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/

Hi Dolphins, and welcome to the November 2026 newsletter,





'Tis nearly the season for too much food and frivolities, and the Christmas celebrations kick off this month with annual MST Oatlands Family Friendly swim on the 28th this month. So – get out those costumes, find something suitably "Victorian" and get those dog paddling skills fine-tuned for the inaugural 26m Dog Paddle Dash!! More details can be found in this newsletter, along with details of some star performances by our members, both in the pool, and in the Open Water.

Mark the date of our Annual Christmas Party and Presentation Day on your Calendar now, and give yourself plenty of time to find just the "right" outfit! Tis the season for fun and a little silliness… get into the spirit!!

Hope you enjoy our November newsletter,

Cheers

Fiona R.

IN THIS NEWSLETTER

- November Calendar
- President's Suite
- Coaches Corner
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- Christmas Family Friendly - Oatlands
- Open Water News
- Birthdays
- Christmas Party and Presentation Day
- Noticeboard

REMEMBER: Breakfast Saturday 7th Nov– 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
WEDNESDAYS AND FRIDAYS – Morning Open Water Swims, Bellerive Beach (Check What'sApp for times)

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!

NOVEMBER CALENDAR



Wednesday 4th Nov. (?am) Bellerive Beach – Open Water Swim (CHECK WhatsApp)

Thursday 5th Nov. 6.30 pm Clarence Pool

Friday 6th Nov 8.30 am Open Water Swim – Bellerive Beach

Saturday 7th Nov. 8.00 am Clarence Pool

Saturday 7th Nov (After training) Breakfast at Spencer's, Lindisfarne

Sunday 8th Nov 10.00 am Clarence Pool

Wednesday 11th Nov. (?am) Bellerive Beach – Open Water Swim (CHECK WhatsApp)

Thursday 12th Nov 6.30 pm Clarence Pool

Friday 13th Nov 8.30 amOpen Water Swim – Bellerive Beach

Saturday 14th Nov. 8.00 am Clarence Pool

Sunday 15th Nov 10.00 am Clarence Pool

Wednesday 18th Nov. (?am) Bellerive Beach – Open Water Swim (CHECK WhatsApp)

Thursday 19th Nov. 6.30 pm Clarence Pool

Friday 20th Nov 8.30 am Open Water Swim – Bellerive Beach

Saturday 21st. 8.00 am Clarence Pool *** Followed by Club Committee Mtg

Race 1 Tas Ocean Swim Series – Carlton Park Beach Clearwater Classic

Sunday 22nd Nov 10.00 am Clarence Pool

2.00 – 4.30 pm Tas Fin Swimming 50m Challenge – Doone Kennedy Aquatic Centre

Wednesday 25th Nov (?am) Bellerive Beach – Open Water Swim (CHECK WhatsApp)

Thursday 26th Nov 6.30 pm Clarence Pool

Friday 27th Nov 8.30 am Open Water Swim – Bellerive Beach

Saturday 28th Nov 8.00 am Oatlands Xmas Family Friendly Event 1.00-4.00

Sunday 29th Nov 10.00 am Clarence Pool

Wednesday 30th Sept (?am) Bellerive Beach – Open Water Swim (CHECK WhatsApp)



From the Presidential Suite:

Dearest Pod,
We are certainly flying through this year, as we head towards summer and then we feel like we are on a countdown to Christmas. I know I do. 🎄
This is always a fun time of year but can get very busy. The Christmas lists start, the shops are full of gifts and wrapping paper, the holiday planning begins and the Christmas events start entering the calendar. So this is a perfect time to **keep calm and keep swimming.**

I will let this fabulous newsletter speak for itself, with all the details of upcoming pool, open water and social events that our superb Newsletter Editor provides us with, because, ironically, I am beginning to plan Christmas 🤣.

Be sure to check WhatsApp for the updates on the planning and fun for the upcoming MST Oatlands Friendly Time Trial and also see the details for the Christmas Part and End of Year Presentation in December.

So amongst the hustle and bustle of the festive season that is coming, my little quote for this month, that shows where I get peace, is:
"There's no better way to switch off from the world than just following that black line at the bottom of the pool"

Take care and see you poolside.

Annaliese 😊

Oh look… more otters!



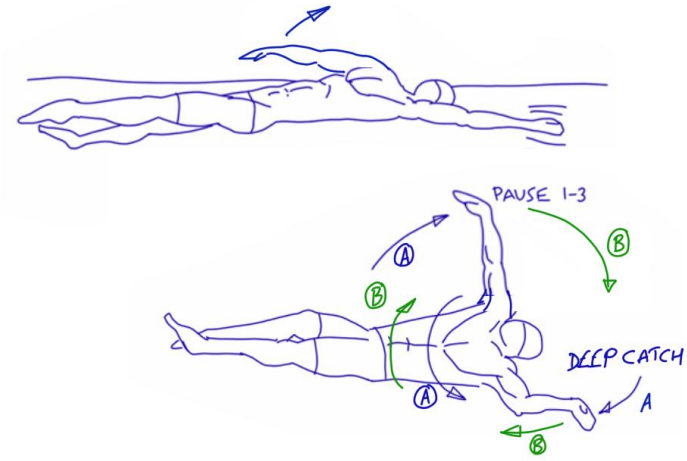


Coaches Corner:

DRILL OF THE MONTH: L-DRILL (aka Hesitation Drill)

How to perform: A kind of 50% "catchup" form of backstroke. Start by kicking on your back (preferably with fins, unless your kick is strong), with your left arm by your side ready to perform the over-water return, and the right arm outstretched ahead of you in the direction of travel, and in-line with the shoulder or slightly wider (at 11 or 1 o'clock). Swing your left arm straight up and pause for a count of 1-3 seconds when it is pointing up at the ceiling (ie perpendicular to the pool surface). Your right arm should remain extended forwards (ie not moving) during the upsweep of your left arm.

At this pause (or hesitation point) your arms should form an "L" (not for Loser, but for Legendary!). After the pause, continue sweeping your left arm forwards towards its water entry point in line with your shoulder or at 11 o'clock, while SIMULTANEOUSLY performing the catch and pull with your right arm. At the end of the right arm pull, your left arm should remain pointing forwards (towards the direction of travel) near the surface and stay there while the right arm now returns over water to the "pause-point". Repeat, pausing the returning arm at the highest point above the water of each cycle. [You should always have always at least one arm forward of your shoulders in this drill.]



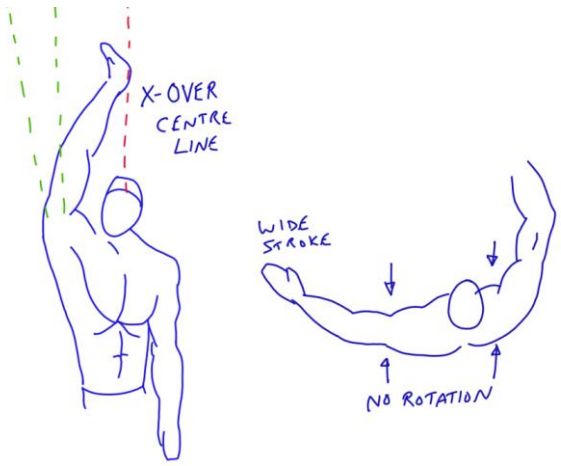
L-Drill: The returning arm (upper image) pauses at the top of the return stroke while the lead arm remains forwards (A). The start of the pull (R arm) is triggered by the L arm starting its descent (B). Note that shoulders rotate (R side drops) as the L arm ascends, to hit a deeper catch position, allowing the pull arm to reach a 90-degree angle and catch more water. Commencement of the pull (B) is accompanied by a sharp rotation of the shoulders back the other way and up-sweep of the pull, forced by entry of the returning arm. This "snap" from one side to the other is another positive action encouraged by L-Drill.

Finer points to focus on: Once you have the rhythm of the drill (expect this to take practice) focus on reaching for the ceiling with the returning arm at the highest point above the water. Aim to have the armpit of the returning arm above the water at the "hesitation" point. This forces *greater rotation* at the shoulders, so your stroking arm catches deeper and allows you to pull with the arm bent at 90 degrees, rather than sweeping wide.

Aim of the drill: Encourages rotation at the shoulders to start the catch deeper and thus more effectively "grab" water. (The entry of the returning arm then aids rotating the shoulders back through flat or horizontal so the pulling arm can commence a downward push in the second half of the stroke.) Another benefit of the drill is to help maintain better alignment to prevent "snaking" through the water (kicking wide), and to drive the pull from the rotation.

Like many of the best drills, you can shift the focus of this drill depending on what you're trying to fix!

Indications for use (ie what does it "fix"): Its focus here, as you might guess, is to encourage effective rotation and a better catch and first half of the pull. It can also be used for those who over-reach on the hand entry ie enter in line with the head rather than in line or just outside of the shoulder, and it can help timing of the rotation and its connection with the pull.



Common faults in backstroke: entering the water in line with the head results in the initial part of the pull pushing sideways, rather than offering propulsion. Worse, the kick has to compensate (or you "weave" or snake your way down the pool) wasting effort and creating drag. The green lines indicate a more effective hand entry angle (the arm should also be straight upon entry).
Lack of rotation results in a shallow stroke and a wide sweep that catches little water and fails to propel the swimmer.

Cautions for use: Note this is a drill, so is not meant to model ideal backstroke swimming, but rather, purposely exaggerates a motion to break an ingrained movement pattern. So, in good backstroke the arms should rotate almost opposite one another, like opposite vanes of a windmill. [This is different to Freestyle, where a degree of "catchup" ie one arm almost catching up to the lead arm just before the lead arm starts the pull, also called front quarter swimming, is highly desirable, especially in distance swimming.] The catchup aspect of this drill is not its aim!

This drill also over-rotates the shoulders somewhat, but the eventual aim for your backstroke is to end up with shoulder rotation that is about 25-40 degrees from horizontal, depending on the swimmer.

Steve out

HOME AND AWAY CHAMPIONS!



Jayde Richardson



Fiona Ziegeler



Congratulations to Jayde, Fiona and Megan on three fabulous efforts in recent weeks.

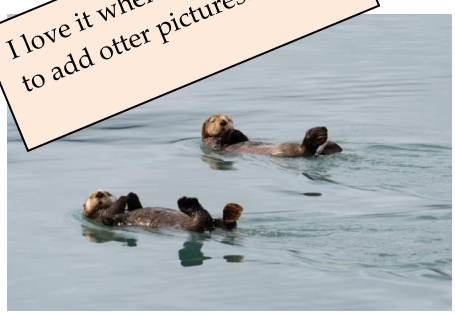
Firstly Jayde Richardson (swimming for Carlton Park Surf Life Saving Club) was outstanding in the Coolangatta Gold event over the weekend of the 17-18th October. Jayde won the Coolangatta Dash – a 3.25 km run-swim-run event with a 1km swim in the middle. She is pictured here crossing the line in great style. Jayde also finished 2nd in the 30-39 age group in the Coolangatta Gold 25.6 event which combines a ski paddle, swim, board paddle and beach run. A fantastic weekend – well done Jayde!

Then a big congratulations to Fiona Ziegeler who smashed the smashed the 800m Backstroke state record at MST's SCLD Interclub meet at the brand-new Southern Beaches Swim Centre on 17 October. Swimmers enjoyed this fantastic new, state-of-the-art aquatic facility, with its light-filled, open design, clever use of space and safe, comfortable environment.

Huge congrats FiZi – and we believe this was record no. 10 for 2026 – amazing! Great year in the pool!

Meanwhile earlier in the month (4th Oct), Megan Stronach really did it tough (!) when she competed at the MSQ annual Whitehaven Beach open water swim on the Great Barrier Reef. The event saw about 200 swimmers competing over 500m, 1klm and 2klm distances in clean, clear and warm water (about 24 degrees)! No wetsuits needed for this one. She easily won her age group, and brought home the gold medal, along with a wonderful shirt with the king of the turtles emblazoned on the front!

I love it when there's room to add otter pictures!!



MST will host a planning session for ALL members (yes … that's you!) at Oatlands just before the Christmas festivities on 28th Nov. Details on the Noticeboard, Everyone's input is welcome!!

Strategic Plan 2027 – 2030

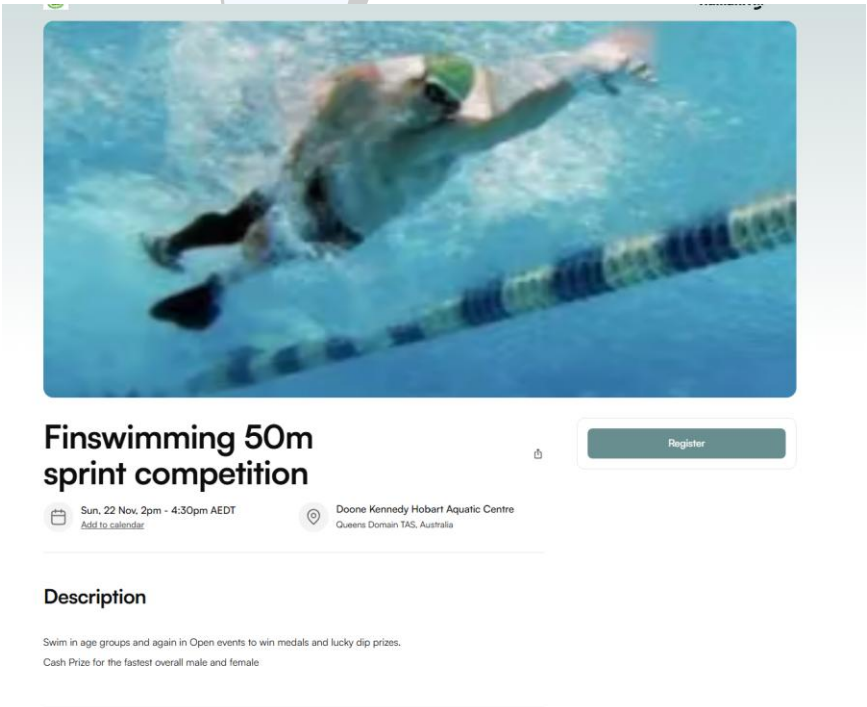
Towards 2030

Vision	Masters Swimming Tasmania will inspire and support adults in Tasmania to swim for life.			
Mission	To facilitate a network of clubs in Tasmania that encourage and sustain adults, regardless of ability, to swim regularly, to improve their general well-being.			
What we do	We provide a supportive, safe, inclusive and friendly swimming environment.	We promote fair play and positive participation in swimming.	We train with the option of participating in swimming competitions.	We engage socially with members and friends.
How we operate	• By encouraging participation in swimming by all adult Tasmanians to improve health and fitness. • We are a not-for-profit community-based sporting association and member clubs. • We uphold the highest standards and ideals of fair play, competitive spirit and camaraderie amongst our members, with members of our community, and with our clubs. • By working with like-minded swimming organisations and sporting groups to promote healthy lifestyles, participation and inclusion. • And we regularly evaluate our performance.			
Strategic pillars	1. Membership, People Development and Volunteer Sustainability		2. Technical Officials and Coaching Pathway	
	3. Competition and Format Modernisation		4. Marketing, Digital Presence, and Partnerships	
	5. Financial Stewardship		6. Governance	
	7. Strengthening Communication and Connection			
Values	Our values of fun, fitness, friendship, integrity, collaboration, respect, and community will underpin decision making, by helping us to evaluate and prioritise initiatives.			
Towards 2030	By 2030, Masters Swimming Tasmania will be Tasmania's leading organisation for adult swimming, recognised for its professional operations, diverse and growing membership, and strong volunteer and officiating capability.			

Remember her??

After an enforced time out of the pool, it is great to see Amanda back in the water! Despite flapping with just one wing, she's clearly excited!

Fin Swimming Link



Finswimming 50m sprint competition

Register

Sun, 22 Nov, 2pm - 4:30pm AEDT
Add to calendar

Doone Kennedy Hobart Aquatic Centre
Queens Domain TAS, Australia

Description

Swim in age groups and again in Open events to win medals and lucky dip prizes.
Cash Prize for the fastest overall male and female



Yay – it's that time of year again

MST 2026 Christmas Friendly Time Trial

Saturday November 28th @ 1:00 pm–4.45 pm AEDT
Oatlands Aquatic Centre
70 High Street, Oatlands, Tasmania

masters swimming TASMANIA



Program

Warm up 1.00 pm for 1.30 pm start. The event is scheduled to end at about 4.45pm.

Event 1: 50 Metres Freestyle
Event 2: 50 Metres Backstroke
Event 3: Women's 4 x 50 Metres Freestyle Relay
Event 4: 50 Metres Breaststroke
Event 5: 50 Metres Butterfly
Event 6: Men's 4 x 50 Metres Freestyle Relay
Event 7: 100 Metres Freestyle
Event 8: 100 Metres Form Stroke (including IM)
Event 9: 25 Metres dog paddle
Event 10: Mixed 4 x 50 Metres Medley Relay (handicap)

For Event 9 (dog paddle): Start in the water. Head from eye level must be above the water for the whole race. Arms must not break the water surface except when touching the wall. Swimmers may wear costumes of Victorian modesty standards; no chest, belly or armpits exposed. Prizes will be awarded for first to finish and for best costume.



Entry Fee

$12 registration fee (includes pool entry)

Conditions of entry

- Competitors may enter all individual events.
- Times will be eligible for National Top 10 only. As the pool is not surveyed, there will be no records available.
- Events will be heat-seeded slowest to fastest.
- Age as of 31 December 2026.
- Rules of MSA as at the closing date of entries apply.
- All competitors must be registered with MSA at the time of entry, however as this is a Time Trial, *guests are welcome*. Guests can enter via the 'No Governing Body" pathway.
- No changes to entries or refund of entry fees after the close of entries, except at the discretion of the Meet Director.
- Semi-automatic (Time Drops) timing will be used and results will be available on the Time Drops Live App.
- **Note to Clubs**. At least 1 timekeeper will be needed for manual timing per lane.
- **Bring a pen/pencil for a mystery game**

Entry Procedures

- Individual entries are via online Club Assistant only from 11.59am on Sunday 26 October until 11.59 pm on Tuesday 25 November
- Relays can be registered on the day and may be composite teams between clubs. Event 10 will be a handicapped event.

Social

BYOD. Indicate dietary requirements in the comment box at the time of entry.

Wear your Christmas gear – prizes for the best dressed club/individual!
Bring some Christmas Yummies to share.



Open Water News

Dolphins Open Water Winter Challenge 2026: Results

The Dolphins Open Water Winter Challenge 2026 officially concluded on 30 September, bringing another winter of Masters swimming adventures to an end!
Once again, some of our brave Tasmanian swimmers took on the challenge of cold water, rough conditions, waves and wind to keep swimming throughout the winter months. Congratulations to everyone who participated and embraced the challenge!

Three challenges, plenty of adventure! This year, swimmers could choose from three distance challenges, inspired by iconic places for open water swims:
- 25 km – Port to Pub, Rottnest Channel, Western Australia
- 35 km – Naples to Capri, Italy
- 58 km – New Norfolk to Dennes Point, Tasmania



Additional points were also awarded for swimming at different beaches and in different types of aquatic environments, rewarding swimmers who explored a variety of locations and conditions.

First Place – Melanie Webb, Hobart Aquatic - 40 points
Melanie smashed the challenge with an incredible 207.8 km of swimming, earning 30 points for distance and an additional 10 points for swimming at five different beaches and one island.
That's more than 3.5 times the longest challenge distance! An outstanding effort and a fantastic achievement. Congratulations, Melanie!



Second Place – **Megan Stronach**, Hobart Dolphins - 35 points
Megan completed the Naples to Capri Challenge, swimming an impressive 46.4 km. She earned 20 points for distance and another 15 points for swimming in four different types of aquatic environments. A wonderful effort and a great demonstration of the variety of open water swimming!



Third Place – **Pia Peterson** and **Mark Van Ommen**, Hobart Dolphins - 25 points each
Pia and Mark both completed 25 km of swimming, matching the distance of the Port to Pub Rottnest Channel Challenge. Each earned 20 points for distance and an additional 5 points for swimming at different beaches.

Congratulations to swimmers on completing the challenge!
A big thank you to everyone who took part in the 2026 Winter Challenge. Your commitment, enthusiasm and willingness to brave Tasmania's winter waters are truly inspiring.

Congratulations to all our participants

Auro Almeida
Winter Challenge Coordinator

masters swimming TASMANIA



MST OCEANS TREBLE 2027

SIX RACES • TWO DISTANCES • ONE TASMANIAN CHALLENGE

Swim Explore Compete

JANUARY – MARCH 2027

Masters Swimming Tasmania invites you to take part in the **MST Oceans Treble 2027**, a mini-series conducted in conjunction with the Tasmanian Ocean Swim Series (TOSS) and in cooperation with Surf Life Saving Tasmania.

From the 11 TOSS events held around Tasmania, six races have been selected for the 2027 MST Oceans Treble.

Whether you are an experienced open-water swimmer or simply enjoy the challenge of swimming at some of Tasmania's beautiful beaches, the Oceans Treble provides an opportunity to race, travel, compete with friends and represent your club.

THE SIX OCEANS TREBLE RACES

Date (2027)	Race name	Location
Sat 2 Jan	Pub 2 Club	Devonport SLSC
Sun 3 Jan	Swim the Pier	Bridport SLSC
Tue 26 Jan	Kingston Beach Summer Swim	Kingston Beach SLSC
Sun 7 Feb	Strait Link Burnie Surf Festival Swim	Burnie SLSC
Sat 13 Feb	Penguin Island Swim	Port Sorell SLSC
Sat 6 Mar	Deep South Cliff Swim	Clifton Beach SLSC

INDIVIDUAL CHALLENGE

Swim 3 long-distance races or 2 short-distance races to qualify for individual honours.

CLUB CHALLENGE

All six races count towards your club's total points.

GREAT LOCATIONS

Swim at some of Tasmania's most iconic and beautiful coastal locations.

HOW TO QUALIFY

- ✓ **Current Masters Swimming Australia (MSA) members before the race.**
- ✓ Nominate your MST/MSA club when entering.
- ✓ Age groups follow MST classification.
- ✓ Best 3 long-distance **OR** best 2 short-distance results used for individual positions.
- ✓ Club results based on total points from all six races.

SCORING

LONG DISTANCE RACES		SHORT DISTANCE RACES	
1st	10 points	**1st**	5 points
2nd	9 points	**2nd**	4 points
3rd	8 points	**3rd**	3 points
4th	7 points	**4th**	2 points
5th	6 points	**5th**	1 point
6th	5 points		
7th	4 points		
8th	3 points		
9th	2 points		
10th	1 point		

Points are aggregated for your best three long-distance races or best two short-distance races. Results published in Webscorer.

AWARDS

INDIVIDUAL WINNERS

- MST certificate
- Prize (to be determined by MST)

Awarded to first place in each age/gender group for long and short distances.

CLUB TROPHY

Highest scoring MSA club. Club points from all six races.

Six great swims. One amazing experience.

FOR EVENT INFORMATION, ENTRIES AND UPDATES:

Tasmanian Ocean Swim Series
https://www.tasmanianoceanswimseries.com/

Facebook – Tasmanian Ocean Swim Series
https://www.facebook.com/tasooceanswimseries

Webscorer – Find Races
https://www.webscorer.com/findraces?pg=register



Eligibility: Current Masters Swimming Australia (MSA) members before the race. Age groups follow MST classification.

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

All funds raised through individual events, after expenses, go directly back to the hosting Surf Life Saving Clubs.





Happy November Birthdays

Alice Godfrey – 26th Nov

Eldon Jenkins - 30th Nov

Phil Venables – 23rd Nov






Please join us for
THE DOLPHINS CHRISTMAS PARTY & PRESENTATION DAY
Waterworks Reserve Hut 9
Saturday 12th December: 12:00-3:00
Enter the festive spirit and add red and green to your outfit. Prizes for best dressed, maybe even a few games!
Families welcome!
Meat and fruit juice provided.
Please bring a salad or sweet to share.
(Judi will put a call out on WhatsApp for contributions)
BYO beer, wine, soft drink, hot drinks and a chair.
Adults $10, Children $5 (payable to club)
RSVP to Judi no later than 28 November
on ph: 0418 543 691 or on WhatsApp.

From Coach Yazan:



Some days, you know exactly what you need — a good swim.

But your body feels heavy, your motivation is low, and every part of you is trying to convince you:

"I'll go tomorrow."

But sometimes, the best workout is the one you almost didn't show up for.

🏊The moment you get into the water, the excuses you had outside suddenly feel smaller.

The first few laps wake up your body.

Your breathing finds its rhythm.

Your mind slowly lets go of everything you carried into the pool.

You don't have to feel your best every day.

And every session doesn't have to be extraordinary.

Sometimes, it's enough that you showed up, got in the water, and started.

Because motivation doesn't always come before the workout...

Sometimes, the workout is what brings your energy back.

So if you're feeling lazy today and thinking about skipping your swim, don't wait until you feel motivated.

Grab your gear and go.

The day you least feel like getting into the water might be the day you're most grateful you did!

NOTICEBOARD

Don't forget..



- **Breakfast on 7th November – Spencers in Lindisfarne**

Nov 28th Oatlands – MST Strategic Planning Meeting
10.30 – 12.30 Oatlands Community Association
Meeting Room (next door to Oatlands Aquatic Centre)

Nov 28th – Oatlands Christmas Splash 1.00 pm

