

NEWSLETTER MARCH 2023

President's Pen – Richard George, Club President

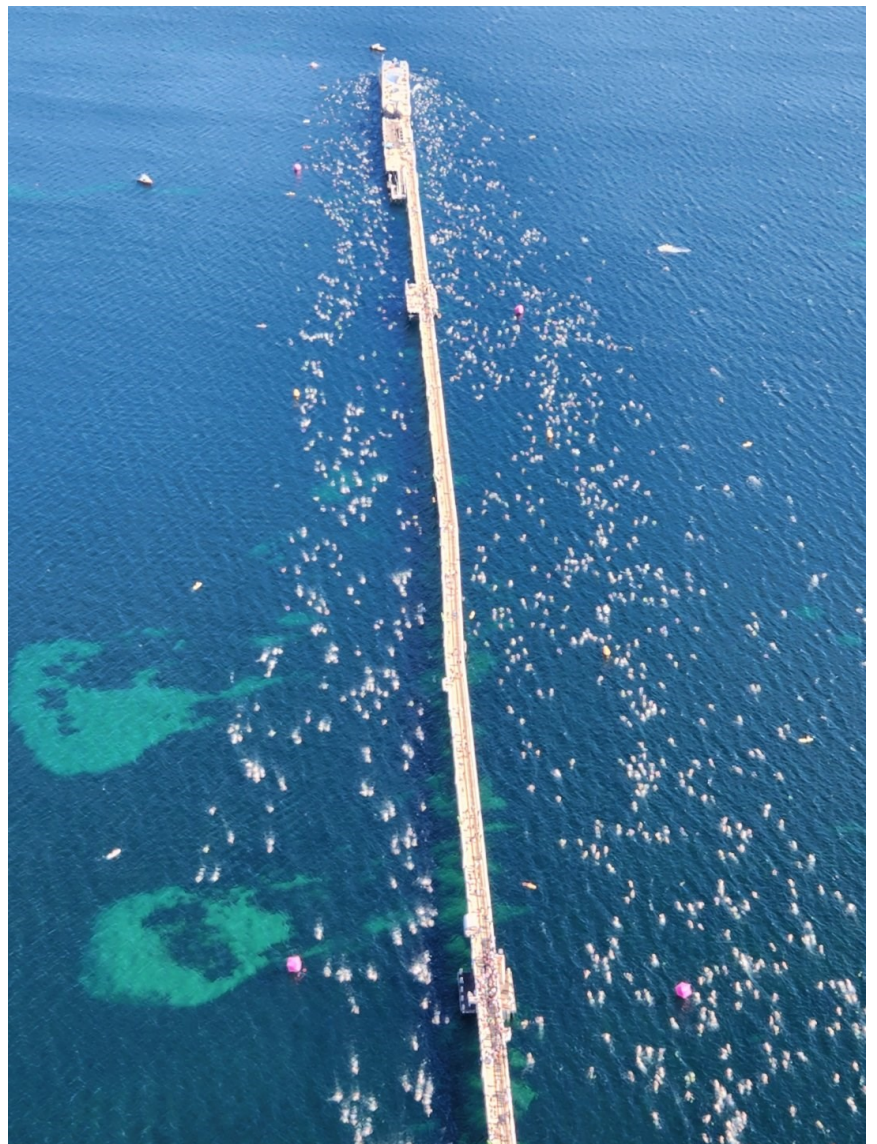
Club 2023

Club Membership is strong with 78 members. We have been joined by new members **Ash Webster, Gail Parsons, Stephen Pupilli and Judd O'Brien**. Please say hi to them at swims.

The Club is planning **2023 'winter' swim season**, with Coaches to refine the details of GLC swims, but it will follow sessions in 2022. We may have to manage a few sessions (budget), but with **Busseton 100** and some other funding planned, we will have the finances to pull it off. Please support our Coaches and help them *design what you need*.

You will have noticed **Busseton Mail** articles about the lack of a 50m pool and space issues at the GLC. This is part of a 4-week campaign supporting Catherine Massey to help us. I've also written to all the Councilors about the 50m pool and will be getting the Aquatic Clubs together soon. Have also met with Libby Mettam, and City, with Todd. One more go!

We've taken the first step to affiliate with **Geographe Bay Yacht Club**, for use of facilities and to team up to join them and share their venue and social space. First event details soon.



President's News Continued – Richard George, Club President

News

Trish Miller was awarded the WA Masters highest, **Perc Edwards Award**, for her coaching and volunteering at MSWA Awards sundowner. Presentation to Trish will be at the National Coaches Conference. We are so proud. This award recognises what Trish does for our Club.

We also received the **CCC Trophy**. A points event won by **everyone** swimming for Club. Its in the GLC Cabinet. Huge thanks to Rhonda. We'd love to get your nomination to join a small group to run this 4-week program for 2023. Perhaps some of our wonderful new members?



Mon Gilks is back as a fully qualified Coach. Mon worked on this quietly and passed with flying colors. Yeah and congratulations Mon.

RESTART 2023 is running with 14+ nominees, paying \$40 for the first time. **Steve, Donna, Mon** and team will be running this 4-week session starting mid-March. Tell your friends.

President's News Continued – Richard George, Club President

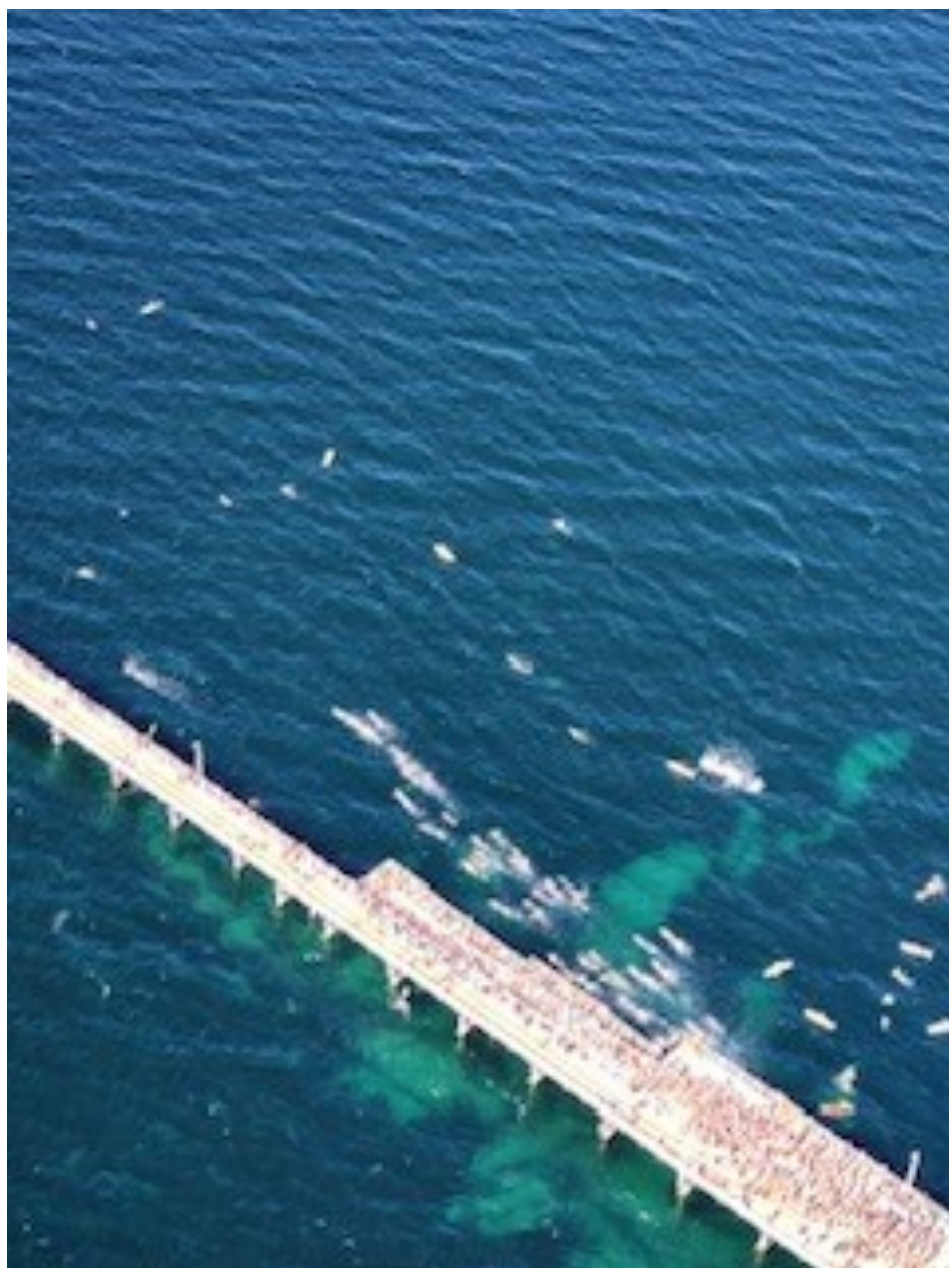
Swims

Virtual Rottnest – the South32 event concluded with 39 members completing their 20km, or up to 52km. Colin did a brilliant job, and we received coverage in the Busselton Mail. Big thanks (again) to journalist **Catherine Massey**. Everyone celebrated with prizes and medals. Over 50% of the Club Swam our signature

Jetty Swim; solo, teams and 1-Milers. That's huge – our biggest field ever. Times might have been a little slower for some, but not our young guns. Niamh a personal best. Over 4200 swimmers and 14,000 spectators/visitors.

Rottnest 2023 was swum in great conditions. **Simon Keall**, an amazing and well-deserved solo in 7:02. **Pam S and Vince S** (Duo) and **Callan** (Team) too. Congratulations. Huge.

Saturdays returned to the Foreshore nets for the remainder of autumn, Trish's Fishes are back on at GLC on Mondays 8:15am. Yallingup 10:30am Social swim is back. Wednesdays soon. Sunday 7am Jetty's are also on while weather is OK. Arrive 10 minutes ahead of swims. Details on our Google calendar.



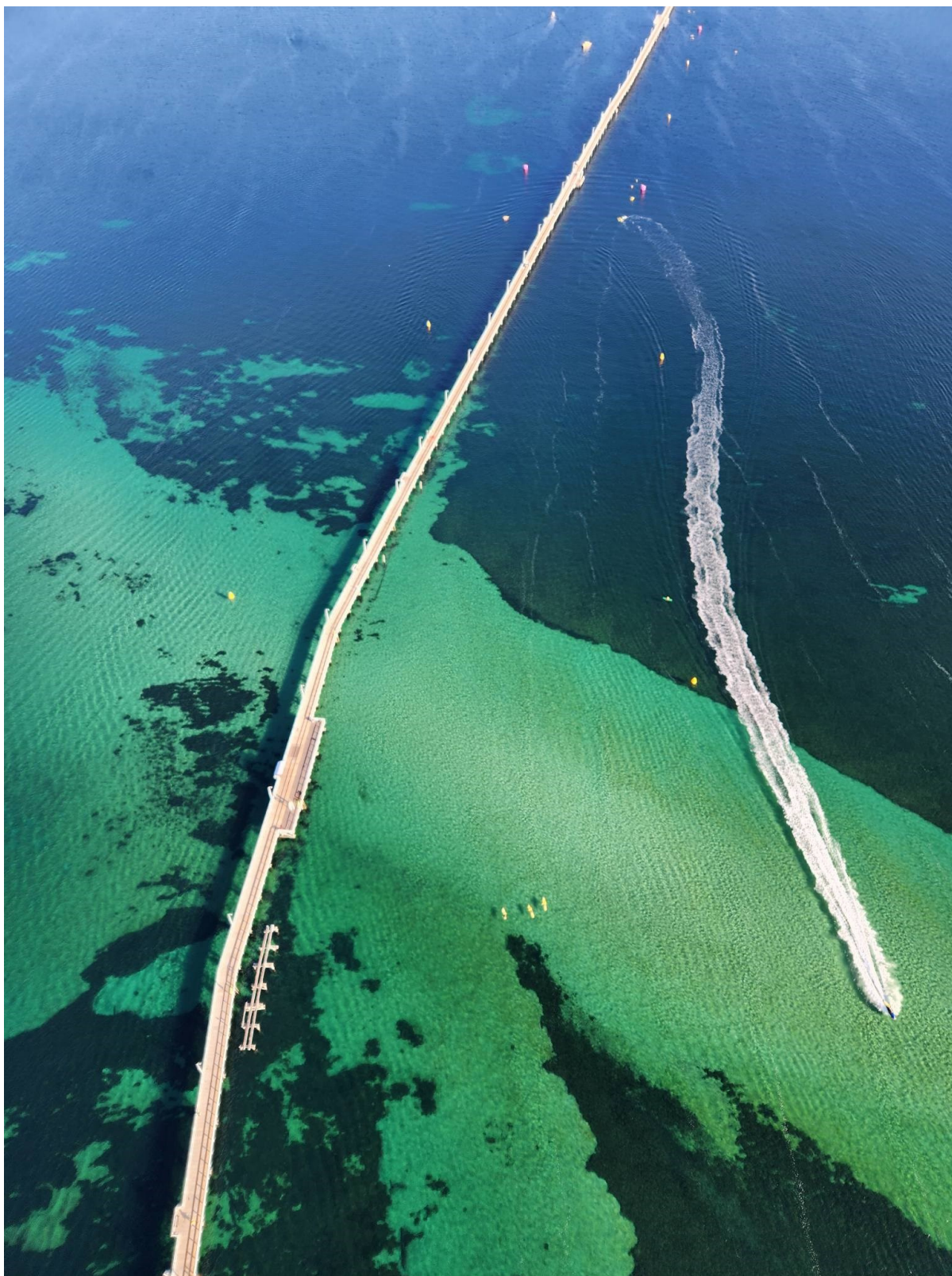
President's Pen continued Richard George

Social

Read the Newsletter – Swim and Social pages for other events coming up soon.

Next Committee meeting – April 19th Surf Club 6pm. Please talk Donna, Committee members or myself about issues you'd like raised.

Richard George



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 Rays**
(plenty of those in the bay!)
- **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, Marrons.**
- **Stadium Snappers.**
- **Freo Fins.**
- **Claremont Gropers.**



Club Fundraiser Volunteers Required

We really appreciate everyone's efforts for the events we use as fundraisers.



As you all know our club would not survive financially without volunteers at the local sporting events

This pays for coaching and Lane Hire

This is the event we do the drinks and food station near the Sea Rescue

The date is Saturday the 29th April from 1pm - 6pm

Any amount of time is fantastic!

Please allocate a time and what you are able to do.

Andrew 0434 778 068

Please Email the information below to Andrew at the Club email

president@busseltonmastersswimming.com

Your Name	
Shirt Size S M L XL XXL	
Address	
Date of Birth	
Email address	
Shift Time Requested Between 1-6pm	

Well done to all who participated in the Virtual challenge – trust everyone enjoyed the fun & maybe swam a bit further than they would have done otherwise.

Thanks to the team swimmers who were able to get Kaye & Gayle across the finish line.

We had an injury & some time challenges, but most completed at least a single crossing some a double crossing.

For a bit of extra fun a few recorded their individual swim times too.

Richard achieved a commendable 52.1KM with Melissa not far behind 51KM

Julie smashed 20.25KM in under 6 hours!

SOUTH 32 ROTTNEST Virtual Swim 2023

NAME	TOTAL KM	TIME Hr:min.sec	NOTES
Gail George	DNF		Short of distance
Lesley Reid	39.4		DOUBLE
Mon Gilks	19.850+		
Kaye Hoult	2km team	20 / 7:49.08	10 person team
Gayle Smith	2km team	20 / 7:49.08	10 person team
Richard George	52.1	21.67 / 8:18	Furthest Swum
Todd Taylor	39.4		DOUBLE
Sue Buckland	19.8		
Andrew Hembroff	TBA		1 week extension
Julie O'Connor	39.4	20.25/5:51.07	DOUBLE
Rhonda Pearsall	21.4		
Melissa McsKimming	51.00	15:00.00	DOUBLE+
Colin Holden	48.50	18:25.23	DOUBLE+
Darryl Kelly	20.3		
Richard Stubbs	22.1	8:00	
Jan Tibbits	23.245		
Maureen King	DNS		Injury / withdrew team
Suzanne Reynolds	40.310		DOUBLE
Lindsay Reynolds	40.800		DOUBLE
Diane Panorios	20.227		
Debbie Bamess	21.15		

Tricia Miller	39.4+		DOUBLE
Natalie Metcalfe	39.4+		DOUBLE
Peter Gittos	20.4		
Valerie Newbold	21.2		
Andrew Stephenson	21.3		
Donna Stephenson	22.9	7:50	
Gail Stubber	22.9		
Dianne Bower	20.2		
John Bower	24.0		
Brian Graham	20.8		
Brett Edwards	34.432	11:33.49	
Ian McKay	20.6+		
Tess Martin	40.9		DOUBLE
Russel Bishop	21.00		
Karen Bull	DNF		Injury mid challenge withdrew
Sue Griffiths	23.1		
Matt Kempin	20		
Peter Burton	19.930	7:54	
Robin VanKempen	21.120		
Anne Archer	21.00		
Pascal Blondeel	DNF		Short of distance



The 50 m Pool List

Over the past few weeks I have been getting together a list of pools in rural WA. I have asked for help with this from a few of you and you have done a great job with it! We have related it to pools and population. Some interesting numbers here! If anyone knows of 50 m or 25 m pools that I have missed please let me know through the clubs email address. president@busseltonmastersswimming.com

What next? We are campaigning for the City of Busselton to put it on the list for the 10 year plan and to start working toward this goal. Plus Swimming WA president Sophie Rowe is working on it as well from the political side. Hopefully you have seen the fantastic articles by journalist Catherine Massey in the local paper and online. Libby Mettam is also batting for us....however if the City of Busselton doesn't support the idea we are in trouble. Please feel free to support us in this quest with suggestions and comments, letters and emails to the councillors. Have a good look at the list and the town populations! Far out! Gail George

50 m Pools in Rural WA sorted by Population

	Town	Pool Size	Pool Size	Population	Pool Type
1	Rockingham	50	25	140,595	50m 10 lane heated outdoor and 10 lane heated indoor pool
2	Mandurah	50	25	93,414	
3	Bunbury	50	25	45,825	
4	Geraldton	50	25	32,859	
5	Kalgoorlie	50		29,000	
6	Karratha	50		23,421	
7	Paraburdoo	50		11,810	
8	Newman	50		10,148	
9	Collie	50		7,599	heated outdoor
10	Carnarvon	50		5,251	
11	Northam	50		4,709	
12	Port Hedland	50		4,253	
13	Katanning	50		3,600	
14	Mount Barker	50		2,855	heated outdoor
15	Exmouth	50		2,855	
16	Merredin	50		2,850	
17	Harvey	50		2,750	
18	Tom Price	50		2,700	toddler pool as well
19	Kojonup	50		1,894	
20	Moora	50		1,755	
21	Wagin	50		1,448	
22	Goomalling	50		1,100	
23	Wongin Hills	50		896	
24	Cunderdin	50		824	
25	Pingelly	50		722	
26	Corrigin	50		701	
27	Leinster	50		700	
28	Three Springs	50		622	
29	Norseman	50		562	
30	Lake Grace	50		523	
31	Morawa	50		459	
32	Mullewa	50		356	
33	Mukinbudin	50		336	

25 m Pools in Rural WA sorted by Population

	Town	Pool Size	Pool Size	Population	Pool Type
1	Busselton	25	25	41,000	Heated indoor and outdoor pools
2	Albany		25	40,115	Heated indoor
3	Broome		25	21,900	
4	Margaret River		25	17,298	heated indoor
5	Australind		25	16,616	Heated indoor
6	Esperance		25	14,000	heated indoor
7	Kununurra		25	5,500	
8	Kununurra		25	5,308	
9	Pinjarra		25	5,287	
10	Narrogin		25	4,937	heated
11	Warooka		25	4,650	heated indoor
12	Toodyay		25	4,439	
13	Manjimup		25	4,280	
14	Derby		25	3,222	
15	Donnybrook		25	2,825	
16	Bridgetown		25	2,812	
17	York		25	2,400	
18	Brookton		25	1,732	
19	Halls Creek		25	1,546	
20	Wundowie		25	1,281	
21	Beverley		25	1,110	
22	Wyndham		25	941	
23	Gingin		25	902	heated
24	Wyndham		25	900	
25	Kellerberrin		25	877	was 33m
26	Onslow		25	875	
27	Dalwallinu		25	826	
28	Bruce Rock		25	703	
29	Pannawonica		25	700	
30	Southern Cross		25	680	
31	Quairading		25	596	
32	Gnowangerup		25	568	heated
33	Goomalling		25	562	
34	Norseman		25	552	
35	Boyup Brook		25	550	
36	Williams		25	500	
37	Mt Magnet		25	470	
38	Marble Bar		25	410	
39	Hyden		25	384	
40	Wickepin		25	380	
41	Jerramungup		25	353	
42	Kulin		25	350	
43	Kondinin		25	311	
44	Trayning		25	133	
45	Koorda		25	56	

The Jetty Swim Logo 2023



How fantastic that the wonderful Jetty Swim Logo was designed by a local year 11 student.

We could not be prouder to reveal our 2023 artwork, designed by Busselton Senior High School student Sienna Nguyen. Sienna's artwork emphasises the three foremost elements of the swim: the water, the competitors and the much loved Busselton Jetty. The design centres around two swimmers in motion, circled by the central wave and the Busselton Jetty.

Sienna said the artwork signifies the transition from the excited chaos of the water as the competitors start their journey, through to a calmer state as they settle in to their swim around the Jetty.

Sienna was in year 11 at BSHS when she worked with committee member Simon Mansfield.

Her words:

My design for the 2023 Busselton Jetty Swim centres around three distinct elements and strives to combine these into an eye catching logo format. Firstly, I have constructed concentric circles through the central wave, two competitors in motion and the bending of our Jetty to suit. These circular images immediately catch the viewers eye and draw it into the logo centrally. Secondly, I wanted to show the transition from the excited chaos of the water as the competitors start their journey through to the calm as they settle in to swim round the Jetty. And lastly, I really wished to emphasize the three icons most important to the swim - the water, the competitors and our iconic, world famous and much loved Jetty.

I have really enjoyed this design experience and feel extremely honoured that my final logo has been chosen for the 2023 Swim. The Busselton Jetty Swim is an outstanding 'flagship' community event in our beautiful city and I would like to wish all competitors for the 2023 event all the very best!

Sienna Nguyen 2023

Busselton Jetty Swim 2023 Results

Solo 3.6KM

Niamh Healy	54.37
Rhonda Pearsall	58.31 Age Group 3 rd place
Michael Massey	58.42
Julie O'Connor	1:00.56
Brett Edwards	1:02.04
Vince Serafino	1:03.01
Helen Lee	1:06.09
Simon Keall	1:06.41
Andrew Stephenson	1:08.32
Richard George	1:09.14
Todd Taylor	1:11.15
Melissa McSkimming	1:11.24
Colin Holden	1:12.56
Gayle Smith	1:14.33
Ian McKay	1:14.54
Pam Serafino	1:15.18
Tess Martin	1:17.43
Callan Barnes	1:18.18
Lindsay Reynolds	1:22.17
Peter Gittos	1:22.27
Darren Sleiker	1:26.43
Peter Burton	1:30.39
Danny Forester	2:10.37 Age Group 3 rd place



ONE MILE 1.6KM Swim to Shore

Sue Hart	34.04
Donna Stephenson	34.16 Age Group 3 rd place
Russel Bishop	35.41
Jan Tibbits	36.13
Steph Madigan	36.34
Lesley Reid	37.26 Age Group 1 st place
Richard Stubbs	39.09 Age Group 2 nd place
Tricia Miller	40.24 Age Group 2 nd place age group
Di Panorios	42.12
Debbie Bamess	46.38
Gail George	46.53

TEAMS

Deep Sea Racing Prawns 1:09.15

Brian Graham,
Brian Robson,
Sharon Galliers &
Nicole Badani

Swimming Buddies 1:31.03

Sarah Dowse,
Suzanne Reynolds,
Valerie Newbold &
Rachel Austin

OUT AND ABOUT

Barrett's Swim Through

Just Darren Sleiker & Colin Holden representing BMSC this year and the water was lovely!

Fast swim this one 1600m Darren 31.53 & me 26.44 both way ahead of our nominated times.



The Rotto Swim

Congratulations to our Club Competitors. A massive effort on the part of everyone!



Simon Keall finished his first Solo Rotto crossing in 7:02.26

Pam Serafino swam with her son **Vince** as a duo completing in 6:27

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:-

- ***Steve's Nominated Swim time—see flyer to follow***
- ***Bridgetown—Another Big Day Out!***
- ***Re-start is on again! Advertise it to your friends—many of you started with the club with this event! So much fun!***
- ***Gracetown Easter Swim***
- ***Meelup Swim and Breakfast***
- ***We might sneak in another Sunday Snorkel at the end of the jetty —weather and helpers permitting!***

Richard G. has developed a new jetty pole swim—you can swim under the jetty for a couple of hundred metres. Ask him about it! Always the explorer!

Remember to come to Yallingup and swim in the Lagoon on Tuesdays, Toes In at 10.30 am.

Busselton Masters Swimming Club - Social & Events Calendar 2023

Month	Activity	Details
March	<ul style="list-style-type: none">• Steve's Nominated Swim Times 850m and 1700m• WOW Jetty to Jetty Coogee• Bridgetown Big Day Out 10am Swim Bridgetown Pool 11.30am Wine Tasting Sunnyhurst 12.30am Lunch at the Cidery After Lunch Xmas Shop and cuppa in local cafe• Re-Start Swimming Program	<ul style="list-style-type: none">• Saturday 11th March• Sunday 12th March• Saturday 18th March• Sunday 12 March to 2 April 2023
April	<ul style="list-style-type: none">• Re-Start Swimming Program• Gracetown Bay Swim (Easter)• 9am Meelup Swim and Breakfast/Brunch• Busselton Half Ironman 70.3. Club Fundraiser SunSmart Busselton Festival of Triathlon	<ul style="list-style-type: none">• Sunday 12 March to 2 April 2023• Saturday 8th April• Sunday 16th April• Saturday 29 April 2023
May	<ul style="list-style-type: none">• Mother's Day Drinks Hally's Bar• Golf Day and Lunch at the Esplanade	<ul style="list-style-type: none">• Sunday 14th May 2023 4pm• Sunday 28th May



Steve's Nominated Time Club Swim Saturday 11th March

WHAT: Before you swim choose your distance 850m or 1.7km and record the time that you think you will take with timekeeper

WHEN: Register your time 8 – 8-20am Race briefing 8.20am
Beach start at 8.30am

WHERE: Usual beach at West St nets

WIN: Trophy for nearest to nominated time across all distances and trophy for furthest away from nominated time – *'straight to the pool room'*

RULES: Any swim aids permitted but watches must not be worn

Both distances beach start at 8.30am on timekeeper's instruction
Finish out of water on beach at timekeeper's table.

850m One lap inside the net – turn at beach as it gets shallow

1.7km Two laps inside the net – turn twice at beach at far end and at beach as it gets shallow to complete first lap

PRESENTATIONS: Usual coffee spot outside Equinox



NOMINATED TIME SWIM *If you know your pace
for 100m 1 lap or 2 laps times calculated below.*

<u>100m Pace</u>	1 lap 850m	2 laps 1700m
1.35	13.27	26.55
1.40	14.10	28.20
1.45	14.52	29.45
1.50	15.35	31.10
1.55	16.17	32.35
2.00	17.00	34.00
2.05	17.42	35.25
2.10	18.25	36.50
2.15	19.07	38.15
2.20	19.50	39.40
2.25	20.32	41.05
2.30	21.15	42.30
2.35	21.57	43.55
2.40	22.40	45.20
2.45	23.23	46.45
2.50	24.05	48.10
2.55	24.47	49.35
3.00	25.30	51.00





THE BRIDGETOWN BIG DAY OUT

WHEN: Saturday 18th March 2023

TIME: **Toes in at 10am** Meet up at Bridgetown Leisure Centre, 95 Steere St.
 25m outdoor Solar heated. lap pool
 Entry is \$6.70 pp or \$18.50 / hr /lane. Whichever is cheaper
 for a 10.00am swim <https://www.bridgetown.wa.gov.au/leisure-centre>

NEXT: Sunnyhurst Winery Cellar door wine tasting from 11.30am Lot 16 Doust St
<https://www.sunnyhurst.com.au/walk-in-cellar-door.html>

Sunnyhurst Winery (5 mins from the pool) at 16 Doust St Bridgetown.
 \$3pp for a three wine tasting OR \$5pp for a five wine tasting.

Not a wine drinker? Stay in town for a post swim coffee.

LUNCH: **The Cidery** 43 Gifford Road from 12.30. <https://www.thecidery.com.au/>
 Partners are welcome To book a seat message Di Panorios 0427 315 797

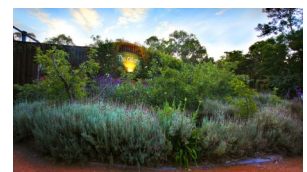
POST LUNCH **FATS café and Christmas Shop**

Visit here after lunch, for coffee and take a look at their Christmas decorations shop.

NEXT: Explore Bridgetown main St. lots of different shops – maybe meet up for a cuppa before heading home

COST: Pool entry / Lunch - Menu <https://www.thecidery.com.au/menu/>

TRANSPORT: Car pooling – ask around to see who is going
 Takes an hour and a quarter from Busselton





GRACETOWN BAY COMMUNITY SWIM 1KM Ocean Swim

Could be a good choice for your first open water event

WHEN: Easter Saturday 8th April 2023

TIME: Check-in from 8.30am Event start 9.30am.

Come early to get a car parking spot!

WHERE: Gracetown Main Beach

HOW: Registrations Open Now - \$30 entry. Close Friday 8pm before the swim.

<https://www.eventbrite.com.au/e/gracetown-2022-easter-bay-swim-tickets-274009619147>

ONLINE REGISTRATION ONLY NO REGISTRATIONS ON THE DAY

SOCIAL: Stay around – for presentations – Coffee van & community food stall at the beach.

Maison Lassiaille <https://maisonlassiaille.com.au/> might be tempting on the way home but as it is Easter everywhere is going to be busy!

FAQ: **Changerooms?** Yep cold water shower & toilets

How many entrants? Usually 100+ but not more than 200.

Is it a race? Can be with age group prizes – but you can just enjoy the challenge of a 1KM ocean swim.

INTERESTED: More Info <https://www.facebook.com/bayswimgracetown/>

Ask Rhonda, Richard, Colin or one of the other Masters members that have swum this one before

TRANSPORT: Car pooling may be possible – ask around to see who is going



BUSSELTON MASTERS SWIMMING CLUB

Busselton Masters Swimming Club Inc ReStart Swim Programme 2023

A 'Refresher' Swim Programme to build
SKILL, FITNESS, SWIM CONFIDENCE

A photograph of three people from behind, standing at the edge of a swimming pool. They are wearing blue t-shirts and have their hands on their hips, looking out over the pool. The pool has lane markers and a building is visible in the background.

FITNESS, FRIENDSHIP & FUN
Masters Swimming Australia

ReStart Four Week Swimming Programme

Sunday 12 March – 2 April 2023 x 4 weeks
SUNDAYS 8.15AM – 9.15AM

Geographe Leisure Centre OUTDOOR POOL
Cost of \$40

*Participants must be able to swim 25m and competent
in deep water and be medically fit.*

Pool entry payable at GLC reception each session
Please bring Swimming Fins (if you have a set),
Goggles, Water Bottle, Sunscreen

For further information or to REGISTER please go onto
the Busselton Masters Swimming Club Website
QR Code link below

Any Questions email bussorestart@gmail.com

ReStart is a refresher swim program for adults 18+ who
have been out of the water for a period of time and
who would like to refresh their swimming skills, ease
into a fitness regime and gain swimming confidence.

The ReStart program is run by accredited coaches who
will help you improve your technique, skill and
efficiency in the water.

Restart will give participating swimmers the
confidence, strength and ability through the four
weekly sessions to continue in the lifelong sport and
join our swimming community through membership
with Busselton Masters Swimming Club.

**Swimming for Fitness, Friendship and
Fun for Life**



Busselton Masters Swimming Club Inc

www.busseltonmastersswimming.com



Winner of the 2017 MSWA McDonald Shield Best Club Administration Award

Winner of the 2017 MSWA Volunteer of the year award

Nominated for the 2018 RAC WA Community Sports Star Award

Finalist in the 2018 RAC WA Community Sports Award

Welcome to the 2023 Re-Start Swimming programme presented by

Busselton Masters Swimming Club Inc

ReStart 4 week Programme Sunday 12 March to Sunday 2-April GLC Outdoor

Coaches - Steve Gibson, Donna Stephenson

Thank you for interest in the Busselton Masters Swimming Club's 4 week ReStart swim programme commencing as above at the Geographe Leisure Centre, Queen Elizabeth Drive, Busselton Sunday 12 March 2023.

\$40 for the four week Programme.

Please note: You will need to pay pool entry at reception.

Participants must be able to at least **swim 25m in deep water** and be **medically fit** to participate in this programme. This is not a Learn to Swim programme for the complete beginner, but a Refresher programme to get people who may have swum in the past back into the sport to build on fitness, skill, technique, confidence and fun in the water.

Can you please **arrive at 8am to check-in** and enable you to meet the team and have an overview of the programme presented to you. Please bring **Cap, Goggles, Water Bottle, Sunscreen and Swimming Fins** to enable you to gain the most from this programme. Kickboards and other equipment will be provided.

Please confirm your registration by completing, signing and returning the attached Registration Form to us by Monday 7 March to secure your place in the programme. After this date Wait Listed participants will be invited to register.

bussorestart@gmail.com

Busselton Masters Swimming Club looks forward to meeting you on the 12 March 2023 at 8am.

Kind Regards

Steve Gibson

0407166057

Coach – ReStart Programme

FITNESS, FRIENDSHIP AND FUN

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



Coffee Mugs Found

after the Jetty Swim

**Found on the wall near our
Club area**

**Tricia has them at the moment
if they are yours**

(Brett Maybe???)



Heart Beat 45+ Grant

Lifesaving skills of Resuscitation and First Aid

We have been successful in obtain a grant via the Western Australia Department of Health for the above programme . It is available for 10 of our members and the course will be run on:-

Date Wednesday 5 th April

Time From 8 -11 am and

be conducted by the Royal Lifesaving Western Australia .

To enrol please email Richard Stubbs

president@busseltonmastersswimming.com

Please provide your name, phone number and email address

Although this is a free event the value is around \$2000 for our participants .

The Royal Life Saving Society WA (RLSSWA) believes that everyone should know the lifesaving skills of resuscitation and first aid. Half of all drowning deaths recorded in WA are adults aged 45 years and over. In the event of a drowning, CPR performed at the scene could be the difference between life and death. If this was you could you provide lifesaving assistance until emergency help arrives?

Like with any skill, resuscitation skills can be forgotten if not practiced regularly so update your CPR skills by completing a refresher course every 12 months. RLSSWA's Heart Beat 45+ community education course is specifically designed for adults who would like to learn more about how to respond in an emergency and refresh their resuscitation skills. It is a flexible session that runs for between two and three hours, depending on your needs.



OPEN WATER Update 1st March 2023

Saturday 4th March Mullaloo Mile this year includes OWS State & National event Trish has entered

Saturday 11th March Steve's Nominated Time Swim Fun event – West St nets 8.30am serious trophies to be won - don't miss out this year!

Sunday 12th March Coogee Jetty to Jetty there are a few already entered.

Saturday 8th April Gracetown Community Swim the last open water event for the season & one of the friendliest events just 1km and as always just go at your own pace.

DATE	EVENT	LOCATION	DISTANCES	TYPE
Following Swims are all Local – Day trip only				
Sat 11/03/23	Steve's nominated	Busselton West St Nets	850m / 1.7KM	Ocean Solo
Sat 8/04/23	Bay Swim	Gracetown	1KM	Ocean Solo
Following Swims venues further away so probably involve overnight stay				
Nov 2022 – Mar 2023	WOW series	www.wowswims.com.au downloadable-calendar	250m try it Up to 10KM	WOW
Sept 2022 – Mar 2023	OWS series	www.openwaterswimming.com.au/events/	500m up to 10KM	OWS
Sat 4/03/23	Mullaloo Mile	Mullaloo https://mullaloomile.com.au	1.6KM	Ocean Solo
Sun 12/03/23	Jetty to Jetty	Coogee https://www.jettytojetty.org.au	750m / 1500m	Ocean Solo



City of Joondalup

Mullaloo

Mile

SATURDAY 4 MARCH 2023

The Mullaloo Mile

Attention all BMSC members.

Trish has alerted me to another Open Water Swim – The Mullaloo Mile (1,600M) scheduled for Saturday 4th March which is a round of the National Open Water Championship.

Early bird entries close next week Friday 10th Feb saving you \$5 otherwise online entries are up to 3rd March & they may have late registrations on the day subject to availability.

I don't know much about this one but Darryl Kelly swam the Mullaloo Mile back in 2020 so he will know what it is like.

All the info via links below & as usual ask around to see who might be going & discuss options for car pooling etc.

<https://mswa.asn.au/calendar/national-open-water-swimming-championship/>

<https://mullaloomile.com.au/>



Coogee Jetty to Jetty Ocean Swim

Could be a good choice for your first
open water event 250m / 750m / 1500m

WHEN: Sunday 12th March 2023

TIME: Check-in from 6.45am Briefing 8am
Walk from 8.10 to start line. Swim starts 8.30/8.45am
Come early to get a car parking spot!

WHERE: Woodman Point Coogee

HOW: **REGISTER ONLINE NOW – always sells out** <https://www.jettytojetty.org.au/>

COST: 250m \$18 750m \$46 1500m \$52

SOCIAL: Stay around – for presentations and breakfast - Coffee van & Community food stalls

FAQ: **Changerooms?** Yep cold water shower & toilets
How many entrants? 1500m event capped at 1,000 but it is a wave start according to your nominated time
Is it a race? Yes for some but there is also a prize for closest to your nominated time and you can just enjoy the challenge of an ocean swim.

INTERESTED: More Info <https://www.jettytojetty.org.au/>

Ask Suzanne, Sue, Lindsay or one of the other Masters members that have swum this one before





COACH'S CORNER

Wednesdays are starting again
on the 15th of March 2023!

Remember Bring Your Fins to Training



Swimming Program March 2023

GLC Training

<i>Monday 8.15am</i>	<i>Coach Tricia Miller</i>
<i>Tuesday 7pm</i>	<i>Coach Steve Gibson</i>
<i>Wednesday 2.45pm</i>	<i>Recommences 15th March</i>
<i>Thursday 7pm</i>	<i>Coach Andrew Sexton</i>

Ocean Swims

<i>Saturday 8.30am</i>	<i>Busselton Nets West Street</i>
<i>Tuesday 10.30am</i>	<i>Yallingup Lagoon</i>



Committee Meeting Dates for your Diary for 2023

Venue Busselton Surf Lifesaving Club

April 19th 2023 6pm

June 21st 2023 6pm

16th August 2023 6pm

18th October 2023 6pm

6th December 2023 6pm

AGM Date Saturday October 14th 2023 9.30am

Vacancy Club Captain—Pool

Vacant Position

This important role has been done by Rhonda P in past years

More recently we have streamlined it to 3 Saturdays

The Role

Leads Club pool swimming meets / events / records.

Coordinates Club members

Opportunities to achieve swimmers goals.

Works with Club coaches.

Please contact Richard George on the club email address or talk to him

president@busseltonmastersswimming.com



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**
SWIM SQUAD MANLY



Bold and Beautiful

Swimmer of the Month

Gail George

A \$100.00 Budgy Smuggler Voucher

Sports Power Busselton

They give club members a discount on swimming equipment including fins, goggles and bathers.



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	Vacant 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