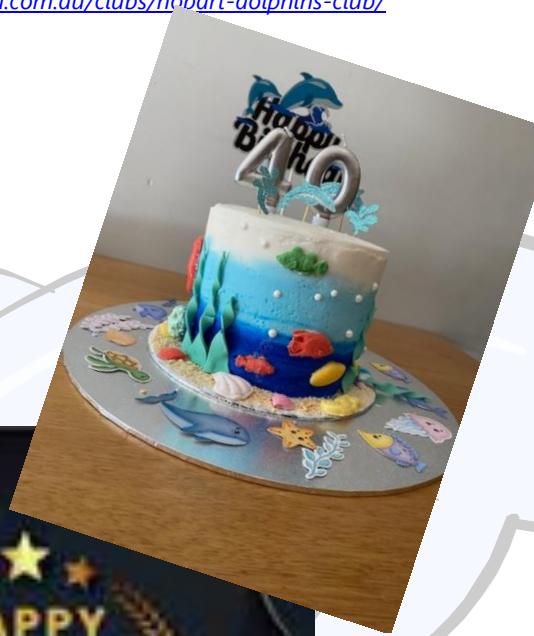


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**Happy 40th Birthday Dolphins.****Read about our history and check out some of the glamour of the red carpet in the Rogues Gallery!****Training times and venues****SATURDAYS** 8-00am at Clarence pool, cost \$10 using Club 10-pass card, purchased from Pia.

(Note – Stretching starts @ 7.50am)

SUNDAYS, 10:00am at Clarence, cost \$10, also with Club 10-pass card, all welcome.**THURSDAY EVENING:** 6.30 – 7.30 p.m. Programs available, but no coach poolside.**WEDNESDAYS** – early morning open water swims – check WhatsApp for times and locations**REMEMBER:** Please arrive in time to have your Pass Card clipped by the committee member on duty. Also – come early on Saturdays so you have time to stretch and warm up!

NOVEMBER CALENDAR



Saturday 1st November 2.00 pm – MST LCLD CHAMPS, HOBART

Sunday 2nd November 10.00 am Clarence Pool

Wednesday 5th November 7.00am Open Water Swim - Bellerive Beach

Thursday 6th Nov 6.30 – 7.30 pm Clarence Pool

Saturday 8th Nov. 8.00 am Clarence Pool

Sunday 9th Nov 10.00 am Clarence Pool

Wednesday 12th Nov 7.00 am Open Water Swim - Bellerive Beach

Thursday 1st Nov 6.30 – 7.30 pm Clarence Pool

Saturday 15th Nov 8.00 am Clarence Pool

Sunday 16th Nov 10.00 am Clarence Pool

Wednesday 19th Nov 7.00 am Open Water Swim - Bellerive Beach

Thursday 20th Nov 6.30 – 7.30 pm Clarence Pool

Saturday 22nd Nov. 8.00 am Clarence Pool

Sunday 23rd Nov 10.00 am Clarence Pool

Wednesday 26th Nov. 7.00 am Open Water Swim – Bellerive Beach

Thursday 27th Nov 6.30 – 7.30 pm Clarence Pool

Saturday 29th November – MST Christmas Friendly SC Time Trial

OATLANDS 1.00 pm – 4.00 pm – Bring a Pen/Pencil for BINGO



From the Presidential Suite:

What a fabulous time we had at our 40th Birthday Cocktail evening! Everyone made a real effort and looked so elegant and so many helped to make the room look wonderful. Huge props to Fiona Zeigeler for the amazing cake and to Judi for organising the event ... and for putting together the red carpet - a truly inspired idea!

There was also some very impressive swimming during the month. In the pool Leisl had a very successful weekend at the Australian Masters Games in Canberra with 7 golds and 2 silver medals, while in the ocean, Jayde was showing off her amazing open water skills in the prestigious Coolangatta Gold event with a gold and silver medal in her age group events.

This weekend the LCLD championships are being held at the aquatic centre, we have a very respectable 10 members competing and a number officiating, we wish them all well. A number of our club coaches are also attending a coaching clinic over the weekend that's been organised by the Branch and held in conjunction with the LCLD meet.

The Tasmanian Ocean Swim Series starts this month with the Carlton Beach Swim on 22 November while the final pool meet for the year will be the pre-Christmas swim at the Oatlands pool on the afternoon of 29 November. For our newer members this is a fun afternoon, with short events, a bit of dressing up if you like, some fun swims and a BBQ to finish. It's a great way to reintroduce yourself to competition swimming if you are new to Masters. Information can be found at: [2025 MST Christmas Friendly SC Time Trial, Oatlands](#).

And..... don't forget we finish the year with a bang with our Christmas Party/Presentation function being held at the Waterworks on Sunday afternoon 7 December. Make sure you save this date!

Di



Well done Leisl and Jayde!!!!





COACHES CORNER

Stroke Rate

Many swimmers may have found their stroke rate has dropped due to inconsistent swimming, lack of fitness and age. It is easy for stroke rate to slow without the swimmer being aware of this. Average Masters Freestyle Stroke Rate is around 63. A very low stroke rate is 40 and a high one is up to 90 or even higher. The stroke rate is dependent on physical characteristics like height and arm length etc and what event is being swum. If a stroke rate was, for example, 65 and someone else's was 68; that does not mean that they are a better swimmer— it just means that they are swimming with a higher stroke rate. Generally tall people swim with lower stroke rates than shorter people.

In recent training sessions, we have measured our swimmers' stroke rates and were quite shocked to see the results. Most swimmers' stroke rates were quite low. We then swam some sets focusing on increasing stroke rates using Tempo Trainers (Mode 3).

Note: you can do this yourself even without a tempo timer. Even a slight increase in stroke rate can make a difference to efficiency and time. As fitness improves, swimmers should find it easier to stroke at a higher rate.

It was interesting to note in the session that, even after short intervention, many swimmers' strokes looked sharper and more efficient after increasing stroke rate.

Some facts about Stroke Rate:

- Average Stroke Rate is around 60 -65.
- Stroke rate can drop off with age and fitness.
- Stroke Rate is very individual and depends on swimmer's body: height and arm span.
 - Experiment with different stroke rates, try:
 - 48 – This should feel way too slow
 - 63 - about average
 - 80 – some swimmers will find this easy, others near impossible
 - 76 – Ian Thorpe's stroke rate in 400m
 - 86-92 - Ariarne Titmus
 - 94 - Katie Ledecky in 800m





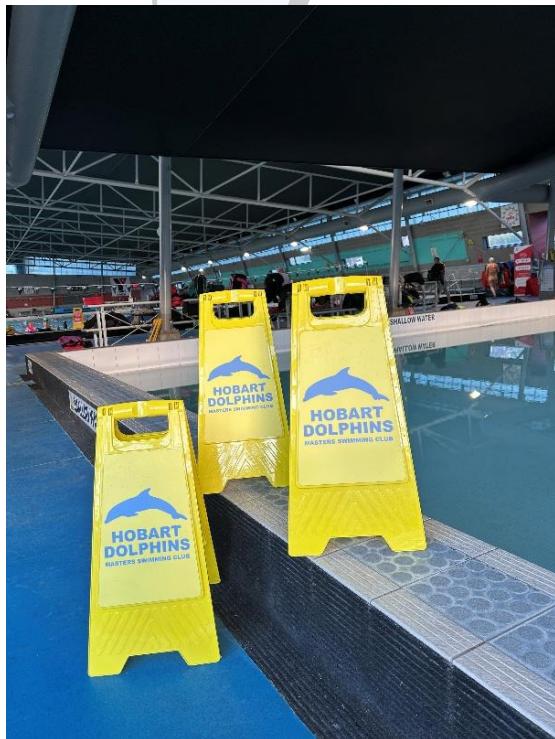
Thanks Beth (our club Safety Officer)

Good news for the sole

Contrary to popular wisdom, people can get the same health benefits from walking 7000 steps a day as they do from walking 10,000 paces, according to a [comprehensive review and meta-analysis](#) published in The Lancet Public Health. For all outcomes, health benefits continued to accrue until around 7000 steps,” said Katherine Owen, PhD, biostatistician at the University of Sydney, Sydney, Australia, who led the review. “After 7000 steps, benefits either plateaued or there were very small additional benefits.”

Owen and her colleagues reviewed 57 studies and conducted a meta-analysis on 31 of them, examining the relationship between health and physical activity based on daily steps.

The researchers looked at nine different health outcomes: all-cause mortality, the incidence of and deaths from cardiovascular disease, dementia, cancer incidence and mortality, the incidence of type 2 diabetes, depressive symptoms, and falls. Every outcome showed improvement as the amount of daily activity increases, but for most people the benefits tapered off at around 5000-7000 steps per day.



Thanks Sue!!

Aren't we special! You may have seen these fabulous signs at the end of the pool during training recently.

Huge thanks to Sue Muir who very generously organised and paid for the signs, making us look very professional!



Fiona Findlay	7 th Nov
Alice Godfrey	26 th Nov
Eldon Jenkin	30 th Nov
Phil Venables	23 rd Nov



NOTICEBOARD

Please note these dates for our forthcoming social events:

-  29th Nov – Oatlands, MST Christmas Friendly Short Course Time Trials 1.00 warm-up for 1.30 start. Heaps of FUN!!!
Please bring along a your best Christmas outfits AND a pen or pencil for some poolside BINGO!! Great prizes to be won.
-  **7th December** -Waterworks Reserve Christmas Party and Awards Presentation - 12.00 noon
-  **NOTE: DATE CHANGE!!** **Sunday 28th December**
9.00 am – Annual Eggs and Bacon Bay Post-Christmas Open Water Swim and Breakfast BBQ

Social News,

Judi Adams:



Our 40 year anniversary celebration was a great success. The Shoreline hotel kindly waived their fee. Everyone entered into the fun by dressing up, sharing memorabilia and viewing the fabulous montage prepared by Di and Steve. **Thank you** also to Steve for the music. **Thank you** to Mary, Margie and Katherine for the photo albums and uniforms. **Thank you** to everyone for the great display of flowers, and Fiona Ziegler for the glorious cake.

Our next celebration is our Christmas gathering at Waterworks reserve on Sunday December 7th at midday. I'll be asking all attendees to contribute a salad, sweet or nibbles. Look out for more details in the invitation that will be sent via email.

Judi

ROGUES GALLERY

Class on the Red Carpet....

There are so many wonderful photos from the 40th Birthday celebrations on the What's App page, but here is just a small selection of the glamour of the evening...





It was a chance to catch up with swimmers from other clubs, members from time gone by, and those "others" who cheer us on!



Elegance a-plenty!

A celebration to remember!





But wait.....



...there's more!!!



And for those who have asked if we could share Di's speech that honoured the club's 40th Birthday... here it is!



Good evening, everyone! it's so great to see so many of you here this evening to celebrate 40 years of fitness friendship and fun with our club.... and looking so glamorous! As I reflect on society today and how reluctant people are to commit to things for long periods of time, I think it is a real credit to our cluband to its members that we have remained a strong and vibrant unit over such a long period of time.

I thought I would mention a little bit about our beginnings...and to do this I need to refer to a note written by past president Mavis Fisher:

The idea of a Masters club in Hobart initially came from John Brown and Doug Job in 1985. Initially six swimmers met at Clarence pool every 3 weeks on Sunday nights, and then soon after time moved to Saturday Mornings.....where it has remained for 40 years. The club was known then known as Hobart AUSSI MASTERS and it was the third Masters club created in Tasmania after Devonport and Launceston.

The club was incorporated in 1986 and by 1992 was booming, and had reached 98 Members, about twice the size we are now.

Three of the founding members Doug Job, Justine Bamford & Peter Fisher remained with the club for many years and were still active when I joined in 2010.

It is fabulous to see that two of the very, very early members; Mary and Margie are still active with the club today and are both here tonight, while other current members: including Katherine Daft, Annaliese, Peter Tucker have made tremendous contributions to the club for over 30 years, others such as Kathy Osborne, Megan, Fiona R and Judi were members in the early days but had long periods away only to return to club later in life.. and become integral members of the club once again. If you take the time to read the list of office bearers over on the table, you will see that longevity is a common thread, and I think one thing that we can be very proud of is that....for the most part....once a member of the club, you are a member for a long time, with many long term friendships having been formed and nurtured within the club. It is fair to say that many a member has been well supported through very difficult times by fellow club members.

It would be remiss of me to not also mention some of our past members, who were crucial in the clubs continued success; Mavis Fisher who was President for 10years but on the committee for 18 years, Ron Bloomfield, secretary for 13 years, Les Young coach and Treasurer 16 years and Sue Vincent Newsletter editor 14 years. Of those still with us Katherine Daft has been a member of the club committee for an incredible 25 years, and Pete Tucker's contribution spans 19 years, it is no coincidence that they are our 2 surviving life members. It is also noteworthy that the current committee remains relatively unchained for the past 10 years.

Of course, you don't have to be a committee member to be a contributing member of the club we are so lucky to have a membership that is engaged, supportive and willing to participate in all that we have to offer, and that is what makes the club a strong unit.

In the pool we have had much success, in the early days the club seemed to dominate many State championships, with club members also enjoying travelling to World and National Championships and Masters Games Events. There was a slight lull in the mid-nineties, early 2000s but in recent years the club has returned to strength, proving again to be one of the strongest clubs in Tassie. (State trophies on display)

Outside of competition we pride ourselves on being an inclusive club, welcoming all swimmers, irrespective of ability, and we value the community and wellbeing aspects of the club as well as competition, we are very proud that in the recent survey members valued the social and mental health benefits of the club equally with the fitness benefits and competition opportunities.

As we reflect on the past and look forward to many more years of fitness friendship and fun, we recognise our life members, our committee, our coaches, and all of our fabulous members. So please raise your glass—to the Hobart Dolphins Masters Swimming Club, to forty fantastic years, and to the many more still to come. May we continue to inspire, support, and celebrate each other—both in and out of the water. Cheers!

We now have a cake to cut, generously baked by Fiona Zeigeler. I'd like to call on Life members Peter and Katherine to cut the cake and if you would like to stay for dinner, you might like to order your meal now.

Di



HAPPY BIRTHDAY