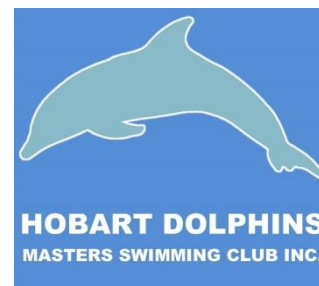


Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

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August, 2022

Good Luck Dolphins for the Winters!

Hi everyone,

August is the last month of winter here is Tassie, but there is still plenty to keep us all active and involved in the club. Read on to find out what is coming for Dolphins in the next month and beyond.

Thanks to everyone who has contributed this month, and welcome back to Di in the president's seat again.

We have no Member Profile this month (must work harder on that), but as promised last time, Kathy has some more info about swimming rules, specifically Butterfly, IM and Relays. Thanks everyone for your contributions: Di, Katherine, Kathy, Megan, Pia and Judy.

Birthdays for August are: Michael Bellis and Mary. Happy Birthday to you both on your special day. Come along to Spencers on Saturday, to celebrate.

Hope you enjoy reading this newsletter.

Love and kisses

Me

In this Dolphin-News

- From the President
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- Off the Blocks
- Swimming Rules
- Social News
- For Sale
- Club Calendar
- Quiz Night Ever

Upcoming events

- Winters, August
- Quiz night, September

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.

From the Presidential Suite

It's great to be back on deck and generally becoming more involved in club activities after my enforced hiatus. I have to say a huge thank you to Annaliese and the other committee members who took on extra responsibilities while I was away, I think it is a real strength of the club that so many people were willing to do 'whatever was necessary' to help out.

Also, great to see such good numbers at training despite the best efforts of COVID, other illnesses and school holidays and particularly pleasing that the new Sunday afternoon session seems to have reasonable attendances. I know that we had a late Sunday afternoon session with my previous club and at first it seemed like a difficult time to train but it actually became really popular as a nice way to finish off the weekend.

I hope everyone has been enjoying the Commonwealth Games as I have....even if the swimming finals are on at a particularly unsocial time. With all the work we are doing at training at the moment on turns it's been really useful to see the underwater shots of how the professionals do them.

There seems to be lots happening at the moment, don't forget to get entries in for the Winter Championships before close off on 12 August, at the moment there seems to be more interstate entries than Tasmanians. Also, please let Katherine know if you would like accommodation and/or attend the club dinner on Saturday night and contact Steve if you want a seat on the bus. It's usually a really fun weekend away so if you're wavering.....just do it!☺

The workshop by Brenton Ford this weekend is fully booked and a large number of club coaches and 'trainee' coaches are doing a coaching workshop with Brenton prior to the swimming session.....be prepared, could be lots of exciting new ideas on deck over the next few weeks! Congratulations to the club (and Steve in particular) on receiving some funding through the Just One More grant program administered by MSA, could be a few more 'toys' around on pool deck in the near future!

The Open Water Swim Challenge is coming to a close, spare a thought for those members who are braving the current cold weather and water temperatures to finish that lap of Magnetic Island, crossing of Bass Straight or paddle up the Adriatic Sea, good luck to you all!

On the social front we will have a BBQ breakfast after training on 7 September to welcome in Spring.....don't forget families are invited to these events and it's a great opportunity to chat with other club members outside of the pool. Would be great to see our new members come along and also those members that we haven't seen for a while. Our second Annual Quiz night will be held on 17 September, there are more details elsewhere in the newsletter but special thanks to Pete Smith who has again kindly offered to host the evening. This year we have decided to make the evening a fundraiser for the MS Mega Swim an event the club has supported for the past 5 years....so please save the date, there will be lots of fun and games on the night...and you don't have to be a trivia expert, none of us are! We already have good numbers signed up for Mega Swim in October but there is plenty of space for all those who would like to take part, contact Annaliese if you have any questions.

See you at the pool!

Di

WINTER CHAMPIONSHIPS

RELAY CHANGEOVER PRACTICE

On the block gettin ready for that relay exchange



In preparation for the Winter Championships on August 20 and 21, we will be practicing relay changeovers at training on the next two Saturday mornings i.e. 6 and 13 August.

If you have made yourself available for any of our relay teams, do come and practice these important skills.

Swimming Rules

Butterfly

- When swimming butterfly arms must be brought forward simultaneously over the water throughout the race with the **elbows being visible** on the top of the water. Not allowed to drag the arms through the water.
- No flutter (freestyle) kick allowed with butterfly. All up and down movements of legs must be simultaneous. A mixture of butterfly or breaststroke leg action is allowed, so you could swim the first 50 m using a butterfly kick and then use the breaststroke kick if you wished.
- For butterfly events under and including 200m only 1 breaststroke kick is permitted per arm pull, and a single breaststroke kick is permitted prior to the turn and the finish **without** an arm pull.
- For butterfly events **longer than 200m** you can do up to 2 breaststroke kicks per arm pull and 2 breaststroke kicks are allowed prior to the turn and the finish **without** an arm pull.
- At the turn and finish you must touch the wall with both hands separated and simultaneously.

Individual Medley

- After swimming butterfly leg, ensure you push off wall on your back for backstroke leg and finish the backstroke by touching wall on your back. Do not roll over onto your stomach when touching the wall whilst finishing backstroke leg.
- If you commence any leg with the wrong stroke you can't negate the error by stopping and returning to the pool end to recommence using the correct stroke.

Relays

- For Medley relay, swim in order of backstroke, breaststroke, butterfly, freestyle.
- If you leave starting platform before team mate touches the wall you shall be disqualified.

General

- If you get a coughing attack and have to stand up, you shall not be disqualified, but you are not allowed to walk or push off to resume the swim.
- Holding onto the lane rope during a race shall not disqualify a swimmer but they shall not propel themselves forward by pulling on the lane rope when resuming their swim.

(Thanks Kathy Osborne.)

Social News

The movie night was well attended. There was a great selection of movies and everyone enjoyed the evening. See attached photo.

Saturday August 6th 9:45 breakfast at Spencer's.

Saturday September 3rd breakfast Bbq at the pool after training.

Q and A with Peter Tucker about his Derwent swim.

Saturday September 17th 6:00, dinner and quiz to raise funds for MS

Please see the attached flyer.

Save the date December 10th, 2:00-5:00. Christmas Function at Puddleduck Vineyard.



Age is a high price to pay for maturity.

Unknown

Club Merchandise/Clothing for Sale

There are still some items of Club merchandise available for purchase:

Polo Tops: Women's size 12, 14 X2, and 16.

Mens size: Small

Women's Bathers Size 14 and 16

Various sizes of Swim Caps.

Please let Pia know if you are interested in any of these items.

If any members wish to order any other size polo tops or Jackets please let Pia know as we can make a club order for these .

(Thanks Pia)

Club Calendar

AUGUST

- Sunday 7th: Brenton Ford Freestyle Swim Clinic at Clarence Aquatic Centre
- Friday 12th: Close of Entries for the MST SC Winter Swim Championships
- Saturday 13th: Close of Entries for the 2022 Dolphins WINTER OWS Challenge
- Saturday-Sunday 20/21st: MST SC Winter Championships in Launceston

SEPTEMBER

- Saturday 3rd: Club Breakfast BBQ - Clarence Aquatic Centre
- Saturday 10th: Club Committee Meeting - Rosny Library
- Saturday 17th: Club QUIZ NIGHT Fundraiser for MS Mega Swim- Black Buffalo Hotel

OCTOBER

- Saturday 8th: MS MEGA Swim- Team Dolphins – Hobart Aquatic Centre
- Saturday-Sunday 22/23rd Tasmanian Masters Games-Devonport

NOVEMBER

- Saturday 12th: LCLD Swim Meet- Hobart
- 4-13th PAN PACIFIC Masters Games-Gold Coast

DECEMBER:

- Saturday 10th: Club Christmas Luncheon and Presentations -PuddleDuck Vineyard

2023

- **FEBRUARY** 19-19th- MST LC Summer Championships
- **APRIL** 18-22nd- MSA National Championships HOBART



Quiz Night – MS Fundraiser

***Join us at the Black Buffalo to raise funds for the
MS Megaswim***

Date: Saturday 17 September

Time: 6.00pm Dinner (own cost)

7.00pm Quiz starts

Entry: \$10pp

All Dolphins and family members welcome

Teams will be organized on the night

Get your thinking caps on and get ready for a fun night!

With super experienced Quiz Master: Pete Smith

Lots of fun, games and fabulous prizes!

RSVP: Judi Adams 0418543691 or judiadams155@gmail.com by

4th September

Payment by EFT to the Hobart Dolphins account

(please reference with your name and Quiz Night)