



STINGERS NEWS

BUNBURY MASTERS SWIMMING CLUB INC NEWSLETTER

WELCOME

Hello Members Old and New

Welcome to this edition of the newsletter. This is a shortish newsletter, timed to finish off the year and bring you photos and tidbits from our windup as well as information for the start of 2018. Merry Christmas and see you at the pool!

Sally

Upcoming Events

Wednesday December 20- Last Training for 2017

Monday January 8 – First Training for 2018

AGM- February 7 – Time to Be confirmed

National Championships – Perth, 18-21 April 2018 (Email Julie if interested)

Pam's Pen

I'll start with the Clubs Christmas celebrations, what fun we had! First of all we had to break into the place, then they tried to tell us we were booked in for Dinner that evening not the luncheon. So after Noelle's excellent negotiations we all stayed on. Although lunch was delivered quite late we did enjoy it.

While we were waiting Father Christmas must have got word on what was going on so he called in on the way home from the beach (he still had his bright red & white board shorts and thongs on, that's how we knew!) We were then entertained for quite a while. Everyone left the party with happy memories and a present from Father Christmas. Well done to the team members who organised this celebration for us.

Back to swimming, our last training session for 2017 will be Wednesday 21st and restarting Monday 8th January 2018. Our Sunday open water swims have started. Check with your team members for times and places.

For the members who don't know I have been taking the evening training session as well. They are doing the same program the morning sessions are doing so if you ever can't make your a.m. session you can come along Wednesday night 5.30p.m. to 6.30pm. The evening swimmers would be pleased to see you.

As this is the last newsletter for 2017 I'll use this opportunity to say thank you to everyone who has participated in my training sessions. I find I get great satisfaction from seeing how much I've been able to help you improve in your swimming and enjoying the water whether you are in the pool or the ocean. I feel we have managed to tick all the boxes in our motto, don't you? Fun, Friendship, Fitness.

On that note I'll close with wishing you and your loved ones a safe happy and healthy Christmas.

Happy New Year to you all and all the best for the year ahead.

Pam Hall



Masters Swim Coach 2017

Vorgee Endurance 1000

Vorgee Endurance 1000 (Nov-Dec 2017)

In November, 26 swims were completed: 14 x 400 m, 7 x 800 m, 3 x 1500 m, 1 x 30 mins and 1 x 60 mins. Congratulations to Chris Gibbs on his first 1500 m freestyle swim.

We had three sessions in December and recorded twelve swims: 6 x 400 m, 3 x 800 m, 1 x 1500 m and 2 x 60 mins. Aina swam her first official 1500 m freestyle on December 8th in a great time. And Sally did her first 60 minutes swim in the last session for the year.

2017 has proved to be another terrific year for the club and I'm sure that we will do very well at a State and National level. Results and awards will be announced at our AGM in the new year which I hope everyone will attend.

2.5 km

55-59 female	Julie O'Connor	47:19	3rd
60-64 male	Allan Taylor	50:23	1st
60-64 male	Brendon Bunning	50:30	3rd
80-84 male	Ron Edwards	1:00:14	1st

Congratulations to our open water Stingers.

Elsbeth Binckes.

Endurance Officer.

Open Water Swimming Results

Swimming WA OWS Round 3, Coogee, Saturday 18th November 2017

2.5 km Super Legends

Julie O'Connor: female	43:12 – 2 nd
Tracey Van Uden female	47:29 – 4 th
Brendon Bunning: male	47:29 – 18 th

Livewriter MSA OWS Round 2, Fremantle Ports Swim Thru, Saturday 9th December 2017

1.25 km

75-79 male	Bill McGuigan	36:41	2nd
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Reflecting AND Looking Forward

At the Christmas Lunch, I asked Stingers to share two things: their favourite thing about swimming this year (or their proudest moment); and their goal for 2018. I got fifteen responses.

Thelma Sharp



Completing the Jetty Swim in February 2017, with thanks to team mates Georgina, Erica and Bill. My enjoyment continues with training for the 2018 swim, as it will be my 23rds swim. My goal is to do 2 ore and make it to 25 years. I hope my health keeps me well.

Georgina



Swimming in the Jetty Swim with Thelma, Eric and Bill and loving the whole experience. In 2018 I hope to swim the Busso Jetty solo for the first time.

Aina Hargans



I was thrilled to swim in the open water swim in November as a virgin Open Water Swimmer. My goal for 2018 is to be part of a team for the Jetty Swim.

Elsbeth Binckes



My most rewarding moment this year was completing a dup Busselton Jetty Swim with Liz. Next year I hope to sort my shoulders out!!



Julie O'Connor



Swimming the fastest backstroke of my life and now my fastest freestyle ever because of the training drills we've been doing – especially lateral kick drills. Also, completing the whole endurance challenge, minus the butterfly. In 2018 my goal is to maybe do the whole endurance again including the butterfly.

Jill



Swimming with the whale sharks and manta rays, and being fit enough to keep up with all those beautiful creatures. Next year my goal is to swim the jetty swim with my fellow stingers- in my netti – on a warm, quiet day!!



Catherine and Greg Curnow



Swimming with whale sharks on ANZAC Day, Jill's 60th birthday. One of our best holiday's Ever

Leanne



Joining the club this year has reignited my love for swimming. It's been very inspiring and thanks to Pam for being a wonderful coach. My goal is to keep on doing it.



Liz



I was very pleased to survive my leg of the Busselton Jetty Swim in February. I hope to keep turning up each week and not sink to the bottom!

Jackie



I love the skills and technique sessions during training. I hope to improve my backstroke and butterfly and attempt a passable medley.

Brian Hall



Swimming the Busselton jetty for the 21st time and clocking up a total of 5 million metres swimming with Stingers. In 2018, making it around the Busselton Jetty again.

Alicia



I love the laughter and the banter, and want to set new PBs.

Pam: see my report!



Noelle



Pam's encouragement and compliments and to just keep swimming

Doing the Jetty Swim for the first time. Never would have happened without joining Stingers. My goal for 2018 is to come to training more often, and in a Mustang.



Ben



Love the camaraderie with the group. A great group of people. I want to keep swimming as much as possible.

NEW YEAR'S EVE

Want to see out the old year with fellow Stinger? / Bring a lemonade or two and meet at the Mangles carpark to watch the sun go down on New Year's Eve.

SOCIAL

Sav the date – March 10, 201

Free South West Opera Company concert at Harvey Dam. Details to come.

Sally M



Stinger in the Spotlight

No Stinger in the Spotlight this edition as no one has volunteered. If you have not been profiled ever OR if it's been some time since you were

profiled, please drop me a line or see me at training. It won't hurt a bit, I promise, and our readers love to learn more about each other. .

Forthcoming Events

Listed at the beginning of the newsletter and also below in a handy table you can print out and put on your fridge (thanks, Julie!).

That's it for this issue. See you in the water!
Ed



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MSWA Calendar

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

Keen for more swimming news?

If you are interested in more Masters
Swimming news you can sign up for the
Masters Swimming WA eNewsletter at
www.mswa.asn.au

Swimming WA Calendar

Please visit
www.openwaterswimming.com.au
for details about upcoming events and
to register.

Date	Distance	Where	Organisers / Website link	Julie's Picks
Sunday, 22 October 2017	1.8km	North Cottesloe - Cold Water Classic	SLSWA	Too cold for me!
Saturday, 28 October 2017	5k, 2.5k, 1.25k, 500m	Cottesloe	Swimming WA #1 / MSWA bonus	Still too cold for me!
Sunday, 12 November 2017	1600 & 400	Lake Leschenaultia 30th Anniversary	MSWA #1	Lovely swim, but clashes with Busselton
Sunday, 12 November 2017	5k, 2.5k, 1.25k, 500m	Busselton	Swimming WA #2	Cold but good swim
Saturday, 18 November 2017	5k, 2.5k, 1.25k, 500m	Coogee Beach	Swimming WA #3	Nice place to swim
Saturday, 2 December 2017	1600m	Rottneet Swim Thru	Cottesloe Crabs	Great swim but expensive day
Saturday, 9 December 2017	5k, 2.5k, 1.25k, 500m	Fremantle Port	MSWA #2	Usually a good swim
Saturday, 16 December 2017	5k, 2.5k, 1.25k, 500m	Leighton	Swimming WA #4	Nice place to swim
Sunday, 17 December 2017	10km	Coogee	MSWA	If you are planning to do a Rotto solo!
Saturday, 23 December 2017	5k, 2.5k, 1.25k, 500m	Scarborough	Swimming WA - Relay Round	Not for me -- too rough
Saturday, 23 December 2017	1.8km	Trigg - Tower to Tower	SLSWA	Not for me -- too rough
Saturday, 30 December 2017	5k, 2.5k, 1.25k, 500m	Mullaloo	Swimming WA #5 / MSWA bonus	Not for me -- too rough
Sunday, 31 December 2017	1k, 2k	Albany	SLSWA	Nice place to swim
Saturday, 13 January 2018	5k, 2.5k, 1.25k, 500m	Harvey Dam	Swimming WA #6	Fabulous swim -- highly recommend
Saturday, 13 January 2018	400m, 1.6k, 3k	Cottesloe Classic	SLSWA	Nice place to swim
Saturday, 20 January 2018	5k	North Cottesloe - Coastal Relay	SLSWA	Not for me
Sunday, 21 January 2018	5k, 2.5k, 1.25k, 250m	Swim Thru Perth	MSWA #3	Not for me
Friday, 26 January 2018	4k, 2k, 1k	Mandurah	MSWA #4	Great swim - highly recommend
Friday, 26 January 2018	1k, 1.5k, 3k, 6k	Champion Bay SLSC	SLSWA	Clashes with Mandurah
Friday, 26 January 2018	5k, 2.5k, 1.25k, 500m	Sorrento	Swimming WA #7	Clashes with Mandurah
Saturday, 3 February 2018	2.2km	Swanbourn - Swanny Ocean Classic	SLSWA	My second favourite swim!
Sunday, 4 February 2018	5k, 2.5k, 1.25k, 500m	Rockingham	Swimming WA #8	Nice place to swim -- highly recommend
Sunday, 11 February 2018	3.6k	Busselton Jetty Swim	Busselton Jetty Swim	My favourite swim
Sunday, 11 February 2018	5k, 2.5k, 1.25k, 500m	Shorehaven, Alkinos	Swimming WA #9 / MSWA bonus	Don't know about this one
Saturday, 17 February 2018	1.6k, 3.2k	Leighton SLSC	SLSWA	Nice place to swim
Saturday, 24 February 2018	20k	Rottneet Channel Swim	Rottneet Channel Swim Assoc.	Too far for me!
Sunday, 25 February 2018	1k	Peppy Beach	Rhonda Brennan Memorial Swim	Fabulous swim -- highly recommend
Saturday, 3 March 2018	1.6k	Leschenault Inlet	Barrett Swim Thru	Club usually supports this in numbers
Saturday, 3 March 2018	4k, 2k (States), 1k	Rockingham - MSWA State Championships	MSWA #5	Lovely place to swim -- should be good
Monday, 5 March 2018	5k, 2.5k, 1.25k, 500m	Mandurah	Swimming WA #10	Nice place to swim
Sunday, 11 March 2018	1500m, 750m, 250m	Coogee Jetty to Jetty	MSWA #6	Great place to swim -- can be busy
Saturday, 17 March 2018	20k	Port-to-Pub	Hotel Rottneet	Too far for me!
Sunday, 25 March 2018	5k, 2.5k, 1.25k, 500m	Swim the Swan	Swimming WA #11	No thanks!
Saturday, 31 March 2018	4km (solo/duo/team)	Albany	MSWA #7	Great swim, but cold
Sunday, 1 April 2018	1.6k, 3.2k	Denmark - Southern Ocean Classic Mile	SLSWA	Wonderful swim if conditions good

YOUR OPPORTUNITY TO BECOME INVOLVED



VOLUNTEERS NEEDED



Come and Volunteer at any of our sporting
programs or events



While we encourage the participation of all in the community our
programs and activities have been specifically developed to meet the
needs of individuals with an intellectual disability and those who are on
the Autism Spectrum

Are you Patient, Reliable, Selfless, Passionate
or you want to just connect with other people
then why not make contact with us?

Contact Deborah at isportssecretary@gmail.com or M: 0419192303

