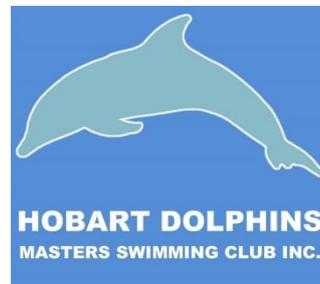


Hobart Dolphin-News



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

September 2020

Spring is on its way!

Hi fellow Dolphins,

Spring has begun, and I hope that there is plenty of spring growth in your gardens at the moment. I have lots of daffodils and irises, which always make me smile.

This newsletter is certainly full of news of Dolphins exploits over the last month. Congratulations to everyone who made the trek to Launceston, and then swam their little hearts out! Reading about it in Di's and Katherine's reports made me think of the little Dolphin Ditty I wrote a while back, so I have included that just for fun!

Thanks to everyone who sent contributions and photos.

We have no birthdays for September as far as I know, so breakfast on Saturday will have to be a celebration of something else!

Welcome to new members Joe Askey-Doran and Jonathon Eaton. I hope you enjoy swimming with our club.

Signing off for now!

Have fun swimming,

Love and kisses

Me

In this Dolphin-News

- From the President
- Social News
- Reflections
- Report on SC Championships
- Club Calendar
- Photo Gallery
- Equinox Brunch
- LCLD Flier
- Club Records

Upcoming events

- Breakfast
- MS Megaswim
- LCLD Meet
- Brunch

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.

From the Presidential Suite

Congratulations to Launceston Masters for hosting a great Winters Championships last weekend under difficult circumstances. Despite everyone worrying about not being 'competition fit' there was some excellent swimming and great camaraderie, the extra COVID precautions were handled seamlessly. Our team of twelve acquitted itself very well with one individual branch record, three branch relay records and twenty club records broken, Katherine has written a report on the weekend for this newsletter but a special mention to the ladies who decided to challenge the 4x50m 240-279 free and medley records in special swims at the end of each day; beating both times by a considerable margin. An 'intelligence gathering' fail by another club meant the challenge was met by mixed teams from another club, the races however continued, providing an entertaining end to each day with all four teams breaking their respective records.

As an aside, even though we finished fourth overall the Dolphin ladies finished a very close third in the point score just behind Devonport and ahead of TAC, we really do need to get our men motivated 😊

The next event is the Long Course Long Distance meet which will be held on 17 October at the Aquatic Centre. To try something different there will also be a 4 x 100m mixed freestyle relay event on the program. This is a bit of an experiment to try and workout where the longer relays best fit in the annual competition program. Personally, I think it is a great idea as it adds a bit of interest into what can be quite 'slow' meet, be good if the club could enter a few teams? The flyer for the meet is attached.

In response to a request from some members the Branch has decided to reschedule the SCLD meet which was cancelled in May. The new date is 12 December and it will be held in Launceston as usual. In the past this meet has not been well attended by our club members and normally I would be encouraging people to go... but.... this date **may** coincide with our Xmas party/presentation function. Currently we are still looking at whether we can hold an indoor or outdoor function at the end of the year and that will determine the date!

After some uncertainty it has now been confirmed that Hobart will be hosting the Nationals in 2022. Those who were around on 2015 (is it really 5 years ago?) will remember what a great event it was and what a huge contribution our club made to its success. Well good news is – we have offered to take on responsibility for the social events again – including the presentation dinner. We have already booked the Function Centre for the event and sometime next year we will look to put together a sub-committee to organise our contribution.

Of course, the Nationals also presents a great opportunity for members to compete against swimmers from all over Australia in a fun and friendly environment. Whilst the Nationals do attract the best and most competitive swimmers from around the country and even some Internationals, they also attract a huge number of swimmers that simply like to travel and enjoy the social aspects of Masters Swimming. It is an event we can all look forward to and I am sure Steve will have fun designing a training program to get us to our best for the meet.

Training numbers have been very healthy since our return to normal squad training and it has been especially nice to see so many different people help out on deck. Thank you to all those who have purchased a 10 swim cards for the Saturday morning sessions, the process seems to be working quite well. For the moment we still need to ask people to sign in each week, for those that don't have an opportunity to sign in or get your card clicked while we are waiting outside, the sheet and hole punch will be left on the bench, please make sure you do both before you get in to swim.

Annaliese has again agreed to coordinate the MS Megaswim this year. The event will be held on 17 October at the Aquatic Centre but for this year will be 12 hours only, 10AM TO 10PM. Because of the shorter time period we have registered a club team and have noticed most other clubs are doing the same. Quite a few members have already signed up; a reminder the link is: <https://www.msmegachallenge.org.au/join/hobartdolphins>

If you are going to register please try and do it sooner rather than later to give Annaliese time to work out a schedule – who know we may get 2 teams? Apart from having some fun, the main point of the MS Megaswim is to raise money for Multiple Sclerosis research, so even if you can't take part you may like to consider sponsoring our team by going to: www.msmegachallenge.org.au and selecting Hobart Dolphins.

While the number of members taking on the ocean has decreased over the past couple of months there are a group of hearty souls who have kept going through winter. To celebrate this and to provide the perfect opportunity for others to recommence (or commence) their open water journey we are going to celebrate the Vernal Equinox on Tuesday Sept 22nd with a whoop, an Invitation is attached. We understand that this won't suit those who work but putting together large club social functions is a bit problematic at the moment. Would be great to see club members come out and celebrate with (or join) the ocean swimmers marking the end of winter according to some - no discussion on when winter actually ends will be entered into!

Hopefully see some of you at breakfast on Saturday!

Di

Social News

The club motto; Fun, Friendship and Fitness was clearly evident at the recent championships in Launceston. All attendees encouraged and cheered their fellow team mates.

On Saturday evening we enjoyed a meal at the Star Bar in the city.

Thank you to Katherine for organising both the dinner and accommodation.

Save the dates: Saturday 5th September 10:30, breakfast at Spencer's. I've booked for 12. Please call or message me on 0418543691.

- **Saturday 5th September 10:30, breakfast at Spencer's. I've booked for 12. Please call or message me on 0418543691.**
- **Tuesday 22nd September 10:00, Spring Equinox Swim and early lunch at Bellerive Beach. Please bring something to eat, and wear a garment that suggests 'Spring'. For example, bright floral colours, a spring hat. Thank you to Megan for this great idea.**

Judy

Barbara remembers:

Reflections

Although Barb is no longer an active member of the club due to failing sight she regularly makes a donation to remain in touch. Recently I enjoyed a cuppa with Barb at her home and she reflected on her swimming journey. Barb's earliest memory of being emerged in water was as a result of a failed attempt at jumping a flooding Sandy Bay Rivulet. She was 8 and trying to keep up with her siblings. Barb credits her survival to the gum boots she was wearing as these touched the creek bed and she "rocked backwards and forwards" until she was able to drag herself out with an overhanging branch. This experience encouraged Barb to learn to swim. The local swimming venue was the Sandy Bay Baths near the casino. The depth of the 'pool' was dependant on the tide. Barb decided she would like to be coached. This involved walking from Sandy Bay to the then, unheated, Tepid Baths. The Manager, Doug Plaister must have seen Barb's potential and opened the pool early so she could train. At 13 Barb participated in an annual half mile swim in the Lauderdale Canal. There were 29 participants. Barb's parents and coach became concerned when, expecting her to be at the back or middle of the field discovered that she had won the race! At 15 Barb held every women's state freestyle record from 33 to 880 yards. She recalled that the Tepid Baths was 33 1/2 yards. Therefore, the 55 yard event involved turning and swimming back equal with the pool entry! Bill Stewart encouraged Barb to join the club. She developed firm friendships with many members including Margie and Wilma. Barb recalls many happy competitions and club gatherings. Barb has been friends with Margie and Wilma for many years. They encouraged her to join the club and she recalls many happy competitions and club gatherings. Barb described her years of swimming as "pure enjoyment". When asked her best memory of the club she said, "All of it, the comradery."

Dolphin Ditty

Now this little song is meant to be sung to the tune of "We're happy little vegemites", which I am sure you will all remember from back in the day. I wrote it just for fun, and should not be taken too seriously, just a fun thing for the newsletter. Well here 'tis!

*We're a happy pod of dolphins, just as clever as can be,
We swim our little butts off and enjoy the company,
Our coach says we're getting better every single week,
Because we love it in the pool, we all adore it in the pool,
It puts a rose in every cheek!*

MST 36TH WINTER SC CHAMPIONSHIPS 2020

Despite 2020 being a Year of many changes for everyone, MST & Launceston Lemmings were able to host the SC Winter Championships on 22-23rd August 2020

- 6 Tas Clubs represented by 80 Swimmers who swam 513 individual swims with 60 Relay teams entered.
- 45 Individual records and 12 Relay records were broken

FINAL Club Points: Launceston Lemmings: 1826.5 points, Hobart Aquatic ORCAS: 1711.50, Devonport DEVILS: 1310, & Hobart DOLPHINS: 802

2020 Relay Trophy: Hobart Aquatic with 710 points

CONGRATULATIONS and well done to all 12 of TEAM DOLPHINS. There were some outstanding swims swum!

- Kathryn Osborn (55-59) set a **NEW Individual Branch Record** with her swim in the 25M SC BACKSTROKE with 19.52.

BRANCH RELAY Records set by Team Dolphins

4x25M SC MEDLEY RELAY Female 240-279 Years: Fiona Redgrove BK, Kathryn Osborn BR, Fiona Ziegler FLY, & Megan Stronach FR, smashed the previous time of 1:26.51 set in 2014, with **1:17.20**

4x50M SC FREESTYLE RELAY Female 240-279 Years: Kathryn Osborn, Megan Stronach, Katherine Daft & Fiona Ziegler with **2: 32.42**

4x50M SC MEDLEY RELAY Female 240-279 Years: Fiona Redgrove BK, Kathryn Osborn BR, Fiona Ziegler FLY, & Megan Stronach FR, with **2: 28.93**

Special mention and WELL DONE to David Wightman (Men 45-49 years) who set new CLUB RECORDS for his swims in the 25M Freestyle, Backstroke & Breaststroke events in only his second competition and to Fiona Redgrove (60-64 years) who broke six club records from seven swims.

CLUB MEDAL WINNERS

Annaliese Cousins (45-49) GOLD

Kathryn Osborn (55-59) *equal GOLD

Fiona Ziegler (55-59) *equal GOLD

Megan Stronach (65-69) SILVER

Mary Cousins (70-74) SILVER

Fiona Redgrove (60-64) BRONZE

David Wightman (45-49) BRONZE

Steve Richards (55-59) BRONZE

You will find the New CLUB RECORDS attached to the September Newsletter.

Further details can be found on the National Website with photos in the September Edition of the Platypus Press.

www.mastersswimmingaustralia.com.au

AS FOR THOSE STORIES..... It goes without saying, that what happens in the Pool.....

- There was a very SOCIAL person who decided to swim her second leg of the Relay FIRST when the Starters Gun fired, only to be met halfway by a Fiona who it was said to be thinking “ a What The” moment. That said SOCIAL person completed her leg of the relay despite avoiding a mid-lane collision!!
- Fearless Leader found to be missing her Goggles and Cap..... AGAIN, mid swim!!!
- It has to be ALL the FLY one can compete in.....a COACHES job is never done!

Club Swim Calendar

OCTOBER: Saturday 10th: MS 12 Hour MEGA SWIM, commences at 10am

Join the Club Team- the HOBART Dolphins, see Annaliese Cousins

OCTOBER: Saturday 17th LCLD Swim at Hobart Aquatic Centre from 1130 am till 3pm.

Events 1500M, 800M, & 400M with a 4x100M Mixed Freestyle Relay

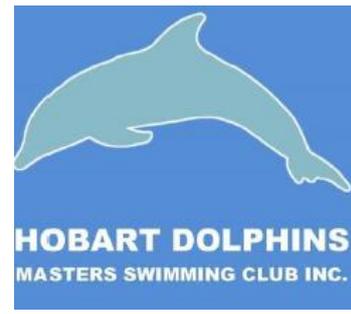
DECEMBER: Saturday 12th SCLD Swim at Launceston Aquatic Centre from 1.30pm till 5 pm.

Katherine Daft 😊

RECORDER 2020

Photo Gallery





Dolphins Spring Equinox Brunch on the Beach

"Spring has returned. The Earth is like a child that knows poems."

We're getting pretty excited about the **spring equinox** bringing us out of winter and officially starting the season of Spring. So excited that we think it is time to get together and celebrate.

Meaning 'equality of night and day' the September equinox represents a special moment in our latest journey around the sun. In Hobart, the September Equinox is on **Tuesday, 22 September 2020 at 11:30 pm.**



The equinox has inspired a number of interesting beliefs, including that the event causes a massive disruption of communication satellites, or that on the equinox an egg can effortlessly be balanced on its end (egg balancing is a skill you can practice any day of the year).

So, bring some Spring-inspired food, (BBQs are available) your thermos (or Hurrricanes Café is open), eggs for balancing (you've got three weeks to practice!!) and join us at Bellerive Beach on Tuesday 22nd September at 11.30a.m. for Brunch. Wear something Spring themed and colourful, like the goddesses here, and for the

keen ones – **we'll have an Equinox swim at 10 am.**



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 12th 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.

Hobart Dolphins
New Short Course Club Records set in 2020

Club Long Course Records Broken in 2020					Previous Record Holder Records			
WOMEN 45-49 yrs								
25m Freestyle	ANNALIESE COUSINS	22.08.2020	16.19	TAS STATE	KYLIE JONES	20.08.2017	19.53	TAS STATE
25m Backstroke	ANNALIESE COUSINS	23.08.2020	19.97	TAS STATE	KYLIE JONES	19.08.2017	24.98	TAS STATE
25m Breaststroke	ANNALIESE COUSINS	23.08.2020	21.87	TAS STATE	KYLIE JONES	19.08.2017	26.65	TAS STATE
50m Breaststroke	ANNALIESE COUSINS	23.08.2020	47.2	TAS STATE	MARY COUSINS	13.08.1994	47.58	LAUNCESTON
WOMEN 55-59 YRS								
25m Freestyle	KATHRYN OSBORN	23.08.2020	16.09	TAS STATE	KATHRYN OSBORN	19-08-18	16.12	TAS STATE
50m Freestyle	FIONA ZIEGELER	22.08.2020	35.27	TAS STATE	KATHRYN OSBORN	21.10.2017	35.38	AMG
25m Backstroke	KATHRYN OSBORN	23.08.2020	19.52	TAS STATE	KATHRYN OSBORN	18-08-18	20.21	TAS STATE
100m Butterfly	FIONA ZIEGELER	22.08.2020	01:32.84	TAS STATE	DIANE GREGORY	24.08.2013	02:19.44	TAS STATE
WOMEN 60-64 YRS								
50m Backstroke	FIONA REDGROVE	22.08.2020	45.00	TAS STATE	KATHERINE DAFT	24.08.2019	49.89	TAS STATE
200m Backstroke	FIONA REDGROVE	23.08.2020	03:46.01	TAS STATE	DIANE GREGORY	19-08-18	04:02.54	TAS STATE
25m Breaststroke	FIONA REDGROVE	23.08.2020	22.80	TAS STATE	KATHERINE DAFT	24.08.2019	22.81	TAS STATE
25m Butterfly	FIONA REDGROVE	23.08.2020	19.80	TAS STATE	DIANE GREGORY	25.08.2019	28.11	TAS STATE
50m Butterfly	FIONA REDGROVE	23.08.2020	51.39	TAS STATE	DIANE GREGORY	18-08-18	01:01.63	TAS STATE
200m Individual Medley	FIONA REDGROVE	23.08.2020	03:46.16	TAS STATE	DIANE GREGORY	18.08.2018	04:23.04	TAS STATE
200m Freestyle	PIA PETERSON	22.08.2020	03:30.86	TAS STATE	SUE MUIR	19.08.2018	03:41.01	TAS STATE
MEN 45-49 YRS								
25m Freestyle	DAVID WIGHTMAN	23.08.2020	17.13	TAS STATE	NEW RECORD			
50m Freestyle	DAVID WIGHTMAN	23.08.2020	37.73	TAS STATE	TERRENCE HOWARD	11.04.2015	01:13.5	NATIONALS
25m Backstroke	DAVID WIGHTMAN	22.08.2020	22.75	TAS STATE	NEW RECORD			
25m Breaststroke	DAVID WIGHTMAN	22.08.2020	28.42	TAS STATE	NEW RECORD			
MEN 55-59 YRS								
200M Butterfly	STEVE RICHARDS	22.08.2020	04:16.53	TAS STATE	NEW RECORD			