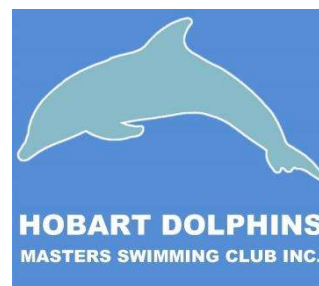


Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

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October, 2022

Happy Spring swimming everyone!

Hi everyone,

There is lots of good stuff to read in this newsletter, and lots to look forward to in the coming months. Thanks to all contributors. (Di, Judi, Katherine, Megan, and Steve).

A couple of exciting things to think about are: new Club tee shirts, MS swim, Mystery swim events, as well as Open Water events, and of course some social happenings. Don't forget breakfast will be this coming Saturday at Spencers, and this is meant to be a celebration of Club members' birthdays. Birthdays for October are: Annaliese, Megan, Peter, and Fiona Z. Happy Birthday to you all.

Thanks to everyone who contributed photos for our Photo Gallery, I am not sure who took them, but thanks also to Di for putting them altogether.

Next month, depending on how "busy" the newsletter is, it will have a new feature, as suggested by Peter Tucker. We will call it "From the Vault", and will just be a photo or two from days gone by. SO, if you have any old photos of Club members or activities, please send them to me. Please also tell me who and where they are. Thanks in anticipation.

Hope you enjoy reading this newsletter.

Love and kisses

Me

In this Dolphin-News

- From the President
- Off the Blocks
- Social News
- Club Calendar
- Photo Gallery
- New Club Tee Shirts

Upcoming events

- MS Swim
- Committee Meeting
- Masters Games in Devonport

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

September was another busy month for us Dolphins. Was fascinating to hear Pete, Duncan and Kerry talk about their experiences in preparing for, swimming and providing support for in those huge marathon swims. They are definitely a challenge, both mentally and physically. Pete and Judi organised another fabulous Trivia Night and I'm very pleased to say we raised \$770 which has been added to the funds already raised by the club's MS Mega Swim team.

I just wanted to mention here that not only is it rewarding to see so many of our members support club activities, but we are so lucky that often family members also put up their hands to help out. Pete Smith, who organised and hosted the Trivia Night is of course Allan's partner, Judi's husband Col offered a fantastic seafood prize, direct from the ocean floor, I notice that Steve's wife Julianne has used her business to raise funds for the Mega Swim and of course Gary is always on hand to help out with BBQs and anything else that needs doing. I know there are of course others that I have missed as well as the many family members that support us by attending our events, just thought I would say how lucky we are to have such a supportive group.

On the competition front, Jayde entered one of the TAS Swimming meets during the month and managed to break four club records, at least four members that I know are heading up to Devonport for the Tasmanian Masters Games and let's not forget Darryl who is heading across to Hawaii for the Masters Ironman Championships, we wish them all well. Locally the long course long distance championships are coming up in November and of course the Nationals will be held in Hobart next April. A lot of work is going on behind the scenes to ensure these are a success for Tasmania so make sure you keep the date free, if competing is not for you, you may want to help out as a volunteer. In the meantime, if you would like a bit of racing practice set aside 3 December for a possible friendly meet in Oatlands, details to follow.

There's currently a change happening with the National Membership Database, Masters Swimming Australia is moving over to the same database used by Swimming Australia called Swim Central, ultimately it will also be the meet entry system but at least until after the Nationals we will stay with SwimPhone for meet entries. However, when you re-register for 2023 it will be via a different system. We will be kept up to date as the change progresses.

Good luck to those taking part in the Mega Swim on 8 October, despite illness, a broken hand, a broken foot and school holidays Annaliese is doing her best together a roster that suits everyone, I hope everyone enjoys themselves.....and as long as we win the fancy dress prize.....just saying!

Hope you all love the new t shirt as much as I do!

See you at breakfast

Di

Off the Blocks

Diamonds are for freestyle (EYHO Shirley Bassey)

Takeaway messages from the Brenton Ford swim clinic 8 August 2022

Many of us who peruse the internet googling “how to swim faster” have come across Brenton Ford and Effortless Swimming. MSTAs organised Brenton to come down to Tasmania on the weekend of 7-8 August to deliver a few coaching clinics. Dolphins caught up with him on the Sunday where he gave a “catch masterclass”. I’ve been stealing shamelessly from his videos for years, and we’re continuing to do so by exploiting some of the drills he took us through when he was here.

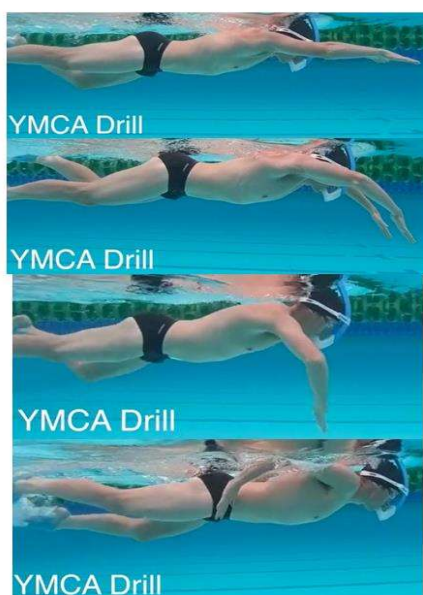
While simple in principle, an effective catch that exerts maximum pull on the water in the right direction and for the greatest distance, is remarkably difficult. When you understand that the movement is combined with having to rotate from side to side and breathe, and recover each arm back to the starting position you can see how it can suddenly get less “simple”. More like rowing a submarine that’s rolling around, rather than rowing a boat.

The chief aim of the drills we looked at is to get the forearm – your biggest “oar” – into a vertical position as soon as possible after the hand enters the water, and keep it there so it presses water directly back in a direction opposite to where you want to go, for as long as possible. A second consideration, not to be underappreciated for its importance because it affects efficiency and power, is loading up bigger muscle groups (pecs, lats) in an efficient, non-awkward or injury-inducing position.

The ideal position for your arm through much of the pull is therefore a kind of half diamond, which allows the forearm (and even a little bit of the upper arm) and hand to press directly backwards. One analogy that’s often used to describe why this position is effective, is if you imagine trying to lift yourself out of a high-sided pool, or press down firmly on the top of a cupboard at face height, with both arms. If you have your arms bent and spread apart a little, while maintaining the elbows in a high position, you get more leverage (read less effort, or more efficiency) than if your arms were straight out in front of you.

YMCA drill and its variations is how we can train this position to become automatic. The aim of the basic drill is not about developing the strength of your catch directly, but teaching your proprioception sense where to put your arms when you can’t see them. Proprioception is the bit in the brain that determines where your body parts are when you’re not looking: it allows you to scratch your bum without having to turn around, or reach for that cup of coffee / glass of wine without looking. If you’ve just knocked over your wine, you’ll know it’s not perfect, hence the training.

The drill is done with fins (unless you can kick like an outboard motor) and is not about speed through the water: in fact, when you get into the mid-pull or “C” position, you’ll almost stop dead. This at least will show you how good your “oars” are at gripping the water. As in the diagram below you start with arms outstretched, straight and hands about shoulder width apart (note fingertips below wrists, which are below the elbows – ie slightly down-angled).



Y

M

C

A



- HOLD EACH POSITION 4-5 sec

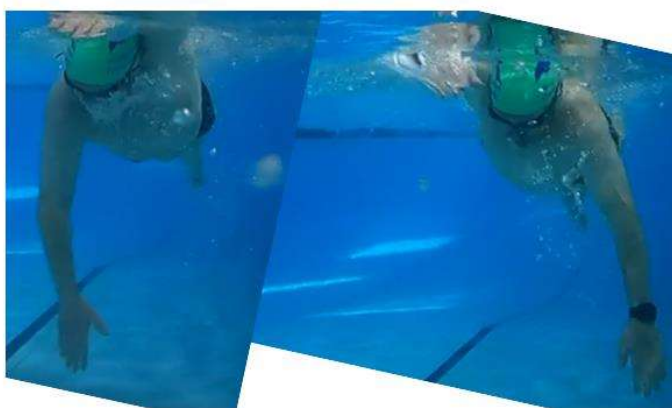
Note your hands are static – no sculling like the YMCA sculling drill we’ve done sometimes. After 4-5 seconds move from this “Y” position to the “M” forearms now about 45° angled to the pool floor, but upper arms still flat, so your elbows remain high. This is tricky and will depend on how flexible your shoulders are (in the inward rotation direction), so don’t overdo it – you’re probably not 16 anymore...

After 4-5 seconds go to the “C” position: viewed from front on this is the classic “diamond” position – fingertips still pointed vaguely to the pool floor, upper arms and elbows quite high and wide, with a 90-105° angle at the elbow, not the 170° that I’ve got in the pictures showing how NOT to do it, below. The last position

is the "A" – elbows exit first, hands angled vertically, not flicking water upwards over your bum. Finally, recover your arms to the front underwater and repeat the sequence.

This bent position mid-catch makes some sense, but mainly comes from looking at a lot of fast freestylers. A couple of other things that affect it are how quickly you rotate back to a flat position after being on your side during the arm recovery. In my picture you can make out that I'm still rotated a bit (RH pic) and this makes it difficult to lift my elbow up towards the surface and get more of a bend. Yes, I could sweep my hand underneath me more to get that elbow angle, but that's actually a bit less effective (for force generation) than raising the upper arm, in practice. Rotating late is related to core strength, and can also be because you are breathing too late, and sometimes not expelling all your air underwater can be the origin of the whole set of dominoes. Brenton's advice to me was "try rotating a bit less" and the catch is likely to get better. Over-rotation can also lead to a bit of cross-over on hand entry, which can cause the hand to then sweep wide and "spill" water from the front half of the catch. So you can see it can get complicated!

There are a couple of other variations on this drill to bring some movement in (again, not to develop strength, but to focus on moving into the half-diamond position quickly and automatically during your normal stroke). We'll usually start with YMCA and then progress to one of these. These include:



➤ YMC Accelerate – kick with 1 arm extended, and cycle through the YM & C positions with one arm: when you reach C, accelerate your arm through the rest of the pull to the A position, and recover the arm over the water.

➤ YMC Accelerate + 1 stroke – the one-armed drill as above, but alternate cycling through each position (YMCA), and then do a normal stroke (ie 1 cycle = YMCA, recover, stroke, recover, repeat) We'll keep doing some of this in training, along with some "accessory" drills that address rotation

(too much or too little) and breathing timing. Who knows, perhaps the diamond position will become a girl's/swimmer's best friend.

Steve out

Social News

Quiz Night: thank you to Pete Smith for hosting an entertaining evening on Saturday 17th September. I have appreciated the very positive comments and recognition of Pete's effort in devising the questions and keeping guests entertained.

Thank you also to the club members that donated gifts for the raffle. Many attendees left with a prize.

Breakfast at Spencers: Saturday 1st October, 9:45. Hope to see you there.

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

From Judi

Club Calendar

OCTOBER

- Saturday 8th: MS MEGA Swim- Team Dolphins – Hobart Aquatic Centre
- Saturday 15th: Club Committee Meeting - Rosny Library
- 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

AN ADDITION TO THE CALENDAR

Saturday 3rd December, Mystery Meet - Save the Date. (Details to be announced soon).

(NB: It's not really secret but not really public yet, but we're hoping to run a little meet at the new Oatlands Aquatic Centre – providing it's open!!)

2. Open Water Swimming: the hardy ones will be resuming Open Water Swims at Bellerive Beach from this Wednesday 28th October at 7.30am.

AND

3. Don't miss **The Big Swim – Winter is Over** on Sunday 2 October at Kingston Beach. We are invited to swim, and bring our coffee and breakfast snacks to share.

Cheers - Megan

You cannot do a kindness too soon, for you never know how soon it will be too late.

Ralph Waldo Emerson

Photo Gallery

