

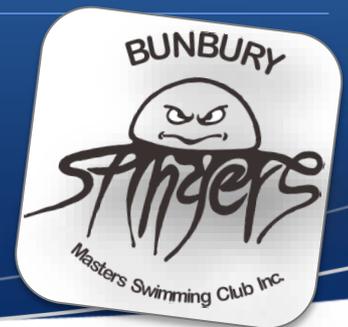
The STINGERS NEWS

Bunbury Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this issue we round up the events for the last couple of months, and let everyone know about the 30 years anniversary dinner.

Read on for the latest STINGERS news...



Presidents Pen - Julie

Hi Stingers.... a few things to note:

Bunbury 3 x 400m Postal Swim

Well done to those who have completed the 3 x 400m swims this year (28 at the time of writing). Whilst it is not compulsory, we do encourage all swimmers who regularly attend our pool training sessions to either enter this swim or donate the \$12 entry fee. The money raised from this contributes to your lane hire.

The good news is that, by running it as a National Postal Swim, lots of other clubs also contribute, whilst having some fun along the way.

Our strong preference is that you deposit the money into the Club Account: Bunbury Masters Swimming

BSB 036-122 A/C 642137... include "400m – " plus your name as a reference.

Otherwise, please give correct change to Brian at the pool.

Country Correspondence Carnival

This is going really well, but there is still more to be done to defend our title. So far only 10 members have completed their 8 swims, and another 18 have completed at least 5.

UPCOMING EVENTS

Next meeting Committee @ 11.15am
Wednesday September 9th
Bunbury Swimming Club
Rooms SWSC

30th Anniversary Sunday November 1st
Rose Hotel
Dinner 12:00pm to 3:00pm



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You can complete the shorter swims (up to 200m) at training (just ask myself or Pam), or any of the swims at our Friday or Sunday Endurance sessions. Please come forward rather than waiting for Pam or myself to have to tap you on the shoulder!

Programs

I will shortly send an email detailing the September programs. September is our last month of alternating Freestyle and Form-Stroke based programs. From October-March, programs will all be Freestyle based to prepare for the Open Water Season.

Remember though, that at our club you are always welcome to swap any drill or main sets listed on the program that you cannot or do not wish to do, for another that you prefer.

Stroke Analysis

If you haven't had your Freestyle (or other stroke if you wish) filmed and analysed recently, I highly recommend that you do so if you are trying to improve. The best time to be filmed is at Sunday Endurance when the pool is quiet.

Just let me know ahead of time (either directly or via the club email) so that I bring the camera. If you can't get to a Sunday session, I can bring the camera to training, but can't guarantee to get access to an outside lane that I require to do the filming.

Julie

30 Years Anniversary Dinner



The Bunbury Masters Swimming Club is

Celebrating 30 years!

In honour of this we are hosting a light canapé style luncheon and hope many members past and present will join us! Please spread the word as far and wide as possible!

Sunday November 1st 2020

12:00pm - 3:00pm

Rose Hotel Ball Room

\$30 per person

Full bar facilities will be available with tea and coffee included in price!

Ticket money can be paid directly into the club account or poolside to Brian Hall

Payment is required by the 26th of October. For any further enquiry's please contact Richard via secretary@bunburymasters.asn.au or join our Facebook event!

Payment should be made by direct deposit to the club account:

BSB 036-122
A/C 642137

Please include 30AD and your name in the reference.



CCC Relay Night

Fantastic effort on the night! 13 relays were completed, making it 22 relays completed this year so far.

Special congratulations to:

- Diego Hernandez for completing the Butterfly leg after I accidentally put him down for it. What is even better is that they came within 10 seconds of the current record!
- Noelle, Brian, Gordon & Elspeth for setting a new pending record in the Mixed 280-319 Medley relay (lowered record by 8 seconds!).
- The 10 relays that also came within 10 seconds of the current record... Lisa, Steve, Daniel & Julie B may want to try again as they missed the record by less than 1 second (practice those changeovers!).
- Danielle Pesci for setting yet more pending individual CCC records.
- Everyone who attended for marshalling so well that we were finished before 7pm.

Pam and I are absolutely delighted with how well everyone is swimming!

Julie









Club Contacts

President	Julie O'Connor 0418 936 059 bluesky.jules@gmail.com
Secretary	Richard Morris 0427 217 389 secretary@bunburymasters.asn.au
Treasurer	Brian Hall 9721 6496
Coaching Committee	Julie O'Connor, Pam Hall, Kathryn Knoll, Danielle Pesci
Club Captain	vacant
Endurance	Liz Common commonej@bigpond.com
Public Relations	Tanya Price
Safety	Steve Povee
Newsletter	Ben van de Ruit editor@bunburymasters.asn.au
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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 – the Ed.