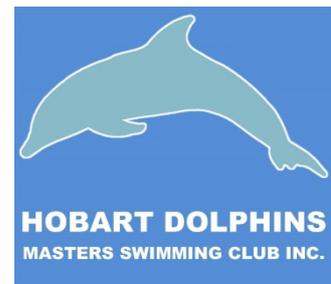


Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

Phone: 0438629160

<https://www.facebook.com/hobartdolphins>

<https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/>

November, 2021

I can feel Christmas in the air!

Hi everyone,

OK. Sit down with a drink and brace yourself for some inspiring stuff! This newsletter is full of news, thoughts, photos and exciting social events.

Di has given us a great round up of events over the last month, and a lot happened. She is also putting out a call for new personalised caps, so don't forget to get your order in to Katherine if you would like one or two.

Birthdays for November are Shirley and Phil, so come along and celebrate at Breakfast on Saturday.

Club records, social news and the photo gallery are all something to get enthused about too!

In the absence of a Member Profile this time, I have taken the liberty of writing up some of my thoughts about the importance of swimming in our lives which I considered during Lockdown. I hope they make sense! (See if you can spot a few movie quotes in my ramblings).

Hope you enjoy this offering,

Until next month,

Love and kisses

Me

In this Dolphin-News

- From the President
- Social News
- Club Caps
- Recorder's Report
- Lockdown Thoughts
- Photo Gallery
- Xmas invitation

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
- Quiz night
- LCLD

From the Presidential Suite

What a busy month we have had! Firstly, a hugely successful MS Mega swim with the event raising over \$44,000, almost twice last year's total! It was great to see so many members taking part, many thanks to Annaliese for again doing a great job organising our team – and for the costuming....we were definitely robbed of the best costume award.....just saying☺

The following week fourteen members took part in the Long Course Long Distance at the Aquatic Centre. The best thing for me was seeing so many members challenge themselves to do events that were a little outside their comfort zone...and feeling good about the results. Special congratulations to Allan, Fiona Redgrove, Katherine Daft and Anne Speed for their Branch Records and to all those who set new club records.

Later that day we reconvened, with a few more of our friends, for the club's inaugural Quiz Night at the New Sydney Hotel. I think we can all agree it was a huge success and so nice to see so many partners come along. Huge thanks to Judi for organising the night and to Pete Smith for being such a fabulous host. Looks like it could be a fixture in the club social calendar.

At the past two Club Forums hosted by the Branch there has been feedback from many members that they would like more opportunities for competition. As a result, a couple of clubs are trialling informal time trial meets in November. The Launceston Lemmings is hosting a 'Splash' meet on 14 November, the details are on our Facebook page for anyone interested in making the journey north. A bit closer to home the Hobart Aquatic Club is proposing to host time-trials at the HAC on Sunday 28th November between 8am and 10am. Events will include 50m, 100 and possibly 200m options. The only officials will be the starter and timekeepers meaning the times would be recorded in the database but not considered for Branch Record purposes. The purpose of these meets is to provide an opportunity to effectively get race practice and to see how your times are going, they are also a great environment to 'try out' competition if you are new to Masters Swimming. I will provide more information on this event as details are confirmed – but save the date if you are interested, it would be good to support this event.

As summer approaches the open water swim series is about to commence. The first event is on 27 November at Carlton Beach, the full schedule is also available on our Facebook page. The water is definitely getting warmer and despite what you may occasionally see on the WhatsApp Group, Bellerive Beach at 7.30am on Wednesday morning is a great place to catch an early morning swim. A relatively small but determined group have continued through winter but we hope to see the numbers increase as the weather improves.

The next social event is of course the club Christmas Party and presentation function on 11 December. Details can be found elsewhere in this newsletter but thanks to Jackie and Darren Brown we have a lovely new venue this year; Puddleduck Vineyard. Hoping to see all members and their families there. For those holding perpetual trophies can you please return them to me asap.

Finally, huge congratulations to Megan who has just received her updated Masters Swimming Coaching Qualifications.

Di

"Being kind to yourself is one of the greatest kindnesses," said the mole.

Charlie Mackesy

Social News

Please find attached an invitation to the Christmas gathering to be held at Puddleduck Winery on December 11. Jackie and Darren Brown have very kindly offered the club exclusive use of the deck.

We are having a BBQ. I need club members to volunteer to bring a salad or sweet.

Please ring or email me with your RSVP by November 30 and your suggestion for a contribution to the festivities.

This is a reverse BYO event. The club supplies the food and attendees purchase wine, beer, soft drink, tea and coffee at the venue.

Please consider car pooling as I have been informed that parking is limited.

Please let me know if you have any ideas to make our party a fun afternoon.

I hope you can join us.

Judi 0418543691, judiadams155@gmail.com.au.

The Quiz night was a great success. I've received many compliments and some ideas to help us with our arrangements for next year.

Pete was a wonderful, engaging quiz master. His efforts in preparing the questions and hosting the evening are greatly appreciated.

Thanks also to Puddleduck Winery for donating 2 wine tastings. I'm sure there are 2 happy Dolphins out there.

Club Caps

The time has come to replenish our stock of club caps. Katherine will put in a new order shortly, so this is your chance to get, or replace, your personalised club cap. Apart from being a bit of fun the personalised caps make it so much easier to find your own cap at a swim meet. You can have a single name put on the cap, first name surname or even nickname – provided it's not offensive.☺

The cap manufacturers have advised that they now provide caps in 3 sizes, described as:

- Our standard fitting cap.
- A large cap - slightly bigger than normal, but stretchier to hold tight on heads a bit better.
- And an extra large cap - great for quite big heads, or lots of hair - these are an extra \$2 per cap.

At this stage it looks like the standard and large caps will be \$11, and \$18 if personalised. The extra large caps will be \$13 and \$20 if personalised.

At this stage we **only need to know who would like a personalised cap**: So, if you would like a cap with your name on it please advise Katherine Daft by 21 November, details we need are:

- How many caps you would like.
- What you would like printed on the cap.
- What size cap.

Katherine's email is katherinedaft@gmail.com. There is no need to pay at this stage.

We will keep a stock of non personalised caps for purchase as and when required, as we do at the moment.

Recorder's Report

2021 MS MEGA SWIM 9/10/21

Members participating in the 2021 MS MEGA Swim have had their 30 Minute , 45 Minute and One Hour swims entered into the National Data Base for the ENDURANCE SWIM Program for 2021.

These include Steve's 1 HOUR Freestyle Swim together with Auro & Jo's 45-minute Freestyle Swims.

A MEGA effort in a 25M pool!!

MST LCLD SWIM MEET 23/10/21

18 Dolphins entered this year's LCLD Swim Meet, with 15 competing across the 400,800 and 1500M events.

7 BRANCH RECORDS

60-64Y Katherine Daft 400M Breaststroke 08:02.00

65-69Y Fiona Redgrove 200M Butterfly 04:38.00

65-69Y Fiona Redgrove 800M IM 17:47.00

85-89Y Anne Speed 400M Backstroke 14:28.00

65-69Y Allan Nichols 400M Breaststroke 08:07.00

65-69Y Allan Nichols 800M Breaststroke 16:23.00

65-69Y Allan Nichols 1500M Breaststroke 30:26.00

CLUB RECORDS

Updated and on Club website. Of note were the following swims.

*Beth Mulligan broke an old Club record set in 1996 by Tina Smit for the 1500M Freestyle 37:10.00 (6 seconds faster)

*Di set a new record for the 800M Backstroke with 18:14.94, beating by 3 minutes an old Club Record set by Edna Murphy in Yr 2000.

*Fiona Redgrove broke an old Club Record set in 1994 by Tina Smit for the 200M Fly 04:38.00 (50 seconds faster)

*Allan Nichols broke an old Club Record set in 1993 by Athol Eiszele for the 400M Breaststroke 08:07.00 (2 minutes faster)

*Bill C 1500M Freestyle and Auro 400M Freestyle both broke their previous Club records

*Claudia 800M Freestyle, Fiona Redgrove 800M IM, Anne Speed 400M Backstroke and Allan in the 800M & 1500M Breaststroke ALL set NEW Club Records in their respective Age groups

Katherine Daft

31/10/21

Lockdown Thoughts

A few weeks ago on 15 Oct, it was announced that Hobart would go into a 3-day Covid Lockdown. WOW, we knew it was going to happen, and there it was.

I guess, like me, this announcement sent your thoughts in many directions about how this was going to affect daily life. Our lives are made up of so many aspects: work, home, family, social activities, exercise, health, and the list goes on. All these life matters are important to us, and I am sure you will think of many more than I have written here.

In the rush of thoughts about how we would be managing our lives in Lockdown, it was clear that priorities would become important. Hard stuff! Mind you, we have all had experience of doing this once before, and I remember how adaptability became important for some parts of our lives. This led to a new interest in Open Water Swimming in our club as pools closed for the lockdown. Many members embraced it for the first time, and some just kept swimming! Very impressive, I hear my inner voice saying. Cold, sometimes dirty, sometimes choppy, sometimes raining and windy, sand getting into everything, donning and doffing wetsuits in public, and ALWAYS creatures! Mmmm, sounds so tempting doesn't it.

Well, I congratulate all you brave souls on your commitment and determination. You are probably wondering where this is going, so I will now get to the point! Thoughts in my head are never a straight line!

I started to reflect on how quickly many of us responded on Whats App, hoping to facilitate a swimming activity as quickly as possible since the pools were closing, and training was not on. It made me think about how addictive swimming is for us, and indeed any physical activity for others. I am not thinking addictive in a detrimental sense, more a sense of needing to do it for our personal wellbeing.

The benefits of swimming are well known, and much has been written about this. I do not pretend to be an expert, but some examples are: total body workout, improved flexibility, low impact, cardio workout, improved sleep, ageless, lifelong fitness, stress releasing, and escape from our daily lives.

I also started thinking about all the different identities we take on in our daily lives and how Lockdown could impact on them. E.g., parent, partner, brother or sister, son, daughter, a career or work identity, friend, driver, shopper, meal planner, etc. I felt that being a swimmer was an identity for me. The time when I am doing laps, I can call myself a swimmer, and indulge myself in that identity because that is what I am doing. Anyone watching me would also refer to me as swimmer. Swimming is a chance to cast all our other life roles aside. It can be a huge de-stressor. I also find swimming to be my own personal think space. It is a rare opportunity to NOT multi-task as we do a lot of the time. (How's the Serenity?)

I am not sure if anyone will relate to what I have written here, but I hope it enhances your attitude and feelings about swimming.

I also noted to myself that our swimming achievements and motivation are not always matched with spectacular outcomes. I decided that this was fine, because I ENJOY swimming, even though I don't develop enormous speed.

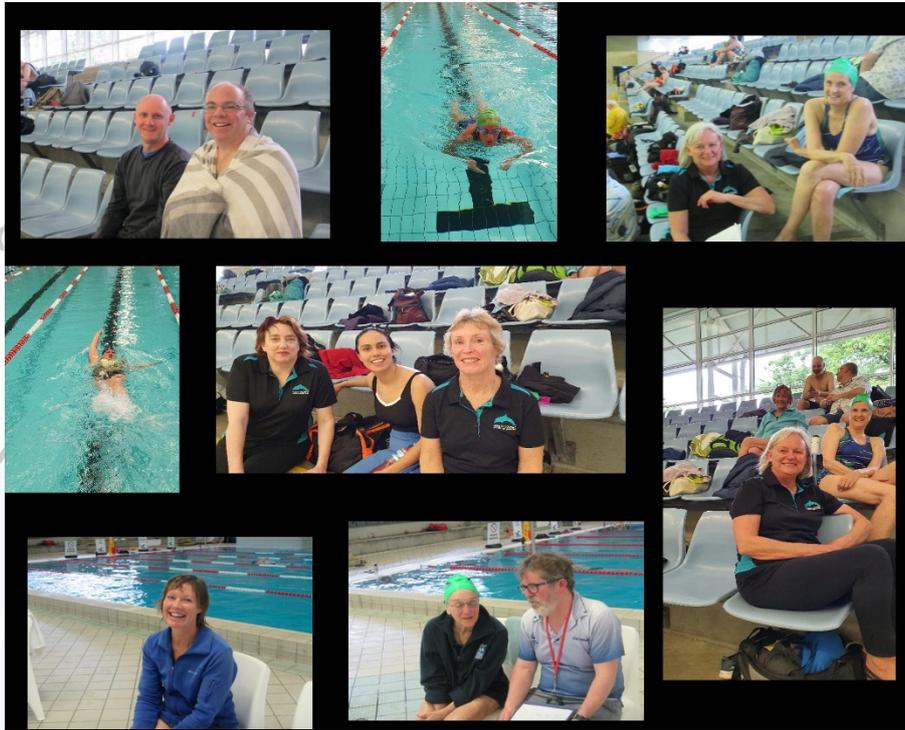
My addiction is both physical and psychological. Swimming enhances my sense of wellbeing, my wholeness, my emotional balance, and provides all the physical benefits. When I swim, the water environment relaxes my body and mind, and enables me to reflect, evaluate, plan, motivate myself, let go of thoughts that are not good for me, all this while performing a level of appropriate exercise that supposedly assists my back. (Is this multi-tasking?)

For others, the element of competition is a strong driving force, and it used to be like that for me too. I was motivated by competition with other swimmers as well as with myself. These days, I find I just enjoy the pleasant sensation of being immersed in water, and de-stressing. That's all I need for now. Maybe one day I will have more energy to devote to improving my swimming, but just now, this is what I need.

Kudos to everyone who "needs" swimming, for whatever reasons, and just keep enjoying it!

Photo Gallery

LCLD Swimmers



MS Megawim Swimmers



Quiz Night



Help us celebrate the end of year, Christmas and the achievements of fellow members at the
Dolphins Christmas Party 2021!!



Fun and games for young and old!!

Santa will gift primary school children of club members with a present.



Puddleduck Vineyard, Richmond

Saturday 11 December, 2.00 till 5.00pm

BBQ provided.

Wine, beer and soft drink available for purchase at the venue.

Adults \$10, Children \$5.

RSVP: to Judi by November 30th 0418 543 691 or judiadams155@gmail.com
Payment into club account (with your name please)

