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President's Pen

As we roll toward July, a quick reminder that our 6-month membership option goes live on 1 July, with a fee of \$120.

If you know anyone who's been thinking about joining us — maybe a friend who keeps saying they "should get back into swimming" — now's the perfect time to give them a nudge. Word of mouth is still the best way to grow our club.

If you're looking for a bit of motivation yourself, take a look at the 2027 Masters National Championships, being held 14–18 April. You don't need to be a super-fast swimmer to take part. Nationals is all

about participation, community, and having a crack. If you've ever thought about giving it a go, just come along — it's a fantastic experience.

We've had a solid first half of the year, and it's been great seeing so many of you turning up consistently, whether it's in the pool or braving the ocean when the weather allows. The energy around the club is strong, and that's entirely thanks to our members.

Let's keep the momentum going as we head into the cooler months.
Kind regards, Steve

Thank you.
President – Steve Gibson



Why Yoga and Swimming Are the Perfect Partnership

By Jackie Clarke

Swimming is often described as one of the best all-round forms of exercise. It develops cardiovascular fitness, muscular endurance, coordination, and mobility while placing very little stress on the joints.

However, because swimming is a highly repetitive sport, it can also create imbalances in the body over time. This is where yoga can play an important supporting role.

Yoga offers a unique combination of mobility, strength, balance, breath awareness, and mindfulness that directly complements a swimmer's training. Whether you are aiming to improve your performance, recover more effectively, or simply continue swimming well as you age, yoga can provide significant benefits.

Improving Mobility and Flexibility

Many swimmers spend thousands of strokes reaching forward through the water. Over time, this repetitive movement can contribute to tight chest muscles, restricted shoulders, and reduced range of motion. Yoga helps counteract these effects by gently opening the chest and improving mobility through the shoulders, spine, hips, and ankles.

Poses such as Downward-Facing Dog, Eagle Pose, and Cow Face Pose encourage shoulder mobility and chest opening, while Hero Pose can improve ankle flexibility, thereby supporting a stronger, more efficient kick.



Building Functional Strength

Swimming requires much more than strong arms and legs. Maintaining a streamlined body position in the water relies heavily on core strength and stability. Yoga develops strength differently from many traditional gym exercises by engaging multiple muscle groups simultaneously.

Poses such as Plank, Boat Pose, and various balance postures strengthen the deep core muscles and the smaller stabilising muscles around the shoulders, hips, and knees. These muscles often receive less attention during swimming but play a critical role in stroke efficiency and injury prevention.

Better Breathing, Better Swimming

One of yoga's greatest gifts to swimmers is breath awareness. Through the practice of Pranayama, or conscious breathing techniques, yoga teaches us to control the breath rather than react to it.

For swimmers, this translates directly into improved rhythm, relaxation, and efficiency in the water. Learning to stay calm when breathing becomes challenging can help during hard training sets, open water swimming, and competition.

Supporting Recovery

Recovery is where improvement actually occurs. Gentle yoga promotes circulation, reduces muscle tension, and encourages relaxation of both body and mind.

Many swimmers find that incorporating even a short yoga session after training helps reduce stiffness, improve mobility, and prepare them for their next swim session.

Mental Focus and Resilience

Swimming often demands patience and concentration. Long training sets, repetitive laps, and race-day nerves all challenge the mind as much as the body.

Yoga encourages mindfulness and present-moment awareness. The ability to stay calm, focused, and attentive during a yoga practice often carries directly into the pool, helping swimmers maintain concentration and confidence when it matters most.

Looking After Your Bones

While swimming is excellent for cardiovascular fitness and joint health, it is not a weight-bearing activity. As we age, maintaining bone density becomes increasingly important.

Yoga provides gentle weight-bearing through the hands, arms, legs, and spine, helping stimulate bone growth and support

long-term skeletal health. For Masters swimmers, this can be an important complement to time spent in the water.

A Natural Partnership

Swimming and yoga share many common qualities. Both encourage efficient movement, controlled breathing, body awareness, and a balanced approach to physical wellbeing.

Together, they create a powerful combination that can help swimmers move more freely, recover more effectively, remain injury-free, and continue enjoying the sport for many years to come.

As part of our Healthway Swim for Health program, Jackie will be presenting her second practical movement and mobility sessions designed specifically for swimmers.

Jackie Clarkes YouTube [Yoga For Swimmers](#)



6 YOGA POSES TO SUPPORT EVERY SWIMMER



Improve mobility. Build core strength. Breathe better. Swim stronger.

IMPROVE MOBILITY & FLEXIBILITY

1. DOWNWARD-FACING DOG



SIDE VIEW

FRONT VIEW



Lengthens the spine, opens the shoulders and chest, and improves overall upper body mobility.

2. EAGLE POSE



FRONT VIEW

REAR VIEW



Stretches the shoulders and upper back while improving shoulder mobility and balance.

3. COW FACE POSE



FRONT VIEW

REAR VIEW



Opens the shoulders and chest, releases tightness, and improves shoulder mobility for overhead swimming.

4. HERO POSE



SIDE VIEW

REAR VIEW



Improves ankle flexibility and mobility, supporting a stronger, more efficient kick.

BUILD FUNCTIONAL STRENGTH

5. PLANK POSE



SIDE VIEW

FRONT VIEW



Builds core strength and full-body stability, helping you maintain a strong, streamlined position in the water.

6. BOAT POSE



SIDE VIEW

FRONT VIEW



Strengthens the deep core muscles essential for stability, balance, and powerful swimming strokes.



WHY IT MATTERS FOR SWIMMERS

These six poses help improve mobility, build core strength, enhance breath and body awareness, and support long-term performance and injury prevention.



TRACK YOUR PROGRESS

Consistent yoga practice can improve your technique, reduce tightness, and help you swim stronger for longer.



STRONGER IN AND OUT OF THE POOL

Yoga complements your swim training by balancing the body, improving recovery, and building resilience.



What a terrific start to our new Yoga for Swimmers series!

We were delighted to welcome 19 'yogis' (for some it was their first time) to our first free workshop with Jackie Clarke on Wednesday, 24 June.

The evening was filled with practical stretches, mobility exercises, and techniques specifically designed to help swimmers move more efficiently, improve flexibility and support injury prevention. Jackie shared her extensive knowledge in a relaxed, easy-to-follow session, giving everyone plenty of opportunities to experience the movements for themselves and ask questions.

Everyone left with simple exercises they can incorporate into their daily routine and before or after training to help them swim more comfortably and effectively.

A big thank you to Jackie for sharing her expertise and to everyone who came along and made the evening such a success. We look forward to seeing even more members at our upcoming health and wellbeing workshops as we continue to help our swimmers become stronger, healthier, and more confident in and out of the water.

Why Every Masters Swimmer Should Swim More Backstroke

Ask most Masters swimmers what stroke they swim during warm-up, recovery sets or easy laps, and the answer is usually freestyle.

Yet backstroke may be one of the most valuable strokes we can include in our training as we age. Unlike freestyle, backstroke opens the chest, encourages shoulder mobility and strengthens many of the stabilising muscles that support good swimming technique. Because the body is facing upward, it can also help counter the rounded shoulder posture many of us develop from desk work, driving and everyday life.

A Friend to Your Shoulders

Many swimmers spend the majority of their pool time swimming freestyle. While freestyle is a fantastic stroke, repeating the same movement patterns thousands of times can place stress on the shoulders.

Backstroke works the body differently. The stroke uses the lats, shoulders, core and legs while encouraging a greater range of motion through the shoulder joint. Many coaches regard backstroke as an excellent complementary stroke because it helps balance the muscles used during freestyle swimming.

Better Posture In and Out of the Pool

As we age, many of us develop rounded shoulders and a forward head position. Swimming backstroke encourages the chest to open and the shoulders to rotate into a healthier alignment.

When performed correctly, backstroke can strengthen the muscles that support good posture and reduce the tendency to hunch forward.

Great for Body Awareness

Backstroke teaches balance and body position in a unique way.

Because you cannot see where you are going, you learn to rely on feel rather than sight. Swimmers become more aware of body rotation, hip position and core engagement. These skills often transfer directly to improved freestyle technique

Easy Breathing, Excellent Aerobic Fitness

One of the biggest advantages of backstroke is simple: breathing.

Unlike freestyle or butterfly, your face remains out of the water, allowing relaxed, rhythmic breathing throughout the swim. This makes backstroke an excellent option for aerobic conditioning, recovery swimming and maintaining fitness while reducing respiratory stress.

A Stroke for Life

Many Masters swimmers discover that backstroke becomes increasingly valuable as they age. It is gentle on the joints, promotes mobility and provides variety within training sessions.

Even just a few laps of backstroke during warm-up, cool-down or recovery sets can help improve shoulder health, posture and overall swimming efficiency.

As Andrew and Trish often remind us, longevity in swimming isn't just about swimming more kilometres. It's about maintaining mobility, balance and good movement patterns for life. Perhaps it's time to turn over and give backstroke a little more attention.

Your shoulders may thank you for it.

Sources: *United States Masters Swimming (USMS); SwimGym; Pure Sports Medicine; National Library of Medicine (PubMed Central).*



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.

GENERAL CLUB NEWS

Every Lap Counts

It might seem a little early to be thinking about the Masters Swimming Australia National Championships in Perth next April. But becoming a better swimmer doesn't happen overnight.

At Busselton Masters, our goal is simple—to help every swimmer become a better swimmer. Whether you're swimming for fitness, training for an ocean swim, learning a new stroke or hoping to improve your times, every coached session helps. Small improvements in technique, endurance and efficiency soon add up. Those "baby steps" often become the biggest achievements. Winter is the perfect time to build those foundations.

Then, from **August**, comes one of the highlights of our club calendar—the **Country Correspondence Carnival (CCC)**.

The CCC gives every member the opportunity to experience racing in a relaxed, supportive environment... right here in our 25-metre pool. You'll swim alongside your club mates, your times will contribute valuable points towards Busselton's overall score, and you'll help defend our title after several years as Country Correspondence Carnival Champions.

For many members, the CCC is also the ideal stepping stone to something even bigger. The times you record during the CCC provide official entry times for the 2027 Masters National



MSA NATIONAL CHAMPIONSHIPS PERTH 2027

Swan on down and join the fun!

Pool Events	14- 17 April, Perth HPC, Mt Claremont
OWS Events	18April, South Beach, Fremantle
Welcome Function	13April, RLSSWA, Mt Claremont
Presentation Function	17April, East Fremantle Yacht Club



www.n27perth.org



Championships in Perth, where swimmers are seeded into races with others of similar ability. This means you'll race swimmers with times close to your own, making every event enjoyable, competitive and achievable—not just for the fastest swimmers, but for everyone.

And that's the beauty of Masters Swimming. Success isn't measured by medals alone. It's measured by swimming a little further than you could six months ago, improving your technique, achieving a personal best, contributing to your club, or discovering you can do something you never imagined possible. So come along this winter.

Enjoy the coaching. Celebrate the baby steps. Have some fun in the CCC.

Who knows? By April 2027, you might just find yourself standing on the starting blocks at the Perth High Performance Centre, wondering why you didn't do it sooner.



See you at Par 3 for a coffee & chat after our Monday & Saturday swim sessions



TECHNICAL OFFICIALS COURSES

WE NEED YOU AND YOUR FELLOW CLUB MEMBERS

23 MAY - MANDURAH
27 JUNE - LOCATION TBC
19 SEPTEMBER - LOCATION TBC
28 NOVEMBER - LOCATION TBC

[Discover more by clicking this link](#)

GENERAL CLUB NEWS

Video Analysis Clinics Making a Real Difference

Our Video Analysis Clinics remain among the most popular and valuable extra opportunities available to club members.

The feedback has been overwhelmingly positive, with swimmers consistently commenting on how much they learn from **seeing themselves swim** and then receiving personalised coaching advice from Andrew Sexton.

The before-and-after comparison allows participants to clearly see improvements in their technique and understand exactly what changes will help them become more efficient in the water.

One of the strengths of the program is its small-group format. With only eight swimmers per clinic, every participant receives **individual attention**. Andrew works directly with swimmers both on pool deck and in the water, providing practical feedback and immediate corrections that can be applied straight away.

Many swimmers have reported greater confidence, improved stroke efficiency, and a clearer understanding of the technical aspects of their swimming after attending a clinic.

These clinics would not be possible without the support of our dedicated volunteers. A sincere thank you to Julie O'Connor and Brendon Bunning for their time and expertise filming the underwater and above-water footage, and to Sharon Ramel for editing and uploading the individual video clips so participants can review their swims and track their progress.

As we enter the third year of the program, participants are now building a valuable visual record of their swimming journey. Being able to **compare footage** from **previous years** provides clear evidence of improvement and reinforces the value of consistent coaching and practice. For many swimmers, seeing just how far they have come has been every bit as rewarding as the technical feedback itself.

Due to the program's ongoing success, another Video Analysis Clinic is planned for July 26th. Places are always in high demand, so keep an eye on club communications for booking details.



Maras Carpentry

- Renovations
- Extensions
- Domestic & Commercial Maintenance

Anthony Maras
0419 840 207
ant@marascarpentry.com

BR 13222

GENERAL CLUB NEWS

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

Coached Sessions GLC - July 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
- Saturday with 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



Swimmer of the MONTH

Monday Fishes have started their sprint preparation for our CCC on 15 August.

Our Swimmer of the Month for June is Sharon Ramel. Sharon has worked steadily and consistently over the past month to build her confidence after a challenging health issue and to get her fitness back in the pool.

Congratulations, Sharon, well done.

BOLD
BEAUTIFUL
SWIM
SQUAD
MANLY



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 in May is
Maureen King**

**You have won a
Budgy Smuggler
Voucher**

MASTERS NEWS AND EVENTS



Video Analysis Swimming Clinic with Andrew Sexton

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.



July 26th



1:00 pm – 3:15 pm

Important:

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

This is a unique to leave the pool swimming better than when you arrived.

SCAN QR CODE



Yoga for Swimmers with Jackie Clarke

Improve flexibility, mobility, balance and body awareness in this welcoming yoga session designed to support “Swimming for Life • Fit for Life.”

Suitable for all abilities, these sessions help support healthy movement, injury prevention and wellbeing both in and out of the pool.



July 22nd



6:15 pm – 7:15 pm

Important:

- Wear **comfortable, flexible clothing**
- Bring your water bottle

SCAN QR CODE



Coaches Corner

Winter Updates: July & August Training Changes

We have a few temporary adjustments to our pool training calendar for the upcoming winter months.

Here are the key schedule details to note:

- Thursday 7:00 pm (Andrew): Paused during July and August.
- Thursday 7:30 am (Andrew): Continuing as normal.
- Saturday 8:45 am (Andrew): Continuing as normal.
- Other coaching sessions: No changes to schedules.

Sharon has kindly updated our master session timetable with these details. Please double-check the calendar before your next swim to make sure you have the right time.

Coaches Upskill at Masters Conference

In exciting news, four of our club coaches attended the Masters Swimming Coaches Conference in Perth on Sunday, 21 June. This event shared valuable insights to help our team continue delivering a high standard of coaching. With the Masters Swimming National Championships coming to Perth in April 2027, the timing was perfect to upskill our coaches. This massive event only comes to Perth once every seven years, and our coaches are now fully equipped to lead the training build-up for all members wanting to participate!



Kareena Preston thanking Julie O'Connor on her excellent Freestyle Energy Systems lecture which was well received by everyone present at the recent coaches conference in Perth. Julie's lecture will form part of the new advanced masters coaching program being developed.



Free events, good vibes, and slightly less sore shoulders incoming! This year, thanks to Healthway, we're mixing things up with yoga, 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.



Moving Better. Swimming Longer. Staying Connected.

Nutrition for Swimmers with Lana Brandli

 July 17 **July 4th**
 10:15 at Par3 after our session with Andrew



Yoga for Swimmers with Jackie Clarke

 July 17 **July 22nd**
 6:15 pm at Jackie's studio



Mind & Body BBQ by Men's Regional Health

 July 17 **October 3rd**
 10:15 at the pool after Andrew's session



Swimming for Life with Andrew Sexton

 July 17 **Thursdays** – make a date with yourself to swim
 7:30 am

Fuel Your Swimming Success with Lana Brandli

What we eat has a profound impact on how we feel, recover, and perform in the water. That's why Busselton Masters Swimming Club is delighted to welcome Lana Brandli, Accredited Practising Dietitian and owner of South West Nutrition Services, for a special nutrition presentation this July.

With more than 20 years of experience working throughout the South West, Lana is known for her practical, science-based approach to nutrition. Rather than promoting the latest fad diets or expensive supplements, Lana focuses on evidence-based strategies that can be realistically applied to everyday life.

As an endurance athlete herself, having competed in triathlons, ultra-marathons and even the 2024 Ironman World Championship in Nice, France, she understands firsthand the nutritional demands of training, recovery, and healthy ageing.

Whether your goal is to improve energy levels, support recovery, maintain a healthy weight, fuel your swimming performance, or simply make better food choices, Lana's presentation promises practical advice that swimmers can put into action immediately. Members can look forward to an informative and engaging session packed with real-world tips to help them get the most from both their training and their health.

MASTERS NEWS AND EVENTS

2026 Act Belong Commit Country Carnival by Correspondence

The 2026 Act Belong Commit Country Carnival by Correspondence (CCC) is proudly presented by Masters Swimming WA and is open to all affiliated country Masters Swimming clubs and their members.

The Carnival will run from 11 April to November 2026. Swimmers compete in their own home pool under Masters Swimming Australia rules, making this a fun, accessible and inclusive competition for country clubs across Western Australia.

Ask your coaches or other swimmers about it if you are new to the Club.

Be pro-active - email bmsccoaches1@gmail.com to nominate your races before August 7th. Include your last race time - you can find that information on our [website under the News & Docs tab](#) or take the times from your recent training sessions.

Points are awarded to both swimmers and clubs in five-year age groups for every event:

- **10 points** for 1st place
- **9 points** for 2nd place
- Continuing down to **1 point** for 10th place
- All other participating swimmers also receive **1 point**, ensuring every swim contributes to their club's overall score.

Each swimmer may enter a maximum of eight individual events and four relay events, with only one swim permitted in each relay event.

The full list of events is shown below.

15 August Sprint Carnival 25m, 50m, 100m, 200m

Events 1-16 and Events 28-29

12 September Endurance Events 200m, 400m, 800m

Events 17-24 and Events 30-31

Events 25, 26, and 27

1500m by arrangement with your Coaches or a Sunday session with booked lanes.

Event Program

Event 1:	25m	Free	Event 2:	25m	Back	Event 3:	25m	Breast	Event 4:	25m	Fly
Event 5:	50m	Free	Event 6:	50m	Back	Event 7:	50m	Breast	Event 8:	50m	Fly
Event 9:	100m	Free	Event 10:	100m	Back	Event 11:	100m	Breast	Event 12:	100m	Fly
Event 13:	200m	Free	Event 14:	200m	Back	Event 15:	200m	Breast	Event 16:	200m	Fly
Event 17:	400m	Free	Event 18:	400m	Back	Event 19:	400m	Breast	Event 20:	400m	Fly
Event 21:	800m	Free	Event 22:	800m	Back	Event 23:	800m	Breast	Event 24:	800m	Fly
Event 25:	1500m	Free	Event 26:	1500m	Back	Event 27:	1500m	Breast			
Event 28:	100m	IM	Event 29:	200m	IM	Event 30:	400m	IM	Event 31:	800m	IM
Event 32:	4 x 50m Relay	Mixed Freestyle				Event 33:	4 x 50m Relay	Mixed Medley			
Event 34:	4 x 50m Relay	Men's Freestyle				Event 35:	4 x 50m Relay	Men's Medley			
Event 36:	4 x 50m Relay	Women's Freestyle				Event 37:	4 x 50m Relay	Women's Medley			

MEET YOUR COACHES

Andy Cowan

My swimming journey started as a nipper in surf club at 11 years old, with training in the pool twice a week at Kevin Duffs East Fremantle. As time went by, I progressed into surf craft (ski and boards) this is where I started Coaching giving back what I had learnt to the younger crew.

Post surf club I did a few years pool training with West Coast Masters, then a move to Busselton joining the BMSC. My strength and passion have always been around the water, particularly the ocean with the freedom it provides.

I've always enjoyed helping out and saw an opportunity to help BMSC after seeing the same Coaches week in week out on pool deck. I was guided to the online course and here I am.

My coaching style is to ensure that everyone gets out of the pool with a smile on their face, enjoyed the training and progressed a little.

Riley Hunter

Hi, I'm Riley! I'm one of the coaches at BMSC and have been part of the club since 2023. My swimming journey began in 2018, when I began competing in long-distance swimming and discovered a passion for the sport.

At just 16 years old, I began my career as a swim teacher, helping swimmers build confidence and develop their skills in the water. After serving in the Australian Defence Force, I returned to the pool and transitioned into coaching. I'm an accredited Development Coach, Master's Coach and Swim Teacher, with a competitive swimming background.

I enjoy working with swimmers of all ages and abilities, supporting them to improve their technique, achieve their goals, and most importantly, enjoy their time in the pool.

Since starting my FIFO career as an apprentice electrician, I've continued coaching and swimming at BMSC whenever I can.

Busselton Water Backs Our Club for a Third Year!

We're delighted to announce that Busselton Water has once again committed to supporting our popular **Saturday Surge** coaching sessions with **Andrew Sexton**.

Now entering their **third consecutive year**, this valued partnership continues to provide our members with access to high-quality coaching that is helping swimmers of all abilities become stronger, more efficient and more confident in the water.



BUSSELTON WATER

Whether you're training for your first Masters event, preparing for the CCC of Nationals, improving your technique, or simply wanting to enjoy your swimming more, Andrew's Saturday sessions have become a highlight of our weekly program. His positive coaching style, technical expertise and individual feedback have helped countless swimmers achieve personal bests and develop greater confidence in the pool.

We sincerely thank **Busselton Water** for their ongoing investment in the health and well-being of our community. Their continued support enables our club to offer coaching opportunities that benefit members throughout the South West and strengthens our vision of making quality coaching accessible to everyone.

Saturday mornings have become synonymous with hard work, plenty of laughs, and the occasional "surge" that leaves everyone wondering if Andrew has secretly added an extra set! We look forward to another fantastic season together.





Xmas in July 2026

Where: Busselton Bowling Club

When: Friday 17th July 5.30pm drinks.
Dinner served at 6pm

Cost: \$30.00 (to be confirmed)

RSVP: before 13th July

Mon Gilks Text: 0409 336 675

Email: moniquegilks@icloud.com



BMSC SOCIAL CLUB NEWS



DUNSBOROUGH Sunday Brunch – Afternoon stroll with Ice Cream reward!

WHEN: Sunday 16th August 2026

TIMES: Meet at 11.30 at either lunch venue

All meet up at 1.00pm at Artezen to set off for stroll

WHERE: Choose your lunch venue

Artezen Shop 1/234 Naturaliste Terrace <https://www.artezen.com.au/>

BOOKING ESSENTIAL names to Colin for table booking by **SATURDAY 8th August**

Merchant & Maker <https://www.merchantandmaker.com.au/>

No need to book here just turn up limited seating inside

WALK: Head straight down DunnBay Rd to the beach dual use cycle walk track. Head East toward Quindalup – turn around when you have walked half enough. Dunsborough yacht club is about 3.5 km.

REWARD: Meet up at Elski for seriously good Danish Ice cream <https://www.elski.au/>

BRING: Raincoat – warn clothes

FAQ: **Do we need to register?** Yes – tell Colin if you are coming for brunch at Artezen

Do we have to walk? Of course not – just join in brunch and /or ice cream

How far is the walk? Maximum 7km but as far as you want to just turn round when you have walked half enough

Can we bring bikes & cycle instead? Of course – keep going towards Abbey & turn around when you have cycled half enough.

TRANSPORT: Car pooling may be possible – ask around to see who might be going
Colin 0490708935 colinholden968@gmail.com



Social Club Calendar



July	Xmas in July-Busselton bowling club	Friday 17th July 5.45pm @ Bowling Club
August	Dunsborough Walk and lunch	Sunday 16th August

THE FINAL WORD

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



Sunday Endurance Training



BMSC Chat Group
Active now · 📶



BMSC Bike Ride Thursday Group
Active now · 📶



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.

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.



Busselton

Don't forget to mention you are a member as the give us a discount on swimming gear

CHAT GROUPS



Golffish



WE HAVE A GOLF GROUP GOING.

GOLFFISH

FRIDAY USUAL TEE OFF
3PM IS AT PAR 3



What's On?
Click the QR code to open the Club's Website



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 Fridays



❤️ **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 Executive

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



Our Par3 sponsored Swim Caps are available from your coaches if yours needs to be replaced