



ATTENTION ALL SQUADS 2019 PB CHALLENGE DATES:

Friday 2nd Aug
Friday 13th Sept

Coaching Contacts

For all coaching enquiries please
contact:

Head Coach
Andrew Sexton
[headcoach-
andrew@busseltonswim-
mingclub.com.au](mailto:headcoach-andrew@busseltonswimmingclub.com.au)

Useful Links

Swimming WA:
www.wa.swimming.org.au

**BSC PB Meet
entries:**
[glenayrfarms@
bigpond.com](mailto:glenayrfarms@bigpond.com)

Committee Message

Hello swimmers and parents and welcome to the winter season at Busselton Swimming Club. It might be chilly and wet, but there is still plenty going on to keep us all occupied.

Thank you to everyone who attended our first winter PB challenge. It was a great success with over 30 swimmers and their families attending. We saw some massive PBs and the club made short work of the 18 pizzas we ordered. Congratulations to those that won a prize on the night.

The short course winter season is well underway with our first competitors making the trip up to Perth on the 9th of June for the Breakers Meet. We are looking forward to seeing lots of our swimmers take on the 25m pool over the next few months, culminating in the State Short Course Championships in September. For swimmers interested in competing in the winter calendar please speak to your coach about getting started.

The club will again be finishing the winter season with our annual Polar Bear Challenge which will take place in early September. Preparations are underway for this to be our biggest event yet, so keep up the training and watch out for news bulletins.

Once again, thank you to all those parents who are offering help at PB challenges and on our committee. Many hands make light work. If you think you can lend a hand on the committee, please email Anna-Lise at secretary@busseltonswimmingclub.com.au to register your interest.

Happy swimming.

BSC committee

TEAM APP

For all the new swimmers to the club, we use Team App as a means of contacting you with last-minute changes such as pool closures and cancellations. Please take the time to download Team App onto your phone or smart device, search for Busselton Swimming Club and request to join.

This month we have included an article written by the Ian Thorpe Aquatic Centre (<https://itac.org.au/2017/04/why-swim-school-is-important-during-winter/>) . Although aimed at swim school, the same principles apply to swim club.

Why Swim School is Important During Winter

The cold weather has well and truly arrived which means snuggling by the fire and getting away with wearing UGG boots outside! It is also around this time of year when children begin to hang up their swimmers, pool toys and swimming abilities, and leave them until next summer.

There's a long-standing myth that children shouldn't continue swimming lessons over winter due to possible illness. However, swimming lessons shouldn't stop just because the hot weather is over. Maintaining your child's swimming abilities is just as important in winter as it is in summer.

Too often we see children coming back in summer having lost their hard-earned skills and confidence. So, here's a list of the key reasons to continue your child's swimming lessons even over winter.

Strengthen their Immune System

Swimming in winter works to strengthen the immune system, so children may be less likely to get sick.

Maintain their Learned Skills and Confidence

Continuing your child's participation in swimming will help to keep the repetition of skills going so that they don't have to get back into their routine when they return to lessons.

Keep them Progressing

Having a break often results in a learning plateau of previously established skills. So, your child may regress over the winter break if they are not actively engaging in water activity.

Keep your Child Healthy

With the colder weather comes a less active lifestyle. Swimming lessons provide your child with a healthy and fun activity to get them out of the house. Meaning fewer video games and more water play!

Set your Child Up for Success

By ensuring your child maintains an active lifestyle through the whole year, you'll be setting them up with healthy habits they will keep with them for the rest of their lives.

So, this winter, remember to take into account the benefits of continuing your child swimming lessons throughout the whole year! Practice is key to your child learning this valuable skill for life.



Happy smiley club members at the recent PB challenge. Thanks again to Equinox for their ongoing support.

PLEASE REMEMBER TO REGISTER FOR PB CHALLENGES (at glenayrfarms@bigpond.com)
TO AVOID MISSING OUT ON RACES 😊

CLUB CAPTAIN

*Congratulations again to **Maddison Johnston-Walker** who has been selected as the club captain for the 2019/20 season. Maddy was presented with her captain's jumper at the June PB challenge.*



Getting to know our swimmers



Name: Eden McDonald

Squad: Performance

How long have you been swimming? I have been swimming forever but I have been swimming competitively since I was 9 and started at Busselton Swimming Club when I was 11.

What is your favourite swim meet? I don't really have a favourite meet but I enjoy swimming in Perth at HBF stadium.

Who is your hero/heroine? My role model for swimming is Rebecca Adlington, she is a British swimmer who I remember watching swim at the 2012 Olympics where she won two bronze medals.

What do you think about when you are swimming (during races and hard training)? When I am training, I like to think about lots of random things, but when it comes to competitions, I just think about trying to get to the end and concentrating on my stroke and underwaters.

What is your favourite music/movie? I don't really have a favourite movie or song.

What do you enjoy doing in your spare time? In my spare time I love going to the beach and playing other sports.

What is something about you that we would be surprised to know? I have a poem published in a book which is currently in the British Library in London.

Do you need equipment?

We have teamed up with Sport First on Queen St to offer our new swimmers a great deal. They are offering a mesh kit bag, kick board and pull buoy to BSC members for \$45. They also have a range of flippers available to add at your discretion (we recommend speaking to your child's coach before purchasing)



JOLYN
popup shop

BUSSELTON SWIM CLUB
MONDAY 8TH JULY
3:30 - 5:30PM

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