

CCC.

JOIN THE FUN AND EARN POINTS FOR YOUR CLUB

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The Social Corner And A Lot Of Events Invitations

President's Pen

It's always a pleasure to start with good news, and this month we get to welcome four new members to Busselton Masters: Charlie Gale, Abigail Smith, Michelle Bateman and Nina Gelbke. Their arrival brings our club membership to 103, a milestone we're proud of and a testament to the strong, friendly culture we've built together.

Welcome, ladies — I hope each of you has already felt at home at one of our training sessions. We're a club that thrives on encouragement, a bit of banter, and plenty of hard work in the water, and I'm sure you'll enjoy being part of it. It's also fair to say your arrival has delivered an unexpected bonus: you've collectively dragged our average age down quite considerably. The rest of us will happily take that win.

Our yearly video analysis sessions with Andrew Sexton have now wrapped up for 2026. A huge thank-you to Andrew for his expertise, and to all our coaches who supported him with filming, organising and keeping the three sessions running smoothly. These days are a valuable chance to check in on your technique, see your progress, and pick up a few things to work on. I encourage everyone to keep attending each year — it's one of the best tools we have for improving in the water.

As we all try to stay motivated through winter — and with many of us heading off to warmer places for a holiday — it's fair to say the cold mornings/evenings can test even the keenest swimmer. I for one am very much looking forward to seeing blue skies and warm weather return in a few short months. Hang in there, keep turning up, and we'll be back into the sunshine before we know it.

Great to have you all on board. See you at the pool.

Thank you.
President - Steve Gibson



MASTERS NEWS AND EVENTS

2026 Act Belong Commit Country Carnival by Correspondence

The 2026 Act Belong Commit Country Carnival by Correspondence (CCC) is proudly presented by Masters Swimming WA and is open to all affiliated country Masters Swimming clubs and their members.

The Carnival will run from 11 April to November 2026. Swimmers compete in their own home pool under Masters Swimming Australia rules, making this a fun, accessible and inclusive competition for country clubs across Western Australia.

Ask your coaches or other swimmers about it if you are new to the Club.

Be pro-active - email bmsccoaches1@gmail.com to nominate your races before August 7th. Include your last race time - you can find that information on our [website under the News & Docs tab](#) or take the times from your recent training sessions.

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

15 August Sprint Carnival 25m, 50m, 100m, 200m

Events 1-16 and Events 28-29

12 September Endurance Events 200m, 400m, 800m

Events 17-24 and Events 30-31

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

Events 25, 26, and 27

1500m by arrangement with your Coaches or a Sunday session with booked lanes.

Event Program

Event 1:	25m	Free	Event 2:	25m	Back	Event 3:	25m	Breast	Event 4:	25m	Fly
Event 5:	50m	Free	Event 6:	50m	Back	Event 7:	50m	Breast	Event 8:	50m	Fly
Event 9:	100m	Free	Event 10:	100m	Back	Event 11:	100m	Breast	Event 12:	100m	Fly
Event 13:	200m	Free	Event 14:	200m	Back	Event 15:	200m	Breast	Event 16:	200m	Fly
Event 17:	400m	Free	Event 18:	400m	Back	Event 19:	400m	Breast	Event 20:	400m	Fly
Event 21:	800m	Free	Event 22:	800m	Back	Event 23:	800m	Breast	Event 24:	800m	Fly
Event 25:	1500m	Free	Event 26:	1500m	Back	Event 27:	1500m	Breast			
Event 28:	100m	IM	Event 29:	200m	IM	Event 30:	400m	IM	Event 31:	800m	IM
Event 32:	4 x 50m Relay	Mixed Freestyle				Event 33:	4 x 50m Relay	Mixed Medley			
Event 34:	4 x 50m Relay	Men's Freestyle				Event 35:	4 x 50m Relay	Men's Medley			
Event 36:	4 x 50m Relay	Women's Freestyle				Event 37:	4 x 50m Relay	Women's Medley			

Points are awarded to both swimmers and clubs in five-year age groups for every event:

- **10 points** for 1st place
- **9 points** for 2nd place
- Continuing down to **1 point** for 10th place
- All other participating swimmers also receive **1 point**, ensuring every swim contributes to their club's overall score.

Each swimmer may enter a maximum of eight individual events and four relay events, with only one swim permitted in each relay event.

The full list of events is shown below.

GENERAL CLUB NEWS

Every Swim Counts For Your Club

The **Country Correspondence Carnival (CCC)** is almost here!

Entries can be emailed through, but if you're not quite sure which events you'd like to swim, keep an eye out for **Coach Julie** at the pool. She'll have a CCC running sheet where you can simply add your name to any events that interest you. If you're unsure what would suit you best, just ask—there's always someone happy to help.

The CCC is one of the highlights of our club calendar and gives every member the opportunity to experience racing in a relaxed, supportive environment—right here in our own 25-metre pool. Whether you've raced before or this will be your very first event, you'll be swimming alongside your club mates while contributing valuable points towards Busselton's overall score as we aim to defend our title as Country Correspondence Carnival Champions.

Every swim counts. Last year **Mandurah** came incredibly close to taking the title from us, proving that every point really does matter. Every event you swim earns a point for Busselton, so by simply getting on the blocks you're helping your club. It's a true team effort, and every swimmer makes a difference.

For many swimmers, the CCC is also the perfect stepping stone to something even bigger. The times you record provide official qualifying times for the 2027 Masters Swimming Australia National Championships in Perth. At Nationals, you'll be seeded with swimmers of similar ability, making every race enjoyable, competitive and achievable—regardless of whether you're chasing medals or simply challenging yourself.

That's the beauty of Masters Swimming.



MSA NATIONAL CHAMPIONSHIPS PERTH 2027

Swan on down and join the fun!

Pool Events	14–17 April, Perth HPC, Mt Claremont
OWS Events	18 April, South Beach, Fremantle
Welcome Function	13 April, RLSSWA, Mt Claremont
Presentation Function	17 April, East Fremantle Yacht Club





www.n27perth.org

Success isn't measured only by podium finishes. It's measured by improving your technique, swimming a little further or faster than you could a few months ago, achieving a personal best, contributing to your club, and discovering you're capable of more than you ever imagined. So come and join in the fun. Enter a few events, cheer on your fellow swimmers, celebrate every achievement, and most importantly—enjoy the experience.

Who knows? Next April you might find yourself standing on the starting blocks at the Perth High Performance Centre, grateful you decided to give the CCC a go.



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



TECHNICAL OFFICIALS COURSES

WE NEED YOU AND YOUR FELLOW CLUB MEMBERS

23 MAY - MANDURAH
27 JUNE - LOCATION TBC
19 SEPTEMBER - LOCATION TBC
28 NOVEMBER - LOCATION TBC

[Discover more by clicking this link](#)

Swimming, Ageing & Looking After Your Back

by Andrew Sexton

One thing I've become much more aware of over the years — both as a swimmer and coach — is how important it is to look after the body before problems become long-term issues.

I spoke during our Coach the Coaches session back in May about experiencing significant back pain back in 2003. At the time, it forced me to completely rethink how I approached training, recovery, posture, and movement.

Like many athletes, I originally thought fitness and hard work would solve everything, but I was forced to accept that biomechanics and understanding the specific needs of your own body are of utmost importance — if you have issues related to mobility, muscle injuries or, as in my case, birth defects in my lower back, it is essential to get them diagnosed correctly so that rehab can begin.

Now, I place much more emphasis on:

- movement quality (full range of motion)
- body awareness and asymmetric development (eg not breathing to one side only)
- gradual progression ("baby steps, not backward steps")
- posture and alignment
- mobility and stability (stretching, warming up, yoga)
- and recognising early warning signs before overload becomes injury (See a physician/specialist and understand your problem. And then do your rehab! 😊)

As we age, the body naturally changes. Recovery takes longer, mobility can decline, and years of work, sitting, driving, and everyday life all start to affect how we move in the water.

For swimmers, this often shows up through:

- tight hips
- restricted thoracic rotation
- poor posture
- reduced core stability
- and compensations through the lower back during freestyle

Many swimmers don't realise that lower back discomfort is often connected to what is happening elsewhere in the body.

If the hips become tight, swimmers may over-rotate or arch their lower backs.

If the thoracic spine becomes stiff, breathing mechanics can place extra strain on the lumbar area.

If posture collapses during fatigue, swimmers often lose connection through the core and start "hanging" off the back.

Over time, these small inefficiencies add up.

This is why simple land-based mobility and stability work can make such a difference — not just for performance, but for longevity.



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.



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6 SIMPLE EXERCISES TO SUPPORT A HEALTHY BACK

Spend 5–10 minutes most days to improve mobility, stability and posture.

1 CAT-COW (SPINAL MOBILITY)

Gently move the spine through flexion and extension to improve mobility and reduce stiffness.

⌚ 10 slow repetitions.

CAT



1. Round your back, tuck your chin and gently draw your belly button in.

COW



2. Drop your belly, lift your chest and look slightly up.

2 THREAD THE NEEDLE (THORACIC ROTATION)

Improves rotation through the upper back, making freestyle breathing easier while reducing stress on the lower back.

⌚ Hold 20–30 seconds each side.



1. From all fours, reach one arm under the other, letting your shoulder and head come to the floor.



2. Hold the stretch, breathing slowly. Repeat on the other side.

3 LOW LUNGE (HIP FLEXOR STRETCH)

Many swimmers spend hours sitting at work or driving. Tight hip flexors often contribute to lower back discomfort.

⌚ Hold 30 seconds each side.



1. Step one foot forward into a lunge position. Keep your back knee on the floor.



2. Gently push your hips forward and reach up. Keep your core engaged and squeeze your glute on the back leg.

4 BRIDGE POSE (GLUTE STRENGTH & HIP STABILITY)

Strengthens the glutes and posterior chain, helping support the pelvis and lower back during swimming.

⌚ 10–15 repetitions.



1. Lie on your back with knees bent and feet hip-width apart.



2. Lift your hips until your body forms a straight line from shoulders to knees. Squeeze your glutes, then lower with control.

5 BIRD DOG (CORE STABILITY)

One of the best exercises for teaching the core to stabilise the spine while moving the arms and legs—very similar to the demands of freestyle.

⌚ 8–10 repetitions each side.



1. Start on all fours with a neutral spine and engage your core.



2. Extend opposite arm and leg, keeping hips level. Hold briefly, then return. Repeat on the other side.

6 DEAD BUG (DEEP CORE CONTROL)

Develops the deep abdominal muscles that help protect the lumbar spine without placing excessive load on it.

⌚ 8–10 repetitions each side.



1. Lie on your back with arms extended to the ceiling and knees bent at 90 degrees.



2. Slowly lower opposite arm and leg towards the floor while keeping your lower back pressed down. Return and repeat on the other side.



ANDREW'S TIP

You don't need an hour in the gym. Five to ten minutes of consistent mobility and core work several times a week will usually do far more for your swimming than one long session every now and then. Build your body gradually, and it will continue to reward you in the pool.

Food is Training Too

Insights from Sports Dietitian – Lana Brandli

If you ask most swimmers how they improve, they'll probably mention kilometres in the pool, better technique, strength training or consistency. Yet, as Accredited Practising Dietitian Lana Brandli reminded us during her engaging presentation, there's another piece of the puzzle that is often overlooked—nutrition.

The food we choose every day isn't simply fuel. It determines how well we recover, how much energy we have for training, how effectively our muscles repair, how strong our bones remain, and ultimately how well we perform in and out of the water.

One of the most refreshing messages from Lana was that eating well doesn't have to be complicated. There are no miracle foods or expensive supplements that replace a balanced diet. Instead, success begins with simple habits: choosing mostly whole, minimally processed foods, enjoying plenty of colourful fruit and vegetables, including quality carbohydrates for energy, and ensuring enough protein is spread across the day to support recovery.

For Masters swimmers, nutrition becomes even more important as we age. Training places healthy stress on our bodies, but it's the food we eat afterwards that allows us to adapt, recover and come back stronger for the next session. Recovery doesn't begin the next morning—it begins as soon as we leave the pool.

Lana also highlighted the importance of looking after our long-term health alongside our swimming goals. Strong bones rely on more than just exercise.

Adequate calcium, vitamin D and regular weight-bearing activity all work together to maintain bone strength, helping us continue doing the sport we love for many years to come. Hydration was another key theme. It's easy to forget that swimmers sweat too, even though we're surrounded by water. Mild dehydration can affect concentration, coordination, muscle function and endurance long before we actually feel thirsty. Developing good hydration habits before, during and after training can make a surprising difference to both performance and recovery.

Perhaps the greatest takeaway from the morning was that nutrition is about consistency rather than perfection. Every healthy meal, every recovery snack after training, every bottle of water finished during the day is another investment in future performance. Small choices, repeated over weeks and months, become the foundation for stronger swimming.

Lana also encouraged us to think ahead for race days. Rather than trying the latest nutrition trend or sports product, successful athletes practise their eating and drinking strategies during training. Race day should simply be another day of following the habits that already work for your body.



Finally, she reminded us that recovery extends beyond food. Quality sleep, sensible hydration, and even being mindful of alcohol intake all play an important role in helping our bodies repair, adapt, and perform at their best.

As our club continues its journey towards the Country Correspondence Carnival, the State Championships, and ultimately the 2027 Masters Swimming Australia National Championships in Perth, Lana's presentation couldn't have come at a better time. While we can't all train harder every week, we can all make small improvements to how we nourish our bodies.

Our sincere thanks go to Healthway for sponsoring this event and to Lana Brandli for sharing her expertise, practical advice and passion for helping people achieve better health through nutrition.

We encourage all members to download her handout using the link below and revisit the many practical ideas she shared. Sometimes the biggest gains don't come from swimming another kilometre—they begin at the dinner table.

[Download Lana's Slide Set Here](#)

[Evaluate Lana's Session Please](#)



GENERAL CLUB NEWS

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

Coached Sessions GLC - August 2026

- **Monday Trish's Fishes: 7:45 am**
- **Tuesday with Andrew: 7:00 pm**
- **Wednesday afternoon: 2:30 pm**
- **Thursday with Andrew: 7:30 am**
- **Saturday with Andrew 8:45 am**



Open Water Swims (uncoached)

- **Tuesday: 10:30 am** toes in the water Yallingup Lagoon; chatter & coffee at Andy's Store afterwards
- **Sunday: Endurance swims - 8:00 am** with the public at the GLC



Swimmer of the MONTH

Congratulations to Steve Masters, Monday Fishes Swimmer of the Month for July.

Steve has improved his swim fitness and has been a regular to Monday Fishes.

Steve actively participates in the pre-swim Dryland sessions.
Well done, Steve.

BOLD
BEAUTIFUL
SWIM
SQUAD
MANLY



New members can contact the Club via
president@busseltonmastersswimming.com
to join in the fun of recording swims for the
Monthly draw

**Our Budgy
Smuggler
Swimmer of the
Month is Colin
Holden**

**You have won a
Budgy Smuggler
Voucher**

GENERAL CLUB NEWS



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.

Mind & Body BBQ by Men's Regional Health

 **October 3rd**

 10:15 at the pool after Andrew's session

Swimming for Life with Andrew Sexton

 **Thursdays** - make a date with yourself to swim

 7:30 am



BUSSELTON WATER

SATURDAY MORNING FITNESS WITH ANDREW –
PROUDLY SPONSORED BY BUSSELTON WATER

Each Saturday morning, up to 30 members are taking advantage of Andrew's popular fitness sessions, developing the strength, mobility, balance and stability that underpin efficient, injury-resistant swimming.

Just like all of our coached swim sessions, it's the small, consistent improvements that make the biggest difference. Those "baby steps" soon add up to stronger bodies, better technique and greater confidence—both in and out of the water.

Our sincere thanks to Busselton Water for their ongoing support of these sessions and for helping our members become healthier, stronger swimmers.



Coaches Corner

It is fantastic to see such great numbers attending our training sessions lately, especially given the chilly winter conditions. Your dedication to hitting the pool despite the cold weather is truly inspiring! Here are a few important updates regarding our training schedule and upcoming events:

August Schedule Updates

- **Tuesday Nights:** Coach Steve is away during August. Andrew Sexton will be coaching these sessions in his absence.
- **Thursday Nights:** These sessions remain on pause until September.
- **Other Sessions:** All other regular sessions will continue exactly as normal.

Countdown to CCC

The coaches have the Country Correspondence Carnival (CCC) at the forefront of their minds. You may notice our training sessions reflecting this focus as we prepare for the very first carnival on Saturday, 15 August.

If you are still on the fence about participating, we highly encourage you to give it a go. Remember, our club is all about Fun, Fitness, and Friendship! 😊



BMSC SOCIAL CLUB NEWS



DUNSBOROUGH Sunday Brunch – Afternoon stroll with Ice Cream reward!

WHEN: Sunday 16th August 2026

TIMES: Meet at 11.30 at either lunch venue

All meet up at 1.00pm at Artezen to set off for stroll

WHERE: Choose your lunch venue

Artezen Shop 1/234 Naturaliste Terrace <https://www.artezen.com.au/>

BOOKING ESSENTIAL names to Colin for table booking by **SATURDAY 8th August**

Merchant & Maker <https://www.merchantandmaker.com.au/>

No need to book here just turn up limited seating inside

WALK: Head straight down DunnBay Rd to the beach dual use cycle walk track. Head East toward Quindalup – turn around when you have walked half enough. Dunsborough yacht club is about 3.5 km.

REWARD: Meet up at Elski for seriously good Danish Ice cream <https://www.elski.au/>

BRING: Raincoat – warn clothes

FAQ: **Do we need to register?** Yes – tell Colin if you are coming for brunch at Artezen

Do we have to walk? Of course not – just join in brunch and /or ice cream

How far is the walk? Maximum 7km but as far as you want to just turn round when you have walked half enough

Can we bring bikes & cycle instead? Of course – keep going towards Abbey & turn around when you have cycled half enough.

TRANSPORT: Car pooling may be possible – ask around to see who might be going
Colin 0490708935 colinholden968@gmail.com



Social Club Calendar



August

- Dunsborough Brunch and Stroll

- Sunday 16th August
Lunch 11.30 @Artezen shop or
Merchant and Maker
- Walk meet @Artezen 1pm



September

- Bike ride from Witchcliffe to
Margaret River

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

October

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

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



BMSC SOCIAL CLUB NEWS



Busselton Masters Swimming Club Social Ride



Wadandi Track - Witchcliffe to Margaret River and Return



Sunday, 20th September

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

Schedule

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

What to bring

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

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

Everyone is welcome!

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

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

RSVP Sue Hart 043 931 1601

Fitness • Friendship • Fun





Golf Day – Sunday 18 October 2026

Come along for a fantastic day of golf, laughs, and great company

Event Details



When: Sunday, 25th October 2026

Time: Check-in from 8:30 AM, Tee-off at 9:00 AM

Where: Par 3 Fairway Drive, Busselton – <https://par3.com.au/>

Two Fun Golf Options

Par 3 – 9 Holes

- Ambrose Format in Pairs – Ideal for first-time golfers!
- Cost: \$18 (Seniors \$11)
- Bring your own clubs or hire for \$10 (buggy hire \$4)
- Mini Golf – 18 Holes
- A great option for all skill levels!
- Cost: \$20 (Seniors \$14)
- Includes putter & ball

Pay on the Day – Card Only (Par 3 is cashless)

After the Game

- Social catch-up with coffee, snacks & presentations.
- Lunch Option: Join us at Origins Markets from midday for a relaxed meal together.

FAQ

Can Non-Members Join? Yes! Partners & friends welcome.

How Does Ambrose Work? Both players hit a ball off the tee, then play their next shot from the best-positioned ball. A simple guide will be available on the day.

Is There a Winner? Trophies for Par 3 & Mini Golf winners – but it's all about having fun!

Do I Need a Partner for Par 3? You can suggest a partner, but pairs may be mixed to keep things fair & fun.

Ready to Join?

Contact Colin: colinholden968@gmail.com

Xmas in July

Once again, our Xmas in July celebration was well attended, and it turned into a fantastic night for everyone. While the Christmas dressups weren't quite as dazzling as in previous years, we were grateful for the one or two members who fully embraced the festive spirit and decorated themselves.

They definitely brought a buzz to the evening. The food was plentiful and delicious, and although none of our members won the raffle this year, it was wonderful to hear the organisers mention us and warmly welcome our group.

Their comments about how we've supported Xmas in July over the years were genuinely appreciated.

The chatter among our members, at the tables and even while lining up for food, was delightful. People moved around, mingled, and made sure they caught up with one another, filling the room with laughter. We are very lucky to have such a happy, positive, and supportive culture within our swimming club.

Thanks, everyone, Lynette G.



THE FINAL WORD

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



Sunday Endurance Training



BMSC Chat Group
Active now · 🐟



BMSC Bike Ride Thursday Group
Active now · 🚴

CHAT GROUPS



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

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

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FRIDAY

OPEN FROM 3 PM
Social Membership Geographe Bay Yacht Club

WE HAVE A GOLF GROUP GOING.
GOLFFISH

FRIDAY LISCAL TEE OFF
3PM IS AT PAR 3

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**

There is nothing better than having a swim and sundowners at the

Geographe Bay Yacht Club on a Friday Night.

Membership is \$40.00 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.



Busselton

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



What's On?
Click the QR code to open the Club's Website



♥ Join the Committee!

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

YOUR 2026 Executive

Committee members:

Steve Gibson - President

Todd Taylor - Vice President

Tess Martin - Secretary

Jan Roberts - Treasurer

General Committee:

Colin Holden, Andrew Hembroff, Nicki Wade, Jane Smart, Trish Miller, Sharon Ramel and Lynette Gittos



Our Par3 sponsored Swim Caps are available from your coaches if yours needs to be replaced