BUSSELTON...AAAA MASTERS > SWIMMING

DECEMBER-JANUARY



In this issue:

President's Report by Steve Gibson
Our Biggest Fundraiser Needs You
Icewater Invitation
The Social Corner And Events Invitations

2025 AGM – Done and Dusted Thank you to everyone who attended this year's AGM.

Firstly, I would like to acknowledge and thank the members who have stepped down from the committee: **Richard George, Christine Patterson, and Monique Gilks.**

As I'm sure you're aware, I have now stepped into the role of President following Richard's six years at the helm. I want to take this opportunity, one last time, to thank Richard for his outstanding leadership. His dedication has left the club in a strong and healthy position, and we are grateful for his efforts.



Thank you, Richard George

Our outgoing President was presented with a token of appreciation for his outstanding leadership and dedication over six inspiring years. Your steady hand and vision have truly shaped the heart of our Club.

PRESIDENTS REPORT CONTINUES

Of course, it is not only Richard who deserves recognition. Every committee member who has given their time and energy over the past six years has played a vital role in shaping the club. Your contributions are deeply appreciated.

I would like to also like to thank the members who have decided to rejoin the committee for 2025/26 and welcome Trish Miller, Jane Smart, Lynette Gittos and Nicky Wade to the ranks. I look forward to collaborating with you all.

The **Social Committee** has been busily organizing a selection of engaging weekend events for everyone to participate in. Our annual Christmas party is scheduled for December 21st, and we hope you can join us in celebrating the festive season.

We are in the fortunate position of having 8 Masters coaches and 2 Program Leaders putting us through our paces. This year alone, we welcomed **Andy C, Tanya G, Ian M, and Sharon R** into the coaching ranks. Thank you all for the time you dedicate to coaching and planning sessions — it is very much appreciated.

If coaching is something you would like to pursue, please reach out to myself or any of the coaches.

Our member base has now grown to 128, and the 2026 membership fees can be paid from 1st December. Please log in to your Swim Central account to update your membership.

Please note that some of our Club Training sessions will pause over the summer months, giving our coaches a well-earned break. Be sure to check the updated time schedule in the newsletter for details.

Geobay Classic - Congratulations to All!

Well done to all our members who participated in the Geobay Classic. Conditions were near perfect, and it was wonderful to see not only members swimming - but also paddling and supporting. It truly was a glorious day! Please see the full event report later in this newsletter.

Mandurah Interclub

We also had three of our members travel up for this event. With one of our members Trish M breaking a record. From all reports it was a fun day of competing and plans are in place to encourage more members to attend next year.

Congratulations to Trish Miller and Darryl Kelly! **



Trish and Darryl have been honoured with Life Membership in recognition of 10 incredible years of dedication, service, and heart for our Club. Your commitment, leadership, and quiet strength have shaped our community in countless ways.

Thank you, Trish and Darryl, for everything you've given — you truly embody the spirit of our Club.

PRESIDENTS REPORT CONTINUES

Ocean Swimming Season

The weather is finally changing, and we can all look forward to enjoying more ocean swims, making the most of our beautiful bay.

Training & Social Swim Sessions

- Saturday Sessions These are sanctioned training swims, managed by a coach or committee member. Each session will begin with a full description of the swim location, whether inside the nets or along the coast.
 - Please ensure you have a swim buddy to keep an eye on each other.
 - o Coffee will follow at the Shelter, of course!
- Social Swims Held on Monday, Tuesday (Yallingup), Wednesday, and Friday.

 For more information on the difference between sanctioned and social swims, please reach out to one of the coaches or committee members.

Looking ahead, as I find my feet in this new role, I look forward to getting to know you all a little better than I do now, be it at one of our swim sessions, coffee shops, or a social event. We are more than happy for members to bring along partners, family, or friends to any of the social events, you never know they may even like to join up, once the see how fun we all are.

Thank you.

President - Steve Gibson



Our Biggest Fundraiser



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.

We are now calling for volunteers for the Transition Aid Station — our club's biggest and most important fundraiser of the year. Your support makes an enormous difference, and these shifts are always fun, rewarding, and wonderfully community-spirited.

** We especially need you for the early 5am shift.

If you're able to gift us those first quiet hours of the morning, it would be deeply appreciated — and you'll be finished early enough to enjoy the rest of your day.

To register, please contact

To register, please contact Andrew with the following details:

- Full name
- Date of birth
- Address
- Email
- T-shirt size
- Emergency contact

Or you can register using this email link:

andrewhembroff@gmail.com

MASTERS NEWS AND EVENTS

2025 / 2026 OPEN WATER EVENTS

DATE	EVENT	LOCATION	DISTANCES	TYPE
Sun 30/11/25	Augusta Swim	Flinders Bay	Choose your distance	Ocean Social
Sat 10/01/26	M R Ocean	Gnarabup	1 KM	Ocean Solo
22-25/01/26	Swim Australia Open Water Champs	Koombana Bay	500 m – 10 KM Community Swim Saturday	Ocean Solo
Sat & Sun 7– 8/02/26	Busselton Jetty Swim	Busselton Sat Teams / Sun Solo	600 m / 1 KM relay 1.6 / 3.6 KM solo	Ocean Teams & Solo
Sat 21/02/25	Swim-Thru	Barretts Bunbury	Nominated time 1.6 KM	Estuary Solo
Sun 8/03/25	Jetty to Jetty	Coogee	750 m / 1500 m	Ocean Solo
TBA – Sat 14/03/25	Steves Trophy	Busselton West St Nets	Nominated Time 850 m / 1.7 KM	Ocean Solo
Easter Sat 4/04/26	Bay Swim	Gracetown	1 KM	Ocean Solo

Other Swims to Consider

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



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.



Your 12-month membership can be renewed from December 1st. Log onto renew your membership

MASTERS NEWS AND EVENTS

Margaret River Swimming Women 1KM Ocean

Swim

It could be a good choice for your first open water event 1km distance

WHEN: Saturday 10/01/2026

TIME: Check-in from 7 - 7.45am, Race Briefing 7.50am, Event start 8.00am.

Plenty of parking on the oval.

Check in here collect your swim cap & walk to the beach

WHERE: Gnarabup Main Beach

HOW: Registrations Online December https://www.swimmingwomen.com.au/

No entries on the day

COST: \$40 (2025 price)

SOCIAL: Presentations & Spot prizes after & join the crowds for coffee at the White Elephant OR head

home via everyone's favourite Maison Lassiaille

https://maisonlassiaille.com.au/

FAQ: Changerooms? Yes, cold water shower & toilets

How many entrants? Last year just over 250. Wave start grouped according to

your nominated time so the faster swimmers go first.

Is it a race? Fastest female / male award – but you can just enjoy the

challenge of a 1KM ocean swim & there are lots of spot prizes.

INTERESTED: Ask Colin, Val, Sharon 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

"Congratulations to Busselton who won the competition this year. Overall, there were 33 CCC records by individuals, 7 CCC relay records, and 52 inaugural CCC records. The results were formally announced last night at the Council of Clubs.

Thanks to Julie O'Connor who suggested the expansion of the competition to include 25m events as well as sanctioned events. This has expanded the competition reach significantly."

Richard Johnson - Executive Officer -Masters Swimming WA



Masters Swimming WA Country Carnival by Correspondence

2025

Place Team Points

1 Busselton WBS 1,867

2 Mandurah WMH 1,692

3 Geraldton WGT 381

4 Albany WAB 64

We didnt have it all our own way this yesr with Mandurah breathing down our necks.

An extra mention to our 10 record breakers: Nicki Wade - 4, Andrew Sexton - 2, Julie O'Connor - 2, Trish Miller - 1 and Brendon Bunning - 1

MASTERS NEWS AND EVENTS

Coogee Jetty to Jetty Ocean Swim

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

WHEN: Sunday 8th March 2026 (30thAnniversary)

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 / 750m / 1500m \$20 / \$48 / \$54

EARLY BIRD DISCOUNT OFF THESE PRICES ONLY UP TO FRIDAY 5th December

SOCIAL: Saturday night dinner at Spice Market Fremantle RSVP to for table booking https://www.spicemarketthai.com/index.php?branch_id=1
Stay around – for presentations and breakfast Coffee van & Community food stalls

BYO food to avoid the queues & BYO folda chair

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 you can just enjoy the challenge of an ocean swim.

INTERESTED: More Info https://www.jettytojetty.org.au/
Ask one of the BMSC members that have swum this one before

Coaches Corner

A big thank you to all our current coaches for your continued support and commitment. Your efforts keep our sessions running smoothly and our swimmers motivated.

We're pleased to welcome Ian Mackay, who joins the coaching team on Wednesday, 22nd October. Ian recently completed his Programme Leaders course, and we look forward to having him on board.

One of our members has signed up to become a Master 's-accredited coach and is expected to join us before the end of the year—great news for the squad.

Peter Pav will be coaching a couple of Tuesday night sessions on Tuesday evenings, its great to see Pete back. Andrew Sexton continues to lead Thursday night training at 7pm, helping us stay sharp and focused.

Our social swims in Yallingup have had great turnout, and now that winter is behind us, we hope to see more swimmers down at the foreshore on Monday, Wednesday, and Friday from 8:30am. The water's clearing up and warming nicely.

From early November, Saturday morning training will shift from the pool to the ocean. The coaches have a few ideas to keep open-water sessions fresh and engaging.

And of course—don't forget the coffee afterwards. See you in the water,

The Coaching Team 🛂 🌁



To celebrate 30 years of the Coogee Jetty to Jetty Swim, we're unveiling a brand-new anniversary logo – featuring Daphne the duck reimagined as a pearl to mark this milestone year.

Coach Trish Miller

As we close out another terrific season of Trish's Fishes, we want to extend our deepest gratitude to our impressive Coach Trish Miller — the heart, humour, and steady guiding fin of our Monday morning squad from March through November each year.

Trish, your dedication, energy, and gentle yet firm encouragement lift every swimmer who steps onto the pool deck. You create a space where people of all ages and abilities feel welcome, supported, and inspired to grow. Week after week, you bring out our courage, our consistency, and our love of the water.

And of course — no session would be complete without our legendary end-of-session relay!

This morning's joyful chaos, cheering, splashing, not to mention the lane that tried on a few shenanigans to win the wrong way (caught out and disqualified!!!), and laughter were the perfect way to honour another wonderful year together.

Here are many of your "fishes" right after the relay — glowing, smiling, and grateful.: already looking forward to 2026.



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 openwater 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 <u>email</u> her.















🐉 💟 🤝 We are delighted to celebrate Sue Hart as our Swimmer of the Month! Her commitment has shone brightly, as she has attended every training session this month with enthusiasm and determination.

Sue's fitness, confidence, and skill – especially in her drill work — have grown beautifully. Her positive attitude lifts the whole lane and inspires everyone around her.

Congratulations, Sue! Your dedication is wonderful to witness. Keep swimming strong! *

Swimming is not just a sport; it's a way to escape, to breathe, to find peace in the chaos of life."

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

Coached Sessions GLC - Dec 2025/Jan 2026

- Monday Fishes will recommence on 13 April 2026, after Easter
- Tuesday with Steve & Pav: 7:00 pm (XMas Break Dec 23 re-starts on Jan 6)
- Wednesday, various coaches: 2:30 pm, Last session Dec 17 until March/April 2026
- Thursday with Andrew: 7:30 am (XMas Break Dec 15 Jan 4)
- Thursday with Andrew: 7:00 pm (XMas Break Dec 15 Jan 4)

Open Water Swims (uncoached)

- Monday: Wednesday, Friday and Saturday: 8:30 am West St Nets
- · Tuesday: 10:30 am toes in the water Yallingup Lagoon; chatter & coffee at Andy's Store afterwards
- · Sunday: Endurance swims 7:00 am unofficial with the public in front of the Goose

Protect yourself in five ways from skin cancer













SLIDE

With our strong sun and outdoor culture, skin cancer prevention is a priority. We encourage hats, sunscreen, shade, and regular skin checks to help keep our community safe.

Heads up, fellow swimmers!

Our very own Robin V.K. has discovered this frosty gem: internationaliceswimming.com - and I suspect he's quietly planning to "level up" our Bay swims! 😭

So next time you hear Robin mumbling about "embracing the cold" or "character building," you'll know he's recruiting for the Ice Swimming Tour 2026!

Before we start packing our thermals and tea flasks, let's settle this with a quick poll

Would you join Robin's Ice Swimming Expedition?

- Absolutely where's my wetsuit?
- Only if there's hot chocolate waiting!

Not a chance − I like my water above freezing! Here's to bravery, laughter, and slightly warmer waters in the Bay! 🗲😂



Consistency Meets Competitive Spirit! 📤 🗗 🖖

Colin — lovingly known as Mr 4.01 — showed masterclass consistency through every 200m set last Thursday, holding steady just as Coach Andrew asked us to shave a little off each one.

Then came the final fling... and Colin went full throttle, clocking an incredible 3.57 to the delight (and maybe slight disbelief!) of Coach Andrew and the entire squad. 😂👏

Proof that when the moment comes, sometimes you just have to let the inner torpedo loose! 💪 🕒



Celebrating in Sweet Style!

Our local chilli-choc-brownie baking legend Brendon marked a major birthday milestone at Par 3 — and the celebration was every bit as delicious as it was joyful!

Huge thanks to Marina for the heavenly layered honey cake and Linzer slice that kept everyone smiling. Here's to Brendon – may your next lap around the sun be as rich and full of flavour as your baking! 🥍

MSWA State Championships

Dive In for **Two Days of Competition**, Camaraderie, and Celebration. Every April, the best of Western Australia's AUSTRALIA Masters swimmers come together for one of the most anticipated events of the year - the MSWA State Pool Championships, held over two exciting days at the Perth High Performance Centre (Perth HPC).

This annual highlight of the Masters Swimming WA calendar is about more than medals – it's about personal achievement, team spirit, and the joy of swimming in a supportive, high-energy environment.

Geo Bay Swim 2025 RESULTS

Almost perfect conditions for this year's 20km Open Water Challenge from Dunsborough to Busselton Jetty.

Just a few BMSC members entered this year

Duo **Team Bubbles** Andrew Cowan & Todd Taylor placed 10th in a very respectable 5.58:02

Mixed Team Leg Ends (Get it!) Susan Buckland, Niamh Healy, Brendon Bunning, Brett Edwards & Richard George placed 7th well under 6 hours at an impressive 5.51:51

Support paddlers included Karen, Trish, Tanya K., Andrew & Steve

BMSC Members who also swam in the event included:-

Tineke Denton in Female Team **The Swim Reapers** placing 7th in 6.23:25

Phil Jones in Mixed Team Chilly Muscles finishing in 6.43:11

Well done to all swimmers & support crew.

Coach the Coaches **Professional Development**



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.

BOOK NOW 3 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.







Our Budgy Smuggler Swimmer of the Month is Lesley Reid -Voucher



BMSC SOCIAL CLUB NEWS





🛕 Busselton Masters Swimming Club 🛕



Christmas Day Swim!

Join us for our annual Christmas Day Swim at 8:30am, meeting at The Nets on the Busselton Foreshore.

Let's celebrate the morning with a refreshing dip, great company, and some festive cheer! •• \

After the swim, we'll enjoy a cuppa and Christmas treats together.



Please bring a thermos of hot water if you have one and a mug

The state of the contract of the state of th (But don't worry—we'll have plenty of mugs on hand!)

Come along for a beautiful start to Christmas Day. Everyone welcome! 💙 📆 🐔



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 **Thursdays**





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







Social Club Calendar



December

January

- **Busselton Ironman**
- Xmas Party @Gail and Richard Georges place
- Xmas day swim 8.30 am
- Beach/pool swim Breakfast & morning tea @ Gittos'
- Gnarabup Swim (1km). Coffee afterwards Maison Lassiaille
- Australia Day Swim and rotary club Breakfast at foreshore
- Dunsborough Nets and Curry Van

- Sunday 7th December
- Sunday 21st December
- Thursday 25th December
- Sunday 4th January Meet at 8.30am breakfast about
- Saturday 10th January, TBN Site to enter and time not advertised yet.
- Monday 26th January 8.00am start
- Saturday 31st January 5pm







BMSC SOCIAL CLUB NEWS



BMSC 'Social Committee'

We need at least 2 more members to join us in organising social events throughout the year. We meet every 2-3months after Saturday swims. In summer at the shelter, in winter at par 3.

The meetings usually last 30 minutes to an hour, depending on how much non-swimming and social talk is going on.

We will be losing a few present members from our committee because they are taking on a heavier load in the BMSC COMMITTEE. If you are not sure, just come along to our meetings and see what you think. The next one is 6/12/2025, after the 8.30 swim, with a start time of about 9.15-9.30.

Merry Christmas from the Social Committee!

Wishing all our amazing swimmers a fun, splashy, sunshine-filled Christmas!

Thanks for the laughs, the early mornings, the relays, and the great company all year long.

Have a wonderful break — and may your holidays be merry, bright, and maybe just a little bit salty! Do not wait to be asked because we do not like to put pressure on our members just inform Lynette Gittos on 0429082334 or email the president and put the subject as- social committee. The email will be forwarded to me.

I WOULD REALLY LOVE ONE OF THE YOUNGER PEOPLE TO COME AND HELP US TO OFFER APPROPRIATE EVENTS FOR THE YOUNGER MEMBERS.

What is younger you may ask I believe it is under 50 which is old to some of you.

Looking forward to seeing or hearing from you. Lynette Gittos (co-ordinator of Social committee)

Beach/Pool swim and BBQ breakfast at Gittos'

When: Sunday 4th January

Time: Swim 8.30am. Breakfast @ 9am Where: 334 Forrest Beach Road Wonnerup

Bring:

- Chairs in case we are short.
- If you want to cook something for morning tea fine but there will be bought biscuits so don't feel obliged to bring morning tea.
- Drinks and nibbles if you want to sit around pool and keep partying.

Showers: We have 3 but if you want to bring your portable showers We have plenty of hot water.

Pets: Welcome but we are close to a road so leashes would be suggested—They can be long leashes or a pet pen if you want.

BMSC Australian Day social activities

Monday 26th January

Meet at West St (Nets) 8.00am for social swim.

There is the "Rotary Big Breakfast' on at the foreshore if anyone would like to join a table for some talking laughing and eating. Cost \$5 Free for children.

Please note earlier time for start of swim. Meet for Breakfast Between 8.30-9.00am.







DUNSBOROUGH NETS SUNDOWNER SWIM

BYO BBQ or ORDER SPICE ODYSEE CURRY

WHEN: Saturday, 31st January

TIME: Meet at **5pm** Toes in the water at **5.15pm**

WHERE: Old Dunsborough Boat Ramp, Bay View Crescent

BRING

Picnic chairs or rugs
BYO everything for BBQ – Public BBQ's available
Option to order takeaway curry from Spice Odysee Van

Ring Sathish in the afternoon with your order: 0448 392 509

Collect anytime after 5.30pm

OR email: Spice Odysee Curry Van

FAQ

- Are there stingers? Yes, but often fewer than Busselton
- Are there change rooms? Yes, with cold water showers
- How far is the swim? Up to you no set distance

TRANSPORT

Car pooling may be possible – ask around to see who's going!

Come for the swim, stay for the sunset, and enjoy good food & company!



BMSC SOCIAL CLUB NEWS

SOCIAL 'BAREFOOT' COME & TRY LAWN BOWLS

30 BMSC members enjoyed a social evening out hosted by Dunsborough Country Club – Happy Hour followed by Come & Try Lawn Bowls.

Thanks to Manager Kath, John & Steve who volunteered to show us how. Afterwards, for dinner at Bungalow Neighbourhood Social – we knew exactly when it was time for us all to go home – as soon as the DJ turned the volume UP!





Marina, Maureen, Colin & Anne barefoot & ready.



Lesley the sheer joy of a brilliant bowl



Colin perfect technique



John & Dianne 13 All after 11 ends?





Tony & Jan – Sue & Tanya Loving that camera







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:

Steve Gibson - President

Todd Taylor - Vice President

Tess Martin - Secretary

Gail George - Treasurer

General Committee:

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



What's On?

Click the QR code to open the Club's Website



Social Membership Geographe **Bay Yacht Club**

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 quests along. The Busselton Masters are building a strong association with the GBYC. We have our bimonthly meetings in their meeting room.



Contact Todd Taylor for your new sponsored cap Contact us

PLEASE SUPPORT OUR SPONSORS







Gives BMSC members a discount on swimming gear



BUSSELTON WATER



GOVERNMENT OF WESTERN AUSTRALIA Department of Creative Industries, Tourism and Sport



City of Busselton
Geographe Bay

