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President's Pen

Our membership base has reached 99 over the past few months. As always, the best way to attract new swimmers is simple word of mouth — so don't be shy about telling friends, colleagues, or anyone who'll listen just how great our club is. A personal invite goes a long way.

The annual stroke clinic has been really well supported, and the feedback has been nothing but positive. A big thank-you to Coach Andrew Sexton, who has done a fantastic job helping us refine and improve our freestyle technique. It's been a valuable addition to our training.

A huge thank you as well to all our members who volunteered at the Busso 100. Andrew H reported that everything ran very smoothly,

and it certainly looked like everyone enjoyed themselves. As we all know, both the Busso 100 and Ironman event are major fundraisers for our club, so your support is genuinely appreciated.

With the cold and windy conditions now well and truly here, I want to remind everyone to be sensible when heading into the ocean. If it looks a bit dicey, there's no shame in heading straight to the coffee shop instead. Always swim with a buddy or make sure someone is on shore keeping an eye out.

Please also remember that our ocean social swims, both at the Busso foreshore and in Dunsborough, are swimmer-led and at your own discretion. They are not sanctioned by Masters, so your personal safety and judgment are key.

Stay warm, stay safe, and keep enjoying the water — however you choose to get in it.
Kind regards, Steve



GENERAL CLUB NEWS

My First Masters Nationals Experience

When I joined Busselton Masters Swimming Club in July last year, I never imagined that less than a year later I would be competing at a National Championships!

But when Trish mentioned that the Masters Nationals were being held in Brisbane and that anyone could enter, I was immediately excited by the opportunity to go along, do my best, and simply enjoy the experience. I was also very happy to learn that Julie would be competing too.

The day before competition began, we visited the pool together to have a swim, practice dives and turns, and catch up with fellow WA Masters swimmers. The atmosphere was electric with excitement and anticipation. During registration we were given cards listing our events, heats, and lanes, making it easy to know when to report to marshalling.

One of the loveliest surprises was how friendly and welcoming everyone was. In the marshalling area swimmers chatted, shared stories, and encouraged one another, leaving very little time for nerves.

I had one event each day over the first four days, which made for a wonderful introduction to my first National Competition. I competed in the 200m, 100m, 50m, and 25m breaststroke events.

I achieved personal best times in all but the 200m breaststroke – and in that event I was thrilled to win a bronze medal! In all my other events I placed within the top ten. I was extremely happy with my results, but even more proud to be representing Busselton Masters Swimming Club at a national level.

Having Julie there competing alongside me made a huge difference to my enjoyment of the experience. She was a wonderful mentor, and her experience and encouragement were invaluable throughout the competition.

One of the huge benefits of Masters Swimming competitions is that swimmers compete in heats based on submitted entry times rather than age alone. This means you are always swimming alongside others of similar ability, which creates a supportive, encouraging, and motivating environment for everyone.

I would really encourage anyone who may be hesitant about entering competitions to give it a go. The Nationals were an incredible experience – lots of fun, very rewarding, and something I will never forget.

With the Masters Nationals being held in Perth next year, I hope we can gather a strong team from Busselton to take part. I'm sure many of you would find it not only worthwhile, but a fantastic experience both in and out of the pool.

– Nicki Wade



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

My Nationals Experience

Brisbane was my 3rd experience of a major Masters Pool event... the 1st was the World Masters Swimming in Perth in 2008, and the 2nd was the Nationals in Perth in 2018. I decided to go this year because it would be my first short-course (25m) Nationals; it was being held in Brisbane, which I expected to have perfect autumn weather (sadly it was overcast and drizzly most of the time, but it was an indoor pool, so it didn't affect the trip); plus it gave me a good excuse to visit my niece in NSW on the way home.

Although Nicky was the only other Busselton Masters member attending, I knew many of the other WA entrants, especially those from Rockingham and Claremont. I also met many new members from clubs outside WA, both at the pool and at the well-organised social events.

The Nationals is a great celebration of our motto of "Fitness, Friendship and Fun". The age range of attendees was 19-96, and we experienced the full spectrum of performances, from Cam McEvoy's blistering 25m record to those who have only recently taken up competitive swimming and are simply trying to perform to the best of their ability, whilst enjoying the camaraderie of like-minded people from across the nation.

The Nationals are scheduled to be held in Perth next April. It would be absolutely fabulous to have a large Busselton contingent attend, as it promises to be a wonderful experience.

Having not participated in pool sprints for some time, I had no idea how I would perform. I did know it had been a long time since I had put any effort into training for starts and turns, so I got a little extra help from Andrew Sexton before leaving.

Day 1 saw me competing in the 50m Free. I was delighted to swim my best 50m time since 2008... a great start. Day 2 was my best performance of the meet, competing in the 400m Free. Not only did I swim a 17s all-time PB, cracking the 6-minute barrier for the first time, but it also set a new WA State record for the 65-69 age group, and I was only 0.04s behind the bronze medal winner. Day 3 was the 25 and 100m Free events, and again I managed to swim very close to all-time PBs.

The second half of the meet got tougher. Day 4 was my bogey event... the 200m Free. 200m is widely regarded as one of the hardest events to swim well, as it is a sprint, but if you go out too hard, it hurts (a lot!), and you usually fade badly towards the end. This is exactly what happened... I went out strong, but faded to a little slower than I had hoped overall. By Day 5, I was very low on energy in the warm-up pool, so I had little confidence in my ability to achieve my goal time in the 800m. In the end, even though I was about 10s behind my goal, I was happy, as it was still my 2nd-best-ever 800m. The final day was the 3k Open Water. I enjoyed this event the most, even though I finished 2 minutes behind my competitor (who was at their home Nationals), as it felt great to be in the open water, and I could feel that I was swimming as well as I ever have in a Jetty swim.

Overall, it was a great experience, with terrific support from Nicky and Julian. I am really looking forward to the home Nationals next year. See you there!

-Julie O'Connor



Why Shoulder Health Matters More Than You Think

By Andrew Sexton

One thing I talk to swimmers about a lot is that shoulder issues rarely appear suddenly – they usually build slowly over time.

I learnt this the hard way myself, both during my competitive swimming career as a young man and recently in November 2024, when I decided to try to break the Australian Masters record in the 50-54 100m free, and tried to cram too much training into too short a period. I only did 6 weeks of training to break the WA State Record, and because that wasn't too hard, my body could handle the load. But as soon as I tried to increase the load, my history of shoulder injuries reared its head, and I had to stop.

I still pressed on to do the Country Pennants in March 2025 with the Busselton Swimming Club, and we broke some records in the relays, but my shoulder was in extreme pain, and I had to stop and seek treatment.

It was a good reminder that even experienced swimmers can get caught out when progression outpaces the body's ability to adapt.

As swimmers, **we ask the shoulders to perform thousands of repetitive movements** every week, often while fatigued, tight through the upper back, or lacking stability around the shoulder blades. If movement quality breaks down, the shoulders eventually begin to absorb loads they were never designed to handle, in directions they are not prepared for.

One of the simplest and most effective exercises swimmers can use to support shoulder health is the **IYTW** drill.

This is a **land-based** movement sequence that helps strengthen the smaller stabilising and postural muscles around the shoulders and upper back – areas that are incredibly important for maintaining good swimming mechanics.

The letters describe the arm positions:

- **I** – arms overhead
- **Y** – arms slightly angled
- **T** – arms out to the side
- **W** – elbows bent and shoulder blades engaged

The **movements** themselves are **controlled and deliberate**, but they help swimmers develop:

- Better scapular control
- Improved posture
- Stronger shoulder stability
- A greater awareness of shoulder positioning
- Improved support for freestyle catch and recovery

What I like about these drills is that swimmers often feel the difference in the water quite quickly. Strokes feel smoother, shoulders feel less compressed, and swimmers become more aware of how they move through each phase of the stroke.

Importantly, these exercises are **not about** building “**big strength**.” They are about **restoring good movement** patterns and helping swimmers move efficiently, by providing **BALANCE** in the 4 muscles of the rotator cuff.

Additionally, they can be performed prone on the ground, while stronger athletes can do them with stretch bands attached to a wall.

For many adult and master's swimmers, shoulder problems are often less about fitness and more about posture, mobility, and overload over time.

As swimmers get older, recovery changes. We can still improve, still train well, and still enjoy swimming at a high level – but we need to become smarter about how we prepare the body.

That means:

- recognising early signs of strain
- progressing training gradually
- maintaining mobility
- building stability
- and understanding that good technique starts before we even enter the pool

Often, the best approach is small, consistent preventive work that keeps the body moving well in the long term, as consistency is so important in all endurance sports.

In particular, swimming is the most individual of the endurance sports, because water is heavy, and efficiency counts. It is sometimes much better to have more efficient movements, rather than just fitness or strength, if you want to become a better athlete.

See you poolside, Andrew

I Y T W SHOULDER MOBILITY DRILL

STRONGER SHOULDERS. BETTER POSTURE. HEALTHIER SWIMMING.

<p>I OVERHEAD</p>		<ul style="list-style-type: none"> • Arms straight overhead • Thumbs up • Squeeze shoulder blades down • Engage lower traps <p>FOCUS: LENGTH AND STABILITY</p>
<p>Y Y POSITION</p>		<ul style="list-style-type: none"> • Arms at about 45° angle • Thumbs up • Squeeze shoulder blades • Engage rotator cuff and lower traps <p>FOCUS: SHOULDER STABILITY</p>
<p>T T POSITION</p>		<ul style="list-style-type: none"> • Arms straight out to the sides • Thumbs up • Squeeze shoulder blades • Engage mid traps and rear delts <p>FOCUS: POSTURE AND STRENGTH</p>
<p>W W POSITION</p>		<ul style="list-style-type: none"> • Elbows bent to 90° • Pull elbows down and back • Squeeze shoulder blades together • Engage rear delts and rotator cuff <p>FOCUS: SCAPULAR CONTROL</p>
<p>HOW TO PERFORM</p> <ul style="list-style-type: none"> • Lie face down on the floor or bench • Move slowly and with control through I → Y → T → W • Keep neck relaxed, core engaged and lower back neutral • Breathe steadily 		<p>TYPICAL PRESCRIPTION</p> <p>8–12 reps of each position 2–3 sets 2–3 times per week</p> <p>WHY IT MATTERS FOR SWIMMERS</p> <p>Improves shoulder mobility, posture and stability. Helps prevent injury, supports stroke efficiency and builds long-term shoulder health.</p>

PS: You can do this shoulder mobility drill face down as shown, standing or sitting

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 Budy Smuggler Swimmer of the Month in April is Sue Buckland - You have won a Budy Smuggler Voucher

Video Analysis Swimming Stroke Correction 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.

 June 21st

 1:00 pm – 3:30 pm

Important:

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

This is a unique opportunity to refine your stroke, clarify your technique, and 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.

Proudly supported by Healthway through our Swim for Health program 

 June 24th

 6:15 00 pm – 7:15 pm

Important:

- Wear **comfortable flexible clothing** for this clinic
- Bring your water bottle

This is a unique opportunity to refine your stroke, clarify your technique, and leave the pool swimming better than when you arrived.



SCAN QR CODE






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.

Yoga for Swimmers with Jackie Clarke

 July 17 June 24th and July 22nd

 6:15 pm at Jackie's studio

Nutrition for Swimmers with Lana Brandli

 July 17 July 4th

 10:15 at Par3 after our session with Andrew


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

'REMINDER: Swimmers, for your health and a better recovery, please remember to always hydrate before, during and after training sessions



Swimmer of the Month

Great freestyle and fitness improvement across all Monday Fishes; thanks in part to our recent Stroke Clinics. Swimmer of the Month for May is Jo Rudland, who has been very focused on improving her fitness and technique.

Always with a smile on her face.

Well done Jo

GENERAL CLUB NEWS

From the Bay to the Bigger Picture

One of the beautiful things about Busselton Masters is our connection to open water and the lifestyle that surrounds it. Swimming in Geographe Bay is part of who we are.

But as we move through autumn and into winter, the pool gives us something valuable too – a chance to quietly build the foundations that make swimming feel better everywhere.

Technique. Endurance. Confidence. Efficiency. This is why many Masters clubs around Australia use the cooler months as their “building season.” Not necessarily training harder, but training with more purpose and consistency



With the 2027 Masters Nationals being held in Perth next April, there is also a wonderful opportunity emerging for our club to become part of something bigger.

Nationals are not only for elite swimmers or record breakers. In fact, what stands out most is the atmosphere – friendship, encouragement, relays, team spirit, and swimmers of all abilities simply giving things a go.

This year, our Club had nine swimmers at States and two at Nationals in Brisbane. That growth alone says something important is already happening within our club.

Perhaps this winter is simply the next step in that journey. The pool is just a container of water until you dive in and give it meaning.

“The water doesn’t care about your age – only your willingness to begin.”



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

Are You Interested?

Technical Officials play a vital role in helping swim meets run fairly, smoothly, and safely. With Perth hosting the 2027 Masters Nationals, now is a wonderful opportunity for Busselton members to become involved.

FREE accredited courses are available, and no experience is needed – just a willingness to learn and support our swimming community.

Most roles are straightforward to learn, and Timekeeper accreditation is the starting point for all other official pathways.

Becoming an official is a fantastic way to:

- support the swimming community,
- learn more about the sport,
- contribute to major events,
- meet other swimmers,
- and help Busselton Masters play an active role at Nationals next year.

Importantly, you do not need to be an elite swimmer – just someone willing to learn and be involved.

[Discover more by clicking this link](#)

[National Championships 2027 Event Link](#)

GENERAL CLUB NEWS

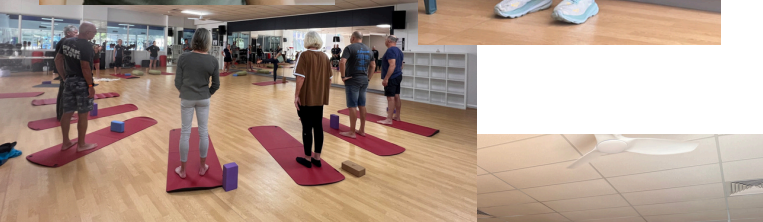
Coach the Coaches Builds Strong Foundations for Busselton Masters

Sixteen coaches and swimmers recently came together at Geographe Leisure Centre for our Coach the Coaches Professional Development Workshop – a practical and inspiring day focused on smarter swimming, movement quality, and swimmer longevity.

Supported by the **Department of Creative Industries, Tourism and Sport**, Western Australia, the workshop brought together local coaches, Masters swimmers, and community members to explore how **better movement and smarter coaching** can help **swimmers stay stronger**, healthier, and more efficient in the water.

The day began with Jackie Clarke's highly engaging land-based session, The Swimmer's Body, where participants explored shoulder mobility, core connection, flexibility, and movement awareness specific to swimmers. **Jackie's** practical approach highlighted an important **message** for Masters swimmers:

Strong, mobile bodies create better strokes.



Many participants commented on how quickly they could feel the difference once they entered the pool.

Andrew Sexton, South West Academy of Sport Swimming Coach, then connected those movement principles directly into pool coaching and swimmer development. Through both classroom and practical pool sessions, Andrew explored:

- progressive training approaches
- efficient stroke mechanics
- purposeful drill work
- swimmer awareness
- and how small technical improvements can help prevent long-term shoulder strain and overload.

One of the strongest themes throughout the day was that Masters swimming is **not about pushing harder** at all costs – it is about **swimming smarter, moving better, and building sustainable habits** that support lifelong participation in the sport.

The workshop also highlighted the growing momentum within Busselton Masters Swimming Club that the Club is becoming part of something bigger within the Masters swimming community.

Importantly, the atmosphere throughout the workshop remained welcoming, practical, and supportive – very much aligned with the Masters Swimming philosophy of **fitness, friendship, and fun**.

A special **thank you** to **Jackie Clarke and Andrew Sexton** for generously sharing their knowledge and experience, and to everyone who attended and contributed to the day's success.

♥ Members should also keep an eye out for two upcoming free movement sessions with Jackie Clarke, available through the Healthway Swim for Health initiative on June 24th and July 23rd at 6:15 pm – another wonderful opportunity to support mobility, swimmer wellbeing, and healthy movement both in and out of the pool.



Thank you!

COACHES CORNER

Fantastic Attendance!

We are absolutely thrilled with the incredible turnout at our pool sessions lately. A massive shout-out to everyone heading along to **Trish's Fishes on Mondays and our Saturday clinics**—the energy and numbers in the water have been fantastic!

June Timetable Updates

All weekday training sessions will remain exactly the same for June. However, please note that our Saturday morning stroke clinics conclude at the end of May. Starting in June, **Saturday mornings will return to our normal training format with Andrew.**

Put Your Skills into Practice

We want to issue a quick reminder to all swimmers to actively utilise the new information, drills, and techniques you have learned from Andrew over the last few weeks. Keep those fresh skills at the front of your mind during every single lap moving forward!
Coach's Corner: Always Learning

Our coaching staff has also been busy levelling up! The team recently attended a 'Coach the Coaches' clinic presented by Andrew and Jackie. We walked away with great new skills and a deeper understanding of technical development.

We are incredibly excited to bring this fresh knowledge to the pool deck, and we are confident you will see the benefits in your upcoming training sessions.

See you all in the lanes!

– The Coaching Team

The Swimmers Lament

I'm training hard, I'm in the pool three times a week, but my pace is completely stuck. I think this is as fast as I'll ever get."

You haven't reached your genetic limit. You've just hit a bottleneck. A bottleneck is that one specific flaw in your technique that is actively blocking all the other good parts of your stroke from clicking into place. But once you release it? Everything changes, and you get that breakthrough. The hardest part about a bottleneck is that you usually can't feel it happening.

Our two+ hour long video analysis clinics will show you where your bottleneck is and help give you the tips and clarity to clear it. Stop guessing and let us help you find the bottleneck in your stroke.

Even in the cooler months in Busselton, UV levels can still be high. It might not feel hot, but time spent at the pool means your skin is still exposed—so wearing sunscreen year-round helps protect against sun damage and keeps you swimming strong for the long term.

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE

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

Coached Sessions GLC - June 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**
- **Thursday with Andrew: 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

MEET YOUR COACHES

Andrew Sexton

Born and raised in Port Elizabeth, South Africa, Andrew fell in love with swimming at a young age and became a national champion in the u10 50m freestyle and a multiple state record holder through u12 in both freestyle and breaststroke. After a rather tumultuous couple of years after moving to high school at a very young age, and a two-year period of what he likes to think of as “building resilience to winter”, he decided to give swimming another go, and qualified for his first National Open Nationals in breaststroke at the age of 17.

From 1991 to 1996, he competed at the National Champs with varying degrees of success, marred by a serious groin injury that prevented him from competing at the World Student Games in 1992. During that time, while studying, Andrew assisted his coach in teaching junior swimmers but did not consider becoming a coach, as he was studying to be an accountant.

After 13 years working in various corporate financial jobs, which he still thinks is the worst decision he ever made, Andrew decided that he really wanted a change of career into a role that made a difference to people and started a small swim school in Cape Town in 2013 until he emigrated to Australia in 2017 with his partner, Dony.

Since then, Andrew has been the Head Coach of the Busselton Swimming Club and one of the coaches of Busselton Masters. He has 8 different National top-10 swimmers in the Junior Club since Covid, which he is very proud of, given that it is a small regional club, and many more National Qualifiers in pool and open-water swimming. While his passion is performance, he finds it very enjoyable to provide the Masters club with not only the focus training on Thursdays but also the Saturday or Sunday clinics, as these allow a little more personal interaction with the swimmers, and hopefully a few laughs!

While not at the pool, Andrew most often will be seen pedalling around Busselton on his bicycle to keep fit and clear his mind.

Julie O'Connor

Whilst I learnt to swim at the age of 4, I swam purely for fitness and fun until I joined Melville Masters in 2004.

I was a WA State Tournament Water Ski representative for 10 years in the 1980s and also a Level 2 coach. I preferred coaching intermediate skiers (over beginners or elite). I was then a WA State Skydiving representative and a Level 2 coach for 5 years. Again, I preferred coaching intermediate skydivers rather than first-jump students or elite skydivers.

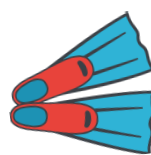
By 2004, my body told me it was time to give up impact sports, so swimming became my primary sport.

I retired to the southwest in 2012 and was initially a member of Bunbury Masters (Busselton Masters was not operating at that stage). I then switched to Busselton Masters in 2021.

I have been coaching Masters swimmers since 2015, and I am also a Level 2 (Performance) rated Triathlon coach... and, no surprise, I prefer to coach intermediate swimmers rather than learn-to-swim or elite swimmers.

I personally prefer distance swimming (both pool and open water) over sprinting. I love to coach both intermediate technique improvement and endurance fitness.

I help with the Wednesday (technique-focused) sessions and provide Sunday winter programs for both Masters and triathlete swimmers. I also love helping members prepare for their open-water Jetty Swim.



Fins can be a fantastic training tool – or a crutch. Used correctly, they help develop rhythm, kick timing, body position, and a better feel for the water.

They can also help swimmers move more efficiently and understand what proper body alignment should feel like. But fins should support good technique, not replace it. In the end, great swimming still begins with the swimmer, not the equipment.”

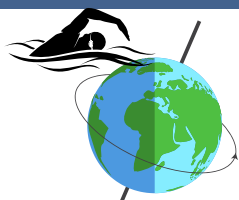


BMSC SOCIAL CLUB NEWS



Winter Solstice

- Saturday 20 June 2026



Although there hasn't been much advertising yet, Busselton Hospice Care Inc has confirmed that the 'Go Blue For June Winter Solstice Plunge' will be happening again this year.

To support this wonderful cause, we will cancel our club's Winter Solstice swim and encourage all members to take part in this fantastic community fundraiser instead.

Join the fun of the Plunge, wear something blue, donate a gold coin (or even better, a crisp note), and share a special moment with the fun-loving and generous Busselton community.



TENPIN BOWLS AND PIZZA

- WHEN:** Sunday 21st June 2026
- TIME:** ARRIVAL 10.30 sharp
START: Bowls 11am - Lunch 12.30pm
- WHERE:** Bunbury Tenpin Bowls
136 Strickland St,
East Bunbury.
- LUNCH:** 'Last Slice'
1/18 Portobello Road
Dalyellup
- SHOES:** **Own shoes**—Rubber soles only.
Shoe hire \$3.
Sock hire \$4
- PRICE:** \$16.00 1 Game.
No Cash.
Card and digital payments only.
No outside food or drinks permitted.
- RSVP:** 19th June 2026
Andrew Hembroff
Text: 0434 778 068
Email: andrewhembroff@gmail.com

NO EXPERIENCE REQUIRED

Come and have a day of fun and laughter

TAKE THE Plunge!



Winter Solstice Geographe Bay Plunge for Hospice

Saturday 20th June 2026

Foreshore Parade lawn in front of Shelter at 7:00am



PLEASE DONATE



SPONSORED BY Shelter





BMSC SOCIAL CLUB NEWS



Rocking and Rolling Back to the 50s!

Our May social night was an absolute hit as the club stepped back in time for a 1950s Rock and Roll dance! The room was alive with incredible energy, spectacular 50s-inspired outfits, and non-stop laughter.

Everyone traded the pool lanes for the dance floor, giving the rock and roll style dancing a red-hot go—and most absolutely nailed it! A special shout-out goes to Colin and Marina, who blew us away with some truly awesome moves. Between songs, we fueled up on a spread of retro-themed food that looked and tasted amazing. Thank you to everyone who dressed up, danced, and made it such a fun-filled, memorable night!





BMSC SOCIAL CLUB NEWS



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



Golffish



We have a Golf group going.

Golffish

Friday usual tee off 3pm is at **Par 3.**

Join the group

CHAT GROUPS



Change of Day

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



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



BMSC Chat Group
Active now · 🗨️



BMSC Bike Ride Friday Group
Active now · 🚴



Sunday Endurance Training



Social Club Calendar



June	<ul style="list-style-type: none"> • Winter Solstice- hospice "#GoBlueForJune fundraiser" foreshore. • Ten pin Bowling and Pizza 	<ul style="list-style-type: none"> • Sunday 21st June 7am @ foreshore. • Sunday 21st June 11am Pizza Last Slice 12.30pm.
July	<ul style="list-style-type: none"> • Xmas in July-Busselton bowling club 	<ul style="list-style-type: none"> • Friday 17th July 5.45pm @ Bowling Club
August	<ul style="list-style-type: none"> • Dunsborough Walk and lunch 	<ul style="list-style-type: none"> • Sunday 16th August

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 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



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.



Caps are available for our members, ask your coach or Contact us

PLEASE SUPPORT OUR SPONSORS



Maras Carpentry

- Renovations
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