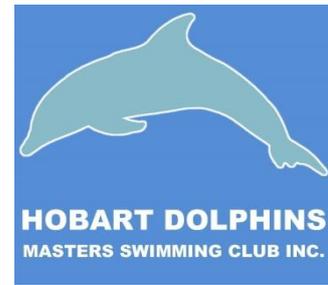


Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

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August 2021

Good Luck to all the swimmers for the Winter Championships

Hi everyone,

This is an interesting newsletter, with contributions from several members. I have enjoyed putting it altogether, and I hope you find it interesting too.

Welcome to new members Zoe and Eldon, I hope you enjoy being part of Team Dolphins.

Thanks to Di, Judy, and Katherine for your usual contributions. Megan has put together an article about Relay Changeovers as a follow up to her teaching in the pool, and just at the right time for the upcoming Winters. Auro has a fascinating story of his swimming journey starting when he was very young. Read on and I'm sure you will be as impressed as I was. Times have changed! Thanks to all of you for your efforts to make this newsletter a good read.

Birthdays for August are: Auro, Mike Bellis and Mary. Happy birthday to you all, and don't forget breakfast is on this coming Saturday as a celebration of members' birthdays.

Don't forget to register for the MS Mega Swim if you haven't already done so and you intend to participate in this worthwhile fundraiser.

Well, I hope you enjoy the newsletter, and I hope I haven't missed anything out.

Until next month,

Love and kisses

Me

In this Dolphin-News

- From the President
- Social News
- Winters
- Club Calendar
- Relay Changeovers
- Auro's Story
- Photo Gallery

Training times and venues

Saturdays, 8-00am 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 The State Theatre cafe, North Hobart, all welcome.

Upcoming events

- Breakfast
- Physio Session
- Winters

From the Presidential Suite

What a fantastic couple of weeks for swimming fans, it's been a great privilege to watch some truly fabulous swimming and the Australian team doing so well was a real bonus. It was the first time I've been able to watch the Olympic swimming in real time since Sydney in 2000 so I was very happy.

The bowling night organised by Judi early in the month was a big success.....to be honest I have no idea who won but from memory Mary showed some definite style and family members tended to show a bit more talent than our swimmers.....but I could be wrong. We finished off with a lovely dinner at the Black Buffalo. Keep posted for more great social events coming up.

Thirteen of our members enjoyed the coaching clinic given by Rachel Brennemo last week. Rachel delivered a really professional session focussing on those basic but essential skills around body position. There was a lot to take away. The trick, of course, is in how we implement it?

Next week is the physiotherapy education session being provided by Body System. The Session will be conducted at their **new Rehab Studio at 2 Collins St.** not at the address I previously advised. The session is currently full so if you have said you would like to attend but now can't make it, please let me know early so we can free up the space for someone else.

The Open Water Challenge finished last week and boy was this year a challenge, with swimmers going down like flies with various ailments. So far, I have four swimmers who have completed at least one of the challenge distances and of course huge congratulations to Joe who managed an amazing 264kms in four months to complete both the **King Island to Apollo Bay 97km** and the **Lake Champlain 167km swims**. An amazing effort in Tasmania's Autumn/Winter Conditions. If anyone else has completed the challenge please send me your log sheet.

Looks like we will have a great team heading up to Launceston later in the month.....but we would of course always welcome more males☺☺. The focus on competition skills at recent training sessions has provided great pre-meet preparation and it is so nice to see some of our newer club members joining us for the weekend. We'll even have our own cheer squad with several members and family members coming up to show support. Should be a fun weekend away. Don't forget entries close on Saturday 14 August.

Just reminder we have club merchandise available including polo shirts, caps and a small selection of club swimmers, let me know if you are interested.

For those who achieved FINA top ten times last year and requested patches, the patches have now arrived and will be presented with the certificates at an appropriate opportunity. If you ordered a patch, can you please transfer the money to the club account when convenient. For most people that is \$15, and for the one person who only ordered the year patch it is \$5.80.

See you at Breakfast on Saturday!

Di

*Every day is filled with
exploration and the chance to
discover something wonderful.*

RP

Social News

Hi fellow Dolphins, here are some dates for your diary.

Saturday August 7th 9:45; breakfast at Spencer's in Lindisfarne.

Saturday 25th September after training; BBQ at the pool. No need to bring anything. Just head outside for a bacon and egg muffin and fruit. You can buy a coffee at the pool but I suggest you bring a thermos.

Saturday 23rd October; quiz night at the pub. More about this later. Save the date, it will be lots of fun as we have a surprise quiz master!

Hope to see you at brekky this Saturday, Judi

Short Course Winter Championships, 21-22 August

It is on again and registrations are OPEN!

STAY: This year we have booked apartments at the Leisure Inn Penny Royal,

www.leisureinnpennyroyal.com.au

SOCIAL: Saturday evening Dinner at The Metz. 6.30pm.

<https://www.themetzlaunceston.com.au>

TRANSPORT: A bus will be provided by the Club.

If you are keen to stay with the group, would like to take advantage of the club Bus and /or would like to join us for dinner, please respond to Katherine Daft katherinedaft@gmail.com

RSVP: NO LATER than Saturday 7th AUGUST 2021

Club Calendar

August

Sat/Sunday 21-22nd: MST SC Winter Championships Launceston

Saturday 28th: Club Committee Meeting: Venue TBA

September

Saturday 25th: Club SPRING Breakfast BBQ: Clarence Aquatic Centre

November

5-14th PAN PACIFIC MASTERS GAMES Gold Coast

www.mastersgames.com.au

December

Saturday 11th: Hobart Dolphins Christmas Lunch and Presentations

How to Do a Relay Changerover



Whether it's your first time on a relay or you're a veteran, you're probably aware of the impact a relay dive can have. A single dive can take you from first place to last place, or vice versa. You probably also know how many points a relay can be worth. The last thing you want to do is get your relay disqualified! If you're wondering how to do a relay dive or how to take yours to the next level, here are some ideas for you.

Tap & Go

'Tap and go' is the simplest type of relay dive, and certainly the most stable for Masters swimmers. If you're new to relays, this is a great dive to start with. Either a) place both feet forward with your toes over the edge of the block, or b) place one foot on the edge of the block, and one foot placed back. This foot placement looks similar to a track start. Bend your knees and lean forward. Lean your chest over your thighs. Stretch your arms out straight ahead from your shoulders.

When the swimmer in the water is at about mid-pool, point your fingertips toward them. Watch them with your eyes **and fingertips**. You are trying to get a feel for when they will touch the wall. Continue to follow them in with your fingertips until the swimmer touches the wall.



NOTE: here the onus here is on the swimmer in the water. As you approach the end of your lap you must accelerate into the wall, Head down, no breathing, give it all you've got and hit the wall hard.



As the swimmer in the water touches, the swimmer on the block taps the wall at the same time. Then they should immediately sweep their arms forward into a streamline and push off the block for the dive, using the legs for propulsion. Then go straight into your underwater routine, maintain the streamline, dolphin kick until you just start to lose momentum, then start your stroke. Try to avoid breathing for 2-3 strokes.

Keep your knees bent and your chest low. Many swimmers stand up and swing their arms backwards. This eliminates the knee-bend and decreases the push from the block - which you DON'T want.

If in doubt, play it safe.

Keep in mind that it's not required that you do a special relay dive. If you're uncomfortable with a relay dive, do a regular track start or two-foot start — the kind you would do for an individual race. Ask a teammate to tell you when to leave the block. This way, you can focus on your race instead of worrying about throwing your arms around. The dive will be slower this way, but it's better than getting your relay disqualified!



Auro's Swimming Story

My swimming career started early. I was 4 years old playing in a club swimming pool on a Sunday morning and one of my father's friends (a football fanatic) took me to the deepest part of the pool and asked what my football team was. He was determined to make me change to his team. Every time I gave wrong the answer, he sank me in the water until I decided to say that I was going to change to São Paulo Football Club. He also made me promise that I would never change team, which I never did. After that day my father decided to enrol me in swimming lessons.

My first coach, Professor Petrus Wigtenbroek, was a Dutch Mechanical Engineer who migrated to Brazil in the 50's, and after 5 years working for Volkswagen he decided that would be happier as a swimming coach. He created an innovative method to teach children to swim. His first lessons were composed by practices of breaststroke lying down on a stool, followed by a water practice where he had a sort of easel used to hold a long wood bar with a rope at the end and with an open rubber ring where the kid gets inside. It was like a big fishing rod but instead of a hook at the end, it was this large ring that held the kid by the chest. The coach's job was to put the kid in and out of the water moving the bar up and down and saying "one, two, three". indicating the breaststroke movements and times. I had never seen this method elsewhere, but it worked well for hundreds of kids he taught, and he built a competitive and energetic swimming team.



Prof. Petrus teaching one of the kids to swim breaststroke and the final 400m freestyle in Launceston 2019, and on the right, photo taken by Rod Oliver.

I started competing when I was around six and the training was tough, some years starting at 5:00AM before school and many times training twice a day. This consisted of physical endurance followed by hours in the water, in an unheated pool and during the winter water temperature as low as 13C.

I made many very good friends, some for life. Swimming had a strong influence on my personality, I learned to be competitive, respectful, and other aspects, such as perseverance, discipline and the value of being part of and contributing to a team and the community. I competed in many events at local and interstate level with reasonable results (> 300 medals!). I preferred short distances of freestyle and butterfly but also participated in many open water

swims (the longest was a 12 km), which was fun. My swim career stopped when I was 15 and I started at a high school far from home. This required a lot of study and became incompatible with the training time requirements. A few years later, I went to watch a competition of my former club and was invited to participate in a relay because one of the swimmers did not turn up. I made a PB in the 100 m freestyle. It ended up that I went back to the pool and started training and competing again. I had the technique and was stronger than when I stopped, and I became competitive at state level again. I swam for another 4 years and earned some money to compete with the club. This supported me financially during my first years at university. I also represented and led the University swimming team. After that, for a long period I only swam occasionally for fun and to keep me fit. When I moved to TAS, 15 years ago, I used to swim sporadically at the Aquatic Centre where I coached Water Polo for the high school students where my children studied. In March 2019 I joined the Hobart Dolphins and started competing again. I must say that since then I have been enjoying swimming regularly, training, open water swimming in the freezing water, competing and being part of the club that made me feel very welcome and has such a nice environment.

Auro Almeida

Photo Gallery



