



NEWSLETTER APRIL 2023

President's Pen – Richard George, Club President April 2023

Club 2023

Club Membership is growing with 83 members. Welcome to the new members.

Lyn Egan, Emma Jones, Gregory Wass, Dixie Criddle and Ethan Lauro.

Please introduce yourself at swims – especially during the Monday, Tuesday, Wednesday and Thursday sessions.

The **2023 'winter' swim season commences at the end of April.** The coaching team will update you of changes on pool deck, though we hope to run most sessions across the cold months. **Andrew Sexton** is taking a break after the AGE Nationals so will be back soon.

Club Affiliation Busselton Masters swimming Club has an affiliated Club to the **Geographe Bay Yacht Club.** This is a new partnership to encourage the use of the facilities, venue and social space.

What this means for us?

- Club membership will take us to the new year in September.
- We can run our meetings and other events in the Training Room
- We need to join as social members to use the bar and Restaurant
- Social membership for individuals, is 50% discounted until September at \$15.

To join as a social member

- Sign up when you go there and pay the \$15.00 (Preferred)
- Or please go onto the website and follow the links. (More Complicated)

To purchase drinks at the bar you will need to have a disc which is provided to members.

Members are able to have guests there.

So husbands can bring the wife/partner for example! (I will be in trouble here!)

Stop Press—To kickstart things

Social Drinks on Easter Sunday 9th April 5pm

Geographe Bay Yacht Club

All Welcome - Please join as a social member when you arrive!

President's News Continued – Richard George, Club President

News

In the wake of the **Busselton Mail** articles, some of the major local Swim Clubs met last week to review the process ahead. We've agreed to keep building material, towards a future presentation to Council. Please let me have any feedback from the Community.

BUSSELTON 100. Please read the Volunteer information for this important Club fundraising event on 29th April in this Newsletter. Everyone who attends provides the Club \$35 and you can come for a short or longer session. It's fun to watch and help the athletes and we have members competing this year to cheer on. Its normally over by 4-5pm.

RESTART 2023 has been delivered with almost 20 participants. It averaged good numbers each week by comparison. A huge congratulations to **Steve, Donna, Mon** and team for running this 4-week '*reinvented*' session. I hear Mons relays were excellent and one of the members brought cake (and I missed it).

The Newsletter also contains some wonderful pictures of **Trish** being awarded the Perc Edwards medal at the Coaches Conference. We are so proud of her.



Above are photos from the recent First Aid course Heartbeat 45+

President's News Continued – Richard George, Club President

Swims

Gracetown – the last event of the 2023 summer season is on Easter Saturday at Gracetown. Register and swim and enjoy a day with friends. It's a 1km lap of the bay. More information to follow.

SWIMS on Saturdays at the Foreshore nets have had great numbers.

- ⇒ Trish's Fishes are back into the GLC sessions on Mondays 8:15am.
- ⇒ Yallingup Tuesday 10:30am Social swimmers are also enjoying the balmy waters.
- ⇒ Wednesdays 2.45pm is off and running under Club coaches, as are
- ⇒ Tuesdays and Thursday 7PM sessions.
- ⇒ Arrive 10 minutes ahead of all swims. Details on our Google calendar.
- ⇒ A.45am Saturday Pool Swims will recommence on May 6th

Social

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

Heartbeat 45+ First Aid Course

Thankyou to Richard Stubbs for organising this course. We had 16 enthusiastic people participate and complete the course. It was relevant to our situation as pool and ocean swimmers and covered lots of aspects of First Aid and a refresher on Resuscitation. It was our first event run at the Geographe Bay Yacht Club. Gail has included a link to the Learning on our website under the Newsletters. Plus the link in this MailChimp email.

Next Committee meeting – April 19th 6pm—
Geographe Bay Yacht Club—Training Room

Please talk to Donna, Committee members or myself about issues you'd like raised.

Richard George



Above is a photo from the recent First Aid course Heartbeat 45+



Geographe Bay Yacht Club Inc.,

**Join us for Sundowners Easter Sunday 9th April 5pm
Plus the Sunday Roast Buffet**

Details on the next page

**Geographe Bay Yacht Club
All Welcome**

Please join as a social member when you arrive!

Social membership – 50% off is \$15 for membership until September 2023

To join as a social member

- Sign up when you go there and pay the \$15.00 (Preferred)
- Or please go onto the website and follow the links. (More Complicated)

Geographe Bay Yacht Club Inc.,

P O Box 243, Busselton WA 6280

Administration Office Hours: Thursday and Friday 0900 - 1200

Ph (08) 9752 2522

Bookings are essential for Dinner

To secure your booking with

"The Galley" - GBYC, book direct at

Thegalley.gbyc@gmail.com

or

Phone: 0433 536 726





Geographe Bay Yacht Club Inc.,

Join us for Sundowners Easter Sunday 9th April 5pm

Geographe Bay Yacht Club

All Welcome

Please join as a social member when you arrive!

You can even book for dinner as well

We booked by Text this morning!

The Sunday Roast Buffet

available from 5pm

SUNDAY ROAST BUFFET

Book your spot for this special treat

Enjoy a buffet of roasts including Roast Pork, Roast Chicken and all the trimmings. Included in the price is a delicious desert to end the evening.

Adults \$35 and Kids \$17.50

Book direct with Drew and Simon

Contact Drew & Simon to book

Thegalley.gbyc@gmail.com

0433 536 726

Reserve your booking via direct deposit

Account name: Simon Foster

BSB: 016125

Acc Number: 329334495

Reference: your name & date

Bookings are essential for Dinner

To secure your booking with

"The Galley" - GBYC, book direct at

Thegalley.gbyc@gmail.com

or

Phone: 0433 536 726



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	

RUN AID STATION VOLUNTEERS – BUSSELTON 100

Location: Run Course, Busselton Foreshore at designated aid stations (2)

Times: SATURDAY 29th April 1-5pm

Equipment Supplied: T-shirt, hat, lunch

Roles:

- Ensure there are adequate drinks allocated to drink stations and continually refill drinks when necessary. This includes sports drink and cola drink as required.
- Hand out drinks to participants in a safe and professional manner to minimize disruption to their race – this includes use of hygienic gloves.
- Ensure area around drink station is free of used cups and bottles.
- Collect up all used cups and bottles in bags provided for disposal.
- Pack unused drinks back into cartons and pack up the drink station at the end of the event.



OUT AND ABOUT

National Masters Open Water 1600m Swim at Mullaloo

Our member Lesley Meaney came 1st 75-79 Age group in National Masters Open Water 1600m Swim at Mullaloo on Sat 4 March. Then backed it up next day with Cottesloe SLSC 1600m Handicap - Marbro Race on Sunday 5 March. Amazing effort.

Lesley's words as follows: "Thrilled to represent Busselton on Saturday. Sunday's race was a handicap one (no age group winners) young guns and a few oldies. I swim it each year. I think it's good for the younger competitors to see us oldies still giving it a go!". 🏊‍♀️

Julie O'Connor 60-64 (2nd place getter) at Mullaloo and Tricia Miller also represented Busselton at the National OWS Saturday 4 March.

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.**



BUSSELTON MASTERS SWIMMING CLUB



The Big day out at Bridgetown!
12 swimmers and 20+ for lunch
Great Fun!

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:-

- **Gracetown Easter Swim**
- **Meelup Swim and Breakfast**
- **Thursday Weekly Bike Rides**

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
April	<ul style="list-style-type: none">• Re-Start Swimming Program• Gracetown Bay Swim (Easter) breakfast at the Beach• Sundowners and Buffet Roast GBYC• 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• Easter Sunday 9th April 5pm• Sunday 16th April• Saturday 29 April 2023 1-6pm
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
June	<ul style="list-style-type: none">• MSWA Winter Solstice Swim at Yallingup Beach Lagoon• Pickleball followed by Dinner at the Ship In ??	<ul style="list-style-type: none">• Wednesday 21st June 2023



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-2023-easter-bay-swim-tickets-488386415917>

ONLINE REGISTRATION ONLY NO REGISTRATIONS ON THE DAY

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

Maison Lassaille <https://maisonlassaille.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





Meelup Beach Swim

16th April 2023 Meelup Beach

Toes in at 9am

Followed by Picnic Breaky/Brunch

BYO Everything BBQ Available Bring Chairs



Swimming Program April 2023

GLC Training

Monday 8.15am Coach Tricia Miller (GLC Closed Easter Monday 9th April—No Training)

Tuesday 7pm Coach Steve Gibson (GLC Closed Anzac Day 25th April—No Training)

Wednesday 2.45pm Coaches Various

Thursday 7pm Coach Andrew Sexton

Ocean Swims

Saturday 8.30am Busselton Nets West Street

Tuesday 10.30am Yallingup Lagoon

Wheels and Peddles 2023

Thursday Bike Riding Adventures

Club members have a weekly bike ride via a coffee spot along the way.

Keep in touch via messenger

If you would like to be added to the messenger group please email

president@busseltonmastersswimming.com

The rides always start at

Dolphin Road, West Busselton,

9.00am Thursdays

If it is hot 8.30am

What's On

Check Google Calendar for more details on the Club's Website

Click on the QR Code

[Busselton Masters Swimming Club](#)



Keep yourself up to date, to find more info is in the event when you click on them.

You can import them into your own calendar and receive reminders

Committee Meeting Dates for your Diary for 2023

Venue Geographe Bay Yacht Club

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



OPEN WATER Update 1st April 2023

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.

That is about it for another season of Open Water Events – but it all starts up again in November at Koombana Bay Bunbury

Until then keep swimming - Pool or Ocean & remember Tuesdays at Yallingup goes all year and the water stays a bit warmer than Geographe Bay.

DATE	EVENT	LOCATION	DISTANCES	TYPE
Following Swims are all Local – Day trip only				
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 se- ries	www.wowswims.com.au downloadable-calendar	250m try it Up to 10KM	WOW
Sept 2022 – Mar 2023	OWS se- ries	www.openwater swimming.com.au/ events/	500m up to 10KM	OWS



COACH'S CORNER

There are many members who make wonderful contributions to Masters Swimming WA at club, state, national and/or international levels. The late Perc Edwards from Claremont Masters was one of these special people and it is fitting that in 2012 we named our new award after Perc as a long-lasting tribute to his outstanding contribution to our sport.

Last month Tricia Miller received the Swimming WA Perc Edwards Award. The award was presented at the National Coaches Conference in front of 45 coaches from around Australia. Trish was chosen above others for her continued contribution to Masters swimming. It was noted that not only does Trish continue to coach but recognition was given to her instrumental part in the of the inauguration of Busselton Masters Swimming Club. Special mention was given for her part in the introduction of a Restart Program which this year reached its 6th year.

From all club members and fellow coaches, we would like to Thank Trish for all she has done and continues to do for our club.

Previous Winners of the Perc Edwards Award

2021	Lee Ellis	Leeming
2020	Mike Kerman	Westcoast Master
2019	Richard Hughes	Claremont Masters
2018	Robert Beckett	Superfins Masters
2017	Darryl Kelly	Busselton Masters
2016	Not Awarded	
2015	Elena Nesci	Claremont Masters
2014	Barbara Hart	Maida Vale Masters
2013	Jon Haines	Perth City Masters
2012	Wayne Cable	Mandurah masters



COACH'S CORNER

Trish has been an active member of AUSSI and Masters Swimming for over 25 years, swimming at Somerset before helping to establish the new Busselton Masters Swimming Club in February 2015, with 20 inaugural members.

Trish is a formidable swimmer, maintaining about 5 swims per week and up to 500km per season. Trish is known for her persistence in cold water and swimming without a wetsuit – preferring the Budgie Smugglers in several exotic patterns. She leads by example.

Trish has had and maintains several roles in the Club. As Secretary from Feb 2015 until October 2021, Trish managed the Clubs Day to day activities, business and engagement with members and community. Trish engages with all the members and provides mentoring as well as regular communication to ensure all existing and new members were supported and kept informed of Club activities. As secretary, Trish had the central role of managing the membership database, emails and related communication.

Trish now volunteers as Coach and was previously the Coach coordinator for the Club. She provides pool deck support for Masters Swimmers and also coaches for the Geographe Leisure Centre. Trish has built and maintains support of the Masters WA swimming coach, Kareena Preston, and created several opportunities for her to come to Busselton in the last 18 months. Trish continues to support the clubs existing coaches and provides a mentorship program for new coaches.

However, at Busselton Trish is most respected and awarded by her interest and actions in seeking opportunity to encourage new members to join the Club, in particular in starting what Busselton now runs as its signature welcome event, the Re-Start program.



COACH'S CORNER

Re-Start is an initiative to encourage locals to come and try swimming, either as an ex-swimmer, or just a causal swimmer who want to improve their skills or achieve new personal goals. With the help of the Club and the coaching team, Trish has now run several Re-start programs and attracted many of our current members to Busselton and Masters WA.

Over recent years and particularly the past 24 months, Trish has made several voluntary trips to Perth to represent Busselton Masters Swimming Club related to Coaching clinics and education sessions provided by Masters Swimming WA. As a country member, this involves a large time cost.



Tricia Miller winning the Perc Edwards Award, presented to her at the recent coaches conference in March





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	Julie O'Connor Colin Holden*	Leads Club pool swimming meets / events / records. Open Water Swims—coordinates Club members	Opportunities to achieve swimmers goals. Works with Club coaches.
Bold & Beautiful	Andrew Stephenson	Specific B&B website	Fun, Monthly prizes
Triathlon Events	Andrew Hembroff	Specific - 2 Tri Events	Fundraising Event Coordinator
Social Events	Darryl Kelly Tess Martin, Sue Hart, Colin Holden, Steve Gibson and Gail George.	Leads events with Committee and members support	Please all help here
Communication	Gail George	Newsletter Facebook	Google calendar
Committee	Andrew Stephenson	Supports Club—events	Committee member
Committee	Simon Keall	Supports Club—events	Committee member

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