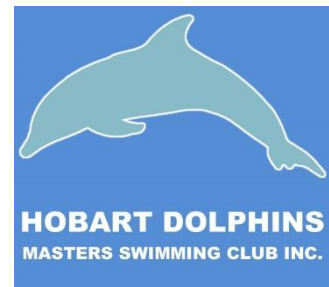


# Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

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June, 2022

*Winter is upon us (to state the obvious)!*

Hi everyone,

I am here to tell you that this is a hefty newsletter, not our largest, but certainly some detailed information.

Off the Blocks has made a comeback with Steve writing a summary of the results of the coaching survey sent out earlier this year. He is also hoping to encourage other members to complete the survey, which I am sending as a Word document in a separate email. Katherine has some detailed results about goings on in the club and Annaleise has some very encouraging words about swimming in winter, with a movie suggestion to motivate us. There is a couple of social events coming up too. Thanks Judy, Katherine, Steve and Annaleise.

Birthdays for June are: Helen, Duncan, Cedric, Elisa, Allan and Jayde. That is a long list, and we hope you can join us for Breakfast this Saturday at Spencers after training.

Our Member Profile this month is the lovely Elisa, thanks.

Hope you enjoy reading this newsletter.

Love and kisses

Me

## In this Dolphin-News

- From the President
- Social News
- Off the Blocks
- Reporter'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

- Committee Meeting 21 May
- Bunbury Swims
- SCLD Championships

## From the Presidential Suite

Hello lovely Dolphins,

Winter is upon us! As I write this snuggled up on the couch, I hope that everyone is keeping well. It's that time of year when the days have shortened and the temperature has dropped. But the swimming goes on!

After such an exciting start to the year, this is the time to just keep ticking along in the pool. If you are thinking about entering the winter championships, they are in August so there is good time to prepare. If you want to try and improve on your long distance, then the Bunbury swims are continuing to be offered through training. As a sprinter, I appreciate it as part of the program otherwise I might have tried to avoid it. Standard sprinter tactic. It has been good for me to focus on a distance I'm not used to, helps with the lung capacity and I am pleased to say that I have already done my 3 swims. Individual improvement is the focus of these swims so don't forget you can repeat them if you want to try and improve on your own times.

I know I find it harder to keep motivated during this time of year. I feel the cold and miss the sunshine! I recently watched this Netflix documentary and found it very inspiring. *Hold Your Breath: The Ice Dive*. The determination of this woman and the support around her was amazing. Coming into winter it was just the right thing for me to watch when I start to say, "it's too cold to get in the pool". I hope you enjoy it.

Best of luck for all those swimming in the Short Course Long Distance Championships in Launceston this weekend. I hope you all have a great swim.

So, as we head into winter, make sure to take care of your health, grab the sunshine when you can and get out and enjoy the clear starry nights xxx

Annaliese xxx

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## Social News

Dates for your diary:

Breakfast at Spencer's this Saturday 4th May, 9:45.

Save the date: Saturday evening July 16. More information to follow.

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## Off the Blocks

### HDM Goals Survey Feb-Mar 2022

A survey was conducted early in the year, and apologies for the slow reporting, but it has allowed us to at least begin to incorporate some of the suggestions into our regular training. It's informative to look at the 8 responses to date and might inspire a few more swimmers to have their say (even if you're happy with the way things are!). *[A copy of the survey is included after this article and can be completed and submitted to either of the coaches via email or at training.] I'm hoping that seeing what sorts of goals our swimmers set themselves, and why the others around you are swimming with the club, might inspire a few more to have their say!*

I've summarised some of the main findings below (de-identified, of course) and included in italics below, after each question, what the club's initiatives have been, in response to suggestions from the survey (\*indicated by the asterisks). This feedback is vital for the coaches in planning sessions and also saves us guessing and doing what nobody wants (e.g. 10 x 50 fly sets)!

#### Question 1. Main purpose of swimming with the club:

- Fun / fitness – 5 of 8 respondents listed this as number one priority
- Competition – 1 respondent listed this as highest priority
- Two said competition as *not* a priority for them
- "Other" priority listed (in no particular order) by two respondents as open water swimming

Among the specific swimming goals listed were:

- improve backstroke (2 respondents)\*
- improve freestyle stroke & "get faster"\*
- improve kicking\*
- be able to do 25 butterfly "effortlessly" (2x respondents)
- compete in 50 butterfly (one person) or 100 butterfly (another respondent)

A number of swimmers were more specific about their goals, setting specific time to beat:

- 200 FR time < 3:10
- 100 IM < 1:40
- 100 FR < 1:20
- 400 IM < 7:17
- 400 FR < 9 min
- 50 BA < 1:00

While others had more aerobic fitness goals:

- achieve CSS time 32.5 sec per 25 m
- complete 5k open water swim (eg specific event)
- not come last in OWS events!

*For a club where "fun/fitness" is the main priority, we have been doing surprisingly well at competitions, but balance is clearly important. Most respondents spoke about goals here rather than under Q6, and many of the goals adhered to "SMART" principles (Specific – Measurable – Achievable – Relevant – Time-based). Setting goals can start with a conversation with a coach (Steve or Megan) to discuss how achievable they are, to work out a plan of attack (what to do to achieve it), work out a timetable and what intermediate goals would help, and monitor where you are now and what time you can or want to commit. Note that the coaches have experience and some success with goal setting in the past, but haven't chased swimmers about their goals (we don't want to be pushy!) So if you are keen to get something started, speak to us after training: we'd welcome it!*

**Question 2.** There was a mixture of responses to **pool carnival participation** (some yes, some no)

- but a couple of surprises regarding who is interested that coach wasn't aware of previously

**Question 3. About interest in OWS** - all but two respondents were interested.\*

*We have had a couple of responses to this as a club. The first was to repeat the Winter Open Water Challenge for the very keen. But it's recognised that swimming in 8oC water not everyone's idea of fun! The second is planned shortly: to include some open water swimming drills in the pool programs ("sighting drills", bottom dives for getting under breaking waves, mid-pool tumbling for coping with rough water); we are also giving thought to introducing some specific drills/sets to open water swims, and are planning to invite Shane Jupp from Surf Life Saving Tas to take some OWS training for us once the water gets a bit warmer (October-November).*

**Question 4. Interest in Vorgee endurance program**

- 1 respondent said yes, and one said 'not at the moment'\*
- But 6 respondents didn't rule it out – but indicated "perhaps I could be convinced" – (esp if there was dedicated lane and time to swim)\*

*Speed may not be your thing, but endurance can be. A couple of us (Megan and Steve) have already embarked on this challenge, and it's a big and satisfying one. The Vorgee endurance program requires you to complete as many of the endurance swims as you can, including: 5x 400m swims, one in each of the strokes (FR, BA, BR, IM and FLY!?!), the same again for the 800m distance, 3x 1500m, 3x 30, 45, and 60 minutes as FR, BR and BA (so 1x 1500m FR, 1x 1500 BR etc) for points. Get under a specified time or over a distance (eg 30 min) for more points. You'll notice we have been timing people completing 400 m swims recently, for the "Bunbury" swims, so you've already started your endurance journey! It's surprising how addictive this sort of challenge can be (coach as done all his swims for May already, despite only swimming once a week atm).*

*Note we're happy to time your swims during the Sunday sessions if you want to start this challenge.*

*Vorgee have another swim challenge for a more physical reward – the million metres program. You can get a Vorgee swim gear pack, shirts, plaques etc (gratis) if you record all your swims to accumulate your first million metres (1000km) and more.*

**Question 5. Physical development or technical skills interest**

- tumble turns (x3)\*
- improve FR technique & symmetry
- improve form strokes (technique)\*
- starts & turns in all strokes\*
- general fitness (x3)

*The keen-eyed will have noticed a number of these skills are now routinely in the program, the most recent on Sunday afternoon (29 May) with tumble turns practice as a cool down after a solid maximum aerobic pace (CSS) set. These are great suggestions and aside from making us more relaxed about competition swimming, also make you look really professional.*

**Question 6. Goals – specific or event -related** (see above)

**Question 7. Injuries / conditions limiting performance** – noted in specific cases. To reiterate for all swimmers – it's vital for the coach to know when they can and cannot push, by telling them about physical limitations or injuries,

**Question 8. Satisfaction with coaching**

- stroke tips and feedback broadly welcomed by most if not all swimmers
- love the variety (x4 respondents)\*
- some swimmers prefer to swim at their own pace – reinforcing that coaching needs to suit the individual\*

Variety, as well as building fitness and skills, is key to making training enjoyable. Feedback on this item was very good, but constructive criticism is also welcomed. Having satisfied swimmers is the coach's raison d'être, but hard to achieve if we don't get feedback. So if there's something you feel is not working for you (or something that is working particularly well) please let us know.

#### **Question 9. Coaching – understanding of instructions**

- acronyms sometimes need explaining... but mostly ok with someone on deck\*
- "am I performing drills correctly?" (x3 respondents)
- want to understand more about how drills assist stroke improvement

*This is one we will address a bit more now we are in between competitions, and a bit more often in the less busy Sunday sessions. Don't be worried if you think you're not doing it right – once you understand what a drill is for (ask coach) you're more likely to "get" it and perform it more effectively. If time is a bit limited during a session, ask the coach after the session is finished.*

#### **Question 10. Favourite training sets**

- faertlek (Norwegian for 'fast-slow', consisting of alternating fast and slow pacing)\*
- "catchup beneficial" (but not so enjoyable!)"\*
- races in training!\*
- sessions that focus specifically on one stroke, with drills and short sets in that stroke eg fly drills with short fly or IM\*
- sets of 50 or 100 FR on a time limit

*The items with the asterisks have been with us in the programs more frequently since February, and we have started (in the last week or two) bringing single stroke focuses to some of the sessions. Sundays allows a bit more of this sort of focus, albeit at the expense of a large volume of aerobic endurance or speed work (like 50s on a time limit!). The aim of these sessions is to provide you with some drills you can do by yourself (remember that drills require a great deal of repetition to improve your swim strokes).*

#### **Question 11. Miscellaneous suggestions**

- Collegiate and Physio info sessions were widely reported as extremely valuable
- opportunities for swimmers to help with coaching (x2 respondents) – perhaps everyone gets a go on deck co-coaching\*
- could the programs be made available somewhere
- publish results of survey – much appreciated opportunity for feedback\*

*The club is now in the fortunate position of having enough members to have additional coaches assisting on deck (as directly suggested by this survey response!), not just with timing, but also with instruction and feedback. The assistant coaches are all highly experienced swimmers with significant swimming success behind them (and hopefully still in front of them!), so please make use of their willingness to look at where you could improve your stroke.*

*The club committee has been discussing repeat info and training sessions – watch this space. Auro and the committee have also begun work on putting my programs online – this will provide a resource for your own swim sessions – again, watch this space.*

Coach Steve

31 May 2022

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## Club Reporter Report

It's been a busy time for me the past few months, with so much going on in April & May. So much so that I missed the 2021 FINA World TOP TEN times for 2021. The results appeared on our What's App Chat but in the middle of the Bicheno "Devil of a Swim" chat and it may have been missed by others. So here it is!

Congratulations to Dolphins- Anne SPEED, Fiona ZIEGELER and Amanda DUGGAN on their achievements. Well done to the TWO relay teams too!!

Course	Age Group	Name	Event	Place	Time
SC	85-89	Anne Speed	200 Back	5 <sup>th</sup>	6.56.76
SC	85-89	Anne Speed	100 IM	7 <sup>th</sup>	3.46.72
SC	85-89	Anne Speed	100 Back	10 <sup>th</sup>	3.23.15
SC	60-64	Fiona Ziegeler	400 IM	8 <sup>th</sup>	6.59.17
LC	320-359	Wilma Attrill, Margaret Clougher, Anne Speed, Mary Cousins	200 Free Relay	3 <sup>rd</sup>	5.01.46
LC	320-359	Anne Speed, Wilma Attrill, Megan Stronach, Margaret Clougher	200 Medley Relay	4 <sup>th</sup>	5.49.70
Plus, Amanda Duggan – swimming as TVA					
LC	60-64	Amanda Duggan	1500 Free	2 <sup>nd</sup>	20.58.92
SC	60-64	Amanda Duggan	1500 Free	3 <sup>rd</sup>	20.35.01
LC	60-64	Amanda Duggan	800 Free	3 <sup>rd</sup>	11.05.85
LC	60-64	Amanda Duggan	400 Free	5 <sup>th</sup>	5.27.84
SC	60-64	Amanda Duggan	400 Free	8 <sup>th</sup>	5.15.14
SC	60-64	Amanda Duggan	800 Free	8 <sup>th</sup>	10.49.69

### NATIONAL MSA SC CHAMPIONSHIPS SYDNEY 2022

Elisa McMillan- What a CHAMP!! CONGRATULATIONS on your awesome swims at the Sydney Nationals in April. Elisa (25-29Y) entered 10 individual events, a MAMMOTH effort and her hard work & training were rewarded with the following results-

GOLD in 800M Freestyle: 11:26.51, 400M Free: 5:29.82, 200M Free 2:34.93

BRONZE in 50M Butterfly: 33:72

25M Free: 14.49, 50M Free 31.01, 100M Free: 1:09.73, 100M IM 1:20.27, 200M IM: 2:54.31

**In addition, a NEW BRANCH RECORD and set a new Club record for 25M Butterfly 15.37**

Elisa said ".....happy as it's the fastest I've ever swum, even from years ago".

### The VORGEE MILLION METRES AWARD

The Vorgee Million Metres AWARD is open to all registered members of MSA. The program aims to stimulate all members to strive for greater fitness, and recognises swimmer's progressive Milestones

**CONGRATULATIONS & WELL DONE** to Michelle Sampson on achieving her **TWO MILLION METRES AWARD**.

That's a lot of laps! and Michelle tells me that she started way back in 2015.

Michelle joins Steve Richards, Sue Vincent & Bonnie Davies who in recent times have achieved their **MILLION METRES PLUS AWARDS**.

### **CLUB MERCHANDISE for SALE**

Polo tops are available in the following sizes:

Size 10 x1, Size 12 x1, Size 14 x2, Size 16 x1, plus x1 SMALL.

Cost: \$ 30

The Club Swim Caps to purchase are \$10

Please see Pia Peterson if you are interested in purchasing any items.

### **CLUB SWIM CALENDAR 2022**

#### **JUNE**

Saturday 4<sup>th</sup>: SCLD MST Meet Launceston

BUNBURY POSTAL SWIM: Swims to be completed by 30<sup>th</sup> JUNE

#### **AUGUST**

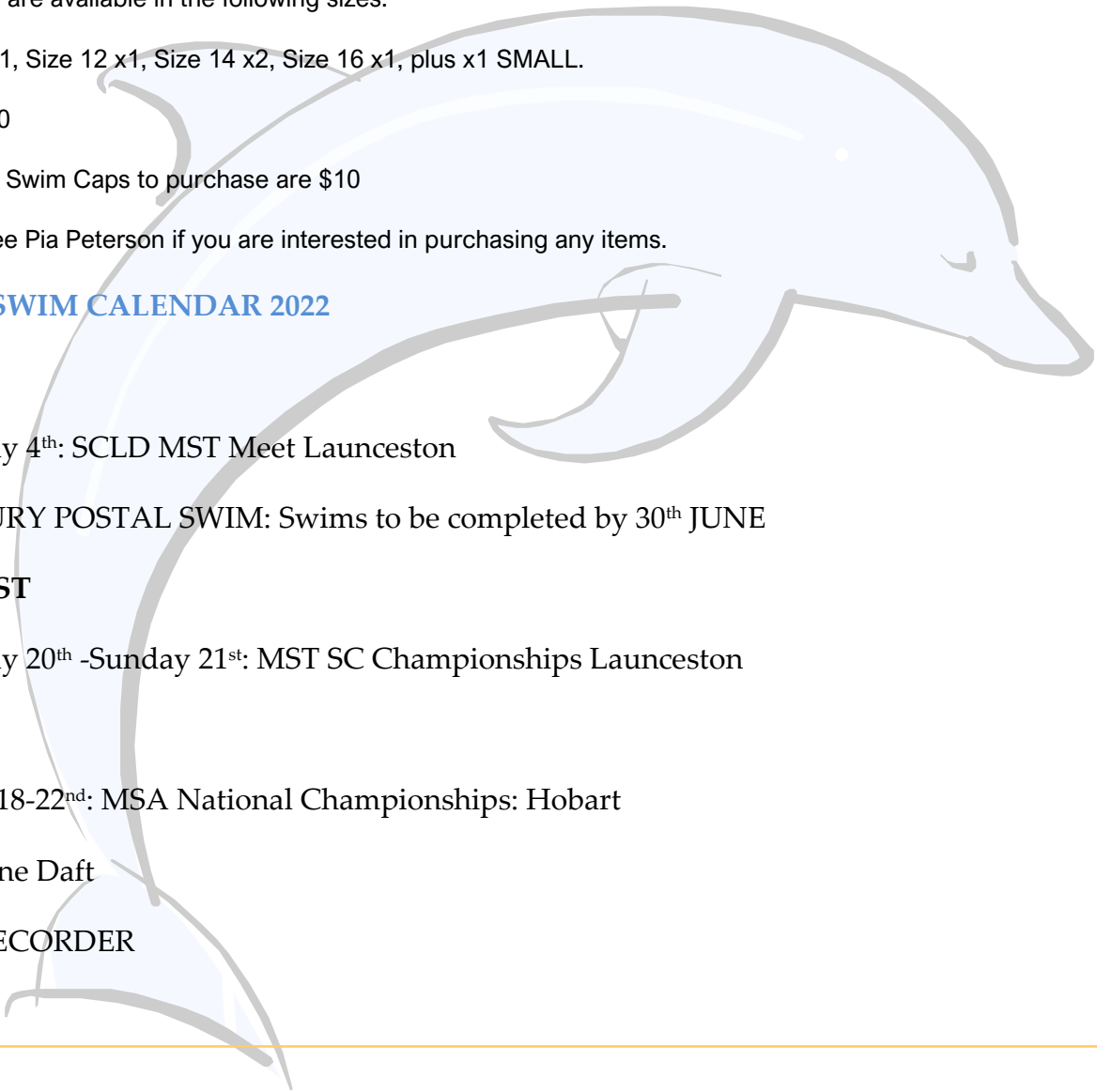
Saturday 20<sup>th</sup> -Sunday 21<sup>st</sup>: MST SC Championships Launceston

#### **2023**

APRIL 18-22<sup>nd</sup>: MSA National Championships: Hobart

Katherine Daft

Club RECORDER



*Riches are not from an abundance of worldly goods, but from a contented mind.*

*Mohammed*

# Hobart Dolphins Member Profile, Elisa McMillan



**How long have you been swimming with the Hobart Dolphins?**

I have been swimming with the Hobart Dolphins for just over 12 months after having 10 years off. Prior to this I swam with the Eastern Shore Sharks Swimming Club.

**What do you like about swimming?**

I like swimming as I can switch off from work and life. I love the team environment and how supportive everyone is.

**What do you NOT like in training?**

Anything that involves Breaststroke!!

**Favourite stroke?**

A year ago, I would have said freestyle but now enjoying Butterfly again.

**Most memorable swim?**

I have had many memorable swims, especially from early on, but recently both my butterfly swims in Sydney.

**What book are you reading at the moment?**

Unfortunately, I don't get much time to read and find it hard to switch off and concentrate on a book.

**Favourite book ever read?**

**Favourite movie?**

I don't have an exact favourite movie, however, I enjoy watching horror/thrillers and comedy.

**What other hobbies/interests do you have?**

Prior to getting back into swimming, I undertook pole dancing classes (for fun, fitness and friendship).

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

Anywhere that is tropical and warm.

**What do you do for fun?**

I enjoy catching up with family and friends.

**Can you think of one thing in your life that is particularly special to you, that you would like to share with us?**

My dog Ollie who is a Labrador X Retriever- he can be very naughty and mischievous at times.