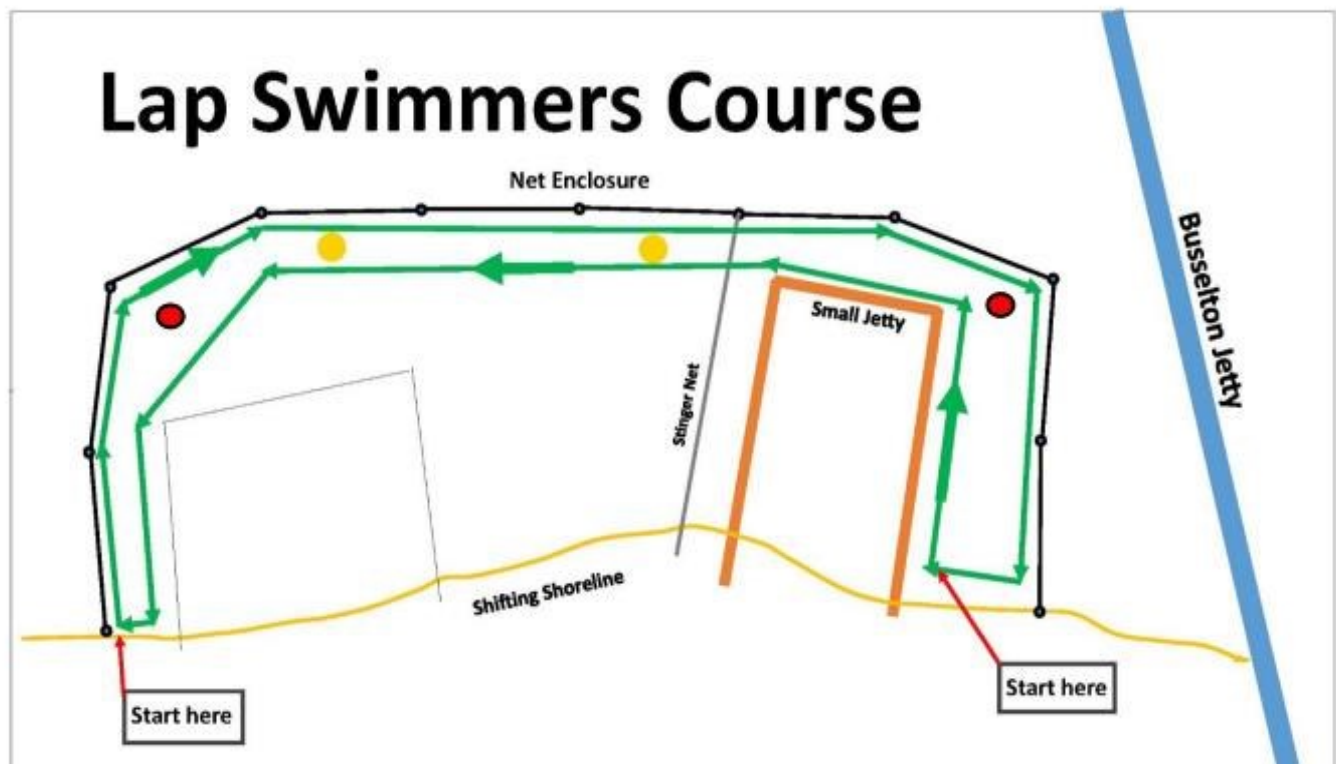
# Petticoat Lane Twilight Markets

## Festival of Busselton

Heads up—the Jetty Swim Committee will be selling off  
Jetty Swim Towels for \$5.00  
AROUND WEDNESDAY, 17TH JANUARY 2024  
Date To Be Confirmed!  
6pm—9pm

The Nets will soon be installed in Busselton, please make sure  
you keep left to avoid collisions.

### Busselton Foreshore



Please **KEEP LEFT** to avoid collision

One full circuit 900m

# 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](mailto:president@busseltonmastersswimming.com)

The rides always start at

**Dolphin Road, West Busselton,**

**9.00am Thursdays**

**If it is hot 8.30am**

## What's On

Check Google Calendar for more details on the Club's Website

Click on the QR Code

[Busselton Masters Swimming Club](#)



Keep yourself up to date, to find more info is in the event when you click on them.

You can import them into your own calendar and receive reminders

## Committee Meeting Dates for your Diary for 2023

***Venue Geographe Bay Yacht Club***

*AGM Date Saturday October 14th 2023 9.30am*

18<sup>th</sup> October 2023 6pm

6<sup>th</sup> December 2023 6pm



## Geographe Bay Yacht Club

Junior and Adult sailing,  
family friendly, Busselton  
Western Australia

### Social Membership Geographe Bay Yacht Club

The membership renewal time has come for Social Membership of the  
Geographe Bay Yacht Club.

**\$30.00 per year. Many of our members have joined this wonderful Club and we have affiliated the Busselton Masters swimming Club with them as well.**

**The Busselton Masters are having our bi-monthly meetings in the meeting room.**

**In Summer we plan to have Friday night Twilight swims there.**

**Followed by drinks on the fabulous new Alfresco Deck Due for completions soon.**







# Busseton Masters Swimming Club Inc. Re-Start Swim Programme 2023

A 'Refresher' Swim Programme to build



Re-Start Four Week Swimming Programme  
LIMITED NUMBERS

Sunday Nov 12th, 19th & 26th plus Dec 3rd

SUNDAYS 8am—9.15am

Geographe Leisure Centre OUTDOOR POOL  
Cost \$40.00

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

\*Pool entry payable at GLC reception each session\*

Please bring Swimming Fins, Goggles, Water Bottle,  
Sunscreen

For further information or to REGISTER to secure your place  
please email to:

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 swim-  
ming confidence.

The Re-Start program is run by an accredited  
coaches who will help you improve your tech-  
nique, skill and efficiency in the water.

Restart will give participating swimmers the confi-  
dence, strength and ability through the four week-  
ly sessions to continue in the lifelong sport and join  
our swimming community through membership  
with Busseton Masters Swimming Club.

Swimming for Fitness, Friendship and  
Fun for Life

[www.bussetonmastersswimming.com](http://www.bussetonmastersswimming.com)  
[president@bussetonmastersswimming.com](mailto:president@bussetonmastersswimming.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](mailto:president@busseltonmastersswimming.com)

## Caps

**If your cap needs  
replacing please contact**

**Todd Taylor**

[president@busseltonmastersswimming.com](mailto: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  
Swimmer of the Month of  
Robin Van Kempen  
A \$100.00 Budgy Smuggler Voucher**

### ***Sports Power Busselton***

Give BMSC members a discount on swimming equipment including fins, goggles and bathers.

Please let them know when you purchase



Such a great local business with friendly helpful staff



Albemarle sponsors our winter Stroke Clinics and coaches winter's 26-week Saturday swimming sessions, including the Stroke Clinic, Andrew's coaching and the CCC event.

Thankyou to Naomi Taylor who does an amazing job on our club's website, supporting our club with IT support and knowledge.

<b>Roles</b>	<b>Who</b>	<b>Purpose / Leads</b>	<b>Other</b>
<b>President</b>	Richard George	Club direction, supports Committee to achieve Clubs Goals.	MSWA, Shire, GLC issues - opportunities. Tell me what you want from our Club
<b>Secretary</b>	Vacant  Andrew Hembroff	Meeting secretary  Essential systems and processes, streamlining operations	Guides Executive
<b>Treasurer</b>	Natalie Metcalfe	Budgets / reporting, audits, planning.	Guides Club expenses, and helps set fees
<b>Vice President Membership</b>	Todd Taylor	Membership, Swim Central, New members first contact.	Caps
<b>Grants Officer</b>	Richard Stubbs	Funds, Opportunities, facilities.	Supports Club development
<b>Coach, Coach Co-ordinator</b>	Steve Gibson	Coaching team, Andrew Sexton, Peter Pavlinovich, Tricia Miller, Monique Gilks, Donna Stephenson, Steve Gibson, Julie O'Connor helping achieve swimmers goals though skills at the GLC .	Looking to be a coach? MSWA links. <a href="https://mastersswimming.org.au/become-a-club-coach/">https://mastersswimming.org.au/become-a-club-coach/</a>
<b>Club Captain— Pool</b>  <b>Club Captain— Open Water</b>	Julie O'Connor  Colin Holden*	Leads Club pool swimming meets / events / records.  Open Water Swims— coordinates Club members	Opportunities to achieve swimmers goals. Works with Club coaches.
<b>Bold &amp; Beautiful</b>	Todd Taylor	Specific B&B website	Fun, Monthly prizes
<b>Triathlon Events</b>	Andrew Hembroff	Specific - 2 Tri Events	Fundraising Event Coordinator
<b>Social Events</b>	Darryl Kelly Tess Martin, Sue Hart, Colin Holden, Steve Gibson and Gail George.	Leads events with Committee and members support	Please all help here
<b>Communication</b>	Gail George	Newsletter Facebook	Google calendar
<b>Committee</b>	Simon Keall	Supports Club—events	Committee member

To Contact the committee members please email [president@busseltonmastersswimming.com](mailto:president@busseltonmastersswimming.com)