

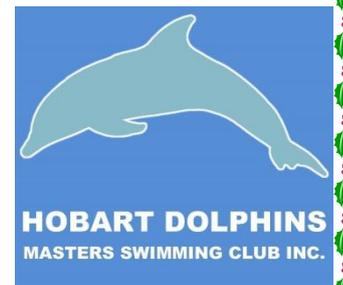
Hobart Dolphin-News

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

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

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

Happy Xmas everyone, enjoy the festive season.



Hi everyone,

This is the last newsletter for 2021, believe it or not. I can't believe the year is nearly over. Much has happened over the year, and I put together 12 photos involving Dolphins, 1 for each month, which I hope reflects the busy and interesting our club has had.

There are several reports, a new stretch to try, and information about the Club AGM. Steve has also returned to the writing desk with an article about Daily Bread??? Read on! Thanks to Di, Steve, Judy, Katherine and Megan. I have not included the maps for getting to Egg and Bacon Bay because I think most of us have been there before. I can provide details to anyone who needs them, please email me and I will send them on.

Birthdays for December are Judy, James Graham, Pia, Fiona R, Ken, Ann Speed and Peter Tucker, but since there is no breakfast this week, maybe we can celebrate with you at the Xmas Lunch..

That is pretty much it, except to wish you all a very happy and safe Christmas,

Hope you enjoy this newsletter,

Until next month,

Love and kisses

Me

In this Dolphin-News

- From the President
- Social News
- Off the Blocks
- Egg and Bacon Bay
- Lumbar Rotation Straps
- 2021 in Pictures
- AGM Information and nomination forms

Upcoming events

- Xmas lunch
- Egg and Bacon Bay swim

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.

From the Presidential Suite

Last weekend was a busy time for many club members, apart from the regular training sessions Carlton Beach put on some beautiful conditions for the first swim in the 2021/22 Tasmanian Open Water Swim series. There was a little bit of surf, a lot of sun and relatively warm water for this first swim of the series, very pleasant, and all our swimmers seemed to enjoy the event immensely. Special mention to Jayde who, after completing the 1500m swim, managed to out sprint the younger brigade to win the 'Dash for Cash'. The timetable for the OWS season was included in a previous newsletter and can also be found on our FB page. If you are interested in trying an ocean swim, make yourself known and find out what swims other members are doing. The New Year's Day swim at Bellerive Beach will be popular, and the Eggs and Bacon Bay swim hosted by Megan and Fiona on 27 December will be a great warm up.

On Sunday, about 10 of us headed over to the Aquatic Centre for time trials hosted by HAC. It was a fun couple of hours, very casual, and a great way to get some race practice or get a time for an event that you don't usually do. It is very likely there will be more of these events in the future.

Registrations are now open for 2022. The re-registration process is the same as last year, that is: select the Members Portal on the Masters Swimmers Website and then scroll down to 'Renew Here' and follow the prompts. The membership fees for next year are the same as this year; \$110 per member with a special discounted rate of \$100 for those over 80. For your interest, of the \$110, \$42 goes to the National Office, \$24 to the Branch with \$44 (less bank fees) remaining with the club. As insurance cover for members runs out on 31 December can members please try and re-register before the end of this year.

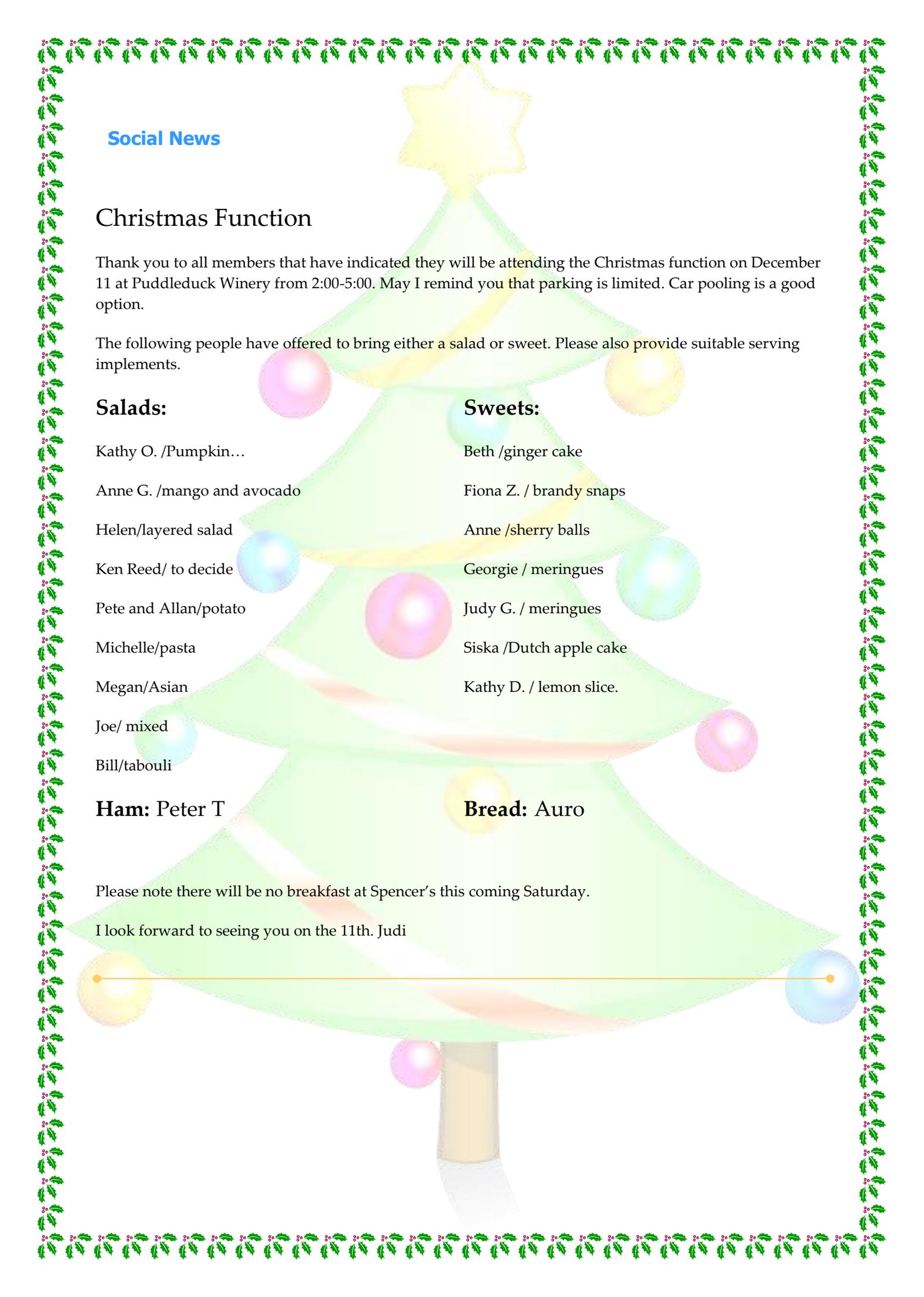
I am definitely looking forward to a great Xmas Part/Presentation Function on 11 December at our new venue at Puddleduck Vinyard. Looks like we have great numbers again and so nice to see so many family members coming along, can I please remind everyone to transfer payment for the Xmas Party to the club account before the weekend.

Katherine has included the notice for next years AGM in this newsletter, there are a couple of months to go before the meeting but that gives everyone plenty of time to think amount whether you want to take up a committee position next year. Talk to me if this is something that interests you.

Di

*"Isn't it odd. We can only see our
outsides, but nearly everything
happens on the inside."*

Charlie Mackesy



Social News

Christmas Function

Thank you to all members that have indicated they will be attending the Christmas function on December 11 at Puddleduck Winery from 2:00-5:00. May I remind you that parking is limited. Car pooling is a good option.

The following people have offered to bring either a salad or sweet. Please also provide suitable serving implements.

Salads:

Kathy O. /Pumpkin...

Anne G. /mango and avocado

Helen/layered salad

Ken Reed/ to decide

Pete and Allan/potato

Michelle/pasta

Megan/Asian

Joe/ mixed

Bill/tabouli

Ham: Peter T

Sweets:

Beth /ginger cake

Fiona Z. / brandy snaps

Anne /sherry balls

Georgie / meringues

Judy G. / meringues

Siska /Dutch apple cake

Kathy D. / lemon slice.

Bread: Auro

Please note there will be no breakfast at Spencer's this coming Saturday.

I look forward to seeing you on the 11th. Judi

Off the Blocks

Our daily bread

Unless you're gluten intolerant. In which case it should be our daily non-wheat flour-derived cereal substitute. Or perhaps fruit. What the Bible fails to take into account is that bread has only been around since agriculture came about 10,000 years ago, and our biochemistry doesn't seem particularly



well-adapted to dealing with daily bread. But I digress. Again.

What *is* becoming increasingly clear is that perhaps the phrase should be "our daily exercise". I know I'm probably preaching to the converted (what's with all these religious references?) but it's common knowledge amongst scientists and the medical profession that exercise is the one of the most powerful, non-patentable and panacea-ic (is that a word?) (*I'll let you know Steve!*) agents against decay and chronic disease that we know about. For example, a meta-analysis (ie big analysis) of 11 prospective studies found that daily exercise reduces the incidence of dementia by 30%¹. This is in addition to its anti-diabetic, anti-cardiovascular disease effects. It even has some anticancer actions, and reportedly improves recovery from chemotherapy, allowing the use of higher (more effective) doses². It also increases the size of the hippocampus (the memory formation part of the brain that normally shrinks with age, which forms our internal picture of who we are), and is known to be one of the most powerful mood-modifiers available, reducing fear and depression, increasing confidence etc. How intense! But how intense (does it have to be)? Not very, just a daily walk of 30-60 min apparently.

There are good arguments for us swimmers to make that daily exercise include a large proportion of swimming. Of course, my not-so-secret agenda must be declared here – to encourage swimming on as many days of the week as possible ("lifestyle choices" such as children and work notwithstanding 😊). If we want to improve our swimming (or just make it easier) then frequency is the first key: 1-2 times per week will likely only maintain your status quo; 3-4 times per week will see steady improvement, and 5-7 days will see you swimming consistently better (fewer of those really rubbish days) as your 'water feel' is dialled in.

But take heart, **this doesn't mean 7 intense sessions per week**: we're not training for the Olympics (which would probably require 9 or more, and a lot more besides!). I used to debate with myself about the value of short sessions – "*but less than 2k is hardly worth it*" – I'd tell myself. If you're lucky enough to have easy and cheap access water, then 500 m is fine. Call it recovery. It doesn't take much to wake up/keep your water "feel", and it will benefit you. Note that the 80:20 rule is important here: for most training (cycling running, swimming) the accepted wisdom suggests 80% of your training

should be base miles – low intensity, endurance, and 20% intense, high effort, getting well into the anaerobic stuff training. This can be a mix within a session, or just one intensity level per session, or more engagingly, a mix of each within sessions, that varies between sessions. Of course, one should be wary of jumping suddenly from 1 swim per week to 7 in a fit of inspiration – and as always, back off or substitute a different swim form, exercise or kick, if there are signs of damage.

But we've heard all this before, we're always being told to exercise more. But **what if you're injured?** Or have reduced physical capacity (I can't see my toes lately, let alone touch them)? This can be an opportunity to be forced to focus on other skills. Bung shoulder? Kicking can be surprisingly varied (with/without fins, kick on back, side, fly kick, butterfly kick, interval training kicking, drills that don't involve too much arm stroking). Can't do fly? One way of looking at it is that it is less time wasted on fly and spent improving your breaststroke. Sometimes having lots of strokes to work on can dilute your effort/focus on each one! A couple of months spent doing heaps of backstroke will, guaranteed, improve your backstroke, won't it?

(Now I've just got to practice what I'm preaching...)

Steve out

1. Physical exercise and dementia | Alzheimer's Society <https://www.alzheimers.org.uk/risk-factors-and-prevention>
2. ABC Australia series – How to live younger, episode 1 (published September 2021), available on iView

Egg and Bacon Bay Swim

Open water swim – Eggs and Bacon Bay – 27 December 2021

You're invited to what is becoming a popular annual event – the Eggs and Bacon Bay Open Water Swim and Breakfast, on Monday 27 December. As usual, meet at the Eggs and Bacon Bay foreshore at 9.15am. If the weather there is rough, we can re-locate across to Randall's Bay. We will swim for about an hour and water patrols will be provided by a few local identities in kayaks. There are spare kayaks available for partners/kids who would like to join in.

The area is about a 1-hour drive from Hobart, or 10-mins drive south of Cygnet. Bring your wetsuits, the family, something to drink and food for a BBQ breakfast at Fiona's or Megan's. Shack showers are available - BYO towels.

For information on expected water temp. see: <https://seatemperature.info/hobart-water-temperature.html>

For more information or if you get lost on the journey south, contact Megan on 0417 338 113

See you there!!

Lumbar Rotation Stretch



The Lumbar Rotation Stretch

This stretch is highly recommended by Nick, who conducted our physiotherapy education session recently, and well worth including in our flexibility training.

- Lie on back with arms out to the sides.
- Bend right leg to 90 degrees at the hip and the knee and take it directly across body.
- Keep both shoulders in contact with the ground.
- Repeat on other side.
- Hold stretches for 15-20 secs and repeat 2-3 times.

2021 in Pictures



Cooking for Christmas



A happy Dolphin swimmer!



It's not always about swimming



Happy little Dolphins



Eating again?



1992 Dolphin Champions



July Member profile



264 done and dusted!



Tough as Tungsten!



Lovely Linda!



They could be twins!



I'm sure he is a Dolphin!



NOTICE

2021 ANNUAL GENERAL MEETING
Saturday 19 February 2022
Room 3, Rosny Library
46 Bligh Street, Rosny, Tasmania
Commencing at 10:00

AGENDA

1. Welcome by the President
2. Apologies
3. Minutes of the 2020 Annual General Meeting held on 29 February 2021.
4. COMMITTEE MEMBERS' REPORTS: including the Presentation of the 2021 Financial Statements
5. Election of OFFICE BEARERS: President, Vice President, Secretary, Treasurer
6. Election of COMMITTEE MEMBERS: Coaching Director, Social Coordinator, Recorder, Newsletter Editor, 2 General Committee members.
7. APPOINTED POSITIONS: Safety Officer, Branch Delegates
8. Close of the AGM

Light Refreshments will be provided

ALL WELCOME

Note: a brief Committee Meeting will be held after the AGM



Nomination for Committee Position 2022

Position:

Name:

Nominated by:

Seconded by:

I agree to accept this nomination:

Signed

Date

Positions for Election

Office Bearers: President, Vice President, Secretary, Treasurer

Committee Members: Coaching Director, Social Co-Ordinator, Recorder, Newsletter Editor,
2 General Committee members