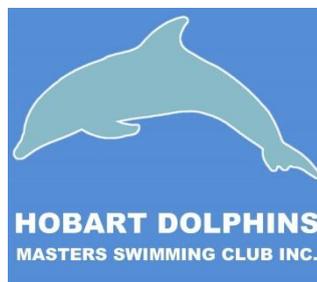


# Hobart Dolphin-News



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

October 2020

## *Good Luck to everyone swimming in MS Mega Swim!*

Hi fellow Dolphins,

Another month has flown past in this most strange year. I have it on good authority that a pod of Dolphins was seen celebrating the Spring Equinox at Bellerive recently. Mmmm, Pete was right when he commented that it was lucky you didn't all get arrested!!! Looks like a great time was had. Congratulations to all those tough swimmers who managed to keep going through winter, and survive all the creatures.

There are lots of happenings coming up, so make sure you have something to make a note of the dates. First off, the MS Megaswim, then the LCLD meet and finally the Xmas barbecue. That should keep us all out of mischief for the next few months.

Thanks to everyone who sent contributions and photos.

Sending a big Happy Birthday to Mavis, (wish you were here), Jill, Peter, Annaliese, Megan and Fiona Z. Have fun on your day, and don't forget breakfast is on this Saturday.

Welcome to new members Beth Mulligan and Sandra Neubauer. Great to have you!

That's all I have to say about that! (I wonder if anyone will recognise that famous quote!)

Have fun swimming,

Love and kisses

Me

PS Please note it is not a mistake, there really are 2 Off the Blocks!

### In this Dolphin-News

- Off the Blocks
- **MORE** Off the Blocks
- From the President
- Social News
- Photo Gallery
- LCLD Flier

### Upcoming events

- Breakfast
- MS Megaswim
- LCLD Meet
- Xmas Barbecue

### Training times and venues

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

Sundays, 9-00 to 10-00 at Friends Pool, cost \$7-50 or 10 Pass Ticket, and coffee after at Room for a Pony, North Hobart, all welcome.

## Off the Blocks

### An update on our current training cycle and CSS (critical swim speed)

	ANNUAL PLAN 2020				
	Training Cycle	Weekly Cycle	Session plan - Saturday		
Week	Effort Cycle	Session Focus	Swimmer focus	Saturday date	Additional pe
39	Aerobic endurance	Distance, build	FR CSS 100-400 pyr, Z2 FR/form	26-Sep-20	Auro, Kerry (ti
40	Aerobic/anaerobic	Distance, build	FR CSS 200 rpt, Z2 form, FR Z5 activation	3-Oct-20	
41	MS swimathon	Distance	FR build speed over 200-400s, some BA dist	10-Oct-20	
42	Competition*	LCLD Hobart	FR dist pyramids, form sets	17-Oct-20	
43	Recovery	Technique	SKIPS-based 200s	24-Oct-20	Auro, Kerry (fi
44	Aerobic endurance	Distance, build	Easy non drill programs w variety	31-Oct-20	(tentative)
45	Aerobic endurance	Technique, distance	Z2-4 FR 1-400s, form 100s, filming	7-Nov-20	
46	Aerobic endurance	Technique, distance	FR drills, FR distance to 400, fins, p/b	14-Nov-20	
47	Aerobic endurance	Distance	FR pyramid distance +build, form drills	21-Nov-20	
48	Aerobic/anaerobic	Distance, build	FR CSS 200 rpt, Z2 form, FR Z5 activation	28-Nov-20	
49	Aerobic/anaerobic	Distance, build	FR CSS 200 rpt, Z2 form, FR Z5 activation	5-Dec-20	
50	Competition*	SCLD Launceston	FR Z2 400-800, Z3-5 100s, drills	12-Dec-20	
51	Aerobic endurance	Distance	Fun races (TT, relays, novelty races)	19-Dec-20	Kerry
52				26-Dec-20	
	Focus: open water			Nov 20 - Feb 21	

The table above gives an indication of our training focus for the remainder of the year (revised since its initial publication) to give everyone some idea of what to expect. This is a guide only, however, and is often (or can be) modified on the day. It is focussed more on developing aerobic speed because the main swim events coming up are long distance meets and open water swimming.

Recently we've been timing swimmers over 200 and 400 m. This is for the purpose of working out your "CSS" or critical swimming speed. It represents the maximum speed you can maintain over longer distances of 300 – 1000 m, but can also be used to work out your target pace for lower and higher work rates. CSS equates to Zone 4a-4b swimming (4a = CSS +1 sec per 100 m; 4b = CSS -1 sec per 100 m; e.g. for a CSS of 2:00 min per 100 m, 2:01 would be the pace for Zone 4a). At this pace you will be operating at your 'aerobic ceiling', breathing every two strokes and, while still capable of speeding up, probably won't want to after 200 m! The value of the CSS is that training at this pace gives the best 'bang for buck' for improving your distance swimming and aerobic capacity. (Note it will do little directly for your sprinting – for that you need anaerobic or 'lactate' sets).

CSS + 4 or 6 sec per 100 m corresponds to Zone 3 swimming pace (breathing every 3-4 strokes – if more, slow down!) and this is good for building up endurance. CSS minus 2-4 sec is getting into Zone 5, so can be used for building sprint speed instead.

Your individual CSS is calculated from your fastest 200 m and 400 m times, and is the difference between the times, divided by 2. Most people will swim 200 at a faster overall pace than 400, and the difference represents the speed you can maintain after you've used up your anaerobic (or sprint) speed reserves. It will vary with your fitness level, technique etc, and is a good benchmark of where you're at right now.

**Calculation:** A 200 time of 4:00 min with a 400 time of 8:32 will give a CSS of 4:32 per 200 m or **2:16 per 100 m**. In training we'll quote this as a time per 25 m, so that we can set the timers/ wetronomes (the yellow things) to beep every 25 m and give you plenty of pacing feedback. For our example, the 25 m CSS time is 2:16 divided by 4, or **34 sec per 25 m**. If it beeps before you reach the end of your next 25 m interval you'll need to speed up, but if it beeps after, you can slow down, or try to maintain the little gain you've won for subsequent 25 m intervals.

The wetronome is a terrific training tool and while the club has a small number of them it's never enough, so please consider buying one if you swim in the two faster lanes. Note they're not cheap (~\$70), so shop around online – Wiggle often has the best prices. Note that I may have to modify or estimate your CSS at times by going up or down in 0.25 sec jumps, especially if you didn't put in your best for your 400 m time (or had a bad day!), or haven't been timed yet.

Steve out

## MORE Off the Blocks



### Drilling down to the heart of the matter

Recently (Saturday 26 Sept) we were treated to stroke correction tips from one of our top swimmers, **Auro Almeida**. One swimmer has already improved her freestyle swim times with just one tip reducing the extent to which she was crossing over the centerline on her hand entry, taking an amazing 16 sec off her 200 m time. Auro has a keen eye for stroke imbalances and is himself an accomplished swimmer, recording a 1:06 for 100 m FR in Launceston last year. It is enormously helpful to have another person on deck to watch swimmers and provide advice (where wanted), and it is often difficult for me to give individual swimmers the attention they deserve when I am looking after a busy session of 20+ swimmers. Auro and I will exchange notes about where individual swimmers might improve, and he will be available for another session in about a month's time to see how progress has gone.

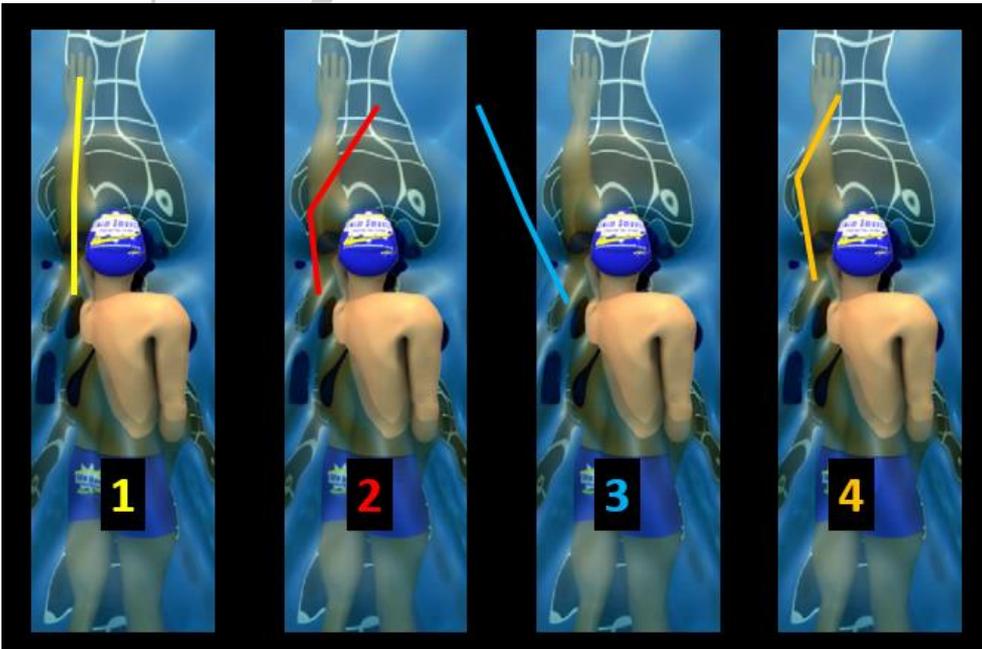
### Drills – what they try to do

Of course, ingrained swim habits can be fairly resistant to correction, and not all stroke improvements can be made after just one bit of advice, so that's where drills come in. The oft-quoted statistic is that a movement has to be performed ~25,000 times for it to become automatic, so drills require a lot of repetition to have an effect. Drills are 'prescribed' for specific issues, and are often designed to exaggerate a movement, so that you eventually settle for a

correct position half-way between where you currently are, and where the drill takes you, so you end up about right. The figure below shows one example of this, in which **Position 1** is where you need to be, **Position 2** is where you are currently, **Position 3** is where you feel you are while doing the drill, and **Position 4** is where you would be if you tried to modify your stroke without the drill (i.e. what you "feel" is your corrected stroke).

### Filming

It is often not until we see ourselves on film that we realise how much we could improve our catch position, body position etc, because our inbuilt sense of body position (termed 'proprioception') is notoriously inaccurate. Because it's so inaccurate, we also have trouble changing position (e.g. hand entry) to where it needs to be, by judging it ourselves, blind as it were, without the visual feedback of where the arm *actually* is. (Occasionally you might catch your shadow on the bottom and get a bit of a shock about where your arms and legs are!). One helpful way to see this is by being filmed, and Kerry Tucker and I can film you above and below water, from a number of different angles, to see what's going on and what could be improved. Slow-motion replay will show where you are not catching the water effectively, or creating drag, or dropping your legs during the stroke. Drills (or other exercises such as stretching) are among the tools that can help work on these issues, but they have to be appropriate for the task, of course. Here are a few examples:



*Problem – lifting head to breath (this drops the legs, creates drag)*

*Solution – drills such as “eye spy” breathing, where you focus on keeping one eye underwater when turning the head to breath in*

*Problem – crossing over the centre line on hand entry, typically with arm not fully extended (this reduces the length and effectiveness of the pull-phase)*

*Solution – FR 6-1-6 and kicking with the lead arm extended, focussing on pointing the middle finger directly at the end of the pool. Catchup drill can also help here.*

*Problem – kicking down on same side as pulling arm, creating extra drag.*

*Solution – chorus-line drill, or diagonal drill (paddle on right hand, single fin on left foot), focussing on kicking down with left (and up with right) foot as the right arm is entering the water/ pulling.*



In this picture you can see the swimmer has her right side lower in the water during the stroke on that side, offering the potential for the leg and foot to hang down in the water and create drag during the most propulsive part of the stroke.

Instead, she reduces drag and gains speed by kicking up with the right at that point (or to put it another way, kicks down with the left – á la ‘chorus line’).

### **When to do drills**

The oft-quoted statistic is that a movement has to be performed ~25,000 times for it to become automatic, so drills require a lot of repetition to have a permanent effect. We often include drills in

the Saturday/ Sunday programs to introduce how to perform them effectively, rather than to address a specific issue an individual might be trying to correct, or to provide repetition. It will be most effective if employed on a regular basis in your own programs, and there are two parts of your swim session to add them to: just after the warm-up, or as part of a swim-down. If just after the warm-up they help with better form when you start doing any hard work (e.g. speed or distance), while after the main set they allow a wind-down combined with bringing you back to good form.

### **How to do the drills**

It is important (even during a busy Saturday session) not to rush the drills – they are a chance to relax! – and also to focus on the movement you’re trying to entrain, and the purpose of the drill. Always ask what the drill is intended for if you’re not clear, and whether it is an appropriate one for you. It is best to focus on ‘fixing’ one issue at a time, and that often means doing one or two similarly purposed drills only, rather than a broad range that divides your attention and efforts. Try to visualise yourself while doing the drill, this often helps with executing it correctly, and doing it in a more focussed way than just ‘going through the motions’.

Your coaches will endeavour to pick the single most important thing to work on for your swimming, and pick drills that will work best (although some of us may need to be reminded what we said last time...).

Steve out (AGAIN)

*When deeds and words are  
in accord, the whole world is  
transformed.*

Chuang Tzu

## From the Presidential Suite

Another busy month for club members, highlighted by a very colourful Equinox celebration last week. Unfortunately, it had to be held during working hours but we still had a great turnout, lovely food and some very fancy costumes. It was also a nice opportunity for those of us that have swum in the ocean right throughout winter to celebrate together, it certainly didn't seem possible as the colder weather approached back in May. For those swimmers that couldn't make it – we celebrated for you too!

There has been a further decision made on Nationals 2022 and they will now definitely **not** be held in Hobart. NSW will be hosting the event to make up for missing out this year. It is most likely Hobart will Host the Nationals in 2023. The 2021 Nationals are still going ahead in Darwin at this stage, I think I will be looking forward to an interstate trip by April next year so it is definitely in my Diary.

We have two big events coming up this month, the MS Mega Swim on 10 October and the Long Distance Long Course Championships on 17 October. Twenty club members have signed up to do the Mega Swim, an amazing effort, and huge thanks to Annaliese for organising the roster and keeping members updated. The MS Mega swim is primarily a fundraising activity with Fiona Z and Ella currently leading the fundraising charge. If you would like to support the MS Foundation and our team you can donate by going to <https://www.msmegachallenge.org.au/sponsor/teams/> and finding Hobart Dolphins.

The LCLD championships are being held on 17 October at the Hobart Aquatic Centre, the flyer is attached. We had a really good turnout for this event last year, it's one of the few opportunities to get a time for a longer distance event so think about giving it a go. This year there will also be a 4x100m mixed freestyle relay event at the championships, depending on who enters we will look to put together a few teams. Closing date for registrations is definitely Saturday 10 October (there is an error in the flyer), if you have a problem with the electronic entry system let me know.

The MS Megawim and the LCLD event present two of the few opportunities available to set club records or record National top 10 times in the longer events. To maybe help you choose what distance/stroke you would like to swim I have attached both the Long Distance and Short Distance club records – perhaps you can find one or two records you want to have a go at. You can of course also break Branch records at the LCLD meet but not at the Megawim. The National top 10 swims are listed on the records portal front page on the MSA web site.

As Judi has mentioned our end of year function will now be held on 12 December at the Waterworks. The need to reschedule our Christmas party as well as the decision by the Branch to reschedule the Short Course Long Distance Meet in Launceston has meant they are now both on the same day. Apologies to anyone who is thinking of going up to Launceston for SCLD event but unfortunately, in the end we had no flexibility with the date for the Christmas Party.

Club numbers are on the rise and each week we seem to be welcoming new members, it is a fantastic position to be in and we love seeing new people at training. At the last committee meeting we discussed what options the club had for expanding club activities to cope with the increasing numbers and provide members with more options. One possibility is to run an additional midweek training session over summer at the Glenorchy pool, we still need to do a bit of investigating but stay tuned. We will also look to recommence an organised weekly open water session once the weather is more amenable to a pre work swim.

A gentle reminder to those arriving late at Saturday morning sessions, please sign the attendance sheet and punch your card, the sign-in sheet is mandatory for us to comply with COVID tracing requirements.

On a final note I am aware that a number of club members are going through difficult times at the moment either with their own health or with the loss or well-being of loved ones. Please know that your fellow club members are thinking of you.

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## Social News

The Spring Solstice gathering was well attended. Swimmers who had braved the cold over winter welcomed those less hardy souls that were keen to venture back into the cold water (13 degrees). This was followed by a hearty brunch. Attendees dressed in bright colours and many sported floral adorned hats. Two prizes were awarded to Fiona Z. for her beautifully crafted hat and Marie Trill (Fiona and Megan's mum). Marie looked wonderful dressed as a caterpillar, complete with her own lunch; a large leaf of silver beet.

SAVE THE DATE: December 12th 4:00

At the most recent meeting the committee decided to alter arrangements for the Christmas gathering. We were originally booked at the Beltana. However; due to covid concerns we have opted for the Waterworks reserve Hut 9. Breakfast at Spencer's has been booked for this coming Saturday at 10:30. Please let me know if you would like to attend, either by email, or phone; 0418543691. Judi Adams

## Photo Gallery



Colourful Celebrations



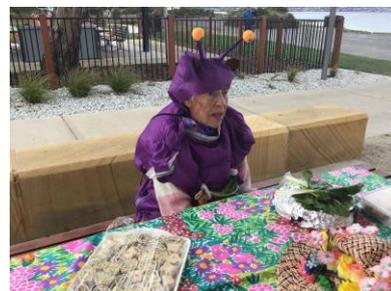
Pagan Feast



Tough Swimmers



Winning hat



Winning Costume

# 25th LONG COURSE LONG DISTANCE CHAMPIONSHIPS

Saturday, 17th October 2020

Doone Kennedy Hobart Aquatic Centre  
1 Davies Ave Hobart TAS 7000



## Program

Warm up 11.30 am for 12 noon start. The meet is scheduled to end by 3 pm.

- Event 1 1500 Metre Freestyle
- Event 2 800 Metre Freestyle
- Event 3 400 Metre Freestyle
- Event 4 4 X 100 Metre Mixed Freestyle Relay (time permitting)

Electronic timing will be used, and warm up/swim down lanes will be available in the dive pool.

## Entry Fee

\$5.00 registration plus \$10.00 per event (includes pool entry)

## Conditions of entry

- Competitors may enter **two** individual events.
- Form strokes or medley strokes may be swum – please indicate this in the **Notes Section** on the entry form when registering online.
- Swimmers registered for two events may be limited to one event on the day at the discretion of the Meet Director due to time constraints. Refunds will apply.
- Event heats will be deck-seeded slowest to fastest.
- Age as at 31 December 2020.
- Rules of MSA/FINA as at the closing date of entries apply.
- All competitors must be registered with MSA/FINA at the time of entry.
- No changes to entries or refund of entry fees after the close of entries, except at the discretion of the Meet Director.
- Swimmers are to provide their own person to count laps if required. Lap counter flip boards will be provided.
- **Note to Clubs.** Participating clubs are requested to provide timekeepers.

## Entry Procedures

Individual entries are via online Club Assistant only. Entries will open on Saturday 12<sup>th</sup> September at 11.59am and will close 11.59 pm on Saturday 11 October. Relay entries are to be sent via email to Pauline Samson by 6 pm Tuesday 13 October.