

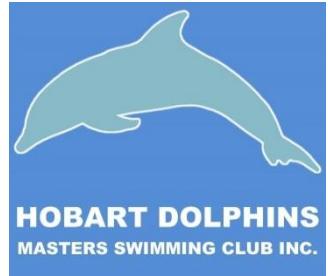
HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

Phone: 0438629160

<https://www.facebook.com/hobartdolphins>

<https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/>



Season's Greetings Dolphins

Welcome to Summer!!!!

This is how things should be by now,,,,

but oh dear.... we are still wrapped up!

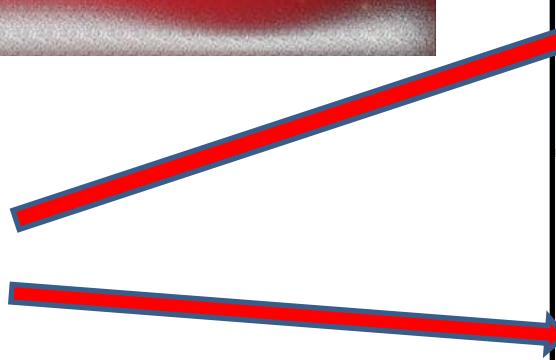
Well up till today when the heat was turned up, but so was the wind!!

Still, we Tasmanians are a hardy lot, and we weather the weather, whatever the weather, whether we like it or not!!!

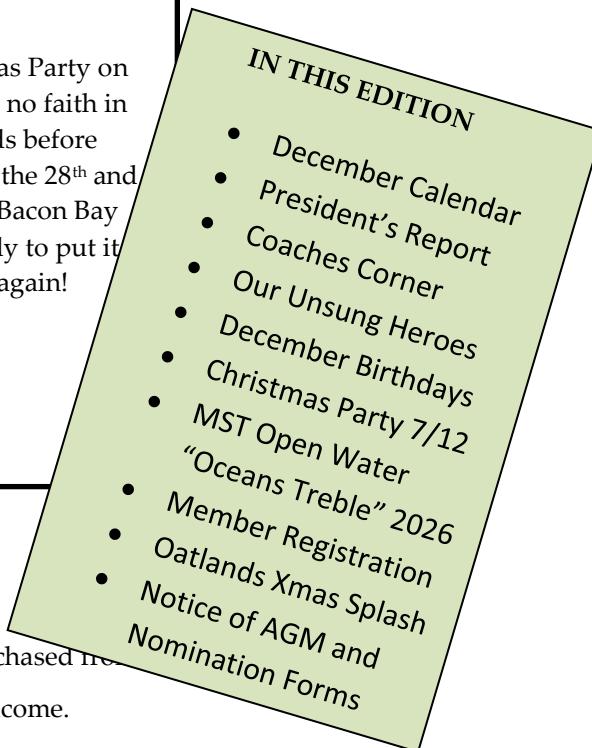
Here's hoping for something a little warmer and cheerier for the Christmas Party on the 7th Dec at the Waterworks Reserve. I wish I could join you, but I have no faith in the weather, so am heading to Queensland to thaw out with my grandkids before Christmas!! I will leave it to Megan to organise some bright sunshine for the 28th and look forward to seeing after Christmas as we enjoy the annual Eggs and Bacon Bay swim, specifically designed to take off at least 2 kgs during the swim, only to put it on again at the BBQ to follow! Oh well... we have all of 2026 to get it off again!

Have a very merry Christmas,

Cheers, Fiona.... Ho ho ho!



Source: Art for Swimmers



Training times and venues

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

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

WEDNESDAYS – early morning open water swims – check WhatsApp for times and locations

THURSDAYS 6.30 – 7.30 pm at Clarence pool

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!



DECEMBER CALENDAR

Saturday 6th December 8.00 Clarence Pool

Sunday 7th December

Dolphins Christmas Party and Award Ceremony

12.00 noon – Waterworks Reserve

Wednesday 10th Dec 7.00 am Open Water Swim - Bellerive Beach

Thursday 11th Dec 6.30 pm Clarence Pool

Saturday 13th Dec 8.00 am Clarence Pool

Sunday 14th Dec 10.00 am Clarence Pool

Wednesday 17th Dec 7.00am Open Water Swim - Bellerive Beach

Thursday 18th Dec 6.30 pm Clarence Pool

Saturday 20th Dec 8.00 am Clarence Pool

Sunday 21st Dec 10.00 am Clarence Pool

Wednesday 24th Dec 7.00 am Open Water Swim (Check on WhatsApp)

Saturday 27th Dec 8.00 am Clarence Pool

Saturday 27th Dec TBA Carlton Park TOSS 1200 Ocean Swim

Sunday 28th Dec 9.00 am Eggs and Bacon Bay Annual Post-Christmas Recovery swim!! followed by BBQ Breakfast

PLEASE NOTE THE CHANGE OF DATE FOR THIS BBQ

Wednesday 31st Dec 7.00 Last Open Water Swim 2025!!



From the Presidential Suite:

Aren't we just having too much fun!! Another fabulous event at Oatlands on the weekend, both in and out of the water. Lots of great photos on WhatsApp. Congrats to the Dolphins team who won the handicap relay (despite my best attempt to make it hard for them with a 69sec handicap).

Bingo added some extra fun to the day, and the outfits were fabulous. Huge thanks to all the organisers and particularly the family members who came along to help out; Ken of course for his fabulous BBQing, Tracy for her help as a runner, Gary, Mary who helped out with timekeeping etc, apologies if I left anyone out but it really does make the swimmers' experience so much more enjoyable when they don't have to worry about officiating. Lots of photos on WhatsApp and the MST website.

You will have seen the 'Unsung Heroes' postings coming through on the MSA Facebook page. Katherine and I have been very grateful for the recognition and the lovely comments that have accompanied. There will be two more Dolphins recognised over the next two weeks, so the club has once again 'batted above its weight'. I won't spoil the surprise with who they are but they are both very worthy of the honour.

Don't forget the AGM will take place in Feb next year. The agenda and nomination forms are available in this newsletter, sometimes when the committee has been so stable for so many years, others feel a little reticent to put themselves forward to become involved. Please be assured we welcome new people and ideas on the committee, so if it is something you would like to do just put yourself forward.

The Open Water Swim Series started in November with Auro, Amanda and Jayde flying the Dolphins flag. Don't forget the events that will be run in the new year will count towards the MST Oceans Treble event. Keep your ear out for others swimming.

And, of course, see you at the Christmas Party, Presentation Day on Sunday, wear your best Christmas finery and fingers crossed for a fine day!

Di





COACHES CORNER

Xmas buffet – some “snack” ideas, not enough for a meal, but nice to try!

Add shorter swims to your week, even if tired, to help get your frequency up. Muscles recover slowly, more so as we age, but oddly, this doesn't mean your swim efficiency will track the same way. Swimming when you're not as fresh might not net you those standout performances (esp sprints) but your “water feel” – that elusive thing – does improve on consecutive days. The benefits to your “water feel” ie efficiency adds up each day in a row that you swim. If you are already swimming most days, this idea isn't news to you, because you are already in that zone. But if you're time-pressed and struggling to swim more than 2 times a week, consider short swims: they don't have to be “high intensity” or ultra-long to make up for “lost time”, but a 5-800 m session will still bring water-feel benefits. What's to lose? Think how pure and good you'll feel. [Of course, be sensible, if you're really sore and tired, don't go, THAT day.]

(What is “water feel”? It seems in part to be how your nervous system adapts how hard you pull on the water, and the NS recovers remarkably quickly, and is relatively unaffected by age! (Ish). Compared to muscle recovery, anyway. The other part is those little muscles (or maybe it's their innervation and nervous control) that control your body position, shoulder “bracing”, core engagement etc. These seem to fatigue quickly, but also recover quickly, so subsequent sessions find that they bounce back and help with your swim efficiency.)



Ditch the pull-buoy. This advice is mostly for the men, although there are a few female club members who also love the pull buoy. If you go faster with one, it often indicates a weakness you can work on: if slower, congratulations, you likely have good core and cross-body connection in your freestyle.

I LOVE my pull buoy, especially with paddles. They are the reason I managed recently to go below 5:40 for a 400, faster than my previous best time in 2014 (with pull/pad). And because they compensate for my sinky legs I can zip along effortlessly – even flat out feels like zone 3 and a half.

But they can be a trap. Unfortunately, they lock your hips and legs, meaning you don't develop a hip-driven “loading” of each stroke, or “serape” effect that augments your efficiency. This also means that your core and proprioception are “off” when you have to swim without the p/b (“they have fin swimming, why not championships where pull buoys are allowed?”). Once you are past the beginner stage of freestyle, I feel the benefits of the p/b as an improvement tool are strongly outweighed by its disadvantages. Early on, they can help with giving you a glimpse of where your feet and hips should be, but that's of limited use. And using a p/b is not really the same as swimming in a wetsuit with leg buoyancy: twisting the hips/legs in the opposite direction from the shoulders adds a significantly stronger stroke while unloading the shoulder/back muscles. You don't get this if you're using a pull buoy.

(Disclaimer: if you're struggling to swim more than 1-2 times per week, and you love the p/b, keep using it: anything to keep you motivated is good. At least, that's my excuse ATM.)



Ditch the watch. I LOVE my Garmin. Initially I got it because I was trying (in an OCD way) to track how far I was swimming ("come on three million metres!") but I was losing track of how many laps I'd done. Even in a 400. It is a fantastically useful device, even if heart-breakingly honest about your lap times, regardless of how good that last lap "felt". But something destructive in our brains leads us to look at our last lap **EVERY SINGLE TIME** and compare it to what we "know" we can do (on that one day, 4 years ago, I think it was a Wednesday, and I'd slept *really well*).

So, ditch the overly critical timepiece occasionally, and give yourself a break, and just enjoy. Relaxation, flow, and in a word, 'enjoyment' can sometimes be critical to improvement. And ditching the watch, and not watching the clock, can make for a wonderful swim session, one where you can just relax and go with the flow on the day. Just remember to get out of the pool when they start turning off the lights... I suggest a "timeless" swim once a week, after you've done the sessions that "matter".

Steve out

Congratulation Di and Katherine!

**UNSUNG
★HEROES★**

Celebrating the hearts and souls of
our Master Swimming community







**Diane Gregory
Hobart Dolphins
TAS**



**Katherine Daft
Hobart Dolphins
TAS**

IT CAN'T BE CHRISTMAS WITHOUT A DOG IN A SANTA OUTFIT!!



HAPPY DECEMBER BIRTHDAYS TO



Judi Adams (12th)

Natasha Adams (23rd)

Angela Costa (28th)

James Graham (6th)

Fiona Redgrove (6th)

Laura Leworthy (20th)

Pia Peterson (22nd)

Ken Reed (19th)



Don't Forget.... This Sunday

Dolphins Christmas Party and Presentation Day

Sunday 7th December

12.00 noon – 2.30

Waterworks reserve

Don't forget there will be prizes for the best Christmas hats

Please bring your own chairs, drinks and your offerings to share... along with implements to serve!

Please come early if you have indicated you are bringing nibbles!



MST Open Water Mini-Series: MST 'Oceans Treble' 2026

Masters Swimming Tasmania supports our members participating in Open Water events around the state. In conjunction with the popular Tasmanian Ocean Swim Series (TOSS) and in co-operation with Surf Life Saving Tasmania, MST is conducting the MST 'Oceans Treble' from January to March 2026. It comprises five events of the nine TOSS events. Swimmers may score individual points at **any three** of the following Ocean Swims as well as club points from all five.

• TOSS: Devonport: Pub to Club	Saturday 3 January 2026
• TOSS: Bridport: Swim the Pier	Sunday 4 January 2026
• TOSS: Kingston Beach Summer Swim	Monday 26 January 2026
• TOSS: Port Sorell: Penguin Island Swim	Sunday 8 February 2026
• TOSS: Clifton Beach: Deep South Clifton Swim	Sunday 8 March 2026

Conditions of Participation in the MST 'Oceans Treble' mini-series

- Swimmers must be members of Masters Swimming Australia (MSA).

For more information see: <https://mastersswimmingtasmania.com.au/promos/mst-oceans-treble-2025-26/>

<https://www.facebook.com/tasoceanswimseries>

<https://www.webscorer.com/findraces?pg=register>

Disclaimer: *This mini-series is not a sanctioned Masters Swimming Australia event. Swimmers will be covered by SLST insurance and must comply with rules, advice and conditions as set out by the host SLST club.*

Member Registration 2026

Registration for 2026 is now open. Our registration fee for 2025 remains at \$120 with the swim central processing fee bringing it up to \$124.81. For information, of the \$120, \$59 goes to the National Body, \$15 goes to the Branch and \$46 remains with the club.

A reminder that registrations are through Swim Central.

1. <https://swimcentral.swimming.org.au/home>
2. Login with your email address and password, if you cannot remember your password use the “forgot password” button at the bottom of the page. Please do not create a new account.
3. Go to Store (on the left of page)
4. Select Membership
5. Search for Hobart Dolphins under ‘find a club’
6. Select yourself under ‘who are you processing for’
7. Select 2025 MSA membership 12 months (unless you are a life member or over 80)
8. Purchase membership
9. If you are a **new member** you will need to create a Swim central account from the <https://swimcentral.swimming.org.au/home> page.
10. If you have been a member but did not rejoin last year please do not create a new account, use your previous log in otherwise you will create a new MSA number and will have 2 in the system.
- 11.

Any questions please contact Di on grediane@gmail.com

Winners are Grinners!

A mighty trio of Dolphins took part in the first of the TOSS Swims at Carlton Park on the 22nd Nov. Jayde was the overall women's winner, with Amanda first in her age group and Auro 2nd in his. Small in number but quality plus!!! Well done guys. Remember the 2nd of these TOSS events in again at Carlton Park SLSC on Saturday 27th.



2025/26 RACE CALENDAR

SAT 22 NOV	CLEARWATER CLASSIC	CARLTON PARK SLSC	TRIPLE TRIDENT
SAT 27 DEC	CP1200	CARLTON PARK SLSC	TRIPLE TRIDENT
SAT 3 JAN	PUB 2 CLUB	DEVONPORT SLSC	
SUN 4 JAN	SWIM THE PIER	BRIDPORT SLSC	
MON 26 JAN	KINGSTON BEACH SUMMER SWIM	KINGSTON BEACH SLSC	
SUN 8 FEB	PENGUIN ISLAND SWIM	PORT SORELL SLSC	
SAT 7 MAR	TEAM CHALLENGE	CARLTON PARK SLSC	TRIPLE TRIDENT
SUN 8 MAR	DEEP SOUTH CLIFF SWIM	CLIFTON BEACH SLSC	
SUN 12 APR	BEACH 2 BEACH	KINGSTON BEACH SLSC	

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2025 Oatlands Christmas Splash

For those who have yet to enjoy the fun of MST's annual Christmas race meet at Oatlands, make sure you get it in your diaries for 2026. Forget the serious nature of racing.... And come for simply a fun day in the pool (with some races thrown in!) Congratulations to Megan and Masters Swimming Tasmania for bringing swimmers from both ends of the state together for what has to be one of the happiest and funniest events on any sporting calendar!!



Running the North Pole admin department... from poolside!! Di has to be recognised as a handicapper extraordinaire!! The handicapped relay at the end of the day saw the first 4 teams finish within 2 seconds of each other. Well done Di!!



Santa said he needed a faster (and cuter) delivery team this year... so he called in the swim squad.



It's a good thing we have Aura who knows better than to put silly things on one's head and eyes!!!



New policy: all serious conversations must be held in reindeer glasses



1..



One of my grandkids' favourite Christmas books is "Whose bum is that"!!! Can you guess?



Smiles all round from this bevvy of beauties!!



1.....2.....3....and go! May the best-dressed elf win!!!
Apparently socks work really well in the pool!



NOTICE

2025 ANNUAL GENERAL MEETING

Saturday 21st February 2026
Room 5, Rosny Library
46 Bligh Street, Rosny, Tasmania
Commencing at 10:00

AGENDA

1. Welcome by the President
2. Apologies
3. Minutes of the 2024 Annual General Meeting held on 22nd February 2025.
4. COMMITTEE MEMBERS' REPORTS: including the Presentation of the 2025 Financial Statements
5. Election of OFFICE BEARERS: President, Vice President, Secretary, Treasurer
6. Election of COMMITTEE MEMBERS: Coaching Director, Social Coordinator, Recorder, Newsletter Editor, 2 General Committee members.
7. APPOINTED POSITIONS: Safety Officer, Branch Delegates
8. Close of the AGM



Light Refreshments will be provided.

ALL WELCOME

Note: a brief Committee Meeting will be held after the AGM



Nomination for Committee Position 2026

Position:

Name:

Nominated by:

Seconded by:

I agree to accept this nomination:

Signed

Date

Positions for Election

Office Bearers: President, Vice President, Secretary, Treasurer

Committee Members: Coaching Director, Social Co-Ordinator, Recorder, Newsletter Editor, 2 General Committee members

Appointed Positions: Safety Officer, Branch delegates