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President's Pen- August

"I felt like I was at primary school at a swimming carnival, I absolutely loved it."

This was the response when I asked a new member how they went at the Triple C recently. Well done to Trish, Sharon, Nicky and Julie for organising the event — from all accounts it was a blast. Please keep in mind that on the 12th September we have the longer distance events and then on the 7th November we have the relays.

It is great to see the **Busselton Water** Saturday morning coached swim session being so well supported even through the coldest month of the year. There has been at least 20+ consistently each week, with our weekday sessions also well attended.

Make sure you check out Tanya's coaches report to keep up with all the goings-on with pool sessions.

I would also like to thank Mat at **Par 3** for their continued support by sponsoring us for a further 12 months. This will be the 4th year that they have been one of our sponsors, and I ask everyone to support them by spreading the word on what an awesome venue the golf course is. If your Par 3 club cap is looking a bit worse for wear, please let me know and I'll be able to supply you with another one. Not a lot for me to report this month, but what I am looking forward to is the warmer months when we can all head down to the ocean and enjoy our beautiful bay. *Steven Gibson*

MASTERS NEWS AND EVENTS

CCC Endurance Events – Saturday 12 September

Our next 2026 Act Belong Commit Country Carnival by Correspondence (CCC) event is on **Saturday 12 September**, when we turn our attention to the endurance events – **400m and 800m**.

Registration starts at 8:15, followed by the timekeeper briefing and warm-up.
Start: 8:30 am

The CCC is open to all Busselton Masters members and gives us the opportunity to compete right here in our own pool, with swims conducted under Masters Swimming Australia rules and times submitted as part of the statewide country competition.

There is still time to add to your CCC tally! Each swimmer may enter a maximum of eight individual events and four relay events, with only one swim permitted in each relay event. So if you haven't yet completed your eight individual events, September's endurance program gives you another opportunity to record a time.

Be proactive - email bmsccoaches1@gmail.com to nominate your races before 7 September for a priority start time. 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.

Timekeepers are needed; family and friends are very welcome to assist.

12 September Endurance Events 400m, 800m

Events 17-24 and Events 30-31

And don't be put off by the word "endurance"! Choose the distance that suits you, set yourself a challenge and enjoy being part of another great morning of club swimming.

New to the Club or not quite sure how CCC works? Ask one of our coaches or fellow swimmers – they'll be happy to point you in the right direction.

Saturday 12 September – come along, have a swim and get a time on the board! **You can nominate on the day.**

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

CCC Relay events are on Saturday 7 November before our Club's AGM and BBQ

Events 25, 26, and 27

1500 m will be run of Sunday 20th September and Sunday 25 October.

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			

CCC CLUB NEWS

CCC August — What a Morning!

120 swimmers. More than 20 possible records. A fabulous turnout of swimmers and volunteers — and a whole lot of fun along the way.

Our August Club Challenge and Championship (CCC) was everything a club event should be: busy, friendly, encouraging and just competitive enough to have everyone watching the clock!

One of this year's great successes was the wonderful number of volunteers who came along to help. With dedicated timekeepers in place, our swimmers could concentrate on what they came to do — swim! It made the morning flow beautifully and created a real carnival atmosphere around the pool.

A huge **thank you** to **Trish Miller, Julie O'Connor** and the organising team for the enormous amount of work behind the scenes and on the day. Thanks also to **Andrew Hembroff**, our marshaller, all of our timekeepers and everyone who stepped forward to lend a hand.

A special thank you goes to our friends at the Busselton Junior Swimming Club for providing their electronic starter. It was a wonderful addition to the morning — and undoubtedly saved official starter Julie O'C's voice!

And Julie's work didn't finish when the last swimmer touched the wall. There were results to collate, list and post afterwards. What a team effort.

But ultimately, as one member summed it up so perfectly: ***"Thanks to all the swimmers... that's what it's all about!"***

Congratulations to everyone who raced, volunteered, encouraged, organised, timed, marshalled and helped make our August CCC such a success.



THE
PAR
3

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

CCC FUN IN THE SUN



GENERAL CLUB NEWS

Julie Smashes Another State Record!

What a swim from our club member and coach Julie O'Connor! Competing at the Maida Vale Carnival, Julie took on the 1500m Freestyle and produced an outstanding **23:32.38**, smashing the previous **WA Women's 65-69 Short Course record** of **23:57.50** by an incredible **25 seconds**!

And this isn't Julie's only State record.

At the Masters Swimming Australia National Championships in Brisbane, Julie also set the WA 65-69 Short Course 400m Freestyle record — making her latest achievement another remarkable addition to an already impressive year of swimming.

WA 65-69 SHORT COURSE 1500m FREESTYLE RECORD

Julie continues to show us what consistent training, determination and a willingness to challenge yourself can achieve. Congratulations, Julie — a sensational swim and another State record for the books!



Current WA Records: Female - 65-69 - SC				
Age Group 65-69				
Distance	Stroke	Name	Club	Date
1500m	Freestyle	JULIE O'CONNOR	WBS	08.08.2026
Time		23:32.38 MAIDA VALE		
Julie O'Connor				

Next Stop — Mandurah!

SAVE THE DATE — SUNDAY 1 NOVEMBER 2026

It's time to start thinking about our next opportunity to race swimmers from other clubs in person. After all the fun of our CCC, the Mandurah Act, Belong, Commit Club Challenge (ABCCC) Carnival is coming up on Sunday 1 November.

We're hoping to see a great Busselton Masters contingent heading to Mandurah — and you certainly don't have to be one of our seasoned competitors to join in.

There's something for everyone, with 25m, 50m and 100m events in all four strokes, plus the 100m Individual Medley. Whether you're chasing a personal best, keen to put all that training into practice, or simply ready to experience an away carnival with your clubmates, this is a wonderful opportunity to have a go.

Put 1 November in your calendar now and come along as part of Team Busselton!

More entry details to come.

Hosted by the
Mandurah
Mannas



Can you see yourself contributing or creating this newsletter? Yes - that's wonderful as we like to share the load. Contact Steve or Sharon

GENERAL CLUB NEWS

We're Feeling It!

If you've been swimming regularly over the past weeks, chances are you've noticed something changing.

Our training with Andrew Sexton has followed a deliberately progressive program, with each week building on the work we've already done. Rather than each session standing alone, we've been building fitness, endurance, speed, and the ability to hold good technique when things get tough. And yes — sometimes it has been tough!

Over the past few weeks, we've gradually increased the challenge, working through different distances, intensities, and recovery periods. Those repeated efforts have asked us to become more comfortable swimming when we're tired, to understand pacing a little better and, importantly, to discover that there's often a bit more left in the tank than we thought.

The benefits are beginning to show. Swimmers are feeling stronger, recovering more quickly between efforts and becoming more confident about pushing themselves when the set calls for it. The recent CCC was also a wonderful opportunity to put some of that training into practice — with some terrific swims on the day.

That's the beauty of progressive training. Improvement doesn't necessarily arrive in one dramatic moment. It builds quietly, session upon session, until one day you realise the distance that used to feel hard doesn't feel quite so hard anymore — or the pace you struggled to hold is suddenly achievable.

Huge thanks to Andrew for the thought, planning, and encouragement.

From lanes 1-6, the work is adding up — and we're feeling the difference!

And if you haven't been part of the past weeks, don't think you've missed the boat. Progressive training isn't just for our most dedicated swimmers — it's for every swimmer, in every lane. Start whenever you're ready, work at the level that's right for you and build from there. Dive in and dare yourself to have a go. You will make it!

Our thanks to Busselton Water, whose generous and ongoing sponsorship helps make these coached training opportunities possible for our members. Their support is an important part of helping Busselton Masters swimmers of all abilities get into the water, keep moving and keep improving.



BUSSELTON WATER



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0419 840 207

ant@marascarpentry.com

BR 13222

One Strength Exercise For Swimmers

by Anita Killmeir

If you can only do ONE strength exercise, this would be it! Most serious Masters swimmers likely have a full strength and conditioning program if they're serious about competing.

However, if you have never specifically done strength work for swimming, are returning to strength work, and/or don't have time for dry land, this one exercise can deliver huge benefits and reduce your times.

This increases your strength using your own body weight and gravity, while targeting the specific muscle groups and activation sequencing needed for Freestyle, Breaststroke, and Butterfly. It will also teach you HOW to get the early vertical forearm so important to all strokes but difficult for many to achieve.

Additionally, it takes your arms through the full range of movement used in both Freestyle and Butterfly, so it improves your catch, your pull, and your push.

In swimming terms, it directly improves your power-to-weight ratio, which is critical to fast swimming. The movement itself is impossible to achieve without 'popping' your elbows.

Anita has been coaching Masters Swimmers in Melbourne, Australia, for the past 45 years, and every novice or intermediate swimmer she has coached has improved considerably by including these in their program.

For those who cannot effect a single lift (signifying a poor power to weight ratio), you can start in shallow water and give a small 'jump' off the bottom, gradually increasing the depth as you improve. Once you master this try doing it with your legs bent at right angles so you don't use them.

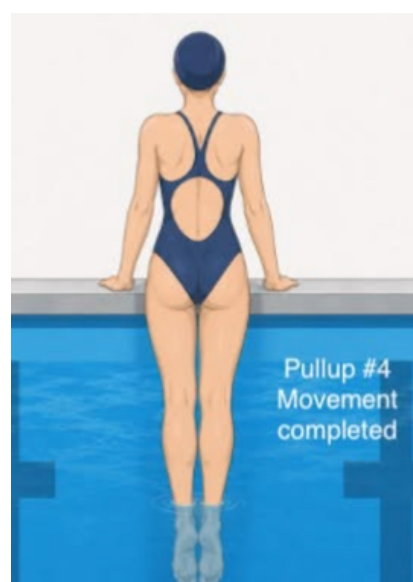
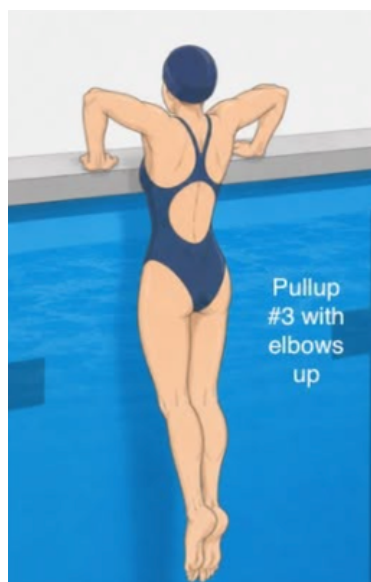
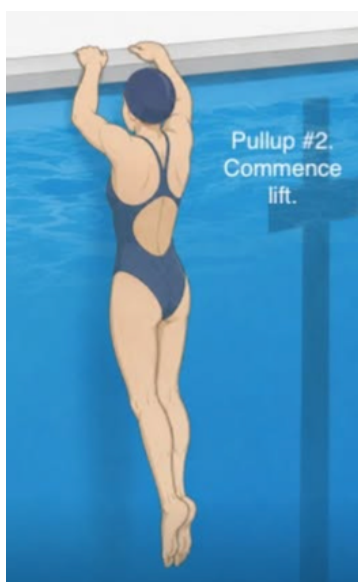
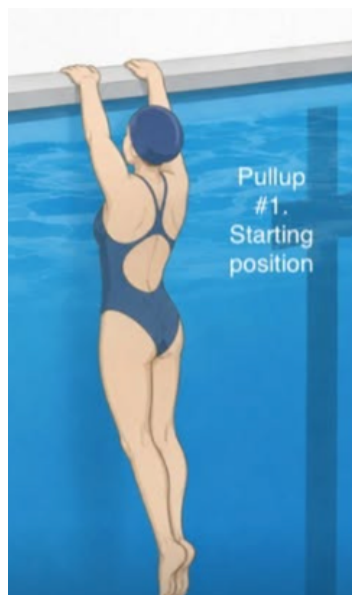
OR, if you have a partner, you can cross your feet and bend your legs while your partner 'boosts' you out of the water.

Alternatively your partner could stand out of the water and in front of you, supporting you under your elbows, giving you a boost upward. Start with a wet deck at water level. Moving to a higher edge increases the degree of difficulty.

Sets can be added into training such as 5 x 100m (in a 50m pool) starting in the shallow end and doing 5 x pull-ups in the deep end each time. We like doing sprints where the swimmers do 3 x Pull-ups and on the third one jump out ready for a dive start.

Many swimmers are stronger on one arm than the other. It is CRITICAL that your weight is distributed evenly on both hands and you pull up symmetrically.

Anita Killmeir is the former National Coaching Director of Masters Swimming Australia and has been awarded Masters Coach of the Year twice.



GENERAL CLUB NEWS

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

Coached Sessions GLC - September 2026

- Monday Trish's Fishes: 7:45 am
- Tuesday with Steve: 7:00 pm
- Wednesday afternoon varies: 2:30 pm
- Thursday with Andrew: 7:30 am & 7:00 pm
- 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 are continuing preparation for our next section of the CCC on 12th September.

Our Swimmer of the Month for August is Valerie Newbold.

Consistent attendance to Monday Fishes, enthusiastic attitude to drills and main sets. Valerie has embraced the pre-swim dryland work. Well done Valerie

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 is Sharon
Ramel**

**You have won a
Budgy Smuggler
Voucher**

GENERAL CLUB NEWS

Coaches Corner

Spring Into Swimming: Training Updates!

Spring is finally here!

The weather is getting warmer and the days are getting longer. We are excited to see more of you at our club training sessions as the new season begins.

Club Championship (CCC) News

- **August Congratulations:** Huge congratulations to every single club member who participated in the CCC events throughout August!
- **Next Event:** Mark your calendars for our next CCC swim event coming up on **Saturday, September 12th.**
- **Endurance Focus:** This upcoming session is for our endurance events, featuring the **400m** and **800m** distances.

Timetable Changes

We have an important update for our weekly schedule:

- **Thursday Night Sessions Are Back:** Our 7:00 PM Thursday night session is recommencing.
- **Coach:** Andrew Sexton will lead this Thursday session.
- **Other Sessions:** All other pool training sessions remain exactly the same as before.

Come down, enjoy the better weather, and get back in the water with us! – *Tanya Gibson*

2026 -27 Open Water Events September Update

MONDAY OCTOBER 12th

Ballot opens for Jetty Swim solo 3.6 & One mile
Rumour has it entry fee increased to \$100 – but it is one of our signature events

Event weekend 12th & 13th February

<https://busseltonjettyswim.org.au/>

SATURDAY 14th NOVEMBER

Geo Bay Cool Water Classic

Sold out early this year so if you are not entered already, you are not in it

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

Rottneet Virtual Swim

It was fun for the first 3 years, we gave it a rest this year. If enough swimmers are keen & someone is prepared to organise a small team of helpers, it could return next year 2027

SUNDAY 18th APRIL

Nationals Open Water Event: South Beach Fremantle. Choose your distance: 800m or 1600m

More information coming soon

<https://www.n27perth.org/>



masters swimming
WESTERN AUSTRALIA

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](#)

Are you considering competing at Nationals? Maybe you could fill your week helping out by becoming an official?



masters swimming AUSTRALIA | **NATIONAL CHAMPIONSHIPS 2027 PERTH** | **PERTH N27**

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

PERTH HPC | www.n27perth.org | **vorgee**



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.



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.



Mind & Body BBQ by Men's Regional Health

 Saturday October 3rd

 10:15 at the pool after Andrew's session

Swimming for Life with Andrew Sexton

 Thursdays - make a date with yourself to swim

 7:30 am & 7:00 all through September



[Click here for your Swim For Health Booklet](#)

Conquer Your Fear of the Starting Blocks

Do those starting blocks suddenly look much higher when you're standing on top of one?

You're not alone. For swimmers who learned as adults — or haven't raced for years — the blocks can be intimidating. The secret is to build confidence and skill gradually.

Start from the side

First, become comfortable diving safely from the pool edge. Practise your body position, entry and how it feels to move smoothly into the water. Repetition builds familiarity and control. If you're unsure of your technique, ask a coach to help.

Gradually add height

Once your poolside dive feels comfortable, you can begin working towards the extra height of the starting block. This should be a gradual progression with a coach — there's no need to rush from poolside straight onto the blocks.

Get comfortable on the block

Before worrying about the dive, practise simply stepping up. Use your hands to steady yourself, find your balance and then step safely back down. Repeat until the height itself feels less intimidating. Next, practise your starting position. Find a foot placement that feels stable, ease down into your "take your marks" position, relax your neck and concentrate on balance.

Develop your routine

Cap secure. Goggles checked. Step up. Feet positioned. Breathe. Even experienced swimmers use a familiar pre-start routine to settle nerves and focus on the swim ahead.

Put it all together

When you're ready, work with your coach to combine the approach, position and dive. That first start may still bring butterflies — that's perfectly normal. With repetition, the unfamiliar becomes familiar and confidence grows.

Remember, **a safe start from the pool edge is always an option.** But if you'd like to conquer those blocks, ask one of our coaches to help you practice.

One block. One start. One new skill at a time.





BMSC SOCIAL CLUB NEWS



Busselton Masters Swimming Club Social Ride



Wadandi Track - Witchcliffe to Margaret River and Return



Sunday, 20th September

Come along for a fun morning of cycling, friendship and great food!

Schedule

1. **10:00 am** – Meet opposite Dear Darnell's, Witchcliffe
2. Ride the **Wadandi Track** to Margaret River
3. **Turn around and ride back to** Morning tea at **A Maze'n** Approximately **10:45 am**
 - **9978 Bussel Highway Margaret River WA 6285**
4. Ride back to Witchcliffe
5. **12:00–12:30 pm** – Lunch at **Dear Darnell's**
 - **3 Redgate Road Witchcliffe WA 6286**

What to bring

- Your bike with tyres that suit gravel and a helmet
- Water bottle
- A jacket, just in case of a shower

If the weather is looking terrible, we'll postpone the ride and announce a new date.

Everyone is welcome!

Come along for a relaxed ride, good company and plenty of laughs.

If you don't want to ride meet us at A Maze'n for Morning Tea and Lunch at Dear Darnells

RSVP Sue Hart 043 931 1601

Fitness • Friendship • Fun





BMSC SOCIAL CLUB NEWS



SOCIAL GOLF MORNING



WHEN: Sunday 25th October 2026

TIME: Check-in from 9.30am Tee off from 10.00am.

WHERE: Par 3 Fairway Drive Busselton <https://par3.com.au/>

HOW: Choose to play 9 holes on the Par 3 course OR Mini golf 18 holes.

Par 3 players will play **SINGLES – STROKE** this year as many of you are now regular players – First time players can still give it a go & may be allocated a fair Handicap.

COST: PAR 3 9 holes \$20 (pensioner discount \$15) Bring your own clubs or borrow some if you can otherwise you can hire clubs \$10 and buggy for \$4

MINI GOLF 18 holes \$20 (pensioner discount \$16) includes putter & ball

PAR 3 or Mini Golf Pay on the day – Par 3 is cashless – card only

SOCIAL: Stay around for coffee, lunch snacks & presentations. Par 3 is cashless – card only to pay. They are licensed & make very good coffee!

FAQ: Can Non-Members join in? Partners, friends are welcome.

How does **STROKE** work? Simple just add up your total number of shots for the 9 Holes – sign & hand in your scorecard at the end.

Is there a winner? Yes, there will be a trophy for both Par3 & Mini golf – but you can just enjoy the fun.

Do I need to register before the day? No, you can just turn up on the day – but it would help to know how many are coming.

INTERESTED: Ask Lynette or Colin for more information and let us know if you are coming
Lynette plgittos7@gmail.com Colin colinholden968@gmail.com



Social Club Calendar



September

- Bike ride from Witchcliffe to Margaret River

- Sunday 20th September
- Meet 10 am Opposite Dear Darnell's Witchcliffe.

October

- BMSC social MS swimathon (to be discussed)
- Par 3 golf and mini golf

- ? Sunday 18th October (to be confirmed)
- Sunday 25th October. Check in 8.30am Play 9am

THE FINAL WORD

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

SPORTSPOWER

Busselton

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

CHAT GROUPS



Golfish



WE HAVE A GOLF GROUP GOING.

GOLFFISH

FRIDAY USUAL TEE OFF
3PM IS AT PAR 3

Have Fun



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