Hobart Dolphins - News

HOBART DOLPHINS MASTERS SWIMMING CLUB INC
Swimming together since October, 1985
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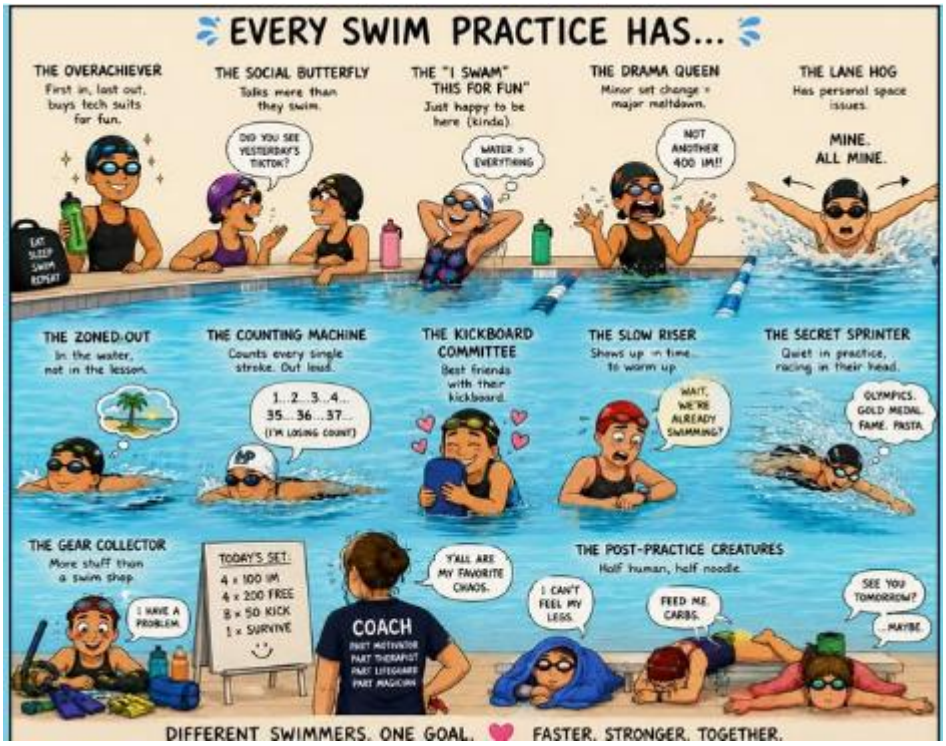
AUGUST 2026

In this Dolphin-News

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- Our World No. 1 – Amanda
- Vale Chris Wedd
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Hi Dolphins,

So sorry for the tardiness of your editor this month. My excuse… I am wrangling wilde-children (similar to wildebeest) in Qld and supervising home schooling….Little energy left at the end of the day for focusing on anything else…. So, have a picture to make up for the slack lateness! But gee… my times tables have been well refreshed!!



Can you identify anyone from our squad here??

Cheers

Fiona

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.

WEDNESDAYS – 7.00 (for 7.30 start) early morning open water swims – Bellerive Beach

THURSDAYS 6.30 – 7.30 pm at Clarence pool (general admission fees apply)

FRIDAYS 8.00 (for 8.30 start) early morning open water swim – Bellerive Beach

NOTE: Many swimmers arrange additional swimming times with other club members at Sandy Bay, Lauderdale, Friends Health and Fitness, or Clarence Pool during the week. If you are looking for someone to train with outside these designated club times, ask one of the coaches about other "non-official" options.

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!

One more month..... then Spring!!!!



August Calendar

Wednesday 5th Aug Time??	Open Water Swim - Bellerive Beach (check WhatsApp)
Thursday 6th Aug 6.30 pm	Clarence Pool
Friday 7th Aug 8.30 am	Open Water Swim - Bellerive Beach
Saturday 8th Aug 8.00 am	Clarence Pool
Sunday 9th Aug 10.00 am	Clarence Pool
Wednesday 12th Aug Time??	Open Water Swim - Bellerive Beach (check WhatsApp)
Thursday 13th Aug 6.30 pm	Clarence Pool
Friday 14th Aug 8.30 am	Open Water Swim - Bellerive Beach
Saturday 15th Aug 8.00 am	Clarence Pool

Saturday 15th August – Doone Kennedy Aquatic Centre

MST Long Course Long Distance Championships

Races commence: 2.30 p.m. (Pool opens for warm up at 2.00 pm.) One lane available throughout the afternoon for warm-up/cool-down swims

Sunday 16th Aug 10.00 am	Clarence Pool
Wednesday 19th Aug Time??	Open Water Swim - Bellerive Beach (check WhatsApp)
Thursday 20th Aug 6.30 pm	Clarence Pool
Friday 21st Aug 8.30 am	Open Water Swim - Bellerive Beach
Saturday 22nd Aug 8.00 am	Clarence Pool
Sunday 23rd Aug 10.00 am	Clarence Pool
Wednesday 26th Aug Time??	Open Water Swim - Bellerive Beach (check WhatsApp)
Thursday 27th Aug 6.30 pm	Clarence Pool
Friday 28th Aug 8.30 am	Open Water Swim - Bellerive Beach
Saturday 29th Aug 8.00 am	Clarence Pool
Sunday 30th Aug 10.00 am	Clarence Pool



From the Presidential Suite

Dearest Pod,

It's been a busy month and as I write this, I am watching the Women's weightlifting and I am in awe! After the World Cup, I have been very happy to get straight into the Commonwealth Games to get through the cold season. Nothing like power-watching elite sport with endless cups of tea!

It's been great to see so many swimmers getting into the spirit of the Dolphins Winter Pod challenge. Well done to all that have challenged themselves to try new swims.

There are brave swimmers still training in the ocean and we are all very impressed! The sunshine is not too far away!

Some swimmers have headed north to the sunshine to compete in ocean swims around Magnetic Island and Great Keppel Island, and others have gone for a well earned and warm rest.

Judi organised a lovely dinner out at the Shoreline for us and our night started with a Dancing quiz from Di. Who knew that was her another of her secret talents!

A group of us went to Campbelltown to participate in a Future Directions Workshop, organised by our MST Branch. This was a very engaging workshop and many positive ideas were discussed.

Thanks to Megan and Di for submitting our entry into the Clubs Tasmania awards. Di was also nominated for the Champion Club Member. We did not win any prizes this year, but we were definitely worthy of the entries and we will be back again next year for another go!

As we head into our last winter month, let's keep focused on the three F's of our Masters Swimming Tasmania motto. I say there's nothing better than "Fitness, Friendship and Fun" to keep us happy and healthy but don't be afraid to add a dash of "Fiery competition " too. 🥰

Take care and I'll see you poolside.

Annaliese 😊

"Nothing is impossible. The words itself says, I'm possible"



Coaches Corner:

This month we have an interesting article from our Safety Officer who found this in a recent edition of a medical journal. It was an extremely lengthy article – and if you would like to look at this in more detail, contact Beth. However, with the help of AI (and Megan) this has come down to a shortened and more reader-friendly article about some concerns within the medical fraternity regarding the interpretation of information from our "wearable devises":

Can You Trust Your Wearable?



Fitness watches and other wearable devices have become incredibly popular, providing instant feedback on everything from heart rate and blood oxygen levels to sleep quality and recovery scores. While these devices can be useful for tracking fitness trends and motivating healthy habits, it's important to understand their limitations.

Most consumer wearables are marketed as wellness devices, not medical devices. This means they are generally not subject to the same rigorous testing and regulatory standards as equipment used by healthcare professionals. As a result, the accuracy of many of the measurements they provide has not been independently validated through peer-reviewed clinical research.

Doctors are increasingly seeing patients who arrive with large amounts of data from wearable devices. While this information can sometimes be helpful, healthcare professionals cannot assume the readings are accurate and, in most cases, cannot use them to diagnose or manage medical conditions. If there is concern about your health, your doctor will rely on clinically validated tests rather than data from a fitness tracker.

Wearable technology is excellent for monitoring general activity levels, tracking exercise and encouraging healthy behaviours. However, it should not be relied upon as a substitute for professional medical assessment.

The bottom line: Enjoy your wearable for what it is—a useful fitness tool—but treat its readings with caution. If something doesn't seem right, don't rely on your watch to make medical decisions. Speak with your healthcare provider, who will use validated medical tests to assess your health.

Another interesting website for those who want more information about "wearables" is on the AUSSPORT website at: https://www.ausport.gov.au/ais/gmr/mental_performance_in_competition/science/wearables





Congratulations Amanda Duggan – World Ranking #1!!!!

We haven't seen much of Amanda this year as she works to get her shoulders back to full strength, but Amanda was recently acknowledged as the World Ranked Number 1 for the 1500m Short Course women in the 65-69 Age Group.

In all, Amanda featured in the Top Ten World Rankings in a total of 8 events – totally AWESOME!!

Can't wait to see her back in the pool!

Vale Chris Wedd



Many of our members will have known Chris Wedd, one of Tasmania's foremost swimming coach renowned for decades of dedication to the development of swimmers and coaches throughout Tasmania. Many of us have very fond memories of Chris – having trained with him personally or having watched him coach our kids! He trained at the Glenorchy pool for many years until the Hobart Aquatic Centre opened, when he knew it was a wise choice to come in out of the sun and coach indoors. He then moved to the Aquatic Centre, starting the Hobart Aquatic Club, overseeing National Champions while also teaching learn-to-swim in his backyard pool Chris spent a good deal of his energy developing the quality of coaching around the state. Chris developed the very first Masters advanced Coaching Course (Level 2M) in 1998, and contributed very significantly to the sport of swimming at all levels.

Chris' daughter Gabrielle is MST's current Treasurer, and a national champion swimmer. In recent years it has been a pleasure catching up with Chris poolside – ever the proud father! He fought a monumental battle with pancreatic cancer in recent years, fighting on well beyond early expectations. Many members of the club attended Chris's funeral last week (31st) to pass on condolences to the Wedd family. His legacy will live on in many swimmers whose lives were positively influenced both in and around the pool. RIP Chris.



Master Swimming Tasmania called for members to come together recently to consider the way forward in view of challenges in numbers, finances, succession planning etc. Our Dolphins made up around half of the members who gave their time and energy to think through a range of options – which included the option to somehow form a partnership, or merge with Masters Swimming Victoria. Risks to the organisation were identified, some strong forward plans were considered, and the planning process will continue in the coming months to ensure a viable Masters Swimming administrative base for our clubs. Thanks to the 11 Dolphins who attended this meeting. If you are interested in this process, see one of our committee members

THE DOLPHINS WINT

- The **Hobart Dolphins Winter Pod C** l club members. You will complete

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200 Free P Free & 400 any Form, PLUS 800 Free

- The Challenge ncourage endurance, participation and personal achievement across all ability levels.
- Points will be awarded for all completed swims, with 200m swims earning 10 participation points and 400m/800m swims scored using E1000 points.
- Points are found at: Point Score Sheets - Click on the link, click on Scoring, select gender and age and click **Show.**
- Swimmers will record and submit their own swims to Di Gregory at the end of July, with final leaderboards and recognition announced in August
- The Challenge consists of **6 swims** at either level listed above

FINISHED.... HOW DID YOU GO??? WELL DONE TO THOSE WHO HAD A GO AND COMPLETED ONE OF THESE CHALLENGES PLEASE MAKE SURE YOU GET YOUR COMPLETED FORMS INTO DI GREGORY grediane@gmail.com AS SOON AS POSSIBLE



Congratulations to Masters Swimming Tasmania on being awarded the Clubs Tasmania Bronze Award for the Sporting Association of the Year. The Award was collected by the President of MST and the MST Technical Coordinator – our own coaches Megan Stronach and Steve Richards

Congratulations also to Lorna Barrett who was a finalist in the Volunteer of the Year category for her work with her local football team. Lorna has taken up the role of Secretary of Masters Swimming Tasmania this year – clearly a woman who is generous with her time and energy!!

Funny how many people wear multiple hats!





To the swimmer who's always at the back ....

Remember this... 6 to 12 months ago you never would have dreamed of swimming as far as you do now.

There is someone looking at you today, wishing they had the courage to do what you're doing.

Your goal back then might simply have been to go out of your depth, swim to the next buoy, or stay in the water a little longer. Now look at you.

The funny thing about swimming is that the goal keeps moving without you even realising it as you improve. What once seemed impossible becomes normal, and you start reaching for the next challenge without even thinking about it.

Those subtle improvements in your stroke, the sessions you've turned up for, the confidence you've built and the trust you've placed in the process are all adding up.

Keep putting the hard work in. Keep showing up. Keep believing in yourself.

And one day, when you're no longer at the back, remember the swimmer who still is. Encourage them. Support them. Remind them how far they've already come. 💙

Because every confident swimmer was once the person at the back!

Unfortunately, as I am in Queensland without my birthday folder, I can only offer a Happy Birthday to those who had their birthdays in August last year….. and hope (presume) they will have them again at the same time this year!!! My apologies to any new members whose birthdays I have missed!



Joyce Reed (2nd August – sorry this is late!)

Mary Cousins (4th August)

Auro Almeida (21st August (I hope!)

MST Long Course Long Distance Championships

Doone Kennedy Aquatic Centre, Queens Domain, Hobart



Saturday 15th August 2.30 pm start (2.00 warm-up)

Don't miss out … Entries Close Sunday 9th 11:59pm.

Link to the entry form:

https://www.clubassistant.com/club/meet_information.cfm?c=2222&smid=22031

Program
Warm up 2pm for 2.30 pm start. The meet is scheduled to end by 5.30 pm.

Event 1 1500 Metre Freestyle
Event 2 800 Metre Freestyle
Event 3 400 Metre Freestyle
Event 4 400 Metre Individual Medley
There will be 1 lane available for the duration of the meet for both warm up/swim down, with 7 lanes for racing.

Entry Fee
$16.00 registration plus $6.00 per event (includes pool entry)

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For those looking for the chance to compete on the National Stage in Perth in 2027… how much fun to be part of this new State of Origin event at next year's championships!!







A gentle reminder from Auro:

Two more months for swimmers to complete this year's Open Water Winter Challenge. You have until the end of September to complete these distances.

Clearer details from **https://mastersswimmingtasmania.com.au/wp-content/uploads/sites/16/2026/04/winter-ocean-challenge-2026-flyer_f.pdf**

The Dolphins Open Water Winter Challenge 2026

A 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 **1st April 2026** and **30th September 2026**.
All swims must be undertaken in open water (ocean, river or lake). At least 80% of the total distance must be swum in Tasmania.
This year the Challenge will be again based on a points system rather than distance alone

- Base points are awarded for the distance swum,
- Bonus points are awarded based on the variety of swim locations

Minimum swim distance: 500 per session.
Distances options:

- **Port to Pub Rottnest Channel (WA)** = 25 km **10 points**
- **Naples to Capri (Italy)** = 35 km **20 points**
- **New Norfolk to Dennes Point (TAS)** = 58 km **30 points**

Bonus points (Location variety)
Earn bonus points by swimming in different environments:
2 different beaches 1 river 1 lake 1 lagoon 1 channel 1 island swim
Bonus structure

- 2 location types **+5 points**
- 3 location types **+10 points**
- 4 or more location types **+15 points**

Examples

- Swim **25 km** including 2 beaches + 1 river **10 + 5 = 15 points**
- Swim **35 km** including 2 beaches + river + lake + island **20 + 15 = 35 points**
- Swim **58 km** including beaches + river + island -> **30 + 10 = 40 points**

Awards

- **10+ points:** Patch and year badge
- Additional awards for **25+ points** and **35+ points**

How to Participate
Record your swims (distance, date, location) using the log sheet:
https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/events/
Submit your completed log sheet to: auro.almeida@gmail.com
Deadline: 10 October 2026 You are encouraged to submit as soon as you complete the challenge.
Distance tracking: We recognise that not everyone uses a GPS watch. Distances will be based on honesty. Many popular swim locations have known distances - please ask if you need guidance.



Disclaimer: This challenge is not a sanctioned Masters Swimming Australia event. Swimmers are responsible for their own safety when taking on the challenge. Where possible swimmers should swim with another person or at a minimum have someone overseeing their swim. Be aware of ocean conditions and how your body reacts to cold water.



Your Voice. Your Experience. Your Impact.
Passionate about coaching, technical excellence, growing participation or creating a more inclusive sport? Join one of MSA's four (4) National Committees and help influence the programs, policies and initiatives that support Masters swimmers across Australia. Volunteer your expertise, collaborate with like-minded members and make a lasting impact at a national level. Committee appointments are voluntary and provide an excellent opportunity for members to contribute their knowledge, experience and passion while working collaboratively with fellow volunteer peers' country wide.
Nominations are now open for the following Committees:

- 🏊 Coaching
- 🤝 Diversity & Inclusion
- 📈 Membership & Participation
- ⏱️ Technical

Nominations need to be endorsed by your State or Territory and are **due by COB Friday 28 August 2026**.
Please find the nomination form HERE which is to be completed by the nominee. Some committees have additional eligibility criteria and all nominees are required to outline their reasons for wishing to join the relevant committee. A curriculum vitae (CV) and a photo is also required to be attached to the nomination form.

For more information please visit https://mastersswimming.org.au/national-committee-callout/



Do you have expertise in finance, governance, risk or strategy? Masters Swimming Australia is seeking an Independent Director to join the Board and help guide the future of our organisation.

If you are interested, and did not receive an email about this, please contact Megan Stronach.

Some people swim to stay fit.

Others swim because the water is the only place where life becomes quiet.

Beneath the surface, there are no expectations…

No noise…

No pressure to be anything other than yourself.

Every stroke leaves behind a little fear.

Every breath builds a little more courage.

Maybe that's why swimmers always come back.

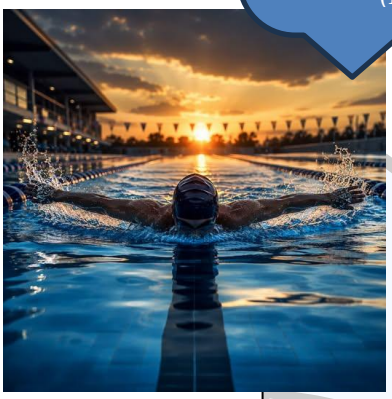
Not because the water is easy…

But because it reminds them who they are.

🏊‍♀️💙Sometimes, the deepest peace is found beneath the surface

Something I found on FB during the week that resonated… this is certainly where my life becomes quiet - thankfully!

(Fiona R)





Mark these dates in your social calendar:

Remember: Breakfast at Spencer's (Lindisfarne) after training on the first Saturday of every month. As the newsletter is late this month…. We can bring you a picture of our happy munchers from this month's breakfast on Sat 1st August. Everyone is welcome



While our Back to the 60's, 70's and 80's couldn't go ahead this year, 25 swimmers enjoyed a lovely night out at the Shoreline Hotel, learning a great deal about the history of dancing from Salsa to Rumba, Ballet, and beyond courtesy of Di and her amazing penchant for trivia quizzes!!

2026 Dolphins Committee Members

President	Annaliese Cousins
Vice President	Diane Gregory
Secretary	Katherine Daft
Treasurer	Pia Peterson
Recorder	Leisl Wylie
Coaching Director	Steve Richards
Newsletter Editor	Fiona Redgrove
Safety Officer	Beth Mulligan
Social Co-ordinator	Judi Adams
General Committee Members	Auro Almeida
	Megan Stronach
Club Delegates to Branch	Auro Almeida
	Fiona Redgrove
Life Members	Diane Gregory
	Katherine Daft
	Peter Tucker
	Mavis Fisher (dec.)
	Les Young (dec.)
	Ron Bloomfield (dec.)
	Peter Fisher (dec.)

