

NEWSLETTER



In this issue:

President's Report by Richard George
CCC It's Relay Time
Jetty Swim First Timers Preparation
New: Masters Events and News
The Social Corner And Events Invitations

Club Membership is 128 (28/10/25). We welcome to **Jo Rudland** to the Club. All existing memberships (not new 16-month memberships) will be due to renew BMSC memberships after December 1st 2025, for the new 2026 year.

New members, talk to a coach to get your Master's Welcome pack, which includes your fluoro-green **The Par 3-sponsored Club cap** and **MSWA "Gold" 50-year Masters celebration cap**. Replacement caps are available if you lose one, too. Ask about joining **Bold and Beautiful** to log your kilometres and be in a monthly draw - \$100 Budgy Smugglers prize - and about our



A big thanks to Busselton Water for backing community wellbeing, and to our awesome coaches & volunteers for keeping it safe and fun. 🙌

Messenger groups. Members can also join the <https://mastersswimming.org.au/programs/million-metres-program/> and use the VORGE App. You receive awards for each 1 million meters (1000km) you swim.

AGM and Club Committee

This Saturday, November 1st, AGM is only days away. Everyone should have received an email from the Club that outlines the Agenda, changes proposed to the Club By-Laws and also consideration of the Club's first two Life Members, **Tricia Miller and Darryl Kelly**. Please read the Reports on the BMSC website for more details. Any members nominating for the Committee, please fill out the forms provided on the website and get to Tess (Secretary) on or before Saturday's meeting.

The AGM will start after a CCC relay and BBQ being organised by Andy and Tanya. We'll also be taking the 2025 Club photo. Please wear your Club shirts if you have one.

Club Swimming

On November 1st, **AGM day**, Julie has prepared a selection of Relays for all CCC participants and regulars who want to swim. Andrew Sexton will manage the warmup. Come along and swim, cheer and support, with some potential State records up for grabs? Busselton won the CCC in 2024, and we're keen to try again this year.

Last Saturday, Pool Swim

Andrew Sexton's pool session will end Saturday, 8th November, when we transition to the OCEAN at the Busselton Foreshore. We have heard the Busselton nets will go in this week, and the Dunsborough nets on 10th November.

Tuesday and Thursday training sessions are back to the usual 7 PM timeslots. Andrew Sexton is running on Thursday at 7:30 AM and 7 PM, with training on Mondays at 8 AM and Wednesdays, continuing until later in December. Check the website and the newsletter for confirmed times.

A special thank you to Trish Miller for running yet another year of the successful Trish's Fishes. With swimmer awards, stretching and a diversity of training options, this Monday 8 am session is extremely popular. Trish's Fishes will finish up at the end of November.

Ocean Swims

As above, Club Ocean Swims will recommence 8:30 am Saturday, 15th November at the West Street Foreshore. Throughout summer, Ocean Social Swims also run at 8:30 am at the Foreshore nets on Monday, Wednesday, and Friday, and at Yallingup (Tuesday and other days). The Yallingup 'salty sea fossil' swimmers also meet at the Dunsborough nets, depending on the winds.

Preparations are well underway for the TEAMS training for the GeoBay 2025 swim. Places are still available. The Todd Talor and Andy Cowan Duo has been training a lot recently, and the Brett Edwards TEAM, the "Leg Ends" (Brett, Brendon Bunning, Sue Buckland, Niamh Healy and me) are late starters 😊
<https://www.geobayswim.com.au/>

Jetty Swim 2026 – congratulations to everyone who was successful in the Jetty Swim 2026 BALLOT for the SOLO and 1-MILE swims. From what I hear, nearly everyone got through, with only a couple on the wait-list. This year, I think we will have up to 50 members swimming. After Christmas, we will join many other swimmers near the Goose steps to begin laps of the Jetty. For those who would like to swim with lots of friends, this is the perfect chance. Between 10-20 members and over 100 people will swim the Jetty on Sunday mornings leading up to the event.

Fundraising

The December Ironman Western Australia has offered the Club the opportunity to participate again and manage an aid station at this amazing event. Ironman is one of two volunteering events we have run as part of the Club's contribution to Busselton's sporting culture. This year, we will earn \$2750 from the day's work. **Andrew Hembroff** is our committee coordinator and will have timeslots for you to choose from and be at the AGM to explain.

I look forward to summarising the club's successful applications for other funds for 2025 and 2026 at the AGM – all thanks to **Sharon Ramels'** amazing committee work. These funds will go towards enhancing your swimming experience and increasing our coaches' capacity.

Social Events.

Busselton Masters Social Club hosted a fantastic bike ride from Witchcliffe to Margaret River last weekend, including a coffee break and lunch afterwards. Thanks to Steve Gibson and Sue Hart for going and finding Darryl Kelly, who missed the turnoff to morning tea, and to Gail and Sue for planning the logistics and managing the day. For those who haven't ridden the Wandandi Trail, it's a beautiful ride. I hear we rode 18km, but it was flat, and there was plenty of chatting with not too much puffing.

Upcoming events include another chance to chat, have a drink, and relax with **Barefoot Bowls** on **Friday, 21st November at Dunsborough**, followed by the popular **Sunday, 30th November Augusta swim and lunch**. Check the Newsletter

or the members' BMSC Chat Group posts for details. Thanks to Lynette Gittos and her team for organising all the events as we head towards Christmas, including my favourite – the Christmas Day morning swim.

Next Committee meeting is on Wednesday, 10th December, at the Yacht Club. Please speak to Club Secretary Tess, committee members, or the president about issues you'd like raised or ideas we can follow up on.

Thank you.

President – Richard George



Our Biggest Fundraiser

VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS!
WE NEED YOUR HELP!

This is one of only two events where we ask our amazing members to lend a hand. 🙋

Please make yourself available to help your Club thrive – your support keeps our community strong and our events running smoothly! ❤️

Did you know? Andrew organises two of these major events each year for our Club, and they make a huge difference! ❤️

His efforts – supported by our amazing volunteers – help keep our membership fees lower and our community thriving.



Please start signing up to volunteer at the Transition Aid Station. This is our Club's biggest fundraiser. It is both rewarding, fun and easy!

Please register direct with Andrew, He will need your name, dob, address, email, t-shirt size & emergency contact.

Andrew will be attending this Saturday with his computer with the hope of signing up as many as possible.

Or you can register using this email link:

andrewhembroff@gmail.com



MASTERS NEWS AND EVENTS

2025 / 2026 Open Water Events (Draft)

Date	Event	Location	Distances	Type
Sat 15/11/25	Geo Bay Classic	Dunsborough → Busselton Jetty	20 km	Ocean • Teams & Solo
TBA Sun 30/11/25	Augusta Swim	Flinders Bay	Choose your distance	Ocean • Social
Sat 10/01/26	MR Ocean	Gnarabup	1 km	Ocean • Solo
22–25/01/26	Swim Australia OWS Champs	Koombana Bay	500 m – 10 km + Community	Ocean • Solo
Sat & Sun 7– 8/02/26	Busselton Jetty Swim	Busselton (Sat Teams / Sun Solo)	500m / 1 km relay / 1.6 km / 3.6 km	Ocean • Teams & Solo
Sat 21/02/25	Swim-Thru	Barretts, Bunbury	1.6 km (Nominated Time)	Estuary • Solo
Sun 8/03/25	Jetty to Jetty	Coogee	750 m / 1.5 km	Ocean • Solo
TBA Sat 14/03/25	Steve's Trophy	Busselton West St Nets	850 m / 1.7 km (Nominated Time)	Ocean • Solo
Easter Sat 4/04/26	Bay Swim	Gracetown	1 km	Ocean • Solo

Other Swims to Consider

- WOW Series (2025–26): wowswims.com.au – 250 m “try it” up to 10 km
- OWS Series (2025–26): wa.swimming.org.au – 500 m up to 10 km
- Sat 21/02/25: South 32 Rottnest Channel Swim – 19.7 km • Ocean • Team & Solo

• • • • • Saturday, November 1st — CCC Relay Carnival 08:30–09:45

- *Relay day will be fun... There will be no records broken this year, so swim as fast or as slow as you like (you are welcome to take a rest at the 25m mark).*
- *Relays will be followed by a BBQ, AGM and club photo, so wear your club shirt if you have one.*
- *Please arrive at 8:30 and register with Julie so we can set up relays.*
- *Bring extra towels or a deck coat, as you will be in and out of the water.*
- *There will be a 15-minute swim/relay-prep warmup, and then we will use only 3–4 lanes for relays, leaving spare lanes for extra swimming/warm-up / cool-down.*
- *If you don't wish to participate in relays, we would **REALLY appreciate your assistance** with timing, if possible.*

GENERAL CLUB NEWS



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.

Gasping for air?

You're not alone. Breathing is the #1 thing that trips up freestyle swimmers—even the good ones.

The problem? Most swimmers hold their breath too long, lift their head too high, or rush the rotation. It throws off everything: your rhythm, your stroke, your speed.

The fix is more straightforward than you think...

It starts with your head position. Keep it neutral, turn (don't lift), and exhale steadily underwater. That's it. Small tweak, massive impact.

Ready for the Jetty? Join Our Open Water Training!



Looking Ahead: Structured Ocean Coaching
As we move our Saturday Club session to the ocean sessions from mid-November, we're gauging interest in structured Jetty Swim coaching (for any distance).

These sessions will focus on practical open-water skills — breathing, sighting, pacing, drafting, and handling rougher conditions — to help you feel calm, capable, and race-ready. If you'd like to take part, please let Julie know so we can plan sessions that suit everyone.

And to our coaches, if you're keen to assist or co-lead a session, we'd love to hear from you! Your experience and enthusiasm help make our community thrive.

Are you interested in either coaching one of these sessions or attending? Please let Julie know at training or [email](#) her.



Join Your Coaches Poolside!

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

Club Training - November 2025

- Monday with Trish: 8.00 am - Arrive 15 minutes early for the pre-pool stretch and swim land training. coffee afterwards at Par3
- Tuesday with Steve & Pav: 7:00 pm
- Wednesday with Mon, Riley, Andy, Julie, Ian: 2:30 pm
- Thursday with Andrew: 7:30 am
- Thursday with Andrew: 7:00 pm
- Saturday with Andrew: 8:45 am - until Nov 8th, then West St Nets from 15th
- Sunday: Endurance swims - join the Sunday Chat Group for info re pool/ocean

Social Swims

- Monday: Wednesday, Friday: 8:30 am West St Nets
- Tuesday: 10:30 am toes in the water Yallingup Lagoon; chatter & coffee at Andy's Store afterwards

GENERAL CLUB NEWS

My Maldives Adventure – Julie O'C.



I have just returned from a magnificent adventure to the Maldives (correctly pronounced as “mol.deevz”). It was a week-long swim training camp organised by Brenton Ford from Effortless Swimming, with Sharon van Rouwendaal as the guest coach. Sharon, from the Netherlands, has just retired from competitive Open Water swimming after being a 2-time Olympic 10k champion and a 3-time World Aquatics 10k champion. She is a wonderful person and a fabulous coach for any level swimmer.

11 swimmers were attending the camp: 1 from Egypt, 3 from the U.K. and 7 from Australia (3 WA, 2 NSW, 2 QLD).

The Maldives consists of 26 atolls (ring-like chains of islands). There are over 1100 islands in the atolls, but only around 200 are inhabited. They are one of the lowest-lying countries in the world, averaging just 1.5m above sea level! Although they were Buddhist for a long time, the influence of Arab traders led the country to convert to Islam, which it remains today.

We completed 11 swims over 7 days, totalling 36.5km. We usually completed a longer swim in the morning along the edge of the fringing reef of one or more islands (the “drop-off”), which is where the most diverse marine life is usually found. In the afternoon, we would usually swim in a sheltered lagoon, doing more drills and skills work (plus some underwater filming and analysis), and then do an easy 1k swim back to base. Apart from the marine life that we encountered on our swims, we also managed a few snorkels (including a night snorkel with torches). Some of the marine life we encountered included turtles (green and hawksbill), rays (manta and eagle), sharks (grey nurse, black-tip reef, and a juvenile hammerhead), pufferfish, lionfish, cuttlefish, grouper, batfish, and many other smaller coral reef inhabitants.

It was a fabulous camp, with great coaching and meeting other like-minded swimmers. One of our local guides even had a marine science degree and gave us a couple of talks on research they are doing on Whale Sharks and Sea Grass.

Here is a link to an Instagram post from Sharon, showing some highlights from the camp

https://www.instagram.com/reel/DP-orGnDEIg/?utm_source=ig_web_copy_link

Sharon has expressed a keen interest in visiting Busselton in January 2027 to run some Masterclasses (2.5-hour clinics) and a camp or two (6 or 7 x ½ days). Each camp and clinic is restricted to 10 participants. Let me know if you're interested.

Here is a [link to her website](#) for the camps she runs in Majorca, Spain, to give you an idea of how her camps work. No matter how good our local coaches are (and they are excellent), as both a swimmer and coach, I always find it beneficial to get some variety... sometimes just hearing the same idea put across differently can help you make the change you need... and Sharon has a fabulous way of putting ideas across.



Brenton Ford & Sharon van Rouwendaal



GENERAL CLUB NEWS

BUSSELTON MASTERS SWIMMING CLUB

Busselton Masters Swimming Club Inc ReStart Swim Programme 2025

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

FITNESS, FRIENDSHIP & FUN Masters Swimming Australia

ReStart Four Week Swimming

Nov 16th 23rd and 30th Dec 7th
SUNDAYS 8.00AM – 9.15AM

Geographe Leisure Centre OUTDOORS
Cost of \$50

Participants must be able to swim 25m and
competent in deep water and be medically fit. No
cost to participate.

Pool entry payable at GLC reception each session.
Please bring Swimming Fins, Goggles, Water Bottle,
Sunscreen

Registration opening the 18th Oct with further info to
come

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

bussorestart@gmail.com



If you have any friends who would like
to join please [share this link](#) with them

If you're diving into the water today, remember:

💧 **Slow down.** Feel the water gliding past your
hands. If you're fighting it, ease up. Efficiency
feels smooth, not strained – let the water
carry you.

🌊 **Exhale continuously underwater.** Many
swimmers hold their breath and then panic.
Keep the breath flowing out, steady and calm
– let it guide your rhythm.

🌟 **Celebrate the small stuff.** A smoother
stroke. Easier breathing. One extra lap without
stopping. Each one is a victory.

And most importantly – have fun! Feel the joy
of movement, the freedom of water, and the
peace that comes from being fully present.

Coach the Coaches Professional Development



Department of
Creative Industries,
Tourism and Sport

Our first session is locked in for **Sunday, 14
December**, and we are excited to welcome **Kyle
Lee**, who will lead the workshop. Kyle is presenting
alongside Andrew Sexton and Julie O'Connor.

This opportunity is open to **all registered
swimming coaches and program leaders
throughout the South-West**, providing them with
space to develop their skills, connect with peers,
and bring fresh techniques back into their
programs.

BOOK NOW >>



**BOLD
BEAUTIFUL
SWIM
SQUAD
MANLY**

 **budgy
smuggler®**

Our Budgy Smuggler
Swimmer of the
Month is Denise
Haggarty - you have
won a Budgy
Smuggler Voucher

GENERAL CLUB NEWS



Monday Fishes – Swimmer of the Month of October



Congratulations to Debra Bamess, our well-deserved Swimmer of the Month for October! 🌟

Deb has shown fabulous freestyle kicking and wonderful determination to improve her technique. Your commitment and positive energy inspire everyone in the lane – well done, Deb! 🌟💙

And a big thank you to Pascall for presenting the trophy – a beautiful moment of team spirit and encouragement! 🏆💙



Joy in the Ocean – Swimming Smart and Safe

There's nothing quite like that first dive beneath the surface – the cool rush of salt water, the laughter between friends, and the rhythm of strokes carrying you toward the horizon. Ocean swimming gives us freedom, vitality, and a deep sense of connection to nature.

As we move into the summer season, let's remember that the same ocean that brings us joy also deserves our respect. Take a moment before each swim to read the water – notice the currents, wind, and where others are swimming. Swim with a friend, wear your fluoro-green club cap to stay highly visible, and use a tow buoy for both sight and safety if you plan to swim further out to sea.

These simple habits make a world of difference – helping us look out for one another and ensuring that every swim is a safe, uplifting experience. With awareness, respect, and a splash of courage, we can enjoy all the magic the ocean offers – safely, together, and with gratitude. 💙

Sobering Facts

154 people drowned along our shores last year – the highest toll on record – accounting for 43% of all drowning deaths nationwide. Every one of them occurred outside the red and yellow flags, outside patrol hours, or at unpatrolled beaches.

The patterns are familiar: older Australians at greatest risk, men overwhelmingly represented, and rip currents continuing to claim lives year after year. The commentary, too, rarely changes – “swim between the flags,” and a chorus of other messages that sound a bit like being told off by your parents.

We need to move beyond awareness campaigns and build a new culture of ocean understanding – one that empowers people with practical skills, knowledge, and respect for the sea. That means research, education, and fresh thinking that gives people tools to stay safe wherever they choose to swim.

GENERAL CLUB NEWS

💧 Thank You, Busselton Water & Our Winter Swimmers!



What a season it's been! Through rain, hail, or shine, our swimmers showed up with smiles and determination. A huge thank you to **Busselton Water** for supporting our Saturday Surge winter swimming program — your generosity kept us moving through a long, cold, wet winter.

Special thanks to Coach Andrew Sexton for his fabulous coaching and encouragement week after week. And to everyone who braved the chilly mornings — you kept the spirit of our club alive and thriving.

Together, we turned winter into a season of strength, laughter, and community. ❤️

CHAT GROUPS



BMSC Chat Group

Active now · 🚩



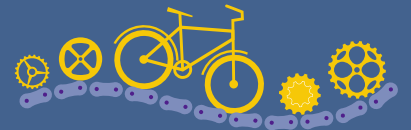
BMSC Bike Ride Thursday Group

Active now · 🚩



**Sunday Endurance
Training**

Wheels & Peddles 2025



The rides always start at Dolphin Road, West Busselton, usually starts 9.00am Thursdays



Thursday Bike Riding Adventures

Club members have a weekly bike ride via a coffee spot along the way. Keep in touch via messenger **If you would like to be added to the messenger group please see below:**

IF YOU WOULD LIKE TO BE ADDED TO THESE GROUPS PLEASE EMAIL:

PRESIDENT@BUSSELTONMASTERSWIMMING.COM



BMSC SOCIAL CLUB NEWS



SOCIAL 'BAREFOOT' COME & TRY LAWN BOWLS

WHEN: Friday 21st November 2025

TIME: Happy hour drinks from 4.30 pm / Come & Try Lawn Bowls 5 – 6.30 pm / Dinner at 7pm

WHERE: Dunsborough Country Club, 40 Gifford Rd, Dunsborough

HOW: Try something different, or regular bowlers can enjoy a social roll up

COST: Gold Coin donation per player / Purchase drinks from the bar / Dinner at Bungalow Social Dunsborough

DINNER: Option to meet for dinner at Bungalow Social 266 Naturaliste Tce. Dunsborough

<https://www.bungalow.social/menu>

RSVP BY FRIDAY 14th NOV for table booking

(:Note Bamboo Spiceis unable to accommodate a group booking)

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

Do we need Bowls / Shoes? No need for bowls shoes, going barefoot is fine

Bowls supplied

Do I need to know how to Bowl? No, there will be expert Country Club bowlers volunteering their time to show you how

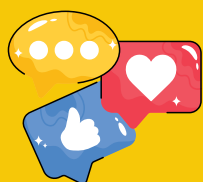
Is it a competition? No this is just for fun.

INTERESTED: Ask Colin for more information

RSVP BY FRIDAY 14th NOV



Social Club Calendar



November

- AGM and relays
- Lawn bowls Dunsborough
- Flinders Bay Augusta swim and lunch @Augusta Pub.

- Saturday 1st November Bbq breakfast
- Friday 21st November 4.30pm. Dinner-7pm
- Sunday 30th November Flinders Bay 10.30- RSVP 16th November lunch.

December

- Busselton Ironman
- Xmas Party @Gail and Richard Georges place
- Xmas day swim 8.30 am

- Sunday 7th December
- Sunday 21st December

January

- Gnarabup Swim (1km). coffee Maison Lassiaille
- Beach/pool swim Breakfast & ?morning tea @ Gittos' **(TO BE CONFIRMED)**
- Australia Day Swim and rotary club Breakfast at foreshore
- Dunsborough Nets and Curry Van

- Saturday 11th January

- ?Sunday 18th January

- Monday 26th January ? 7.30-8.00am start **(TIME TO BE CONFIRMED)**

- Saturday 31st January 5pm





Busselton Masters Social Bicycle Ride

Thanks to everyone who joined the ride — what a great turnout and a truly delightful morning on the Wadandi Track from Witchcliffe to the Amaze'n Maze for a well-earned coffee (once Darryl finally joined us! 😊). His mysterious disappearance had us all worried for a bit, but thanks to Steve & Sue's successful recovery mission, all was well again!

The day didn't go completely without adventure — Gail had a minor tumble but bounced back quickly 🙌, and Nicky's purse went missing... only to be miraculously found after a quick trip back to Busselton and return by car just in time for lunch! 🚗💡

We also discovered a stray set of car keys that, as it turned out, belonged to Pete — and luckily he wasn't going too far without them! 🔑

Some of the keen riders extended their route down to Boodjidup Road before returning to Witchcliffe, and everyone rounded off the day with a relaxed lunch at the Margaret River Brewhouse 🍷.

A fantastic day out full of laughs, good company, and a bit of adventure — just how we like it! Looking forward to the next one — perhaps something a little closer to Busso in between our annual Wadandi Track rides.



♥ Join the Committee!

Love our club? Want to help shape its future? Join the Busselton Masters Swim Club committee! It's a great way to give back, share ideas, and keep the fun, friendship, and fitness flowing—on land as well as in the water!

YOUR 2025 **Committee members are:**

Executive:

Richard George - President

Todd Taylor - Vice President

Tess Martin - Secretary

Christine Patterson - Treasurer

General Committee:

Colin Holden Julie O'Connor

Andrew Hembroff, Monique Gilks

Sharon Ramel, Steve Gibson



FRIDAY

OPEN FROM 3 PM

**Social Membership Geographe
Bay Yacht Club**

What's On?

Click the QR
code to open the
Club's Website



Many of our members have joined this wonderful Club. There is nothing better than having a swim and sundowners at the Geographe Bay Yacht Club on a Friday Night Social Membership is \$30.00 per year. You can invite 5 guests along. The Busselton Masters are building a strong association with the GBYC. We have our bi-monthly meetings in their meeting room.



Caps

Contact Todd Taylor for
your new sponsored cap

Contact us

PLEASE SUPPORT OUR SPONSORS



Maras Carpentry

- Renovations
- Extensions
- Domestic & Commercial Maintenance

Anthony Maras
0419 840 207
ant@marascarpentry.com BR 13222



BUSSELTON WATER



City of Busselton

Geographe Bay



Busselton

Gives BMSC members a
discount on swimming gear