

# Hobart Dolphins - News

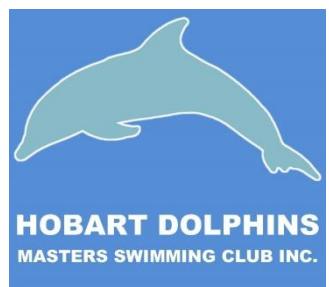
HOBART DOLPHINS MASTERS SWIMMING CLUB INC

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July 2025

Hi everyone - and welcome to July, which is looking like a busy month,

Please check the details in the newsletter for events coming up over the next two weekends and register your entry (Huonville) and intention to attend (Quiz night) as soon as possible. **Entries close for Huonville this Monday (30<sup>th</sup> June)**, and we need to have a rough estimate of numbers for our Quiz night, so please let Judi know if you are coming along on the 12<sup>th</sup> to the Black Buffalo.

These are both **FUN events!!** The race meet is a chance for members who might want their first experience of a race meet, with no pressure at all! No dive blocks, so everyone is going in off the edge of the pool, and the atmosphere should be sunny and warm. There will be some novelty relays at the end, and then you get to celebrate with a drink at the Kermadie Pub to wash down MSA's 50<sup>th</sup> Birthday Cake.

Our **trivia quiz nights** are always heaps of fun - come and share this great evening where there are heaps of prizes, plenty of laughs, and a great chance to get to know each other with your clothes on!! Numbers are looking good, so come along, get to know other members, and maybe go home with some very exciting prizes

Cheers,

Fiona

- July Calendar
- President's Report
- 50<sup>th</sup> Anniversary swim – Port Huon
- Coaches' Corner
- Bunbury Challenge
- Winter Challenge
- Birthdays
- Guest Lecture (Dietetics)
- Rogue's Gallery
- Noticeboard

## Upcoming events



If the Huon Swim Meet is cancelled, breakfast will be held this Saturday at Spencer's Lindisfarne as usual

## 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

Wednesday 2 <sup>nd</sup> July 7.00 am	Open Water Swim - Bellerive Beach
Thursday 3 <sup>rd</sup> July 6.30 pm	Clarence Pool
Saturday 5 <sup>th</sup> July 8.00 am	Clarence Pool
Saturday 5 <sup>th</sup> July 1.00pm	MSA 50 <sup>th</sup> Anniversary Celebration Swim Meet PORT HUON SPORTS CENTRE
Sunday 6 <sup>th</sup> July 10.00 am	Clarence Pool
Wednesday 9 <sup>th</sup> July 7.00am	Open Water Swim - Bellerive Beach
Thursday 10 <sup>th</sup> July 6.30 pm	Clarence Pool
Saturday 12 <sup>th</sup> July 8.00 am	Clarence Pool
Saturday 12 <sup>th</sup> July 6.00	DOLPHINS QUIZ NIGHT Black Buffalo Hotel
Sunday 13 <sup>th</sup> July 10.00 am	Clarence Pool
Wednesday 16 <sup>th</sup> July 7.00 am	Open Water Swim - Bellerive Beach
Thursday 17 <sup>th</sup> July 6.30 pm	Clarence Pool
Saturday 19 <sup>th</sup> July 8.00 am	Clarence Pool
Sunday 20 <sup>th</sup> July 10.00 am	Clarence Pool
Wednesday 23rd July 7.00 am	Open Water Swim - Bellerive Beach
Thursday 24 <sup>th</sup> July 6.30 pm	Clarence Pool
Saturday 26 <sup>th</sup> July 8.00 am	Clarence Pool
Sunday 27 <sup>th</sup> July 10.00 am	Clarence Pool
Wednesday 30 <sup>th</sup> July 7.00 am	Open Water Swim - Bellerive Beach
Thursday 31st July 6.30 pm	Clarence Pool



**SATURDAY 12<sup>th</sup> JULY 6.00pm**

## **Dolphins Quiz Night**

**Black Buffalo Hotel, North Hobart**

**Don't forget:** We are still looking for donations for prizes for the raffle – please look around and see if have anything (from soaps, home made jams, chocolates etc) that could be included in a hamper, Judi will collect these after training on Saturdays on either 5<sup>th</sup> or 12<sup>th</sup> July.

**Reminder** Please let Judi know if you are coming –there are still some spaces!  
Please bring cash on the night.



**From the Presidential Suite:**

Well, your Club committee certainly has been busy organising activities to ensure something for everyone over Winter.



We are organising our first (at least for many years) club run **swim meet for next Saturday 5 July** at Port Huon, deciding to hold it somewhere different to support regional Tasmania and also introducing a fun element to it by having closest to nominated times and handicap elements. While I know this weekend is not convenient for everyone it would be great to get enough entries to make the meet a success and provide something for us to build on for future years.

**Entries are open until Monday 30<sup>th</sup> on the MST website.**  
**PLEASE ENTER THIS WEEKEND**

12<sup>th</sup> April sees the return of our **Trivia Night** at the Black Buffalo Hotel, details are attached. This has proved to be a very entertaining evening in the past and Pete Tucker is having fun preparing an interesting selection of questions for this year, while Judi is rustling up some great prizes, remember you can organise your own team of 6-8 or come by yourself and we will find you a team. We already have some interest from members of other clubs so please let Judi know asap if you are coming and remember to transfer the ticket price of \$20 to the club bank account.



Meanwhile Beth is in the process of organising an evening with a **Sports Dietician** who can give us some great advice on our nutrition needs. More information on this later in the newsletter.

Great to see that entries for the Bunbury Swim are going well this year, having some opportunities to do the swims at training on Saturday has certainly helped but many are also doing them in their own time. I think this event provides a great opportunity to compare your times over the years and it also gives you a bit of an incentive to do those longer distance particularly in form strokes. Don't forget to transfer your \$12 to the club account if you want your entry to be submitted.



The winter championships are creeping up on us, they will be held on 22 - 23 August this year, the flyer will be available soon. In the meantime, Katherine Daft has booked some 2 and 3 bedroom accommodation at the Elphin Apartments in Launceston for the nights of 21/22 August. If you would like to stay at this accommodation, can you please let Katherine know.

Who said Winter is for hibernating????

Hope to see you at the pool!

**Di**



**Way to go intrepid nudies!!! Eldon and Annie did it in style in the winter solstice nude swim this year!**

# 50<sup>th</sup> Anniversary Celebration Swim Meet

The Hobart Dolphins together with Huon Valley Masters invite you to join us for a fun swim meet to celebrate 50 years of Masters Swimming in Australia

Where: Port Huon Sports and Aquatic Centre

When: Saturday 5<sup>th</sup> July 1.00 – 4.00pm, followed by afternoon tea at the ~~Keweenaw~~ Hotel

Cost: \$25 per person, registration will be done through Club Assistant, and information will appear on the MST website. Non-members are welcome but must be over 18.

Events: 1. 50m any stroke  
2. 200m any stroke  
3. 100m any stroke  
4. 50m any stroke  
5. Handicapped Relay (teams to be organised by the Recorder on the day.)

You can do a maximum of 4 events (not including the relay.)

There is a special 50<sup>th</sup> Anniversary Champion Award. To be eligible for this award you must do events 1,2 and 3. The Champion will be the person who swims closest to their nominated times over the three events (to clarify: If you swim 1 sec faster in 1 event and 1 sec slower in another that is a difference of 2 seconds.)

If we have time, we will include some fun novelty events.

Please note State Records cannot be set at this meet.

What to bring: Enthusiasm, a fold up chair, and maybe a friend or family to help with timekeeping.

Hope to see you there!

From Megan



## COACHES' CORNER

### National Coaching Conference, Canberra.

Hi All – I had the privilege of attending the National MSA Coaching Conference in Canberra over the weekend, and I am pleased to report on an exceptional event. The presentations were not only informative but also highly engaging, offering valuable insights that are directly relevant to Masters coaching.

It was a fantastic opportunity for coaches to connect in person, exchange ideas, and share best practices. The conference fostered an environment where participants could reflect on their coaching approaches, learn from one another, and celebrate the outstanding contributions being made across the Masters community.

A highlight of the weekend was the dinner on Saturday evening, which provided the perfect setting to honour our two *Coach Excellence Award* winners for 2024: Gaby Donnelly from Cairns Mudcrabs and Cheryl Chambers from Phoenix Masters. We also took the opportunity to celebrate Di Coxon-Ellis (Hills Masters) for her remarkable 10 years of service.

Keynote speaker, Professor Peter Raeburn, delivered an insightful presentation on coaching the aging athlete. One aspect of his talk that particularly resonated with me was his discussion on fatigue—an often-overlooked factor in athletic performance.

In the context of Masters swimming, fatigue can be effectively managed by understanding its root causes, implementing targeted training strategies, and prioritizing recovery. Factors such as age-related muscle decline, overtraining, improper technique, and mental fatigue, compounded by the stresses of daily life, can all contribute to a swimmer's overall fatigue. By addressing these underlying factors, Masters swimmers can reduce fatigue and optimize their performance. However, the challenge remains: how do we recognize when we are fatigued?

#### Masters Swimmers Fatigue Monitoring.

- **The Orthostatic Test** is used by athletes of all levels to assess physical recovery. The concept is simple: measure how heart rate changes when moving from a lying position to standing. If the body has recovered well the variation between the two measurements will be not significant.
- **The best time to do the test is in the morning:**
- As soon as you wake up in the morning take your heart rate (or wait a minute or two if you had to get up to go to the loo and then take it).
- Stand up or sit up and measure your heart rate again within 30 seconds of changing position.
- The difference between the two heart rates is your morning Heart Rate Variation value.
- **Normal Results:** You would expect a rise in heart rate of about 15-30 beats per minute upon standing.
- **Abnormal results:** a heart rate increase of over 30 bpm **may** indicate dehydration, stress or poor recovery.
- A very low increase **OR** delayed stabilization **OR** a very low heart rate in both positions may indicate other factors - best discussed with your sports physician.

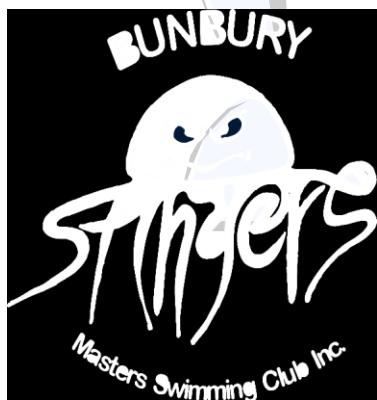
- In Masters athletes' preparation, these patterns are very useful for tracking training load and recovery. A single abnormal result isn't necessarily alarming but if results are consistently abnormal – chat to your sports physician.



Coaches will recognize Anne Smyth and Greg Gourley who visited us to conduct coaching workshops a year or so ago. They are pictured here with Professor Peter Raeburn, Keynote Speaker at the MSA National Coaching Conference.

**July's Groan!**

**Two cats are having a swimming race. One is called "One two three", the other "Un deux trois". Which cat won?**  
**"One two three" because "Un deux trois cat sank".**



## LAST CHANCE

**The BUNBURY STINGERS Swim Club**

**3x400 POSTAL SWIM 2025**

**Entry Fee:** \$12 & payable to the Club. Every competitor must sign the Waiver to show they accept the conditions of the postal swim. Swim times to be submitted to the Club Secretary- Kathie



Please see on deck Coaches this weekend – you still have time to complete your three swims.

**Ends this Monday 30<sup>th</sup> June 2025**



## The Dolphins Open Water Winter Challenge 2025

**Great new winter challenge to test your resilience in cold waters and motivate open water swimming.**

**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 JULY BIRTHDAYS



MARGARET CLOUGHER 7<sup>TH</sup> JULY

ANNE GILLIAN                    13<sup>TH</sup> JULY

SISKA HOCKING                    15<sup>TH</sup> JULY

SUE MUIR                            1<sup>ST</sup> JULY

KATHRYN OSBORNE                    22<sup>ND</sup> JULY

MICHELLE SAMPSON                    13<sup>TH</sup> JULY

DAVID WIGHTMAN                    5<sup>TH</sup> JULY



## Guest Lecturer: Hannah Richardson, Dietitian

**Ever wondered what you should be eating before, during and after race meets?**

Come along to a talk designed specially to address our needs by Hannah Richardson, a Dietician specialising in Sports Nutrition and nutrition for older adults at the Royal Hobart Hospital

*Hannah works at the Royal Hobart Hospital, mainly in rehab and diabetic care. Her areas of interest include diabetes and older people's nutrition. However, her primary love is sports nutrition. She is a competitive rower and found that fuelling well really helped her performance, leading her to complete the Sports Dietetic course to become a Sports Dietitian. She is keen to help educate others on the power of nutrition for their sports performance.*

Hannah will present to Hobart Dolphin members on 2<sup>nd</sup> September at 6 p.m. at the Rosny Library. Her talk is expected to be for about 90 minutes. The room can hold about 20 people comfortably, so mark this in your diary now, and we will offer more details in the next newsletter.

Hannah will cover the changing requirements for athletes as they get older, along with special dietary considerations including protein, carbs, fats, calcium, Vitamin D, fluids and maintaining adequate hydration.

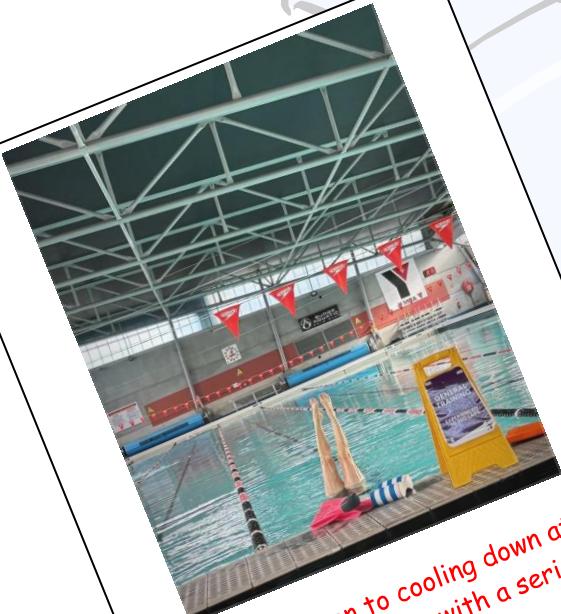
Thanks to Beth Mulligan (and Leisl Wylie)  
for arranging this talk.



*Have you ever wondered why the  
Scandinavians are such good swimmers?  
.....They've got Finns!*

## ROGUE'S GALLERY

In the absence of any race meets, and no pictures from our afternoon at the movies...here are some "random" holiday snaps (oh...and some legs)



Siska has taken to cooling down at the end of training sets with a series of handstands!!



Auro is continuing his winter training in the warmer climes.... Anyone jealous?



Pia is also enjoying bright sunshine and idyllic open water conditions up in Yamba. Really folks...What is wrong with Hobart in July!!

If we weren't jealous enough of Sue Muir's recent trip to the Antarctic, here is a little puffin she met more recently while visiting Iceland!!



## NOTICEBOARD

Don't forget.....



Breakfast on 5<sup>th</sup> (ONLY if Huon race meet is cancelled!!)



- Saturday 5<sup>th</sup> July: MSA 50<sup>th</sup> Anniversary Fun Race Meet, Port Huon Sports Centre 1.00 pm



- Quiz Night - 12 July – Black Buffalo Hotel, North Hobart (please donate to the raffle)
- Winter Championships, Launceston, Aug 23-24
- 2<sup>nd</sup> September 6.00 pm Guest Speaker, Dietician Hannah Richardson, Rosny Library

Watch out for more details coming:

- Hobart Dolphins' 40<sup>th</sup> Anniversary Celebrations (TBA September)
- Cocktail Party (TBA)
- Christmas Party (1<sup>st</sup> weekend in Dec)
- Bunnings Sausage Sizzle Fundraiser (TBA)