# Hobart Dolphins - News

HOBART DOLPHINS MASTERS SWIMMING CLUB INC
Swimming together since October, 1985
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https://www.facebook.com/hobartdolphins
https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/

**OCTOBER 2026**

## In this Dolphin-News


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Hi Dolphins,

Yay – Daylight Saving is almost with us!! Time to believe the sun will demand that we slip, slop and slap more frequently. As one (of many) of us who have fond memories of training as a junior swimmer in the Glenorchy Pool, I am excited to see this venue reopening today. I do hope they have a great turn up to the pool party on Saturday. I know the idea of outdoor pools raises questions in Tasmania, but having grown up in New Norfolk, trained at Glenorchy, and now thoroughly enjoying the summer months in the Huonville pool, I really look forward to the mist rising off the water in the early mornings, the sounds of the birds, and the view of the clouds overhead. It is not hard to be distracted by a flock of sulphur crested cockatoos flying above as you backstroke your way down the pool! There is a wonderful connection with the environment in outdoor pools, so I say "Great Work Glenorchy Council!"

Not such a big newsletter this month, but there are some important events to put in your diaries as we start the dash to Christmas. I hope to be back in the water soon – I think I am looking a bit like the hippo above!!

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!

# OCTOBER Calendar

| | |
|---|---|
| Thursday 1st Oct 6.30 pm | Clarence Pool |
| Friday 2nd Oct 8.30 am | Open Water Swim - Bellerive Beach |
| Saturday 3rd Oct 8.00 am | Clarence Pool |
| **Breakfast** at Spencer's. Lindisfarne following training | |
| **Pool Party** Glenorchy Pool 10.00 am – 2.00 pm | |



| | |
|---|---|
| Sunday 4th Oct 10.00 am | Clarence Pool (Remember to put clocks forward!!) |
| Wednesday 7th Oct Time?? | Open Water Swim - Bellerive Beach (check WhatsApp) |
| Thursday 8th Oct 6.30 pm | Clarence Pool |
| Friday 9th Oct 8.30 am | Open Water Swim - Bellerive Beach |
| Saturday 10th Oct 8.00 am | Clarence Pool |
| Sunday 11th Oct10.00 am | Clarence Pool |
| Wednesday 14th Oct Time?? | Open Water Swim - Bellerive Beach (check WhatsApp) |
| Thursday 15th 6.30 pm | Clarence Pool |
| Friday 16th Oct 8.30 am | Open Water Swim - Bellerive Beach |
| Saturday 17th Oct 8.00 am | Clarence Pool |
| **SAT 17th Oct 1.30 pm** | **Short Course Long Distance Championships, L'ton** |
| Sunday 18th Oct 10.00 am | Clarence Pool |
| Wednesday 21st Oct Time?? | Open Water Swim - Bellerive Beach (check WhatsApp) |
| Thursday 22nd Oct 6.30 pm | Clarence Pool |
| Friday 23rd Oct 8.30 am | Open Water Swim - Bellerive Beach |
| Saturday 24th Oct 8.00 am | Clarence Pool |
| Sunday 25th Oct 10.00 am | Clarence Pool |
| Wednesday 28th Oct Time?? | Open Water Swim - Bellerive Beach (check WhatsApp) |
| Thursday 29th Oct 6.30 pm | Clarence Pool |
| Friday 30th Oct 8.30 am | Open Water Swim - Bellerive Beach |
| Saturday 31st Oct 8.00 am | Clarence Pool |




# From the Presidential Suite

Dearest Pod,

Welcome to October, my favourite month of the year. Not for any particular reason…. other than the start of Daylight savings and another Public Holiday!

Firstly, we wish a warm welcome to our new Dolphin member David Biggins. It's great to have another addition to the pod.

Now, I know we are all relying on our smart devices to change our clocks for us but remember to turn your manual clocks and alarms ***forward*** 1 hour on Sunday 4th October. You don't want to miss training, so best to do this before going to bed on Saturday night.

As we enter the last quarter of this year, there is a lot to look forward to.

The Glenorchy War Memorial Pool is reopening! How great it will be to have another outdoor pool for the summer season. This Saturday 3rd October, a group of us will be heading out to Glenorchy Pool after training to join in the Pool Party that the Glenorchy Council is organising. We will have a small stand to promote Masters Swimming Tasmania, as well as our club. Please feel free to join us any time with your colourful club shirts, from 10am-2pm and come and see the facilities. Information about the day can be found at:https://www.gcc.tas.gov.au/event/glenorchy-war-memorial-pool-party/

Next, there is still time to enter the Short Course, Long Distance event in Launceston, which is on Saturday 17th October. Entries close on Monday 12th October. So far, I can see that David W is our only entry from the club and he was actually the 3rd person to enter. Nice work! If you would like to enter, but are unsure about how it works, please have a chat to myself or a coach and we can guide you through the process. If you would like to help out with timekeeping then please let Steve know. Volunteers are always appreciated.

November 28th is our MST Christmas Friendly Time Trial at Oatlands. This event is all about fun, getting excited for Christmas and is an opportunity to enter your first race, relay or try a new event. There will be carpooling opportunities for this event. More details to follow on WhatsApp in the coming weeks.

**SAVE THE DATE** – Saturday 12th December is our End of Year Christmas Party – 12 noon at the Waterworks reserve for yourselves and your family. An invitation will be sent out shortly. We hope you can join us for fun and celebrations. 🎄🎄🎄

Lastly, it seems like a lot of us have had injuries, illness, medical issues and sad events over the last month, so please take care of yourselves and we look forward to seeing you back at the pool when you are able.



Here's my little bit of positivity for the month:

"Small progress is still progress"

Take care and see you poolside.

Annaliese ☺ *(Ain't it good to know that we are in the hands of a truly fearless leader!!)*

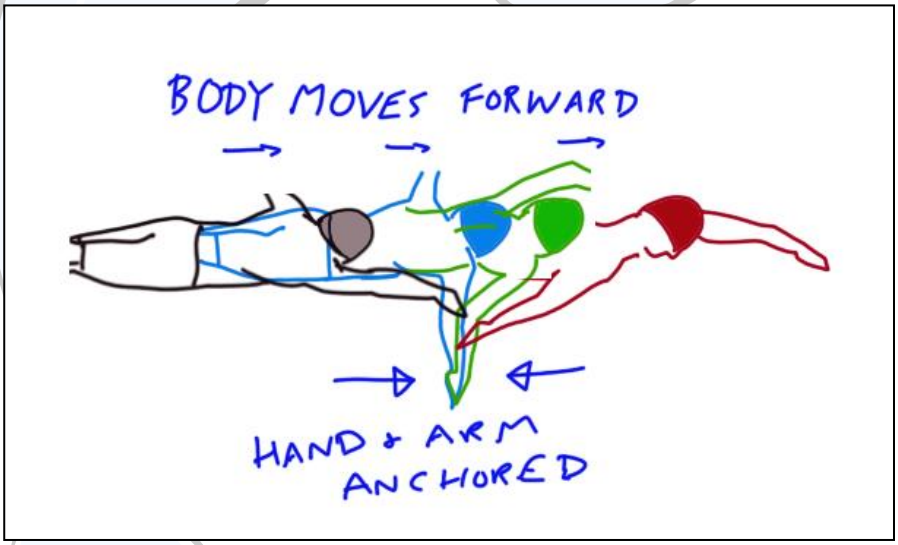


# Coaches Corner:

**Water-feel and why consistency beats a few big sessions**

Ever had one of those "easy fast" swim sessions? Those "unicorns" where your swimming feels smooth and effortless, but your speed is significantly better than usual? This often comes not from being stronger or fitter on the day, but from an improved "feel" for the water. And "feel" translates to swimming efficiency (ie more speed for the same or less effort). Remember, those faster swimmers aren't necessarily fitter or stronger than you: they're often just more effective.

At the other end of the spectrum are the days where you pull hard at the water but your swimming just doesn't feel coordinated, and you don't seem to get anywhere. In this case you're probably "tearing" at the water with your hands/arms, and it feels like trying to corral smoke, or paddle a canoe with a garden fork.



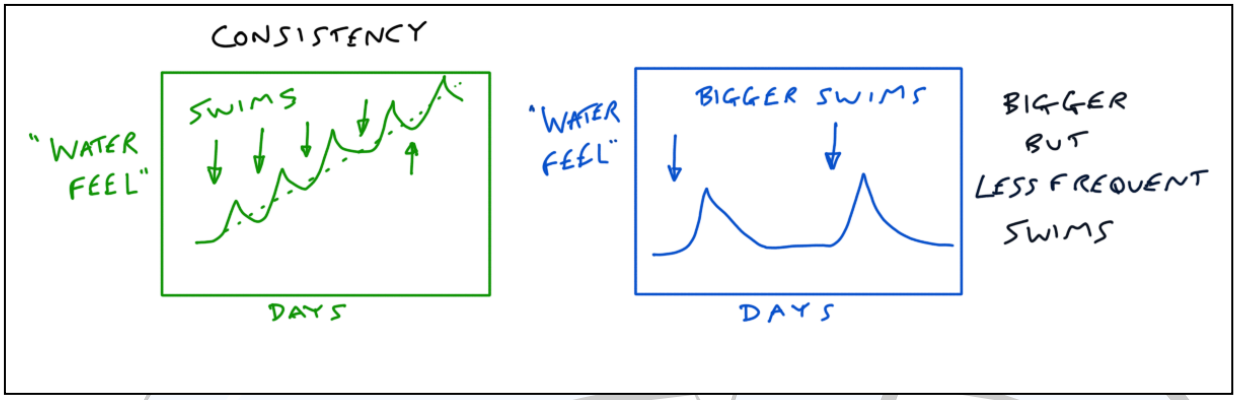

We can visualise an effective catch and pull (in any stroke, but let's think freestyle here) as like swimming through shallow water and pulling yourself along by sinking your hand into the sandy bottom. Rather than pushing sand out behind you, by slowing down and working with it you can build and maintain speed better by anchoring your hand first with the catch (it should feel like "grabbing" and handful of water), and pulling your body past your hand, just like you would climb a ladder. That is, your hand doesn't move, your body does, it moves over or past your anchored hand.

They key is to find the sweet spot between for force from your hand (how hard you press backwards on the water) and the resistance back on your palm or forearm from the water. Pull too hard initially, and you lose your grip, the water flows out to the sides, and no amount of extra force will propel you forward.

Even once you have a grip on a "patch" of water, it's tricky to maintain through the stroke – because to keep your grip as your body starts to accelerate, you have to pull harder as you go forward, keeping a constant force on the water through the stroke despite your arm accelerating. *[As you can imagine, this takes some tricky neural coordination: the brain sends a signal to the muscles controlling the arm to pull with a precise force, the water pushes back on your hand, sending a signal to the brain, which the brain then tries to match by*

*modulating the force your arm exerts over the next few centimetres of your stroke. And this force/resistance matching changes millisecond to millisecond as you move forward and the water is pressing more softly on your hand!]*

While we can appreciate the complexity of what's *actually happening* from an intellectual standpoint, the process doesn't bear thinking about while you do it! Best to just learn how it FEELS* and let your nervous system work it out, by swimming. And here's where consistent swimming (by which I mean swimming more times per week, without necessarily increasing your km per week) generally beats swimming 1-2




times a week but doing more km per session.

Because water-feel is largely a neural (nervous system) adaptation it can't be forced by a single large swim session: the nervous system tires quickly, meaning that continuing to "flog" it during a session doesn't improve outcomes. However, the flip side is that, like learning any new coordination skill, the nervous system learns quickly (after recovery), so frequent repetition of shorter sessions speeds up the rate of getting a feel for the water.

*[*There are a couple of "drills" to help develop, maintain or restore your feel for the water;*

*1. Swimming slowly, with hand paddles, emphasises the force of the water on your hand, ie it increases the feedback signal your brain has to match with your hand pulling/pushing against the water.*

*2. Long dog paddle or sculling teach your nervous system how much the water moves in response to different levels of force applied to it, and where is the tipping point at which "spilling" water or losing your grip occurs.*

*3. Fists freestyle drill trains feel with the more relevant hand+forearm combination that actually makes up your main method of "gripping" the water. This is important because although your forearm is responsible for grabbing something like half the water, it doesn't have the same number of sensory nerves to feel the pressure the water exerts on it as the hand does.]*

So, if you want more "easy speed", don't swim harder, swim more consistently. (Now, if I can just take some of my own advice…). See you at the pool!

***Steve out***



## And a snippet from Coach Yazan (Facebook post):

*(Possibly AI generated, but one that again resonates and gives us food for thought!)*



One day, swimming stops being about getting faster.

And strangely… that can be the moment it becomes even more important.

Because at some point, you are no longer training only for a better 100.

You are training to keep something much bigger.

The ability to move without fear.

To trust your body.

To feel strong enough to do the things you still love.

To get in the water at 50, 60, 70 and beyond… and still recognize yourself.

Nobody applauds the quiet things you preserve.

The shoulder that still moves well.

The lungs that still handle another length.

The coordination that still lets your body answer when your mind says, "Go."

The confidence to dive in while others your age are slowly becoming afraid of what their bodies can no longer do.

That is why some swims matter even when they are slow.

Even when the watch shows nothing special.

Even when nobody else sees the progress.

Because sometimes the goal is not to become the swimmer you were 20 years ago.

Sometimes the goal is to remain the person who can still swim 20 years from now.

That changes everything.

So train.

Not because you are chasing your younger body.

Train because the body you have today is still capable of giving you years of movement, freedom, and water.

Protect that.

Use it.

And never treat another swim like it is ordinary





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/tasoceanswimseries

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.*

Details available from www.tasmanianoceanswimseries.com/

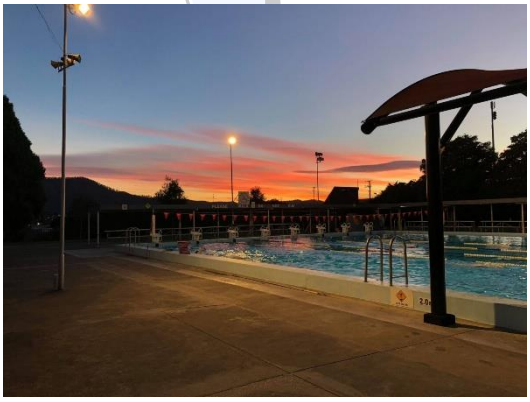
# Well done open water stars!!




Here's a toast and a cheer to those hardy swimmers who continued to tackle open water swims throughout Winter months, taking on the challenges on offer to encourage this madness, even when the weather dropped lower than the water temperature!!! Some mornings the water temperature was around 10 degrees, but this was warmer than the results of the air temperature/chill factor!!! We had a number of swimmers complete the winter challenge – details in next newsletter. Here are Mark, Pia and Auro on the last day on September when the water temperature was 12 degrees, but outside it was a balmy 18 degrees. Seriously well done to our OWSwimmers!

## GLENORCHY POOL REOPENING

### – Get along to the Pool Party and celebrate this great event!



The Glenorchy Pool will be reopening on 1st October 2026!!!

The Glenorchy City Council is holding a Community Pool Party on Saturday **3 October from 10:00am to 2:00pm**.

This free community event will bring together residents, families, community groups and pool users to celebrate the reopening of the facility and experience the upgraded amenities.

There will be a promotion of Masters Swimming Tasmania's activities at this event. Show your support for one of the few outdoor venues in the south of Tasmania, and your appreciation to the Glenorchy Council for its support of swimming in Tasmania.

# What do you get for your CLUB FEES 2027?



Great News! At the recent club meeting the committee decided to maintain club fees at their current level. That is, training sessions will continue at $10 per session (payable through the $100 - 10 session cards) and the 12-month full membership will remain at $120 for 2027.

This decision was made despite the National/State components of the annual fee increasing by $5. Meaning the club will lose this amount from its revenue stream. In addition, the lane hire cost has increased to $64 per hour, per lane. The committee felt comfortable in making this decision, as we are happy with current training numbers and very pleased that members appear to be being very vigilant in clicking off their training cards and purchasing new ones when required. We have also benefited from fundraising activities during the year, which we would hope to continue next year. Effectively our bank balance has remained quite healthy throughout the year.

**Explanation of club membership fees:**

There have recently been some questions around what is covered in the annual membership fee, and particularly with a lot of new members, we thought it an opportune time to provide some brief detail on how it is broken up.

The annual membership fee paid through Swim Central is broken up into 3 components; these components are automatically distributed at the time of registration with the club only receiving its component.

**2027 Components:**

| | |
|---|---|
| MSA (National Office) | $64 (up $4 from 2026) |
| MST (State Office) | $16 (up $1 from 2026) |
| Club retains | $40 (down $5 from 2026) |
| **Total** | **$120.00** |
| Plus a system processing fee | $4.80 |

Among other things ***The MSA component*** funds the running of National Office, including supporting the National Board and high level governance structures. It also supports maintaining the membership and results database and the various National Programs offered, such as the Endurance and Million Meters. The National Office also provides high level coaching training and qualification structures, ensures structures are available for Officials training and recognition and ensures the infrastructure exists for MSA events to exist within in a safe, inclusive environment and comply with World Aquatics requirements. A major financial component of the MSA component is insurance.

The relatively small ***State Component*** supports the running of the State committee including meeting legal and National Office obligations, running 5 competitive Events during the year and offering support to clubs through small grants and coaching opportunities.

In addition to meeting our legal obligations the ***modest club component*** is used to provide a safe, supportive and friendly environment whereby members can choose to access the aspects of the club activities that best suits them. Whether it be the weekly coached training sessions, access to competition, social interaction through our various functions and post-training BBQs, recognition of achievements by club members at the annual presentation function, training equipment or the various information sessions (such as the most recent dietician talk).

**The $10 training fee** (paid through the $100 card) is effectively a pool entry fee and is used to cover the cost of hiring the lanes. All of our coaches are volunteers.

The above is only a summary of how the MSA Structure works and where your money goes. Please feel free to ask either Annaliese or Di if you need to know more information.






Happy October Birthday wishes to:

| | |
|---|---|
| Annaliese Cousins | 26th Oct |
| Megan Stronach | 14th Oct |
| Peter Tucker | 26th Oct |
| Andrew Terhorst | 18th Oct |
| Fiona Ziegler | 26th Oct |

(Could there be any connection between so many birthdays on 26th Oct, and Australia Day???)

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!!










# Social events



## *Mark these dates in your social calendar:*

Remember: Breakfast at Spencer's (Lindisfarne) after training on the first Saturday of every month. This Saturday (3rd October) join the Pod for a wonderful breakfast, good food, and even better company!!!



**Dolphins Christmas Party**

**12th December**

**Waterworks Reserve**

**Dress for Xmas!!!**

SAVE THE DATE: 28th November – Oatlands Friendly Meet. A super fun event, and a great opportunity to swim simply for fun, to win great prizes, to get to know swimmers from other clubs, and finally to have a BBQ by the best dressed chefs in Oatlands!!!



# 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.) |

