

# NEWSLETTER



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## The Presidents Report

**Club Membership has raced up to 122 (28/07/25).** Welcome to **Nicky Wade, Karen Parbery, Sally Bolt, Julian Butson, Sonia Swangler, Brodee Lowe, Kylie Warburton and Denise Haggarty.** Also, welcome back, **Peter Pavlinovich.**

With an influx of new members, we all need to step up and welcome everyone. Please invite anyone you meet to all the swims and social events. New members, introduce yourself to a coach, Todd or me, when you come to a training session and collect your The Par 3 sponsored cap.

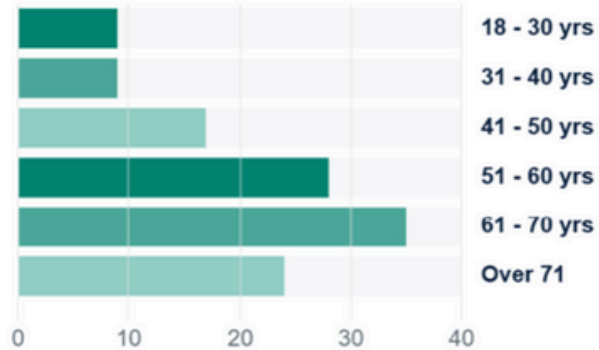


**Congratulations, Cherry (Leslie) Meaney – World Champion 80+ in the 3km Open Water at the World Aquatics Championships in Singapore! Despite 30.4°C water, debris, foul taste, and strong currents, she triumphed.**

Please also collect your **MSWA "Gold" 50-year Masters** celebration caps. Coaches, can you please get new members packs and caps (they are on the shelves) and do a Club Welcome if I'm not there. Ask about joining the Bold and Beautiful app to log your kilometres and be in a monthly draw – \$100 **Budgy Smugglers** prize – and about our Messenger groups.



MEMBERS BY AGE  
MTH ENDING JUL 2025



## Club Amazing Swimmers

This week, two of our swimmers have been in the headlines. Our front page Champion, **Cherry (Lesley) Meaney**, won the 3km 'World Championships' in Singapore last weekend. Competing in the over-80, 3km, open water event, Cherry fought off foul water and harsh conditions to achieve an amazing personal goal as well as the coveted Gold medal. On behalf of Masters Swimming and all the Club members, congratulations, Cherry. This adds to your many other swimming and art achievements, packed into a busy life. Your efforts lit up the **Salty Sea Fossils** messenger groups too.

**Matt McDonald** was also in the News. Matt held a hugely successful charity night at **The Shelter** last Friday, 26<sup>th</sup> July. Matt's fundraiser supports the Ambulance Wish Charity, helping those near the end of life. Matt's event served as a springboard for his quest to swim the English Channel in approximately four weeks. Many Busselton Masters attended, or have helped him. A big shout out to the paddlers, past Channel swim adviser (**Tony Parbery**), and especially, swimmers like **David Hill** and **Niamh Heally**, who have been braving 13-degree bay swims with Matt, also, to those who worked hard at the event and didn't make it to Sunday training. No names. T-shirts are available to buy from Todd.

## Club Committee

As discussed last month, the **Committee** is 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. Sharons has also been actively seeking additional funds to generate more fun.

## Club swimming

**New Swimmers**, please review the times and availability of our swimming options. We have a Club swim at the GLC almost every day (except Friday). Many brave souls also swim at the beach (social swim) in Busselton and at Yallingup. To find out more, ask around or join the relevant messenger groups. Water in the bay (13-14 degrees) is cold, but the small but strong group swims 8:30 am every Monday, Wednesday and Friday. On the West coast, the 'Salty Sea Fossils' swim 10:30 am Tuesdays, and many other days at 8:30, in 16-18 degree (clear) water.

**Coaches and CCC Event.** We are certainly into winter! Daytime sessions are very popular, with the cold nights still bringing out 12-15 or so, especially on Tuesdays. The GLC swim sessions have been building up in preparation for the Busselton Masters CCC (Country Correspondence Carnival) event, which starts on 30<sup>th</sup> August and runs through until Relays on 4<sup>th</sup> October. The CCC comprises timed events for all strokes, from 25m to 1500m. **Julie O'Connor** has written a full summary in this Edition.

**Andrew Sexton Saturday Surge**, thank you, **Busselton Water**. Andrew's 6-lane coached sets also help us get ready for the MSWA Country Correspondence Carnival (CCC) and get ready for summer. If you can't get enough of Andrew, join the Thursday 7:30 am group. For those looking to excel, there are a few spots available in the Busselton Water Stroke technique video sessions – 2-hour events at the GLC. Look for the link. Entry is only \$20, and the remainder is subsidised. It's revealing to see your skills on video – and Andrew's explanations are superb, and progress follows. Julie and Sharon are there to help you, too.

## Social Events.

Busselton Masters Social Club organised the hugely popular **Bowls Club Christmas in July**—a big thanks to Darryl Kelly and the Social Club for the organisation. Over 35 attended the winter roast festivities.

The Social Club is a core part of Busselton Masters. Without them, it's hard to fulfil two of the three motto keywords, ie fun and friendship. **Lynette Gittos**, who has led the group for much of 2025, has asked for your help. Can you please contact her directly, me, or email the Club if you can join the Committee or just help out. For newer members, the Social Club is a great way to get into the Club.

**The Next Committee** meeting is Wednesday, August 27<sup>th</sup>, at the Yacht Club. Please talk to Club Secretary Tess, Committee members, or myself about issues you'd like raised.

**Planning** – The last day of the CCC – Relays, our BBQ and AGM is tentatively scheduled for 4<sup>th</sup> October, and will be confirmed at the next Committee meeting. Nominations Forms for the Committee are available from Tess, and we would appreciate it if you would consider putting your name forward for 2026. Positions are available. We need members to share the role of building our Club.

Thank you.

**President – Richard George**

"The biggest thing that I've always said is never give up. I never have, and nobody ever should. If they want something bad enough, they'll get it."

– Michael Phelps (23x Olympic Gold Medalist)



Our first Video Analysis session for the season – thank you to everyone who participated



The weather wasn't kind; however, we were keen Busselton Water Saturday's with Andrew Sexton

# Meelup Walk & Picnic

Weather permitting

**Meet:** Meelup Beach, Dunsborough

**Time:** Sunday, 10th August, 10:00 am

**Walk:** To Eagle Bay, have Morning Tea and return for picnic or BBQ Lunch, at Meelup Beach about 12:30

**Bring:** Water bottles, walking shoes, and food for lunch. If ocean and weather conditions permit, you may even get a swim

**RSVP:** To have an idea of numbers: Lynette 0429082334

# GENERAL CLUB NEWS



## Video Stroke Analysis and Correction Clinic



### **FINS are ESSENTIAL for this clinic, plus a DECK COAT or extra towel is recommended.**

These video analysis clinics are designed to provide an exclusive, focused experience. Each 2-hour session is limited to just eight swimmers, ensuring personalised attention and the opportunity to improve your stroke technique significantly.

During your session, your stroke will be filmed and reviewed, with individual feedback provided by our coaching team. You'll also receive a private YouTube link, allowing you to revisit your footage and track your progress.

Email Link For Tickets or use the QR code

*We can run more - they are demand-dependent. Put your name on the waiting list if it sells out, so we know you're interested!*



### **Sunday Distance Training – Endurance, Strength & Breath Mastery**

Sunday's sets are designed and swum by our very own Julie O'Connor, who is a brilliant mix of endurance, strength building, and breath control. It's the kind of training that builds not just distance capacity, but resilience in body and mind.

#### **🔥 Why it matters**

- Endurance sets build your aerobic base, supporting long-term stamina and swim efficiency.
- Breath control (like 3/4/5 breathing) sharpens your mental focus and enhances CO<sub>2</sub>

tolerance—excellent for open water confidence

- Strength work with pull-buoys and paddles targets upper body power and stroke integrity.
- Progressive effort swims (Build 75 / 80 / 85%) teach pace control and help you finish strong

Whether you're training for fitness, ocean swims, or love the challenge—this kind of session helps you swim smarter, stronger, and more mindfully. Rain, hail or shine—we'll be there!

**Join us for a powerful start to your Sunday.** ☁️☀️

### **Join Your Coaches Poolside!**

**Join your coaching team—Trish, Steve, Peter Pav, Julie, Riley, Andy, Mon, Andrew S**  
—poolside.

## **Club Training - August 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 Julie 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

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 ideal 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

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



## Monday Fishes Swimmer of the Month – July 2025



A big congratulations to **Deb Bamess** – our July Swimmer of the Month!

A great effort for everyone who has swum in July this year in our first REAL winter in a long time!

Deb has demonstrated an incredible commitment to improving her technique and fitness, consistently showing up with a positive attitude and a determined spirit. Your hard work is paying off, Deb – keep it up!

## Saturday Surge with Andrew Sexton – Powered by Busselton Water

There's a quiet transformation happening every Saturday at the pool...

Under the expert guidance of Andrew Sexton – and with the generous support of Busselton Water – our Saturday Surge sessions are helping swimmers of all levels become fitter, faster, and more confident in the water.


### But it's more than just training.

It's about unlocking our potential.

It's about showing up, moving with purpose, and discovering what we're truly capable of – one stroke, one breath, one lap at a time.

Week by week, we're building not just strength, but self-belief.

Whether you're chasing a new PB or simply swimming for joy and health, Saturday Surge is your invitation to rise with the team and flow into your full potential.

 Stronger together. Powered by water. Driven by community.

*I used to beat myself up everyday if I did not win an event. I am quite open about those things now and that has been a big change.* **Leisal Jones**



# GENERAL CLUB NEWS



## ♥ A Night of Heart and Hope: Matt's Fundraiser for Wish Ambulance

Just a few heartfelt snapshots from Matt MacDoldald's recent charity night—held in support of Wish Ambulance, the extraordinary cause he's fundraising for.

The evening opened with Matt sharing the story behind Wish Ambulance, a service dedicated to fulfilling the final wishes of terminally ill patients by helping them safely visit a place or person meaningful to them—one last time. His passion for the cause was both moving and inspiring.

One photo captures the impressive display of donated items, generously contributed by local supporters and club members alike. These treasures were raffled and auctioned off, with all proceeds going directly to the charity. Another highlight was Matt himself auctioning off a Taj Burrow surfboard—a crowd favourite and a powerful reminder of the ocean's deep ties to both spirit and sport.



Matt's commitment doesn't end there. In just three weeks, he'll be taking on the English Channel swim to raise further awareness and funds. This follows his incredible solo crossings of both the Rottneest Channel Swim and Port to Pub earlier this year. His determination and heart are truly an inspiration to us all.

### Ambulance Wish Western Australia



Grab a shirt and support Matt's cause! \$45 for one or \$80 for two. Todd Taylor is coordinating the orders. **Email Todd**

# GENERAL CLUB NEWS

## Program Leaders in Masters Swimming Australia.

### WHAT IS PROGRAM LEADER?

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

### COACH vs PROGRAM LEADER vs SWIMMER

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

### HOW TO BECOME A PROGRAM LEADER?

- Interested individuals can register for the Masters Professional Development Course online.

- Completion of 3 online modules is required to receive a Certificate of Completion.
- This qualification allows individuals to serve as Program Leaders.

### WHAT WILL I LEARN?

- The course covers coaching philosophy, session planning, stroke fundamentals, and training principles.
- Participants will understand their club's training plans and manage diverse goals for adult swimmers.
- The training emphasises the importance of Accredited Coaches.

### WHAT ELSE DO I NEED TO KNOW?

- The modules can be completed at one's own pace, typically within a few hours.
- Feedback is provided within 72 hours of submission for each module.
- The Program Leader qualification does not expire, and CPR is not required unless in unsupervised settings.
- Pool deck hours as a Program Leader count towards full accreditation hours.
- The goal is to enhance swimming experiences while ensuring safety and engagement.

## Club Coach Workshop for Program Leaders and/or Professional Development

### Social Corner Your Club Needs You!

**JOIN OUR  
TEAM**

**Our vibrant social calendar doesn't create itself—it's lovingly brought to life by our amazing volunteers: Lynette G., Colin H., Andrew H., Gail G. and Steve G. This dedicated team pours heart and energy into planning the events that keep us connected beyond the pool.**

**But they can't do it alone... and they'd love a few extra hands!**

**If you enjoy organising, suggesting fun ideas, or simply lending a hand at events—we'd love to have you on board. Even small contributions make a big splash!**

**✉ Got ideas or willing to help? Talk to any of the committee members about how you might be able to contribute.**



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.



# BMSC SOCIAL CLUB NEWS



## 🎄 Xmas in July – A Night of Laughter, Light, and Festive Spirit! 🎄

A fantastic night was had at the Busselton Bowling Club, where over 40 members and partners gathered to celebrate in true Christmas-in-July style. The room sparkled with festive cheer as everyone arrived adorned in joyful, glittering attire – Christmas earrings, Santa hats, colourful tops and dresses, tinsel halos, glowing tiaras, and more.

The atmosphere was electric – laughter echoed, conversations flowed, and the warmth of community was felt in every corner of the room. The contagious energy of the evening lifted spirits, reminding us how special it is to gather, connect, and celebrate outside of the swim lanes.

With delicious food, exceptional company, and a touch of holiday magic, the night was truly memorable.

A heartfelt thank you to everyone who came and helped make the evening such a wonderful success – your energy, outfits, and smiles brought the holiday spirit to life in the middle of winter! ❄️🧑🏻‍🎄



## Social Club Calendar



<b>August</b>	• Meelup Beach - walk and picnic weather permitting.	• 10th August 10 am
<b>September</b>	• Amazing adventures	• 21st Sept



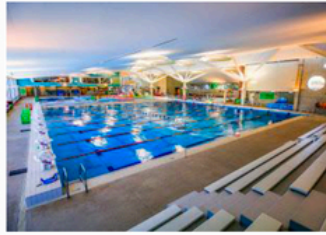


# BMSC SOCIAL CLUB NEWS



Caroline Bay Trust Aoraki

Timaru New Zealand 4<sup>th</sup> June 2025



They have some fantastic Aquatic Facilities in South Island New Zealand.

City of Timaru (pop 30,000) 200km South of Auckland has 10 lane 25m indoor pool; a separate warm aqua fit pool; a spa pool & 8 lane 50m outdoor pool seasonal.

My swim in June was a bit more 'exciting' than usual due to a fire & emergency evacuation – fortunately I had got as far as the change rooms after a swim. Others were not quite so lucky – straight out of the pool - no time to collect anything and outside into a chilly wind maybe 6 degrees! Pool staff quite organised though giving out silver blankets.

& Yes, the fire service sorted it out quickly – no significant damage.



## 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:**



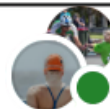
**BMSC Chat Group**

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@BUSSELTONMASTERSSWIMMING.COM](mailto:PRESIDENT@BUSSELTONMASTERSSWIMMING.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



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 Suzanne Finney - you  
have won a Budy  
Smuggler Voucher**



## Busselton

Gives BMSC members a discount on swimming gear



## BUSSELTON WATER