

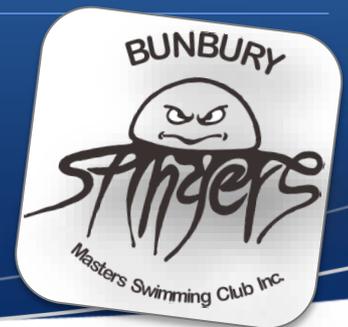
The STINGERS NEWS

Bunbury Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this issue we round up the events for the end of last year, and find out what's happening over the coming year...

Read on for the latest STINGERS news...



Start of Year round up...

Julie's Pen

Hi Stingers.

Welcome to 2019 which looks like being a fabulous year for the club, with our 30th anniversary coming up later in the year.

We have around 30 members entered in the Busselton Jetty Swim (including Thelma who has swum in every one and Brian who has only missed one)!

For those swimming, you should now be training 5k+ per week for a solo, 3k+ for a duo, and 2k+ for a team (with at least one session in the ocean). However, don't suddenly start training every day if that is not what your body is used to, or you risk injury. Listen to your body!

For me, around 2-3K 4 times per week is plenty to perform at my best on the day. My recent habit has been to have 2 hard swims in a row about a week prior, and then train at medium pace with a few speed bursts during the week immediately prior.

Have a great swim everyone!

UPCOMING EVENTS

Next meeting AGM Wednesday 13th Feb @ 11:30am
Bunbury Swimming Club Rooms SWSC
Bring lunch or plate to share

Next Committee Wednesday 20th Feb @ 11.15am
Bunbury Swimming Club Rooms SWSC

Next social March 4th @ 8:30am
Busselton Jetty for a swim and breakfast afterwards at Equinox café.



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Pam's Pen

Once again in 2018 the most popular club participations have been in the BSN Jetty Swim, and other open water swims.

Mandurah Carnival, our own 3x400 fund raiser, Country Carnival in which we came as the winners again, and finally the Skins Carnival. We have had a very busy year.

Quite a few years ago now I had set myself some goals which I did not know at the time if I would be able to achieve or would it turn out to be a pipe dream. I had planned this as three stages.

- First was to rescue the decline of our club by encouraging as many swimmers as I could to come along and enjoy swimming in a group.
- Second was to see a strong and vibrant committee.
- Thirdly was to have more members of our club qualified as swim coaches.

Number one was achieved with a little work.

Number two was achieved with some persuasion.

Number three has been the stumbling block for a long time but I feel this year this has been achieved with Julie O'Connor already a qualified coach who has been helping me all year and now Katherine Knoll has only to achieve her poolside hours and she will be a qualified coach as well.

Now all 3 boxes have been ticked!

So what's next? Have I served my time? What sort of goals can I set now? Have you set your goals for 2019?

Hope to see you all and hear about your goals for 2019.

See you in the pool or at the end of the pool in 2019.

From Your Coach Pam Hall .

Re-registration

Registrations are now overdue, so if you haven't re-registered yet then please go to the [Masters WA website](#) and follow the re-registration link

Harvey Dam Swim – Jan 5th

Well done team Stingers!

7 swimmers took to the water this morning, cheered on by coach Pam and the support crew. The breeze caused rougher than expected conditions, and swimmers were blind on the way back thanks to the morning sun. All a great learning experience, and wonderful comradery as always. So fortunate to find such an amazing club!

Congratulations to our award winners Georgina & Jackie.

Georgina with a Gold Medal in the Veterans of the 1.25km,
and Jackie with a Bronze Medal the Super Veterans for the 2.5km.



Back Beach swims

During the summer months we encourage everyone to join us in a casual ocean swim at the Back Beach if the weather permits.

Gather on **Sunday mornings at 9:00am** at the Scott Street lookout (just south of the surf club). If the ocean is calm and the sea breeze hasn't come in yet then we swim from the lookout up to the "pine tree" where the Rocky Point starts, and then back again. This is a round trip of about 1200 metres, so a comfortable swim for all.

You may even get to see some fish along the way.

If the weather is a bit windy or the ocean too rough we then reconvene at Koombana Bay and start at the groin next to the yacht club and swim to the Dolphin Centre and back again. This is a round trip of about 900 metres. The water is not quite as clear as the Back Beach, but usually a degree or two warmer. We often see crabs on the bottom as well as the occasional sting ray.

And of course we all enjoy a coffee afterwards.

If you haven't come along to one of these swims the make the most of the summer weather and join us soon. You will love it.



Freo Port Swim Thru – Dec 8

Stingers having fun in the sun!

6 Stingers participated in the Fremantle Ports Swim Thru on December 8th.

A great time was had by all, with 2 winning their age category and the others all finishing in the top 4.

Thanks to Freo Fins for putting on a great WOW Swims event.



Country Correspondence Carnival

WE WON!

Results have come back from the **Country Correspondence Carnival**, and once again we came away with the trophy! Not only did we have an awesome participation rate from our members, but we also achieved 12 individual records, and 4 relay records. Give yourselves a pat on the back Stingers!

Congratulations to all who participated!

Christmas Lunch and Awards

We celebrated the end of the year by enjoying a splendid lunch at the very brand new Dolphin Centre. Lunch was superb and the view is something to die for.

A big thanks to Kathryn, Noelle, Pam and Thelma for organising the location. It is now also booked for this year's Christmas lunch

A number of awards were presented to our swimmers

- Thelma presented the Most Improved to Jackie.
- Best Ginger Nut Supply award to Steve.
- Evening Group Encouragement Award to Mark.
- Day Group Encouragement Award to Kathryn.
- Club Member of the Year shared by Pam and Brian

Congratulations to all.

All club members donated towards a special gift to Julie and to Pam to recognise the work they have performed in the running of the club and their coaching throughout the year. The efforts that these two have made keeps the club ticking along and also growing at a good pace with new members keen to join us in our fun and friendship.



Donation to SW Refuge

At previous Christmas lunches we have had some memorable secret Santa's as well as naughty Santa's.

This year the committee decided to do something different by requesting members to donate toward the women's refuge by bringing in gift vouchers that can be given to those in need.

A total of \$325 was raised and donated to the South West Refuge.
A big thankyou to all who donated.



Busselton Jetty Swim

The Busselton Jetty swim is rapidly approaching. Bunbury Stingers has 30 members competing in this event with solos, pairs and relays of 4.

Good luck to everyone who is competing and fingers crossed for calm weather.

Make sure that you are there on the right day!



Monday 4th March – Labour Day Holiday swim at Busselton

This year the Skins Carnival has been cancelled.

Last year this event was run in conjunction with the Busselton Masters club.

Busselton have been in contact and would like to arrange a swim and breakfast together with their club members. The Busselton jetty day would be much too busy, and swimmers would be wanting to go home to rest and recuperate.

Hence at this stage we would like to invite all members to join the Busselton Club on March 4th at 8:30am at the base of the jetty for an ocean swim and then Equinox for breakfast at 9:30am.

We will need to have indicative numbers on the day of the jetty swim, and final numbers about a week before the 4th. So put this in your diary.

Saturday 30th March – Save the date

Ian Gould has very kindly offered to host a social event at his property in Harvey, and put on his chef's hat and cook for us!

We're planning to arrive at 3:00pm for a swim in the dam (and maybe try to catch some of his marron) and then enjoy a roast beef and gravy bun.

Cost will be \$5.00, BYO drinks.

Details to follow along with a mud map.

We'll need to have final numbers about a week before the 30th. So put this in your diary as well!

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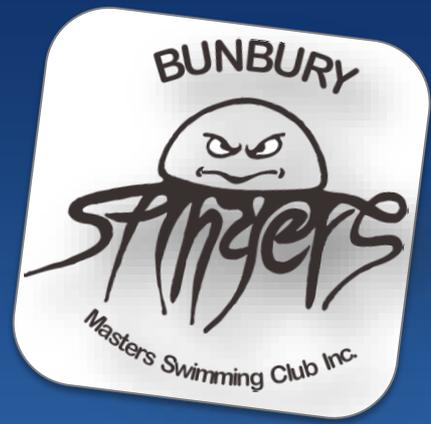
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Thanks to all contributors

As always, many thanks to all contributors to
our newsletter. 😊

Til next time
See you in the water!
Ben – Ed.

MSWA Calendar

Please visit www.mswa.asn.au for details
about upcoming pool and OWS events.

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Swimming WA Calendar

Please visit

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for details about upcoming events and
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