

## Special Celebration Edition.



### Committee Message

The committee has decided to issue a special interim newsletter as there is lots to celebrate as we come to the end of Term 1 at Busselton Swimming Club. Right across all our swimming groups from our Juniors through to our Performance Swimmers we have much to be proud of.

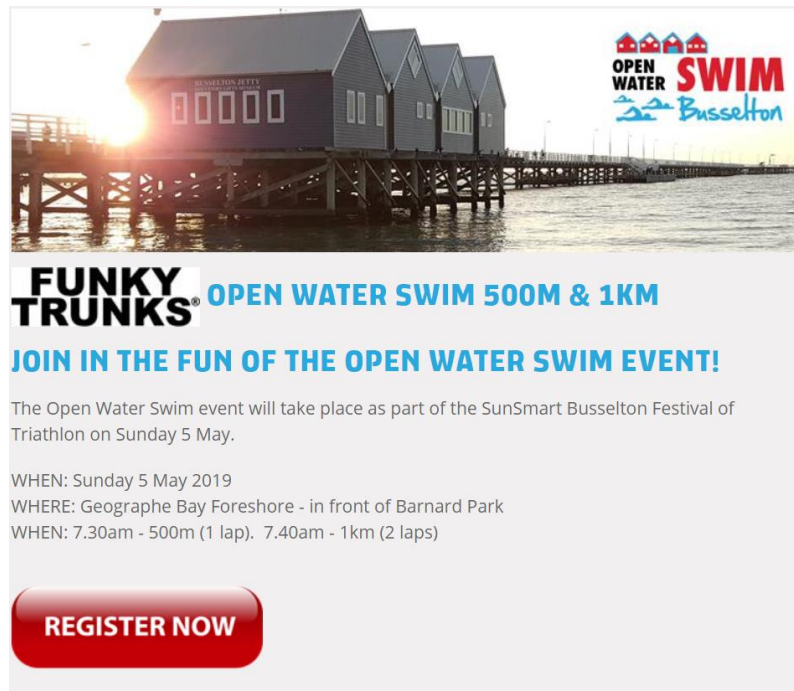
#### At a whole club level:

We are very proud of the efforts of all our swimmers in selling raffle tickets in the past few weeks, so far raising nearly \$2000! Special mention goes to Rose Russo who even made her own sign! Great work Rose, we love seeing the young ones getting into the club spirit. We still have a number of tickets to sell before the end of April so if you have a business where you can sell a few books please let us know.



PLEASE RETURN YOUR RAFFLE TICKETS ASAP TO EITHER  
YOUR COACH OR A MEMBER OF THE BSC COMMITTEE.

We are now on the look-out for volunteers to help with the Run Aid Station at the Iron Man on Saturday 4th May. Our volunteers get a T-shirt and free entry into the Open Water Swim Event on Sunday. Please email [secretary@busseltonswimmingclub.com..au](mailto:secretary@busseltonswimmingclub.com.au) if you are able to spare some time.



**FUNKY TRUNKS** OPEN WATER SWIM 500M & 1KM

**JOIN IN THE FUN OF THE OPEN WATER SWIM EVENT!**

The Open Water Swim event will take place as part of the SunSmart Busselton Festival of Triathlon on Sunday 5 May.

WHEN: Sunday 5 May 2019  
WHERE: Geographe Bay Foreshore - in front of Barnard Park  
WHEN: 7.30am - 500m (1 lap). 7.40am - 1km (2 laps)

**REGISTER NOW**

#### **At squad level:**

##### Juniors:

All junior swimmers have seen improvement which is evident in the large number of swimmers who are being promoted to higher squads next term. Well done on some great work during Term 1.

##### Intermediates:

As well as a term of growth and fantastic training in Intermediates, we have a small group of our swimmers heading off to Perth this weekend to compete in the Junior Long Course Championships at HBF stadium. These swimmers have had to qualify for state times in their age group to compete in this event. We hope their hard work and dedication in training pays off with some personal bests for Conor Barbour, Ella Hitching, Ruby Eastough, Ruby McLellan and Jaz and Sienna Currie.

##### Seniors:

We are also very proud of our senior performance swimmer Lucinda Jones who has qualified to represent WA in the Australian Age Group Championships in Adelaide next week. You met Lucinda in our last newsletter, but below you can get an insight into the effort it takes to swim and compete at this level.

##### Open Water news:

Amber has now wrapped up Open Water training for another season. This was our best season yet, spanning a full four months with a bigger range of swimmers than ever before. Amber would like to make special mention of Olivia May who attended the most sessions and was the 'bravest' swimmer conquering her fear of the open water and all of it's swimming creatures!! Olivia was the sole swimmer on the last morning which turned out to be rather chilly. Well done Olivia.



Olivia 'Iceberg' May

We recently had a number of club swimmers involved in the X Adventure Race in Dunsborough, both in the short course event as well as the Kids event. Our swimmers have also performed well throughout the Surf Lifesaving Season which has now come to an end. Well done to all our brave open water swimmers.

**Lastly, we thank all our parents who bring their swimmers to training, support them at events, help out at PB challenges and help to make our Club what it is.**

**Enjoy the holidays and see you back in the pool in Term 2.**

**PLEASE RETURN YOUR RAFFLE TICKETS ASAP TO EITHER  
YOUR COACH OR A MEMBER OF THE BSC COMMITTEE.**



# Meet Lucinda

*Lucinda Jones has qualified to compete at the Australian National Age Group Championships in Adelaide in April 2019.*



## IT ISN'T EASY BEING A SWIMMER

It has taken extreme personal dedication, hard work and sacrifice to qualify for Nationals. In an average week, Lucinda gets up before 4.30am, and travel 50km from Margaret River just to get to an outdoor pool to swim up to 5km in a session. She does this week in week out regardless of school holidays, bad hair days or cold winters (especially the cold winters!).

In the last year Lucinda has travelled approximately 650km a week just to get to training and swum around 37km a week. This isn't the first year she's done this – to qualify for Nationals Lucinda has been swimming for the past five years. She also does gym sessions on top of the 7-8 swim sessions, and the travel doesn't include the monthly trips to Perth for the main WA meets.

Her reward for this dedication was being selected to the Western Australian team to compete at the National State Team Championships in Canberra in October 2018.

Swimming isn't the easiest sport to excel in if you live in the city close to 50m competition pools with plenty of competition, but it is even harder for a swimmer in the Country achieve that level of excellence. We are extremely proud of Lucinda's commitment and dedication, we are also proud of her Busselton team mates who swim alongside her, pushing her and supporting her all the way.

## CLUB SUPPORT

As a club we want Lucinda to get to Nationals and have the greatest chance to achieve her best. For Busselton Swimming Club success takes all forms, from a personal best in club night, a win in a school swimming carnival, or a medal in a local meet, or just the smiles of someone achieving their very best. We consider our ability to support our top swimmers as just such a success!

Thank you for being part of our success!!

## THANK YOU

Fundraising through raffles, sausage sizzles and sponsorship initiatives allows our Club to cover lane hire and equipment costs and a small portion of this will help Lucinda and her coach attend 2019 Nationals. Without your help this wouldn't be possible

*Busselton Swimming Club would like to thank the following sponsors and supporters:*



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