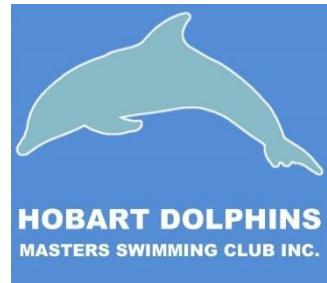


HOBART DOLPHINS MASTERS SWIMMING CLUB INC
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August 2025

Hi Dolphins,

Welcome to the August edition. This month's edition is perhaps not as lengthy as I would like, but time has been a little hard to find this month.

Wasn't it nice to wake up this morning to the news that the sun is now up before 7.00 and we are slowly but surely gaining a little extra sunlight each day. With the power of positive thought, we can now say, "it will be Spring next month"!!!! There are still 2 months left to tackle the winter challenge. Never too late to start.

Good luck to our small but awesome team (Jayde, Elisa and Leisl) who are flying the Dolphin flag in the pool in Singapore this week, and good luck to our many swimmers who are training hard for the Winter Championships in Launceston on the 23rd and 24th August. This is always a fun weekend, with fast and furious racing over 25 metres, so it is a great opportunity to have a go at racing if you haven't ever given this a try before.

Entries close on Sunday 17th. Details later in the newsletter. It's a pretty quiet month - so I thought you might like me to include some pictures of dogs enjoying the water... so I did!!!

Happy training folks,



Cheers,

Fiona

IN THIS NEWSLETTER

- August Calendar
- President's Report
- MST Winter Championships
- Por-poise patrol
- Winter Challenge
- Birthdays
- World Championships
- Guest Lecture (Dietetics)
- Social News
- Noticeboard

After training breakfast Saturday 2nd August – Spencers in Lindisfarne.



Training times and venues

SATURDAYS 8-00am at Clarence pool, cost \$10 using Club 10-pass card, purchased from Pia.

SUNDAYS, 10:00am at Clarence, cost \$10, also with Club 10-pass card, all welcome.

THURSDAY evenings 6.30 at Clarence. Please pay for casual swim on entry to pool. Steve will provide programs in a public lane

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!

JULY CALENDAR

Saturday 2nd August 8.00 am Clarence Pool
Saturday 2nd August (After training) Breakfast at Spencer's, Lindisfarne
Sunday 3rd August 10.00 am Clarence Pool
Wednesday 6th August 7.00am Open Water Swim - Bellerive Beach
Saturday 9th August 8.00 am Clarence Pool
Sunday 10th August 10.00 am Clarence Pool
Wednesday 13th August 7.00 am Open Water Swim - Bellerive Beach
Saturday 16th August 8.00 am Clarence Pool
Sunday 17th August 10.00 am Clarence Pool
Wednesday 20th August 7.00 am Open Water Swim - Bellerive Beach
1.30 pm Saturday 23rd August and 8.00 am Sunday 24th August

Launceston Aquatic and Leisure Centre

MST Winter Short Course Championships

Saturday 23rd August 8.00 am Clarence Pool
Sunday 24th August 10.00 am Clarence Pool
Wednesday 27th August 7.00 am Open Water Swim - Bellerive Beach
Saturday 30th August 8.00 am Clarence Pool
Sunday 31st August 10.00 am Clarence Pool





From the Presidential Suite:

Well, I think we would all agree that the highlight of last month was the fabulous Trivia night. Huge thank you to Judi, Pete and all the helpers for a great night, and we raised \$1700, which will go a long way to relieving the pressure on lane hire fees.

Low light was of course having to cancel the Swim Meet at Port Huon, unfortunately the numbers were just too low to make it feasible. I think it was possibly a combination of timing and possibly location but would be interested in any feedback on whether members are interested in the club hosting this type of low key, more casual swim meet sometime in the future.

We were pleased to see that 14 people entered the Bunbury Postal swim this year, including a few first timers. This is our biggest number for a few years and great to see the renewed enthusiasm for this event.

Huge congratulations to Jayde who finished top 10 in her age group in the 3km Open Water Swim at the World Masters Championships currently being held in Singapore! By all accounts the event was held in pretty tough conditions. Elisa and Leisl are heading off this week to take part in the pool competition, I know they have been putting in lots heavy training over the past few months and we wish them good luck for the competition.

Next up locally is of course the Winter Championships on 23/24 August in Launceston. I've been hearing a lot of interest on pool deck, including amongst some of our new members so we should have a good turnout. Registrations close on 17 August but please do not leave it to the last minute! Remember there is a lot of organisation going on behind the scenes, some of it from outside the Masters Swimming Community, so the earlier we have an idea of numbers the better. Information on the Winter Championships can be found on the MST website at: [Events for July 2025](#). You will also see information on accommodation options and the Saturday night dinner elsewhere in the newsletter.

The club committee is always thinking about what additional opportunities we can offer club members and have managed to find a Dietician who specialises in Sport Nutrition who has generously offered to talk to us. The details are included elsewhere in the newsletter, I think this is a great opportunity so please let Beth or me know if you would like to attend.

See some of you at Breakfast!

Di

Masters Swimming Tasmania Winter Short Course Championships



Saturday 23rd and Sunday 24th August

Launceston Aquatic and Leisure Centre

ENTRIES CLOSE 17th AUGUST

More details and to post your entries, see:

<https://mastersswimmingtasmania.com.au/event/2025-mst-winter-championships/>

Accommodation and Dinner at Winter Championships

As we have done over the past few years, the club has booked a number of 2/3 bedroom apartments in Launceston for those who would like to share accommodation.

This year we are again using the Elphin Serviced Apartments. We have booked for the 2 nights (Friday and Saturday) and the cost is expected to be between approximately \$75 and \$100 per night, depending on how many elect to stay with us. You may be required to share a room.

If you do ask for a bed and then change your mind, please let us know at least 7 days prior to the championships or you may have to still pay for your share of the accommodation.

If you would like to be included in the shared accommodation, please let Katherine Daft know asap on katherinedaft@gmail.com

A table (s) has also been booked at the Metz Restaurant for Saturday Night dinner. If you would like to join us, please let Katherine know by 18 August.

Stop Press:

Megan has a booking at the Parklane Motel for the 2 nights which she no longer needs. It's a twin room for \$150 negotiable, basic but convenient. If you are interested contact Megan at the pool this week or at mmstronach@gmail.com.





OUR PROGRAM LEADERS



This month's *Porpoise Patrol* is all about celebrating the powerhouse behind our lanes — our incredible **Program Leaders**. These dedicated individuals are more than just friendly faces at the pool — they're trained, knowledgeable leaders and swimmers who make every swim session smoother, safer, and more effective.

Thanks to our Program Leaders, swimmers benefit from expert guidance each week, gaining confidence and improving technique under experienced eyes. We're lucky to have such passionate people keeping our club strong and supported!

Meet the Pod!

The current Program Leaders making waves in our club are: Di Gregory, Katherine Daft, Kathy Osborn, Pia Petersen, Fiona Redgrove, Beth Mulligan, Linda Walsham, Fiona Ziegeler.

So, What Is a Program Leader?

A Program Leader is a club member who has completed the **three modules** of the *Masters Swimming Professional Development (PD) Course* — qualifying them to lead a swim session on behalf of an accredited coach. They're the bridge between swimmers and coaching excellence, helping deliver well-structured and motivating workouts each week.

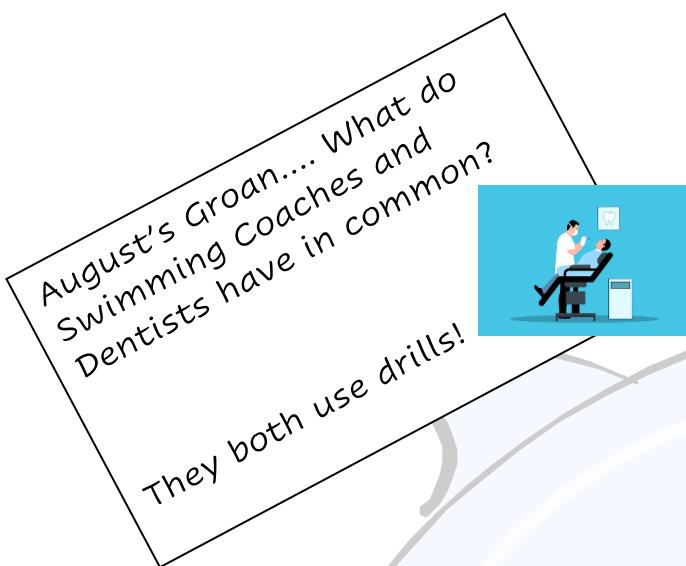
Are You Ready to Dive In and Become a Program Leader?

We'd love to welcome more leaders into our pod! Here's how to get started:

1. Visit www.mastersswimming.org.au/become-a-club-coach
2. Scroll down to the 'Club Coach Workshop' banner
3. Register for the **Masters PD Course** and complete the three online modules
4. Receive feedback from our Coach Educator
5. Earn your **Certificate of Completion** and official Program Leader status — AND a T-shirt!

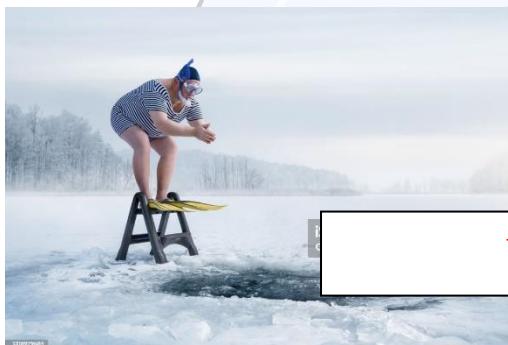
Whether you're passionate about swimming, community, or both — this is your chance to step up, give back, and inspire others.





You've gotta love our
intrepid mother and
daughter world travellers!

Have fun Annaliese and Mary!
(and don't pick up any strange pyramids)



WINTER CHALLENGE

It's never too late.....still two months to go (and the days are getting longer)!

Eligibility: Masters Swimmers and their friends!

The Challenge: Participants complete the challenge between 1 April 2025 and 30 September 2025. The swims must be undertaken in open water, that is in the ocean, in a river or in a lake. At least 80% of the distance claimed must be swum in Tasmania. This year we thought we would try and make it a little more interesting with the level of the Challenge being based on a points system rather than just the distance swam. Base points will be awarded for the distance swum, and bonus points for the locations where the swimming took place.

There are two distances to swim:

If you swim:	27km	5 points allocated
	55km	10 points allocated

In addition, there will be bonus points for the locations you have swum in:

Location 1 = 2 Different Beaches

Location 2 = 1 River Swim

Location 3 = 1 Lake/Lagoon Swim

Location 4 = 1 Channel/ Island Swim

See previous Newsletters for more details or contact of our coaches for more details.





HAPPY AUGUST BIRTHDAYS

AURO ALMEIDA 21ST AUGUST

MARY COUSINS 4TH AUGUST

JOYCE REED 2ND AUGUST



Congratulations... and good luck!!



A big congratulations to Jayde Richardson for her Top Ten finish in the World Championship Open Water 3km swim inb Singapore this week!! A top effort indeed!

Jayde and Anne Henderson (Hobart Aquatics) proudly wear their Aussie uniforms as they flank Tasmania's world champion Macjei Slugocki. Anne was also a top 10 finisher, and Macjei took out the world title in his age group. Well done Tassie!



And very good luck to Jayde, Leisl and Elisa as they take to the pool this week in Singapore – we know they will do us proud!!



Guest Lecturer: Hannah Richardson, Dietitian

The club has organised a presentation on Sports Nutrition to be held on **Tuesday 2nd September at 6pm at the Rosny Library**.

The session is being presented by Hannah Richmond, who is currently working as a Dietitian at the RHH. She has a particular interest in Sports Nutrition and works in the area of nutrition in older adults.

Hannah plans to cover a broad range of topics, including nutrition for Masters athletes, in particular the implications of increasing age on performance and training, specific dietary considerations, including protein, carbohydrate, fats, calcium, Vit D, fluid and hydration requirements, pre-exercise nutrition, recovery nutrition and nutritional supplements. There will also be an opportunity to ask lots of questions on the basis of her presentation but if you have any specific questions that may need some thought on Hannah's part it would be helpful to send those in beforehand to give her time to think about an appropriate response.

We know that Diet and Nutrition is of particular interest to many members and we hope that many of you can attend. If you are interested in coming along, please let Beth know by **18 August**, if there is room we will open up the presentation so it would be good if you could let us know as soon as possible.

As Beth is currently on holidays overseas you can RSVP to Di on grediane@gmail.com over the next week or so or Beth on bmul2000@gmail.com when she returns.



Social news

The quiz night was a great success. Thank you to all enthusiastic competitors, and everyone who contributed to the fabulous raffle. Thank you to my team of helpers, Fiona Ziegler for the lolly jars, Kathryn for carefully collating and wrapping the prizes, and our quiz master Peter Tucker and his assistants, Kerry, Ella and Sylvie.

A special mention to our sponsors; the Black Buffalo for providing the venue free of charge, Funky Trunks, Spencers, Daci and Daci and Hurricanes Café.

It was wonderful to have James and Judy Graham up and about and able to join us for the night...and to be on the winning team!

Judi Adams



NOTICEBOARD

Don't forget.....



- Breakfast on 2nd August – Spencers in Lindisfarne
- Winter Championships, Launceston, Aug 23-24
- (Remember to book your place at the Saturday evening meal with Katherine Daft)
- 2nd September 6.00 pm Guest Speaker, Dietician Hannah Richardson, Rosny Library

Watch out for more details coming:

- Hobart Dolphins' 40th Anniversary Celebrations (TBA October)
- Cocktail Party (TBA)
- Christmas Party 12.00 noon 7th December – Waterworks Reserve