

NEWSLETTER JUNE 2023

President's Pen – Richard George, Club President

Club

Club Membership is currently 91. We have been joined by new members **Kelly Rickwood, Mathieu Poulhazan and David Hill**. Plus member from last year Helen Lee. Please say hello and contact Todd Taylor to collect your Masters swim caps.

News

MSWA have arranged a session on the new Workplace Health and Safety Act for Clubs, and I will be attending. I've also invited the new CEO to come down this winter and meet Club members and talk to us about Masters WA and our goals.

Swims

The **2023 'winter' swim season is on in earnest**. Sessions are proving popular, with numbers on Saturdays peaking over 20 when we have the maximum 5 lanes booked. The Club books a pre-set number of lanes for winter sessions based on past usage and the GLC Users Agreement we sign. We can purchase additional lanes at some times, however we have meet GLC guidelines. This includes at least 4-5 adults in each lane and leaving enough public lanes, depending on the timeslot. Coaches have the authority on deck to manage this, but please be aware, some sessions may get tight at busy times.

The Swimmer of the Month Trophy—designed and manufactured by Colin Holden.

The new trophy will be awarded to one of the Monday 'Fishes' selected by coach Trish.



President's Pen – Richard George, Club President

News

Steve Gibson and the “**Winter 2023 Coaches Team**” featuring

- Monday's **revised time 8am Trish Miller,**
- Tuesdays 7PM **Pete Pavlinovich,**
- Wednesday 2:45 **Steve Gibson and Monique Gilks,** and
- Thursday 7PM and
- Saturday 8:45 **Andrew Sexton** sessions have lined up diverse range swimming sessions – that fit into the Coaching Plan. The Plan is aimed at our goals of **Fun, Fitness and Friendship**, but targeted to the end of season CCC Carnival. You will notice the Coaches vary strokes, distances and input drills at bit more.

Monday – Tuesday - Wednesday sessions are aimed to set everyone up for the CCC and the Stroke Clinic. We will be in touch about the CCC later – when **Julie O'Conner** joins the Coaching Team to help run them.

Thursdays 7PM session – runs at a slightly higher tempo for Lanes 3+, but Andrew adapts the sets so everyone can swim within their capacity. Come along. Importantly, you know when **YOU** need a rest and have it. We have all ages and lap times in the water.



The hotly contested trophies awarded at the recent social golf day

President's News Continued – Richard George, Club President

We have changed up **Andrew's Saturdays** as you will have noticed, focusses on Lanes 1 -3, with Andrew teaching, training, and encouraging. Thursday and Saturday are typically Freestyle focused sets.

Social Cuppa after Saturday sessions finish at Par 3 for a Coffee. Please try and come, and we usually have the 'Barn' with the fire crackling (and its good coffee).

Ocean social swims continue all year – Yallingup Tuesday 10:30am and a few crazies still get wet weekdays.

Social

Newsletter – Swim and Social pages. In the last month the Social Team have delivered an amazing Mother's days drinks session and Halley's bar and with Colin (Trophy) Holden, celebrated the swingers and putters' last weekend. Coming up we have Tess's Amazing Adventure (new event to the Club) and the Solstice Swim .

Next Committee meeting – GBYS Club 6pm – June 21st 2023 6pm

Please talk to Committee members or myself about things you'd like raised.

Richard George

The Swimmer of the Month of May from the Monday 'Fishes' selected by coach Trish is Robin Van Kempen.

Well deserved award for effort & improvement of technique.



Social Golf Day

Pictures & Scores from the Social Golf Day

20 of us in total

Mini Golf 18 holes

Mon	85
Damian Meaney	82
Tanya G	78
Sharon	77
Andrew Sexton	62
Karen Bull	58

Par3 9 holes modified Ambrose combined scores

Tess & Trish	82
Colin H & Robin	76
Peter & Darren	76
Lesley (Cherry) & Maureen	71
Colin W & Lynette	69
Cliff & Kaye Houtl	66







The Salty Sea Fossil Tuesday group that swam at Yallingup and were treated to a fabulous morning tea at Maureen & Colin's house.

This is always a much anticipated special occasion famous for a lavish spread including Maureen's scones, biscuits & toasties & barista Colin coffees.

Thanks Maureen & Colin



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

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

June	MSWA Winter Solstice Swim at King Street 7.23am Pickleball followed by Dinner at Albies 5pm - 6pm Pickleball 6.30- 7pm Dinner at Albies	Wednesday 21 st June 2023 Sunday 18 th June
July	Christmas in July Geographe Bay Yacht Club The Amazing Race	1st July 23rd July
August	The Big Day Out Guest Speaker Sue Glidden MSWA and GBYC Meal Club CCC Carnival GLC 200/400s	13 August 20 or 27 August ?? 26th Aug

Winter Solstice Swim

Arrive at 7 am for the Winter Solstice Swim

Venue King Street

Wednesday 21st June 2023

Sunrise is at 7.23am

BYO hot water to shower in

BYO Hot drinks and Breakfast and very warm Clothes,

BYO Hot Water Bottles and a sense of humour!



Enjoy Christmas in July at the Yacht Club.

A buffet feast of all your winter Christmas favourites.

To book contact Drew and Simon on 0433 536 726.

Mention that you will be on the Busselton Masters Swimming Club table

Pickleball followed by Dinner at Albies

Sunday 18th June 2023

5pm - 6pm Pickleball

6.30 - 7pm Dinner at Albies

You can do one or both of these events!

For Bookings please Text Steve Gibson 0407 166 057

By the 15th June 2023



SAVE THE
DATE
JULY 23 2023

THE MASTERS AMAZING ADVENTURE

WHEN: Sunday July 23

WHERE: King Street Carpark

TIME: Meet at 9.00am for a 9.30 am start

WHAT: A variety of activities in the BusseLton area to be completed as a team

Be prepared to:

take photographs

solve puzzles

laugh

have fun

think

be creative

One car required for each team (3-4 people).

Nominate your interest and IF you have a car available.

The Amazing Adventure will end at a lunch spot to be revealed.

Nominations and questions to Tess at:

tesskmartin@gmail.com by June 30.

Andrew Sexton Stroke Clinic

The popular Stroke clinic with Andrew for

Saturday 10th , 17th , 24th June and 1st July 2023

Total 4 weeks

3 weeks Freestyle

Followed by the popular choice day!



Swimming Program June 2023

GLC Training

<i>Monday 8.00am</i>	<i>Coach Tricia Miller</i>
<i>Tuesday 7pm</i>	<i>Coach Peter Pav</i>
<i>Wednesday 2.45pm</i>	<i>Various Coaches</i>
<i>Thursday 7pm</i>	<i>Coach Andrew Sexton</i>
<i>Saturday 8.45am</i>	<i>Coach Andrew Sexton</i>

Ocean Swims

<i>Tuesday 10.30am</i>	<i>Yallingup Lagoon</i>
------------------------	-------------------------



Name Our Club

We are looking for ideas on a name for our club! A less formal title. We will always be Busselton Masters Swimming Club Inc. However, we need something catchy, zippy and more in tune with our image!

We need a new name! Have you got any ideas? Maybe stay away from the shark ones? Law of attraction and all of that!

Please share your suggestions on president@busseltonmastersswimming.com

PS Is anyone into graphics here? I will need help with the logo..... as you can see!

Or Busselton...as a pre-word rather than Busso?

- **Busso Splash.**
- **Busso Saltys Salties**
- **Busso Bronzies.**
- **Busso Waves,**
- **Busso Barnacles,**
- **Busso Jets, Jetts Jettz**
- **Busso Shark Whisperers.**
- **Busso Stingers**
- **Basso Crabs**
- **Busso Seaweeds**
- **Ready Jetty Go Busso**
- **Busso Strokes**
- **Busso Splash and Dash**
- **Busso Salts**
- **The Busso Seaweed Crew**
- **Busso Ocean Crew.**
- **Busso Pines**
- **Busso Squids**
- **Busso Dolphins**



Existing Clubs

- **Bunbury Stingers.**
- **Melville Marlins**
- **Inglewood, Mar-rons.**
- **Stadium Snappers.**
- **Freo Fins.**
- **Claremont Gropers.**
- **Rockingham Rays**



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

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

June 21st 2023 6pm

16th August 2023 6pm

18th October 2023 6pm

6th December 2023 6pm

AGM Date Saturday October 14th 2023 9.30am



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

Caps

**If your cap needs
replacing please contact**

Todd Taylor

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
April: Valerie Newbold
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

Our Club Member Naomi Taylor does an amazing job on our club's website. Support Naomi's

business Micro Biz Web Solutions for all of your web and Social Media needs.



Roles	Who	Purpose / Leads	Other
President	Richard George	Club direction, supports Committee to achieve Clubs goals.	MSWA, Shire, GLC issues - opportunities. Tell me what you want from our Club
Secretary / Coach	Donna Stephenson Andrew Hembroff	Meeting secretariat Essential systems and processes, streamlining operations	Guides Executive Health and fitness
Treasurer	Natalie Metcalf	Budgets / reporting, audits, planning.	Guides Club expenses, and helps set fees
Membership / VP	Todd Taylor	Membership, Swim Central, new members first contact.	Vice-President
Grants Officer	Richard Stubbs	Funds, Opportunities, facilities.	Supports Club development
Coach, Coach Co-ordinator	Steve Gibson	Coaching team, Andrew Sexton, Peter Pavlinovich, Donna, Steve Gibson, helping achieve swimmers goals though skills. GLC communication.	Looking to be a coach? MSWA links. https://mastersswimming.org.au/become-a-club-coach/
Club Captain— Pool Club Captain— Open Water	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.
Bold & Beautiful	Andrew Stephenson	Specific B&B website	Fun, Monthly prizes
Triathlon Events	Andrew Hembroff	Specific - 2 Tri Events	Fundraising Event Coordinator
Social Events	Darryl Kelly Tess Martin, Sue Hart, Colin Holden, Steve Gibson and Gail George.	Leads events with Committee and members support	Please all help here
Communication	Gail George	Newsletter Facebook	Google calendar
Committee	Andrew Stephenson	Supports Club—events	Committee member
Committee	Simon Keall	Supports Club—events	Committee member

To Contact the committee members please email president@busseltonmastersswimming.com