

BUSSELTON MASTERS SWIMMING CLUB

NEWSLETTER September 2022

President's Pen SEPTEMBER – Richard George, Club President

Club Management

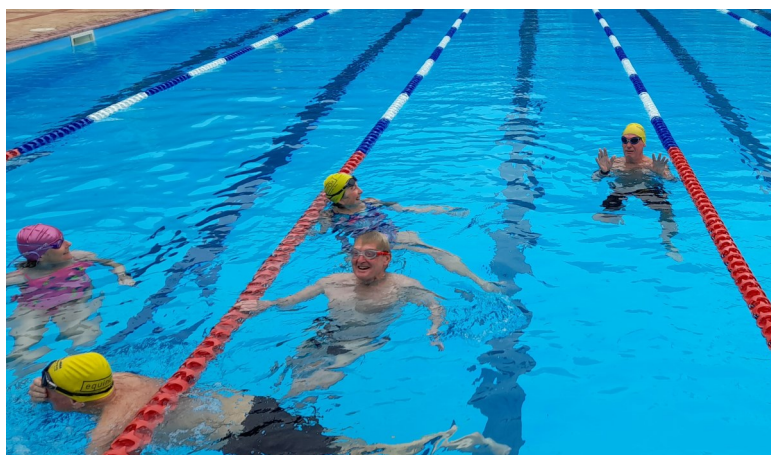
The Committee has compiled our Club's *Strategic Intent*. Thanks to those of you who helped put it together. The Draft is now with the City, as its Sponsors, and when finalized will be on the Club website. It's a living document - it can be updated regularly.



Photos are of Day 1 of the Club Carnival

As part of the process, I met with Hon Libby Mettam who sought to write to the City to review their 10+ year status of a 50m pool and offer an alternative approach. The City's reply stays with this 10+, open ended 'no 50m pool plan'. We understand financial issues, but its disappointing there is no appetite to plan. So it's a decade of GLC 'as is'... or is it?

The **Annual General Meeting** is coming up soon on 15th October 2022. The AGM is an important meeting for you to contribute to the way your Club is managed. We plan to swim at the GLC, like last year, then Brekky Bacon and Egg Burgers BBQ and AGM. If anyone has matters to raise or is interested in being on the Committee, please come and have a chat to me.



AGM Raffle

Thankyou to Mon, who is making an Advent Calendar to raffle at the AGM for Club Fundraising! Please remember to bring \$\$\$



President's Pen continued



Recent Committee Meeting at the Surf Club

MSWA Conference

Masters WA Club Conference is October 9th. Let me know if you wish to attend (one day). We are away!

Committee

The State and National Committees are introducing a new portal for Masters swimmers. The old registration platform is being replaced with SWIM CENTRAL. It sounds very good, with

phone connectivity and is supposed to be intuitive. This means you cannot access your accounts all OCTOBER. We will advise when to renew memberships (ie late November).

The National Committee is still considering our Safety Policy...

Late winter swims are being very well supported and our Coaches are working together to get us ready for the Club Carnival and OWS season, which for starts for some, with the Blackwood Marathon. By demand, winter GLC swims have been extended this year.

The Club Committee met at our new Surf Club venue, for the first time in August, where we are affiliated members. Great venue and location and we will announce events to be held there soon.

Members and Social

We welcome new member (82) **Ben Stone**. Ben is training for the Hawaii Kona Ironman in October. Welcome and good luck Ben. Ben is on Bold & Beautiful too!

The Social Club met at the Par 3 recently. As a result, we enjoyed the first event, "Big Day Out", great Yahava Coffee, Jewell Cave, a swim, Colopatch food and CowTown chocolate. Special mention to **Sue H** and **Gail G** for organizing. If you missed out, come next year.

Watch out for the Margaret River bike ride and Meelup walk-swim-lunch. Please come.

Budgy Smugglers - recent winners **Mon G.** and **Rhonda P.** will receive their vouchers soon. How lucky are we, a \$165 annual membership and a chance for a \$100 Monthly Prize too.



President's Pen continued:-

A Club First

You can do the Virtual Rottnest Channel Swim It is a virtual swim on the Busselton foreshore...no boats, no seasickness, no difficult logistics

The inaugural **Rotto Virtual Swim** is being organized by **Colin H.** There is more detail in this Newsletter. However, in short, you can do a 20km Solo, Duo or Teams event. Over 4 weeks, one day or on a weekend.

Just remember to enter by **October 30 and pay Colin \$15 asap.** Places are limited.

Club Carnival – Day 2 and 3 Events

The inaugural **Busselton Masters Carnival** started with lots of members hitting the blocks and achieving PBs or just having fun on the short-course day. The Carnival is our entry into the Country Correspondence events, and every swim you do, is also earning Club points. Your aim is to swim at your pace. It is a give it a try and have fun event. Details, see advice in emails, the Newsletter or contact your Committee and **Rhonda P.**

Busselton Club Carnival 2022

Day 2 Next Saturday 3 September

8:15am to 10:00am

1. Turn up on the day, find the check-in table on pool deck 2. Nominate for an event listed in the table below

Come down and challenge yourself for your own Personal Best time.

There will also be a lane with swim program available to join on the day

Points are allocated to Busselton Masters Club

Event Program

10. 200m Freestyle
11. 200m Backstroke
12. 200m Breaststroke
13. 200m Butterfly
14. 200m Individual Medley
15. 400m Freestyle
16. 400 Backstroke
17. 400 Breaststroke
18. 400 Butterfly
19. 400 Individual Medley





Warming up with a cuppa at the Par 3 after the Freestyle clinic

Annual General Meeting

Club AGM 10am Saturday 15th October 2022

Geographe Leisure Centre after our Saturday Swim

Bacon and Egg Burgers Included

Bring \$\$\$...we have a raffle!

AGM Raffle of Advent Calendar.

The Raffle will have to take place at the AGM as the Advent Calendar has to hang by the 1st December.

\$1 a ticket .. Bring your \$\$\$\$ This year's will be different again.

It's not quite ready yet but no two will ever be the same. But my choice of theme this year is Puppy Dogs!

You might get a Sneak Peak in a week...

Next Committee Meeting

Time 6.00pm Busselton Surf Lifesaving Club

Wednesday 19th October 2022

Any Agenda Items please direct to our Club Secretary

president@busseltonmastersswimming.com

Newsletter Items

Please send us in club news and photos to the email account, notation of "Newsletter Item"

Any relevant news of club members swims or photos. This makes the newsletter more interesting!

Please email to Gail George corymbia151@bigpond.com

ROTT Virtual Swim 2023

Distance options to suit all abilities

Want to be in it?

Here is How! — Do something about it today!

Put your name down with Colin and pay \$15 cash.

OR email colinholden968@gmail.com & pay \$15

EFT Busselton Masters Swimming Club

BSB:306-005 A/C 2244329 Notation '*Surname Rotto*'

Options on the next page

Save the date:- Saturday 18th and/or Sunday 19th to do the open water team swim

Do this **before 30th October** and you are in it.

More details later:-





ROTTO Virtual Swim 2023

WHAT: A chance to be a part of the South32 Rottnest Channel Swim

WHEN: Sat 21st Jan to Sun 19th Feb 2023 (FOUR WEEKS)

WHERE: Usual beach at West St nets and / or other open water locations

RULES:

- ♦ **20 KM** Swim as SOLO / DUO / FOUR or 'NOVELTY' TEAM of TEN
- ♦ Plenty of options to complete the distance.
- ♦ First decide to go
 - ♦ SOLO or organise yourself into a
 - ♦ DUO or
 - ♦ FOUR- person team OR nominate to be part of
 - ♦ TEN-person team.
- ♦ SOLO SWIMMERS can choose to do accrued distance over FOUR WEEKS.
- ♦ All other TEAM SWIMMERS to complete the whole 20KM over Final Weekend Sat & Sun 18th & 19th Feb.
- ♦ 'NOVELTY' TEN-Person Teams to swim 2km each Sat 18th Feb

PRESENTATIONS: Social Function time & venue to be advised for Presentations
On completion participants awarded medal & certificate

COST: \$15 per person to enter

HOW: Names with cash to Colin or Email colinholden968@gmail.com



& pay EFT to Busselton Masters Swimming Club
BSB:306-005 A/C 2244329 Notation: *Surname Rotto*

Entries with payment by 30th October

Newsletter Editor and Social Corner - Gail George

I am still excited to have help with planning the social calendar.

Thankyou to Darryl K., Tess M. Sue H, Colin H, Steve G and Gail G.

We are already working on the summer program, the swims have been listed with known dates so far by Open Water Captain Colin H., as well as some winter and spring social events.

Things Coming up

Sunday Bike Ride

We will do the Bike Ride again from Cowaramup to Margaret River and have a cuppa at the Hairy Marron Bike Café then return. The Date will be the next fine and sunny Sunday.

Meelup to Dunsborough Hike

We will do a 2.5 hour hike from the car park at Meelup to Dunsborough and return. Followed by a picnic lunch. BYO everything.

Virtual Rotto Swim

Remember to contact Colin with your intentions and pay the \$15.00 ..I am going to have a go at the solo. Surely I can swim 20 km in a 4 week period!! I had better get back in to the water. I wonder if I can get the number plate!! Anyone else want to join me?

Busselton Masters Swimming Club - Social & Events Calendar 2022

Month	Activity	Details
September	<ul style="list-style-type: none">Busselton Masters Carnival Day 2Busselton Masters Carnival Day 3Meelup to Dunsborough Walk and Picnic BBQ LunchBike Ride Cowaramup to Margaret River The Hairy Marron Coffee Shop	<ul style="list-style-type: none">Saturday September 3rd 200m & 400mSaturday September 17th RelaysSunday 11th SeptemberTbc on a fine Sunday
October	<ul style="list-style-type: none">Club AGM + Bacon and Egg Burger BreakfastBSLSC Donna Stephenson Talk and Curry NightBlackwood Marathon Weekend	<ul style="list-style-type: none">15th October 2022 10amDate tbc29th October 2022
November	<ul style="list-style-type: none">Ceinwen RobertsWOW Swim Koombana Bay 500m, 1.25km, 2.5km, 5km, 10kmAugusta Swim and Pub Lunch	<ul style="list-style-type: none">Date tbc November26th NovemberTbc November
December	<ul style="list-style-type: none">Busselton Ironman FundraiserBMSC Christmas Windup Busselton Foreshore Swim and BBQ BYOChristmas Day Swim 8:30am	<ul style="list-style-type: none">4th December18th December 4pm25th December 8.30am

The Big Day Out



The Big Day Out





The Hairy Marron

Bikes | Food | Coffee

Bike Ride Cowaramup to Margaret River

On a Sunny Sunday in August or September

Date to be decided depending upon the weather

Meet at the Cowaramup Men's Shed

9am start

Distance 13km to the Hairy Marron Café

69 Bussell Hwy, Margaret River for morning tea

Then return to Cowaramup

Mountain bikes, thicker tyres preferred.



MEELUP RESERVE TRAIL BUSH WALK

Sunday, 11 September 2022

Walk from Meelup Beach towards
Dunsborough, then return back to
Meelup Beach.

Total time 2.5 hours.

Meet at the Meelup Beach car park at
830am for a 9am start.

Estimate to arrive back at Meelup by
12 noon for lunch and swim.

WHAT TO BRING:

Small back pack, plenty of water,
morning tea, lunch, swimming gear,
protective weather gear.

Colin Holden our Club Captain Open Water Swims has put this together
Preliminary Dates for 2022 / 2023 OPEN WATER EVENTS (DRAFT)

DATE	EVENT	LOCATION	DISTANCES	TYPE
Following Swims are all Local – Day trip only				
Sat 26/11/22	WOW series	Koombana Bay Bunbury	500m/ 1.25km /2.5km/5km/ 10km	Ocean Solo
Sunday November	Augusta Swim	Flinders Bay	@1KM	Ocean Social
Sat 21/01/23tbc	Margaret River Ocean Swim	Gnarabup	1KM	Ocean Solo
Sun 12/02/23	Busselton Jetty Swim	Busselton	600m/ 1KM relay 1.6 / 3.6KM solo	Ocean Teams / Solo
Sat 25/02/23tbc	Barretts Swim-Thru	Bunbury	1.6KM	Estuary Solo
Sun 12/03/23	Jetty to Jetty	Coogee	750m / 1500m	Ocean Solo
Sat 18/03/23tbc	Steves nominated time	Busselton West St Nets	850m / 1.7KM	Ocean Solo
Sat 8/04/23	Bay Swim	Gracetown	1KM	Ocean Solo
During JAN FEB 2023tbc	Virtual ROT-TO	Busselton	New event 20KM Accrued distance or 10xperson team 2KM each	Ocean Solo Teams
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

Wheels and Peddles August 2022



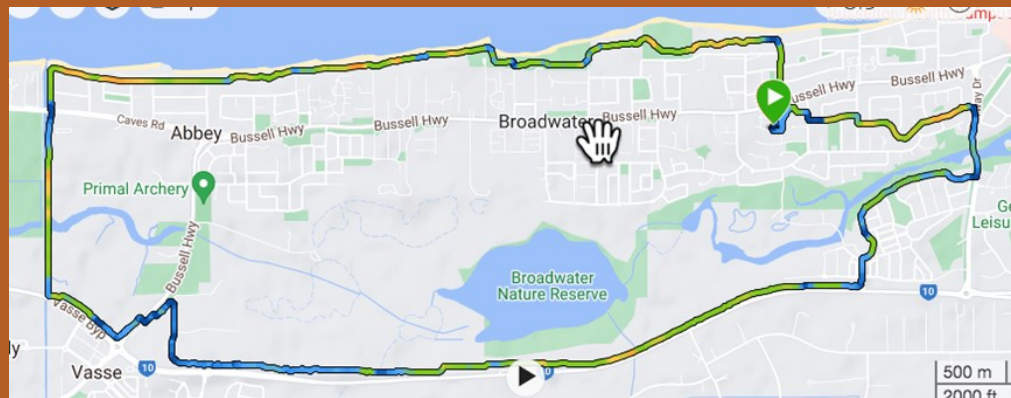
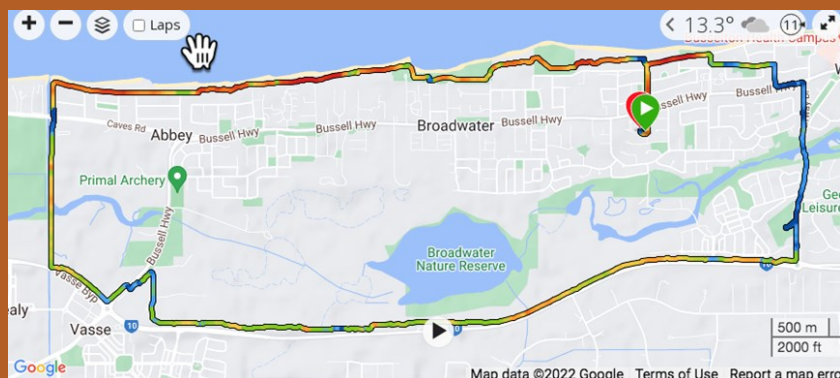
Thursday Biking Adventures

Only a couple of rides in August, one was so wet we just kept riding. We didn't fall off either!

The other last week was glorious, perfect conditions

We only managed a couple of rides in August, other commitments got in the way. This was Trish's watch, gives you a great visual of where we have been.

Who knows what September might bring.



Always fun and friendly followed by Coffee at Par 3.

Spring is here and Christmas is just around the corner !!

Meet at Dolphin Road,
West Busselton,
9.00am Thursdays



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



COACHES CORNER

Please Check the **Google Calendar** on the BMSC website if you can't remember!!

All of these trainings are at the GLC

Tricia Miller Training Monday Morning 8.15am to 9.15am

Peter Pavlinovich Training Tuesday Nights 7pm to 8pm

Andrew Sexton Training Wednesday Afternoons 2.45pm-3.45pm

Andrew Sexton Training Thursday Nights 7pm to 8pm

Andrew Sexton Training Saturday 8.45am to 9.45am

Remember Bring Your Fins to Training

After Monday and Saturday Training
Enjoy a Social Cuppa at the
Par 3 Afterwards

Address

1 Spinifex Court, West Busselton 6280

bar@par3.com.au

(08) 9754 2002

We are a cashless facility, eftpos only with no cash
kept on premises.





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
June: Rhonda Pearsall
July: Monique Gilks
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	Essential systems and processes, streamlining operations (Meeting secretariat)	Guides Executive Health and fitness
Treasurer	Natalie Metcalf	Budgets / reporting, audits, planning.	Guides Club expenses, and helps set fees
Membership / VP	Todd Taylor	Membership, SportsTG, new members first contact.	Vice-President
Grants Officer	Richard Stubbs	Funds, Opportunities, facilities.	Supports Club development
Coach, Coach Co-ordinator	Trish Miller	Coaching team, Andrew Sexton, Peter Pavlinovich, Donna, 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	Rhonda Pearsall Colin Holden*	Leads Club pool swimming meets / events / records. Open Water Swims—coordinates Club members	Opportunities to achieve swimmers goals. Works with Club coaches. *R2R fundraising
Bold & Beautiful	Andrew Stephenson	Specific B&B website	Fun, Monthly prizes
Triathlon Events	Andrew Hembroff	Specific - 2 Tri Events	Fundraising Event Coordinator
Club development – Social Events	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