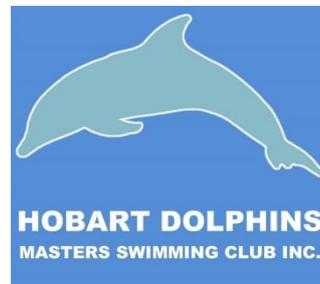


# Hobart Dolphin-News



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

July 2020

*Great to be back in a pool, even with restrictions (and NO creatures)!*

Hi fellow Dolphins,

June has been both a sad and an exciting month in our club. We were all saddened to hear of the death of Ron Bloomfield, a Dolphin swimmer from way back, and a staunch supporter of all that is Masters swimming. I have been unable to collect some memories of Ron for this newsletter, but in the next one I will put together a tribute and some photos.

The excitement has been getting back into the pool, and I have to say that when I dived in for the first time last Saturday, I felt I was back home! A few of us have also been swimming through the week, me included, and it feels so good. Steve has been programmes together for us, and I thank him for that. All the organisation to make the new conditions “work” for our club has been done by Di, so thanks for that too.

In the newsletter, we have contributions from Di, Judy and Megan, as well as reflections from Margie and DI, so thanks guys!

Birthdays for July (as far as I know) are Margie, Michelle, Sue Muir and Kathy Osborn. Happy Birthday to you all, even though we will be unable to celebrate with you at Breakfast this time.

Hope you enjoy reading all our news.

Love and kisses

Me

## In this Dolphin-News

- From the President
- Social News
- Reflections
- Photo
- Ocean Swimming

## Upcoming events

- Committee meeting this coming Tuesday
- Social event coming up

## Training times and venues

Saturdays, 7-45 to 9-00am at Clarence pool, cost \$7-50, and coffee afterwards at Eastlands, all welcome.

Sundays, 9-00 to 10-00 at Friends Pool, cost \$7-20, and coffee after at Daci and Daci, New Town, all welcome.

## From the Presidential Suite

How exciting is it to be back in the pool! As everyone who is on email knows we have had the opportunity to bulk book some lanes at Clarence pool on Saturday mornings and allocate them out to club members, just to let you know in the first week these places were taken up within hours of me sending out the email. At the moment we have only 20 places and as we need to exchange forms and information quickly, I have had to limit the offer to people who can be contacted electronically. Hopefully as restrictions ease, we can all get back in water together.

The Friends pool is still operating on a member only, restricted hours basis. At the moment there is no clear idea on when we will be able to return there for club training.

I should add that as I write this the government has just released a further easing of restrictions, so by the time you read the newsletter I am sure there will be further news on pool access. As soon as we get some significant definitive news the club committee will meet to discuss the resumption of group training.

We are also looking at putting together some social events for the near future to celebrate the easing of social distancing – Judi has more on this.

The Branch is also keen that the competition schedule return to normal as soon as possible so, given the recent announcement, it is still hopeful that we can hold the winter championships in Launceston in some form on 22/23 August. It is recognised that most swimmers won't be as 'swim' fit as they might like to be for a competition but nevertheless the 'friendship and fun' elements of the Masters motto can still be achieved. More details will be made available as circumstances around pool access firm.

Was nice to see so many club members turn out for our get together on Queens Birthday Monday, was a lovely catch up for members at a place that has become a new swimming home of many of us. That weekend also saw a small group of members meet up for a very scenic walk around Natone Hill. Steve's weekly Yoga and Pilates sessions will continue for the time being and Judi is keen for people to keep sending reflection pieces to include in future newsletters, but unfortunately, Megan's very entertaining weekly quiz has come to a natural end as Saturday morning pool swims return! The last one was really hard by the way ☺.

I really want to thank all club members who have contributed to keeping the club together through the past few weeks! I think we have done a great job in maintaining a sense of club while remaining apart. It's not quite over yet but at least we can make plans for a return to normal club activities.

Oceans swimmers continue with enthusiasm – despite some pretty awful weather over the past week – and the challenge continues!

- Bonnie after smashing through the first challenge goal is having a bit of a break to deal with some health issues – we wish her well!
- Pia, James, Steve and I all made it to the Tasman Bridge last month and are on our way back up the river - reckon we will make it too! We are already past the Bowen Bridge!
- Fiona R is pursuing a different route and heading back to her house at Eggs and Bacon Bay, which by my research is about 36 km along the coast (does seem short so happy to be corrected on this). Currently I reckon she is somewhere around Taroona.
- Fiona and Megan are literally racing each other across the Florida Straits, with Megan being hampered by a wardrobe malfunction and pesky jellyfish and Fiona occasionally being distracted by annoying work obligations, they are both about to reach the shores of the US of A – that's 180km since April. I think Megan is slightly ahead at the moment but we know Fiona is a sprinter, I'm still worried about those immigration laws, be awful if they had to turn around and swim back!!

## Nationals 2022

As you may know Hobart will host the National Swim again in 2022.

Phil Tyrell has volunteered for the role of Convener and now that indoor meeting restrictions have eased somewhat, he is proposing to conduct the first meeting to discuss plans and requirements for the meet. The agenda for the meeting is as follows:

1. update briefing on the proposal for Nationals 2022 (PT)
2. review of the milestones (PT)
3. review of the major activities (swimmer registration, competition conduct, social activities) (PT)
4. sub-committee appointments: (PT)
  - convenor
  - event program and recording
  - finance
  - marketing
  - social
  - technical
  - meet director/safety
5. next steps and next meeting (PT)

The meeting will take place at the South Hobart Community Hall, Weld Street South Hobart on Sunday 5 July commencing at 3 pm. The hall space will allow us to gather inside whilst observing social distancing requirements.

It is requested that each southern Tasmanian club provides at least one delegate to attend the meeting, and additional people are most welcome. Northern clubs are also most welcome if you happen to be in town. Please BYO refreshments as we cannot use the hall facilities at this stage.

Our club was heavily involved in the organisation of the last Nationals held in Hobart in 2015 and whilst a lot of hard work it was also good fun and delivered a great sense of achievement with so much positive feedback.

If anyone would like to attend this meeting to find out what is required to run the Nationals and perhaps provide some input please let me know by 30 June as I have to give numbers to Phil.

Di

---

## Social News

Hi fellow Dolphins, as restrictions begin to ease we are all keen to resume a social life. Kerry and Peter Tucker have offered our club the opportunity to attend their home at Opossum Bay for a BBQ and possible swim on Sunday 26th July at 12:00. Please BYO meat and drink. I'll be asking for contributions of salads etc. Please email or call me on 0418543691. Swimmers can assemble at 11:00.

I'm hoping that breakfast at Spencer's can recommence on Saturday August 1st. Please save both these dates but be aware that cancellation may be a possibility.

Thank you to Di and Margie for their 'reflections'. I thoroughly enjoyed stepping back in time and learning more about Di and Margie's journey. Please send your reflection for the next newsletter.

Happy swimming, Judi

---

## Margie remembers:

I'm a country girl who grew up swimming in a creek on my Dad's family property outside Goulburn NSW. There were no swimming sports at school, in fact, no pool swimming until our family joined the Vigilians Club in Hobart.

Years later I met Tina (a then member of the Hobart Masters Swimming Club), when nursing at St. John's Hospital. Her favourite expression, "you can do it" persuaded me to join the Masters. Soon after I gained third in the national championships egged on by Tina and Justine walking poolside! (they really wanted me in the club because there was no one else in my age group!).

Soon after with more, "you can do it" persuasion from Tina, I swam the 1500 in the long course, timed by Justine (also a former member). I finished but was disqualified for touching the bottom with my feet every so often! Nobody told me the rules!

A few weeks later in the state championships I was disqualified again for not finishing with both hands in breaststroke! AGAIN, no one told me the rules!

Well, 31 years later you are still putting up with me while I continue to enjoy your 'fitness and fun' and wonderful company! Thanks a million!

Margaret

---

## Di remembers:

I was a six-year-old living in the East End of London (for those old enough think 'Minder' or 'the Bill') surrounded by about 20 Aunts and Uncles and many, many cousins when my parents announced that we were moving to Australia. We were going to live in Darwin, then a frontier town of about 20,000 people - including one of my Uncles and his wife.....life was about to change!!

I don't remember very much about my pre-Darwin life except one strangely vivid memory. My then teacher, wanting to use our move as a teaching point explained to my class that Australia was much warmer than London and life was very casual, that there were lots of beaches and that all Australian children knew how to swim. This piece of information apparently made a big impression on me because when we arrived in Darwin it was absolutely essential to me that I learn to do two things; the first was to walk with bare feet and the second was to swim! Apparently without these two skills I would never fit in.

Walking without shoes came pretty easily with a bit of practice but the swimming took much more effort. Fortunately, both my parents knew how to swim (at least Breaststroke) so we would frequently head off to Parap Pool where my father tried to show me and my brother the basics of floating and moving in the water. I wasn't content with this, however, and was pretty keen to make sure I could at least swim 50m - it seemed something I just had to be able to do. Fortuitously my father was also quite a fan of horses (racing that is) and every Saturday afternoon would head off to the Fannie Bay Race Course which was as it happened very close to the Parap Pool. Each Saturday for what I remember being a long time, but was probably only few weeks, I convinced him to drop me off alone at the pool so I could practice my swimming while he went across to the race track and placed a few bets. He would then come back to the pool and watch me as I made a valiant attempt to swim 50m, always starting at the deep end. The day I

eventually made it was pretty momentous – I was probably seven or eight by then. Not long after that we moved to the new suburbs and soon after that the Nightcliff Pool was opened and a small club started. That pool and club became the focal point of both my sporting and social life for at least the next seven years, probably longer if you include water polo and I even returned to do a bit of coaching there after cyclone Tracy. The skill of swimming that I learnt as 7-year-old desperate to fit into a new society has been an invaluable asset over my life as I moved around the globe. It has provided a touch point into many communities allowing me not only to make a contribution to that society but also enabling many new friendships and relationships to develop.

## Photo Gallery



*As we learn to have  
compassion for ourselves, the  
circle of compassion for  
others becomes wider.*

*Pema Chodron*

## Loving the open water? Who would have thought it?



A couple of times Di has mentioned that the ocean swimming groups seem reluctant to go back to the protection and comfort of pool swimming. I found some interesting articles that might give us some clues to this conundrum.

There are many differences between pool and open water and just because you're a strong pool swimmer, doesn't necessarily mean you'll be good at open water swimming. Water and

air temperatures and two such factors – but hey – we know about that - right?

In open water temperatures reported have ranged from about 18 at BB two or three months ago, to 11.0 reported recently by Pete at O'Possum Bay. In comparison the average pool temperature at a heated indoor sport centre is consistent across the world at 28-30 degrees. Outside temperature can of course vary depending on the weather and the conditions. For example, swimming in rain and strong winds versus a consistent warm 30-32 degrees of an indoor pool.

When the air and water temperatures outside are low it can significantly affect your physical ability to swim relaxed. Breathing can be more difficult; arms can feel heavier and mentally it can affect your concentration. However, swimming in open water will burn more calories than the pool as the body must work harder in the cold.

There are plenty of health benefits from open water swimming, and maybe this is why we are all feeling so good about ourselves. Some factors noted include:

- Being immersed in cold water three times a week increases your white blood cell counts which helps fight infection and boost your immune system by activating antibodies and increasing the metabolic rate.
- Better circulation – cold water exposure over time is shown to improve circulation, since cold water exposure causes your blood flow to be re-directed to your vital organs. It forces your body to circulate your blood more efficiently and effectively.
- Temperature regulation – cold water helps limit heat loss. As it decreases core body temperature it regulates overall body temperature.
- Relief from symptoms of depression – cold water has been shown to help relieve the symptoms of depression. Due to the high density of cold-water receptors in the skin, a cold dip is expected to send an overwhelming amount of electrical impulses from nerve endings to the brain, which can result in an anti-depression effect.
- Healthy skin and hair – cold water helps close the pores and doesn't dry out your skin like the warm and chemically treated pool water. It is also great for your hair as cold temperatures close the hair cuticles, making it stronger.
- No chemicals – as well as irritating the skin, chlorine is absorbed by the body primarily through inhalation. Many pool swimmers suffer a cough or sore throat during and following a training session. Open water swimmers can breathe deep the fresh air of their surroundings.
- Energy increase – cold water boosts energy levels, nerve endings stand up and the heart starts racing. It is one of the best possible ways to give yourself a natural high.
- Helps you maximise your breathing capabilities – cold water forces you to breath deeper, by forcing you to pause momentarily as a reflex to the immersion. This opens the lungs and helps bring in more oxygen.

Let's look at the mental challenges we've overcome:

Open water has a few other mental challenges which don't exist in the pool. You cannot stand up in the middle of a lake or sea like a pool which is a controlled area. You may also not be able to see anything apart from darkness below and therefore the feeling of being out of your depth or fear of what lies underneath can be a challenge to overcome.

### Lap training

In open water we could see how far we had swum and had the freedom of going where we wanted. In a pool you are restricted to the length of the pool which can also be boring swimming up and down wall to wall. It was easy to track our distances in open water, in comparison to doing laps in a pool. At BB we soon realised it was 500m from the pontoon to the 'Lone Pine', and if we continued down to the sandy area at the far end it was nearly 1100m.

### Other skills we mastered

In open water we learnt to practice sighting as we were swimming in a much bigger space, whereas in a pool we just follow the black line on the floor. On those cloudy or foggy days, visibility was tough, making it hard to see where we were going. We became skilled in swimming in waves and choppy water – unlike in the pool where the water is guaranteed to be still. It was easier to fall into a rhythm and pace in open water with no interruptions, whereas in a pool the wall can break up the stroke.

Many of us found that open water presents far more mental and physical challenges to overcome than the pool and therefore arguably has a greater sense of achievement. For me, I will miss the camaraderie of fellow Dolphins and other beach goers, the post-swim coffees, being one of the 'crazy ladies', James' carpark towel changes, and Buddy Adams. I will miss that feeling of total peace and being at one with nature in the water. And the feeling of exhilaration – of having done something truly good for my body – once the shivering settled down. No doubt we will all return to the pool, but I think there will be quite a few of us who will continue to slip in a quick dip at the beach two or three times a week.



Ref: Kolettis, T.M. & Kolettis, M.T. (2003) Winter swimming: healthy or hazardous? Evidence and hypotheses. *Medical Hypothesis*, Vol. 62, Iss. 5-6, pp. 654-656; Tipton, M. & Bradford, C. (2014) Moving in extreme environments: open water swimming in cold and warm water. *Extreme Physiology & Medicine*, 3 Article no. 12.