

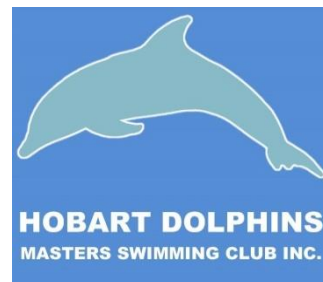
HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

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October 2025

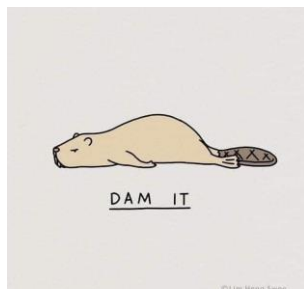
Hi Dolphins,

September was a relatively quiet month - and I am heading north on Monday 29th to escape the wild Spring winds, so this newsletter is a little shorter than may usually be the case. So.... I thought (hearing my mother's voice in my head) ... "How to amuse them today!"

To this end, and simply because space allows, I will pit the newsletter with some little "funnies" I came across this month, for your amusement!

I am so sorry that I will miss the 40th Anniversary celebrations - I have no doubt this will be a fantastic evening, and our thanks must go to those members of the committee (and others) who have contributed to what will be a fun affair. I look forward to sharing photos in the next newsletter.

Cheers, Fiona



IN THIS NEWSLETTER

- October Calendar
- President's Report
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- Butterfly – Basics to Brilliance notes
- Winter Challenge
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After training breakfast Saturday
4th October – Spencers in
Lindisfarne.



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 EVENINGS – Check with Coach Steve, or check the Club What'sApp page – these may be starting again this month.

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!

OCTOBER CALENDAR



Saturday 4th October 8.00 am Clarence Pool

Followed by Breakfast at Spencer's, Lindisfarne

Sunday 5th October 10.00 am Clarence Pool

Wednesday 8th October 7.00am Open Water Swim - Bellerive Beach

Saturday 11th October 8.00 am Clarence Pool

Saturday 11th October, 5.30, Dolphin's 40th Anniversary Cocktail Party

Sunday 12th October 10.00 am Clarence Pool

Wednesday 15th October 7.00 am Open Water Swim - Bellerive Beach

Saturday 18th October 8.00 am Clarence Pool

Sunday 19th October 10.00 am Clarence Pool

Wednesday 22nd October 7.00 am Open Water Swim - Bellerive Beach

Saturday 25th October 8.00 am Clarence Pool

Sunday 26th October 10.00 am Clarence Pool

Wednesday 29th October 7.00 am Open Water Swim – Bellerive Beach

Saturday 1st November 2.00 pm – MST LONG COURSE LONG DISTANCE
CHAMPIONSHIPS, HOBART

PLEASE NOTE – Thursday evening swim may resume this month – please check the club's WhatsApp for details.



From the Presidential Suite:

The big event for the upcoming month will be our 40th birthday celebratory Cocktail Party on 11 October. It is really quite a remarkable achievement for a relatively small community based organisation such as ours to remain strong and active for this period of time. It's an appropriate moment to reflect on the work done by so many people to not only keep our club as strong and healthy as it is but also to be flexible enough to respond to the changing expectations over that period of time.

It was very heartening to see the fabulous turnout of club members at Allan's funeral; it was so lovely to see such a show of club solidarity. I know the huge support from the swimming community was very much appreciated by his family.

Many members enjoyed a fabulous talk by Dietician Hannah Richmond on Sports Nutrition, thank you to Beth for organizing the event. Hannah also generously provided her presentation notes and a lot of research documents for us to have a look at. If anyone who couldn't attend the speech would like these documents, please let me know.

The other big event for October is the LCLD on Sat 1 November at the Hobart Aquatic Pool. Details and the registration portal can be found at [2025 MST Long Course Long Distance Championships](#). This is your best opportunity to swim a 1500m or 800m event so think about giving it a go.

As the club Open Water Challenge finishes the dates for the Ocean Swim Series have just been released. A copy of the 2025/26 series has been posted on our website, the first swim is at Carlton Beach on 22 November, unfortunately there is no Bellerive Beach event this year however there is a Seven Mile Beach Swim on 27 December.

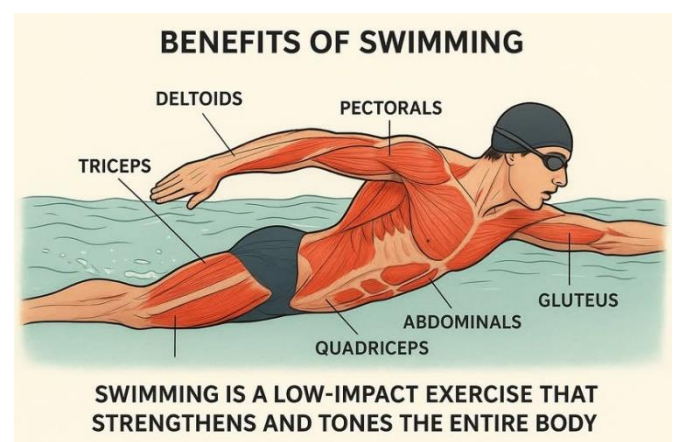
I hope to see many of you at the Cocktail Party

Di

ARTIFICIAL INTELLIGENCE

Have you ever questioned the "intelligence" of Artificial Intelligence? This is an AI generated picture of the muscles we use when swimming freestyle.

Artificial – yes! Intelligent?...Hmmmm!!!!

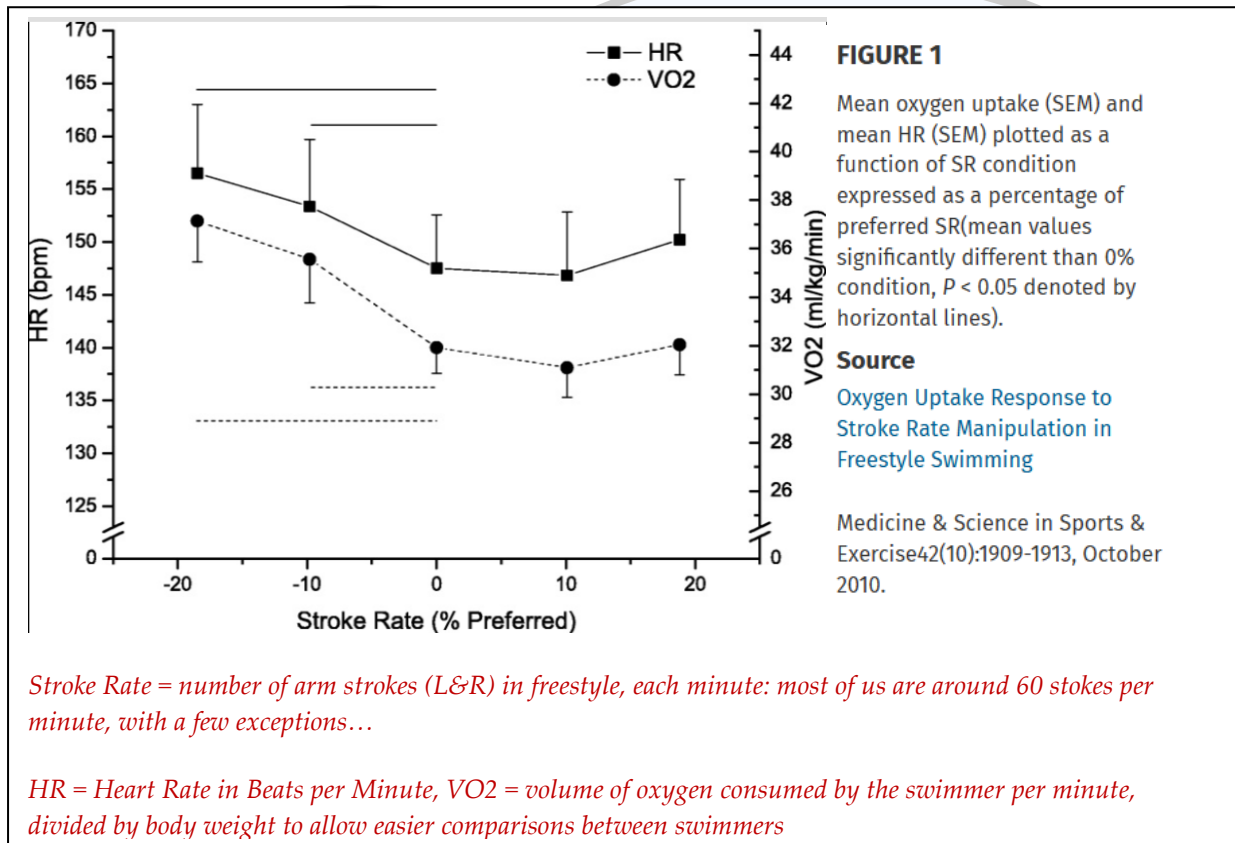




COACHES CORNER

Speed versus efficiency – not what you might expect

Many of you know I love a good graph (a legacy of a career as a scientist). And here's one that caught me somewhat by surprise:



What does this show? It shows that swimming at a slower stroke rate, ie “overgliding” uses MORE energy. What the?

Beginner swimmers (and more besides...) sometimes think that getting the maximum stroke length improves your freestyle speed. Or to put it another way, that making it down the length of the pool in the minimum number of strokes is an admirable and effective goal. And for beginners, I think this can help.

But no-one in our club is a beginner. We can aim for an OPTIMAL stroke length, and the training exercise that Coach Megan took us through in late July/ early August where we tried different stroke rates was a valuable reminder that tweaking stroke rate can make you faster AND sometimes save you energy.

What the graph above shows is that **if you slow your stroke rate you will actually work harder**. [Note that heart rate, rate of oxygen consumption and your perceived exertion usually track together]. The authors of this paper solved this apparent paradox when they looked at *how much the swimmer KICKED when they slowed their stroke rates*: the swimmers expended MORE energy on kicking to drive them forwards. And as most might guess, the bigger muscles in the legs use a lot more energy than your arms. [The main reason for their relative inefficiency in swimming is that you can drive water backwards with your hand and forearm, generating more thrust, while kicking drives water only downwards, or at a slightly backwards angle – if you are lucky and have flexible ankles – which makes for much less thrust and a lot of wasted energy, moving water in directions that don't help you move forwards.]

Does this mean you shouldn't kick? No. Kicking has more subtle effects on the efficiency of your arm action, mainly by counteracting the small component of your stroke that is downwards (just after the catch) and also allowing an elastic recoil effect diagonally across your torso that helps your arms pull with less muscular effort.

Note the swimmers used in this study were experienced. I'd wager that some of us might easily slip into the habit of stroking a bit slower. Psychologically, it feels easier (at least, initially), but it may be killing your speed and actually make you work harder. So, I suggest playing around with different stroke rates (a tempo timer – the little yellow beepers – are ideal here), keeping an eye on perceived effort after 200 m. 200m is enough time for efficiency gains to be felt. Go on, rev the engine a little!

The ideal freestyle is when the arms and kick rates are synchronised and in balance: kicking tends to follow its own rhythm, but you can tweak your arm turnover rate and find that state of flow, or "easy speed".

Happy hunting

Steve out





Presenter: Elena Nesci (MSWA)

BUTTERFLY – BASICS TO BRILLIANCE

Key points to remember for swimmers and coaches:

- ✎ Butterfly is the most energy intensive of the four strokes.
- ✎ It requires precise timing, good technique & mobility.
- ✎ The technical sequencing is critical to achieving a fluid and sustainable stroke.
- ✎ Strength is only relevant once technique and timing have been established.
- ✎ It takes time and repetitive, precise practise to perfect butterfly
- ✎ RELAX – a stiff body can't 'fly'!!!

Four main elements of the butterfly stroke cycle:

- ✎ #1 - Undulation
- ✎ #2 - Dolphin kick
- ✎ #3 - Underwater arms
- ✎ #4 - Above water arms

We must build these elements in order. Butterfly is a sequential stroke.

#1 – UNDULATION

- ✎ Foundation of the stroke
- ✎ Initiated from the sternum
- ✎ Powered from the hips driving up and down
- ✎ Replicate a radio wave NOT a heartbeat
- ✎ Consistent and even
- ✎ Range and flexibility through thoracic spine and hip flexors important
- ✎ Flow more important than aperture
- ✎ Streamline, alignment and control

Drills (with fins)

Vertical undulation – keep head still work from sternum down, keep length in legs, point toes down

Horizontal undulation on front – arms by side / arms extended (can use snorkel)

Horizontal undulation on back – arms by side / arms extended

Try submerged and on surface

#2 – DOLPHIN KICK

- ✎ An extension of the undulation
- ✎ Generates power through legs
- ✎ Simultaneous leg movement
- ✎ Floppy ankles + plantar flexion
- ✎ Keep length in legs – reduce knee bend



MASTERS SWIMMING AUSTRALIA

National Coach Conference

21st – 22nd June 2025

- ✔ Depth of kick to remain within lee of body – depth = drag
- ✔ Kick down / kick up – power both
- ✔ Two kicks per arm cycle
- ✔ Practise timing and even flow
- ✔ Breaststroke kick – consider for older swimmers / poor mobility

Drills (with + without fins)

Rhythmic kick – up and down / even timing – count 1,2,3,4 (with snorkel)

Work over distance and maintain rhythm – can repeat without fins when proficient

#3 – UNDERWATER ARMS

- ✔ Main propulsive element
- ✔ Hand entry at shoulder width
- ✔ Catch profile similar to freestyle but a little wider and rounder
- ✔ High elbow, lat driven keyhole
- ✔ Push water backwards with acceleration
- ✔ Transition from underwater to above water is active and dynamic
- ✔ Fluid motion from front of stroke to hand entry

Drills (with + without fins when proficient)

Scull timing with fly kick – scull out / kick + scull in / kick

Single arm timing – kick hand in, kick hand out (breathe to side and front)

Butterfly build-up – breaststroke arms with fly kick

Interrupted fly (Biondi)

#4 – ABOVE WATER ARMS

- ✔ Recovery in butterfly is ACTIVE
- ✔ Provides momentum
- ✔ Trajectory should be low, wide and flat
- ✔ Thumb down, hands soft
- ✔ Straight arms – requires shoulder mobility

Drills (with + without fins when proficient)

Passive recovery – hand position, open shoulders

4 x scull + stroke – back end timing and arm exit

Dive fly – front end entry trajectory

2-2-2 – 2 single + 2 single + 2 double arm

3 x breaststroke + 3 x fly

Speed fly – flutter kick with fly arms

FEEL THE FLOW AND ‘FLY

Access videos of most of these drills at Masters Swimming Australia YouTube channel -

@MastersSwimAus <https://www.youtube.com/@MastersSwimAus/playlists>

Click on “view full playlist” and scroll to drills



BUTTERFLY MOBILITY SEQUENCE

Warm Up

1. **Threading the needle** - repeat on same side for 10 reps then change sides. Repeat both sides ie 20-30 in total on each side.
2. **Sphinx** - hold approx. 30-60 seconds. Can swap for lying over foam roller
3. **Shoulder circles** - 20 on each shoulder - 10 forwards, 10 backwards.

Main Skills

4. **Lat engagement** - single arm, double arm, streamline, streamline with lunge - 10 in each position.
5. **"W" fly with lift** - Repeat 10 times and rest. Repeat 2-3 times until you feel the burn!!
6. **Superman fly** - Work in sets of 8 - 10 or until fatigued. 2-3 x through each set.
7. **Catch positioning** - Repeat catch and release phase for 8-10 reps on each arm approx. 2 - 3 times through.
8. **Catch & pull sequencing** - Do one arm for 8 - 10 reps then repeat with the other arm. Alternate arms / exercise ball / balancing on one foot. 2- 3 sets.

Cool Down / Stretching

9. **Round the World** - 10 on each arm. 2 -3 x through.
10. **Pec stretch and shoulder cool down** - Hold for 2-3 minutes and relax.

Work at your own pace and take rest between sets and between exercises. You can run through skills 4 – 8 in a circuit-style program working one set of each skill through all skills and then return to the top of the main skills section.

WINTER CHALLENGE



All credit to our mighty band of brave open water swimmers who have undertaken the challenge to swim throughout winter in rivers, bays, streams and lakes!!!

This recent photo was taken by Gary Peterson of a hardy bunch of dedicated swimmers who took to the waters in an extremely chilly 8 degrees!!! Well done Pia, Auro, Beth, Annie, Joe and Mark!! A sterling effort by this little pod of intrepid Masters!

Final results are not available yet, but many of this group, alongside some other club members, have successfully completed the challenge thrown down at the end of last summer.

You guys rock!!!! We salute you!!! Well done brave Open Water swimmers – in fact, bloody well done!!!

(I will take Editor's rap if this is inappropriate!!! FR),

Katherine Daft would like to hear from anyone considering entering the Brisbane National Championships from April 28th to May 2nd, 2026 who would be interested in sharing accommodation. If you are thinking about making the trip next year, can you please contact Katherine who will investigate accommodation options.



Megan Stronach – 14th October

Annaliese Cousins – 26th October

Peter Tucker -26th October

Fiona Ziegeler - 26th October

(That's right folks.... 3 birthdays to celebrate 9 months after Australia Day. Very Patriotic, right?)



NOTICEBOARD

Please note these dates for our forthcoming social events:

- Breakfast on 4th October – Spencers in Lindisfarne
- Hobart Dolphins' 40th Anniversary Celebrations



11th October 5.30 pm – 8.00:

Cocktail Party -Please dress to impress!!

Platters will be provided by the club, and you can purchase drinks at the bar. It will be a night of memories and memorabilia....

- 1st November -MST Long Course, Long Distance Championships. Hobart Aquatic Centre, 2.00 pm – 5.00 pm.

- 29th Nov – Oatlands, MST Christmas Friendly Short Course Time Trials 1.00 warm-up for 1.30 start. Heaps of FUN



- 7th December -Waterworks Reserve Christmas Party and Awards Presentation - 12.00 noon



- Saturday 27th December 9.00 am – Annual Eggs and Bacon Bay Post-Christmas Open Water Swim and Breakfast BBQ



ROGUES GALLERY

Happy snaps around the traps!



There's nothing as good as a snag and a good chin wag!!



Praise be to the chefs extraordinaire!!!

Well done Pete and Garry, and thanks Judi your organisation!!



Yummo! Worth training a bit harder to justify an extra egg and bacon roll!!!



Proof that breakfast tastes better when it's served with laughter and a side of matching jackets



Breakfast rule: two must laugh, one must supervise with eyes closed.



A table full of smiles... except for our youngest member, who clearly thinks Minecraft is tastier than morning tea.



Cheers dears!!