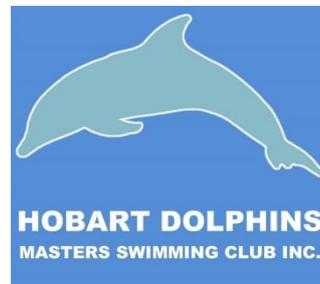


Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC
Swimming together since October, 1985
Phone: 0438629160

August 2020

Wow, how our world has changed since the last newsletter!

Hi fellow Dolphins,

Here we are in August already, this year seems to have flown, despite the difficulties we have faced.

There is a lot to take in this time, so it's probably a good time to grab a drink and sit down to read.

Steve has some very encouraging words for all of us as we return to training sessions, so go easy on yourself at this time. Di has lots of information about some changes to how we do things, Judy has some social news for those who like to breakfast together after training, I have included a photo and some brief thoughts about Ron Bloomfield, Katherine has information about accommodation in Launceston and there are some new photos to see in our Photo Gallery. Thanks to everyone who contributed.

Birthdays for August are: Mike Bellis and Mary, hope you can make it for breakfast on Saturday to celebrate.

Welcome also to Allan Nichols who recently joined our club.

And that's all I have to say for now!

Have fun swimming,

Love and kisses

Me

In this Dolphin-News

- Off the Blocks
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Upcoming events

- Winter Championships
- Breakfast

Training times and venues

Saturdays, 9:00 at Clarence pool, cost \$7-50, and coffee afterwards at Eastlands, all welcome.

Sundays, 9-00 to 10-00 at Friends Pool, cost \$7-50, and coffee after at Daci and Daci, New Town, all welcome.

Off the Blocks

The way we were...

“OMG I can’t believe how much I’ve slowed down.” Di gave me one of those “Yeah, right” looks. We have very short and fallible memories when it comes to recognising just how much work has gone into getting us to a high level of fitness and technique. The months of consistent training, steadily working on our swimming, building feel for the water, rhythm, coordination, and of course strength and endurance. We may also have a skewed idea of our prior level of performance, remembering only the faster times, not all those that made up the middle of the bell curve! So as we return to squad swimming, for some the first time in 4 months or more, for others perhaps a smaller step up in frequency and session length, it is important to remember the amount of time it took previously to get to that previous level of performance, and we have to allow ourselves time to get there again. So no doing lots of “catchup” sessions where we try and make up for lost time, because as we know, that can have the opposite effect, and might even cause injury or overtraining. At best it makes our training ineffective, or at worst, adds a lengthy delay to a return to regular swimming while we recover. And what’s the hurry? It is important to remember why we swam in the first place – because it is enjoyable. So take the time to rediscover the joys of movement, reassess your goals, and if you’re lucky and your swimming gets back to where it was previously, there might just be a little side-effect of a return to speed (if that’s your thing).

Consequently, the Dolphins swim programs lately have been following a 9 week “return to swimming” plan provided by Greg Gourlay, Masters Swimming Australia coach of the year, with a few adjustments for local practices/ drills / stroke preferences.

Return to swimming weeks	Primary Focus	Secondary Focus	Comment
1 – 2	Technical Session - lots of drills	General Endurance - choice of strokes	Easy Sessions
3 – 4	General Endurance - Choice of stroke	Specific Endurance - set strokes	Increase work load
5 – 6	Build Endurance	Intro short (lower intensity) sprints	Increase work load
7 – 8	Endurance @ Threshold training – shorter distance	Intro longer (lower intensity) sprints	Almost back to normal work load
9	Back to normal	Back to normal	Back to normal

We’ve just passed week 5-6 of the plan below since re-starting in the “lanes across the pool” format at Clarence, allowing just a little moderate speed work in the program. If you’ve yet to return, no problems, the 9 weeks of programs are available on request, and the coaches on deck will make sure the program is adjusted a little to prevent you overdoing it (but sometimes you might have to let them know – falling about gasping at the end of a lap is usually a clue; similarly, flapping about like a dying penguin during a lap also hints at something being a bit beyond the pale).

It’s also a good time to reassess medium term goals now. It might be just to get back to swimming 400 m continuously, or getting back to a “cruising speed” of 2 min per 100m or under, or achieving a certain distance (1k or 2k or 3k) for a session, without breaking anything. Or something a little harder to measure, but more personally enjoyable, such as recovering that old rhythm in your freestyle, or comfortably breathing bilaterally etc etc. Or it might be competing in a specific meet or other event (in which case you’ll need some smaller, milestone goals along the way). If you set yourself a very tough goal, be realistic in your cost-benefit analysis – how much do you want this goal – it better be a lot if it’s going to be tough to achieve! If it helps to have a sounding board, discuss it with a coach (Steve, Kath D, Annaliese, Pete etc).

In the meantime, or if you don’t have a specific goal in mind except to get back to roughly where you were before, drop in, and zone out at Clarence or Friends (or both). Above all, enjoy getting moving again.

Steve out.

From the Presidential Suite

Great to see so many at our first squad training session last weekend, both at Clarence on Saturday and Friends on Sunday, so nice to be able to swim as a club again. Good job by everyone in ensuring things ran smoothly and special thanks to Katherine and Kerry who provided some extra hands on deck to help Steve run the sessions. I guess the name of the game at this stage is to be aware of the extra care needed when around others but still enjoy each other's company.

I would especially like to commend the staff at Clarence pool who have been incredibly professional and supportive during the past few months and have made a huge effort in facilitating an easy return to pool swimming.

Training times will continue at 9am on Saturdays at Clarence and Sundays at Friends for the foreseeable future.

Payment for Training sessions at Clarence.

Responding to requests from members over the years but also acknowledging the current environment we are introducing a new system for paying for Saturday morning training sessions.

We have introduced a 10-swim card system. Essentially members are invited to purchase a ten training session pass by transferring \$75 to the club bank account, referenced with your name and *swim card*. Pia will then issue you with a card. Pia, Steve and at least one other (to be decided) will be armed with one-hole punches to mark your card each time you attend training. We will look to incorporate this into the current sign on process. After 10 sessions you will be required to buy a new card.

The cards are made from a good quality thick cardboard, are numbered and have your name written on the back. We do understand that there will be some people who only occasionally attend Saturday training and may not want to pay for 10 swims, in this case you can continue to pay by transferring \$7.50 to the club bank account on a one-off basis. If you have any questions about the process please speak to Pia on Saturday. This process has been introduced to make it easier for members without imposing a huge workload on our treasurer, training payments have always largely been based on an honesty system and we hope we can rely on everyone to make this new system work. Most of you will have the club bank account details but if not please ask Pia or me to send them to you.

Winter Championships

After much discussion the Branch agreed that the Winter championships will go ahead as per originally scheduled. The Flier, including the program, is attached. We still have our accommodation booked so if you are up for a weekend away come join us in Launceston. We all know that swimming fitness will be at a premium but at this stage that's not really the point - it's about taking the lead and restarting swimming competitions, giving some focus to our training, spending a bit of cash up north and having some fun with friends! It is unlikely we will take a bus this year but car pooling will definitely be on the cards.

Social

It was unfortunate that we had to defer the swim/BBQ which planned to be held at Pete and Kerry's home due to the COVID restrictions, Judi is currently looking at some other options for a social get together.

Dolphins Challenge

I Didn't have time to check on the challenge beasts this month, probably fair to say the lure of a warm swimming pool has reduced the amount of time many of us have spent in the freezing ocean recently but not before both Megan and Fiona completed their massive 180km journey across the Florida Straits. That's 180km in about 10 weeks in mainly winter conditions – Huge Effort!

The rest of us are still enjoying the challenge and joy of winter ocean swimming and making the way to our next destination.

See you in the pool

Di

Social News

I have booked for 10 diners at Spencer's for 10:30 on Saturday 1st August. Due to continuing restrictions we are no longer able to book a community table, however; we have a table of 4 and 6. It's important that you let me know prior to our swim on Saturday if you would like to enjoy brunch. My number is 0418543691.

I've enquired at Clarence Pool for a possible post training BBQ date. At present the management cannot give me a date. Be assured that as soon as we can, this event is priority.

I hope you enjoy reading Katherine and Pia's 'Reflections'.

Please send your summary of your swimming journey to me for inclusion in a future newsletter. I believe that fellow club members are thoroughly enjoying the read.

Happy swimming, Judi Adams

Reflections KATHERINE

Pia remembers: PIA

I was a late starter with swimming. My mum and Dad migrated from Holland to Tasmania with 6 children under the age of 9. I was almost 7 when we arrived and have no recollection of swimming in Holland and it surely wouldn't have been something my parents would have done.

My first memories probably were swimming at the beach and at primary school in Kingston having our swimming lessons in the Browns River. Later at High school I managed to complete my Bronze medallion and swim in some school carnivals. I liked the water but was by no means a good swimmer.

I lived in north Queensland when my children were small and living in a hot climate and being near the beach meant that we spent a lot of time in the water. I took my children to learn to swim and squad training at the local pool. It was then I decided I would like to improve my swimming skills and joined a young mums group at the local pool.

The pool allowed us to use one of the rooms under the grandstand as a creche room and we took turns to look after the children while the others had a swim with a little program (rules a bit different now. There would be a lot more rules and regulations about that now !!)

When I moved back to Hobart in my early 40s a work colleague of mine introduced me to Mary Cousins and we talked about swimming. Before I knew it I joined Hobart Masters and never looked back!!! It was there I learnt some better techniques but I'm afraid no one could get me to proper breast stroke kick. I'm still trying !!!

The open water swims over the past few years and especially over the Covid period has given me a lot more confidence swimming in the sea.

Through the swimming club I have made some great friends. What I love about the Masters swimming is it is about encouraging us of all abilities to be with like-minded people having fun, fitness and friendship.

Pia Peterson.

Katherine remembers: KATHERINE

As a child, together with my younger Brothers, hauling a rather heavy plywood RED PADDLEBOARD, down to the beach at Dodges Ferry.

Of spending every day of the Summer school holidays at Park Beach, learning to surf together with my younger Brothers, on a white polystyrene Board.

Of my Dad, Body Surfing alongside us in the waves at Park Beach.

Exploring the Rockpools around Dodges Ferry & Park Beach.

Joining the Sandy Bay Swimming Club, with training at the open - air Hobart Pool under the watch of Coach, Terry Lockhart.

Discovering Boys whilst jumping off the TOP platform of the Hobart Pool.

School Swim Carnivals at the Hobart TEPID Baths

Feeling scared whilst body boarding, together with my surfing Brothers, in the huge waves at MARGARET RIVER, WA.

Of late Summer afternoon walks together with my Dad & Mum along REDBILL Beach at Bicheno.

Learning to SCUBA Dive and terrified of any depth over 10M.

Finding FUN, FITNESS & FRIENDSHIP on joining HOBART AUSSI Masters Swim Club in 1989.

Katherine Daft - July 2020

Remembering Ron Bloomfield

Many Dolphins will remember Ron Bloomfield. My memories of him are from the time when he was not swimming and was becoming less involved with the Club. I received many comments from people when they heard about his recent death, all saying what a stalwart for the Club he was. It seems that he was very involved in the Club, taking on many roles to keep the Club operating. I remember him as a lovely man, incredibly supportive and encouraging. Margie sent me this photo taken in 1996, and Ron is very proudly holding a shield. The photo also includes Barbara Ross, Justine Bamford, Margie Clougher, Mavis Fisher, Tine Smit, Les and Peg Young and Bill Stewart. What a fine bunch of clever and happy Dolphins. Thanks Margie



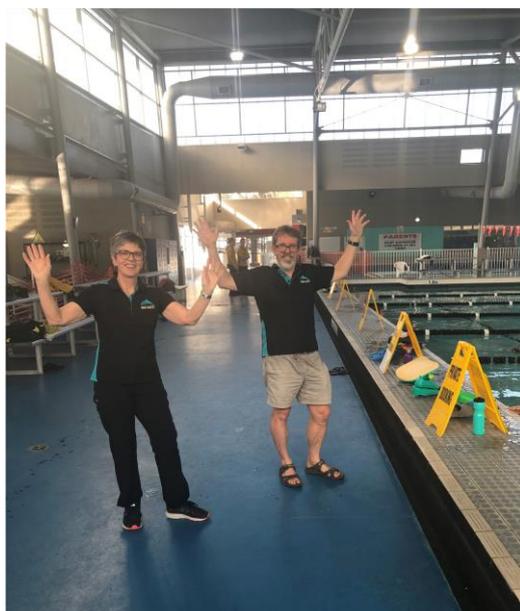
Winter Championships

The 2020 WINTER SC Championship MEET will be held in Launceston on the afternoon of the 22nd AUGUST and the morning of the 23rd AUGUST 2020

The HOBART DOLPHINS have reserved x 4 – Two-bedroom Apartments at the QUEST Launceston at 16 Paterson St, for members and family who may require overnight accommodation. Cost approximately \$60-70 pp.

Please RSVP to katherinedaft@gmail.com by the Monday 3rd AUGUST if you are seeking a bed for the night !

Photo Gallery



36th WINTER SHORT COURSE CHAMPIONSHIPS

Saturday, 22 and Sunday 23 August 2020

Launceston Aquatic Centre



Program

Saturday, 22 August, 2020

1:30 pm – 2pm warm-up, 2:10 pm start

1. 4 x 25m Mixed Medley Relay
2. 200m Backstroke
3. 100m Butterfly
4. 50m Freestyle
5. 100m I.M.
5-minute break
6. 25m Butterfly
7. 25m Freestyle
5-minute break
8. 4 x 25m Women's Medley Relay
9. 200m Freestyle
10. 50m Backstroke
11. 100m Breaststroke
12. 400m I.M.
10-minute Break
13. 4 x 25m Men's Freestyle Relay
14. 4 x 100m Mixed Medley Relay

Program

Sunday, 23 August, 2020

8:00 am – 8.30am warm-up, 8.40 am start

15. 400m Freestyle
5-minute Break
16. 4 x 25m Mixed Freestyle Relay
17. 200m I.M.
18. 100m Backstroke
19. 200m Butterfly
20. 50m Breaststroke
5-minute break
21. 25m Backstroke
22. 25m Breaststroke
5-minute break
23. 4 x 25m Women's Freestyle Relay
24. 100m Freestyle
25. 200m Breaststroke
26. 50m Butterfly
10-minute Break
27. 4 x 25m Men's Medley Relay
28. 4 x 100 Freestyle Mixed relay

Entry Fees

Individual - \$50 Relay - \$7.50 per team

Awards

Individual

- Aggregate medals - 1st, 2nd and 3rd in all age groups
- Male and female swimmers of the meet (best eligible 5 FINA recognised events)

Club

- Winter Championship Shield
- Relay Shield

Conditions of entry

- Individuals may enter up to 7 events.
- No limit to number of relay teams per Club entered, however only 1 team per age group can score points in each relay event.
- Age is at 31 Dec 2020.
- Meet conducted under Masters Swimming Australia rules as at close of entries.
- Competitors must be registered members of Masters Swimming Australia or a FINA Masters club at time of entry.
- Events will be heat seeded except 400m events which may be deck seeded.
- No alterations can be made to entries or entry fees refunded after close of entries

Officials

Each Club is to provide at least 1 timekeeper for the duration of the meet.

Entries

Entries, via Club Assistant will open from 11.59 am 28th July and close at 11.59 pm on 15th August. Relays are only via Club Assistant and will open from 11.59am 16th August and close at 11.59pm on 18th August.

Access to the entry system is from the link at MSTAS website.

** If you wish to order a printed program, you must indicate the quantity required and pay a fee at the time of entry.

The program (for individual events only) will be available from SwimPhone and will also be available for download from the website by 18th August. An updated program including relays will be available from 20th August.

COVID-19 Requirements

Entries will be open to Masters swimmers who are Tasmanian residents. Entries will be open to Masters swimmer who reside outside of Tasmanian only if they arrived in Tasmania **on or before the 8th of August 2020**. Interstate and international entrants must also meet the Tasmanian Health Department requirements for entry into Tasmania as they stand at each day of the meet.

Individuals must abide by the Launceston Aquatic Centre COVID-19 Plan and follow all directions from LAC staff. All entrants must also comply with MST's COVID-19 requirements for pool entry.

Individuals must comply with 1.5m social distancing at all times within the Pool Hall.

MST reserves the right to close entries early to maintain meet attendance below the Pool Hall maximum capacity of 250 people.

Results and Medal Presentations

Age group medallists and award winners will be published on the MST website as soon as possible after the conclusion of the meet. Medals and trophies will be forwarded to the recipients' clubs.

There will be no presentation lunch.

PARKING AT POOL

Memorial Hall / Bowls Club, \$2.00 per 3 hours, maximum of 6 hours, Monday to Sunday from 9am to 5pm

Leisure and Aquatic Centre, \$1.00 per 90 minutes (90 minute limit), Monday to Sunday from 9am to 5pm

High Street off-street parking spaces, FREE parking: Saturday and Sunday