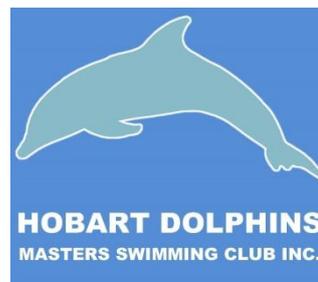


Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

Phone: 0438629160

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

July, 2022

Time to start training for the Winters!

Hi everyone,

Our July newsletter comes with a few different items, which I am sure you will find interesting reading. Grab a cuppa, you will need to mark some dates in your diary and maybe even make notes about some swimming rules for Breaststroke and Backstroke. (Next month will cover Butterfly, IM and Relays) Thanks everyone for your contributions: Katherine, Di, Kathy O, Megan and Steve, Judy and of course dear Mavis.

Thanks to everyone who has contributed this month.

As you know, our dear Mavis Fisher passed away a few weeks ago, so Di has written a tribute to her, and I have included her Member Profile form way back when..... At the time of writing her profile, Mavis wanted it to be anonymous, but we secretly all knew it was her story. I am very lucky to have Mavis's pull buoy in my swimming gear, and I think of her whenever I use it. Lovely lady.

Birthdays for July are: Margie, Anne Gillian, Siska, Claudia, Ciaran and Sue Muir. Hope you can make it to breakfast on Saturday, and it seems there are enough of you to make your own table! Happy July Birthday everyone.

A separate email will follow this newsletter, containing the mentioned Endurance Record form as well as Club and Branch Short Course records.

Hope you enjoy reading this newsletter.

Love and kisses

Me

In this Dolphin-News

- From the President
- Off the Blocks
- Social News
- Swimming Rules
- Recorder's Report
- Member Profile

Training times and venues

Saturdays, 8-00am at Clarence pool, cost \$7-50, and coffee afterwards at Eastlands, all welcome.

Sundays, 3-30 to 4-30 at Clarence, cost \$7-50, all welcome.

Upcoming events

- Winters, August
- Quiz night, September

From the Presidential Suite

VALE Mavis Fisher (Coverdale)

We are all very saddened to hear that Mavis Fisher (Coverdale) passed away on 17 June in the UK where she had been living for the past few years.

Mavis was an absolute stalwart of the Hobart Dolphins Club and Masters Swimming in Tasmania. She joined our club in 1988, soon after it was created, and was incredibly active in club life until she left to return to the UK in 2018. Amongst her other jobs Mavis was Club President for 10 years and spent some 7 years as a coach where she earned the affectionate term of 'Madame Lash.' For her loyalty and hard work Mavis was awarded Life Membership of the Club.

Her immense strength of character and loyalty were displayed when she took on the role of carer for her brother Peter during his struggle with Motor Neurone Disease, we were all in awe of her resilience during this time.

Mavis could always be relied upon to take on whatever job needed doing and attacked these tasks with amazing energy, her famous Yorkshire sense of humour and a cheeky grin....while telling whomever would listen exactly what she thought.

The friendships she made through swimming were enduring and while she was severely missed when she returned to the UK we are glad she had that time to spend with her family.

RIP Mavis

DI.



Endurance 1000 Program

Home > Programs > Endurance 1000 Program



sponsored by



E1000 Portal

E1000 Results



From July this year we will start to include longer endurance swims in **some** training programs, to be entered in the Vorgee Endurance 1000 Program. This is a national program designed to encourage people to compete in distances from 400 metres to 60 minutes duration in a variety of strokes.

Gaining Points: Swims can be done over the whole year. As a result, you will gain and maintain aerobic fitness in order to complete the individual event requirements. You can self-manage your own program; all you need is some space to swim, a recording sheet and someone to time you.

Non-competition-based swims will be manually entered directly into the Endurance 1000 Results Portal by Fiona Redgrove, who has offered to be our Recorder for this program. She will liaise with coaches and swimmers to ensure that all swims are entered into the Portal. You will be able to view your swims at <https://mastersswimming.org.au/programs/endurance-1000-program/> Click on History, then [enter your name and MSA membership number](#). You will notice that all longer swims completed during competition meets have been entered automatically. The total number of swims (gaining points) that can be completed is **62** – broken down into:

- 25 individual 400m swims (5 each of Ba, Br, Bu, Fr, IM – one per stroke per month)
- 25 individual 800m swims (5 each of Ba, Br, Bu, Fr, IM – one per stroke per month)
- 3 x 1500m swims (1 each of Ba, Br, Fr)
- 3 x 30 minute swims (1 each of Ba, Br, Fr)
- 3 x 45 minute swims (1 each of Ba, Br, Fr)
- 3 x 60 minute swims (1 each of Ba, Br, Fr)

Awards Available:

Vorgee Endurance 1000 Champion Club: Points are gained for the completion of each different event, contributing to a total point score for each competing club. The highest scoring club will then be declared the Vorgee Endurance 1000 Champion Club of the Year.

Vorgee Endurance 1000 Award: As an extension of the program, the Vorgee Endurance 1000 Award goes to the club averaging the highest number of points per registered member. This is designed to encourage as many members as possible in each competing club to complete one or more events in the program.

[An individual record sheet is attached with this newsletter.](#)

Steve and Megan

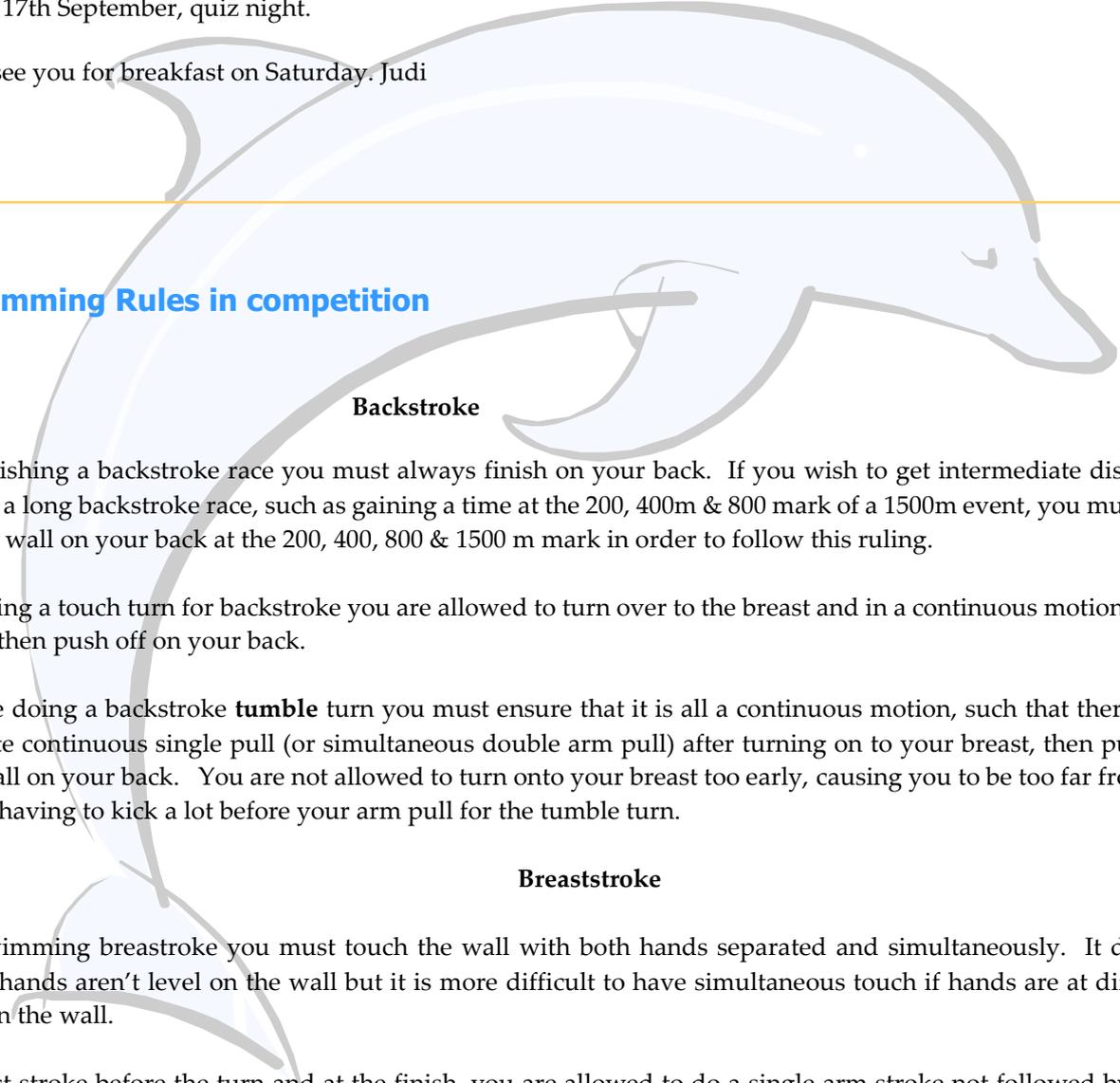
Social News

Saturday July 2 at 9:45, breakfast at Spencer's in Lindisfarne

Saturday 16th July State Cinema. Enjoy a movie of your choosing and catch up with fellow Dolphins for supper in the cafe. I'm suggesting an approximate start time of 6:00. I'll need to advertise the available movies and commencement times on the 12th.

Saturday 17th September, quiz night.

Hope to see you for breakfast on Saturday. Judi



Swimming Rules in competition

Backstroke

When finishing a backstroke race you must always finish on your back. If you wish to get intermediate distances timed for a long backstroke race, such as gaining a time at the 200, 400m & 800 mark of a 1500m event, you must also touch the wall on your back at the 200, 400, 800 & 1500 m mark in order to follow this ruling.

When doing a touch turn for backstroke you are allowed to turn over to the breast and in a continuous motion touch the wall, then push off on your back.

If you are doing a backstroke **tumble** turn you must ensure that it is all a continuous motion, such that there is an immediate continuous single pull (or simultaneous double arm pull) after turning on to your breast, then pushing off the wall on your back. You are not allowed to turn onto your breast too early, causing you to be too far from the wall and having to kick a lot before your arm pull for the tumble turn.

Breaststroke

When swimming breaststroke you must touch the wall with both hands separated and simultaneously. It doesn't matter if hands aren't level on the wall but it is more difficult to have simultaneous touch if hands are at different heights on the wall.

At the last stroke before the turn and at the finish, you are allowed to do a single arm stroke not followed by a leg kick. However, some of us feel you lose momentum doing this.

Breaststroke arm and leg movements must be simultaneous and on the same horizontal plane.

Kathryn Osborne.

Recorder's Report, July

Well done and Congratulations to the small Pod of Dolphins who swam at the SCLD Swim in Launceston on the 4th June 2023.

New Branch Records to

- Kathryn Osborn 60-64Y : 400M Breaststroke in 7:38.72 and on the way through a new Branch record at 100M in 1:41.00 and 200m in 3:34.00
- Megan Stronach 70-74Y : 400M Individual Medley in 8:08.01 with a new record for the 100M Fly in 1:54.00
- Allan Nichols 65-69Y: 400M Breaststroke in 7:38.72

RESULTS

1500M Freestyle

Michelle Sampson 25:45.13

Amanda Duggan 20:40.28

800M Freestyle

Elisa McMillan 11:38.50

400M Swims

Elisa McMillan Freestyle 5:33.17

Michelle Sampson Freestyle 6:42.81

Kathryn Osborn Breaststroke 7:21.14

Allan Nichols Breaststroke 7:38.72

Megan Stronach IM 8:08.01

BUNBURY POSTAL SWIMS

A reminder that Entries have now closed for the Bunbury Stingers Postal Swim.

If you would like your 3x400M timed swims entered, please transfer \$12 to the Club by the 2 nd July.

The Bunbury Club has asked that all participants sign a Waiver.

Please ensure you have signed a copy of the waiver before entries are submitted by Katherine.

MST SC WINTER Championships 20-21st August 2022

Entries open online 1st July .

Preliminary bookings have been made for the following:

Transport: The Club will provide a small bus, at no charge to members.

Accommodation:

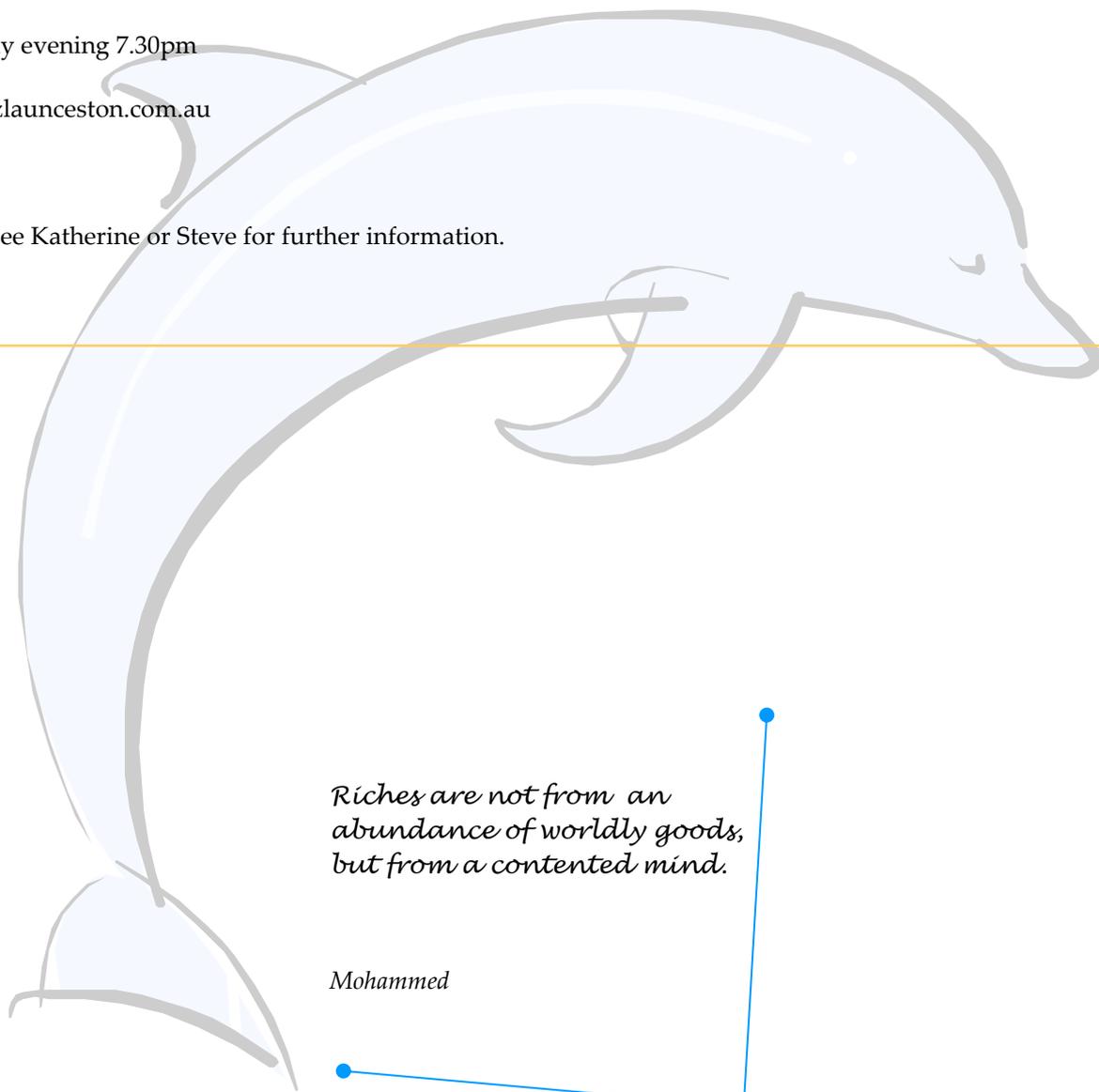
elphinservicedapartments.com.au

Dining:

Saturday evening 7.30pm

themetzlaunceston.com.au

Please see Katherine or Steve for further information.



Hobart Dolphins Member Profile, Mystery Profile



How long have you been swimming with the Hobart Dolphins?
22 years

What do you like about swimming?
The challenge of trying to get it right

What do you NOT like in training?
Getting wet

Favourite stroke?
Backstroke

Most memorable swim?
2010, getting a state record

What book are you reading at the moment?
The Lincoln Lawyer, by Michael Connelly

Favourite book ever read?
Can't pick 1 out, there have been so many. I like Val Mc Dermid murder mysteries

Favourite movie?
Caruso

What other hobbies/interests do you have?
Golf, and I like sewing

Where would you like to go for a once in a lifetime holiday?
South America

What do you do for fun?
Bush walking

Can you think of one thing in your life that is particularly special to you, that you would like to share with us?
Breathing, that's VERY special!