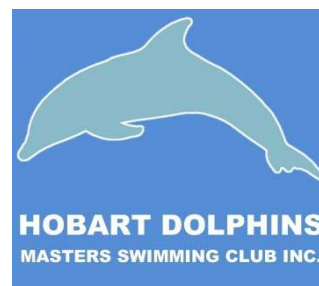


Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

Phone: 0438629160

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

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

January, 2023

Happy New Year everyone!

Hi everyone,

Well, here is our first newsletter for 2023, and it's packed full of great stuff! Thank you to everyone who contributed. I thought this one might be a quiet one, but I think everyone's New Year Resolution may have been to write something for the newsletter and get it to me on time!

Di and Judi have reports on all things Club, Steve has resurrected his Off the Blocks lecture complete with pictures, Di has reminded us to renew membership and asked us to consider how we each can help at the Nationals in April, and Katherine has a Club AGM invitation and nomination form for the committee. Thanks people, imagine if I was the only contributor and you had to read 7 pages of my ramblings!!!! There are also some great pictures of Dolphins in action.

I don't seem to have any current members' birthdays for January, but please let me know if you are a January birthday so we can send you our best wishes.

Well, you have a solid reading session ahead to complete this newsletter, so I will be off for now.

Love and kisses

Me

In this Dolphin-News

- From the President
- Social News
- Membership Reminder
- Off the Blocks
- Volunteering
- Photo Gallery
- AGM Notice
- Nomination Form

Training times and venues

Saturdays, 8-00am at Clarence pool, cost \$7-50, using Club 10 pass, purchased from Pia.

Sundays, 3-30 to 4-30 at Clarence, cost \$7-50, also with Club 10 pass card, all welcome.

Upcoming events

- Summers
- Club AGM
- Nationals
- Bridport Ocean Swim

From the Presidential Suite

I hope everyone had a restful and joyful Christmas; however you chose to spend it, and are ready to take on 2023, me thinks it is going to be a busy one!

Another fantastic turnout for our Christmas Party, seems so long ago now, congratulations to all those who were recognised for their efforts in 2022 and particularly to our perpetual trophy winners:

Club Person of Year: Megan Stronach
Swimmer of the Year: Elisa McMillan
Coaches Trophy: Fiona Ziegeler

Whilst the pool has been closed, or at least access restricted, over the past 2 weeks there has been plenty of action in the ocean. The weather was its best for the large number of members and families who enjoyed what has become an annual event at Eggs and Bacon Bay. On New Year's Eve 12 members took part in the first event of the new 'MST Oceans Treble Series' (a sub set of the Tasmanian Open Swim Series) at Bellerive Beach, and didn't we stand out in our new t-shirts.

The next open water event is at Bridport on 14 January and I understand a few members are planning to travel up for the swim. The Kingston Beach Swim will follow on Australia Day where we also normally get good numbers taking part. The Oceans Treble competition provides extra incentive to swim in these events this year as there are individual and club trophy points available. The regular swims at Bellerive Beach have been well patronised over the past few weeks so don't forget if you want to have a go at ocean swimming during this summer, just keep an eye out on WhatsApp for when people are getting together. Wednesday morning at 7.30 is a regular time, but there are often other meetups during the week.

Pool training recommences this weekend and I'm sure the coaches are busy putting together programs that focus on preparing for the Summer Championships which are being held a little earlier this year, on February 18 and 19 and of course the Nationals in April, but don't worry they will also cater to those not wanting to compete.

Thank you to all those who have renewed your membership for 2023, for those that haven't got around to it yet the instructions are elsewhere in the newsletter, if you are still having trouble, please let me know.

Lastly the AGM is coming up on 25th February, please put the date in your diary as this is an opportunity to show support for your club committee. If you are interested in taking on a committee position, please talk to any of the current committee members or complete a nomination form and return it to Katherine. Whilst we have a great committee, some members are looking for a change in responsibility and new blood with new ideas is always welcome.

As I said, a busy year coming up!

See you at breakfast!

Di

Social News

Thank you to Megan and Ken Stronach for hosting a swim and bbq at Eggs and Bacon Bay. We enjoyed fabulous weather and a delicious breakfast.

Our next get together is breakfast at Spencers in Lindisfarne after training on Saturday 4th February.

Judi Adams

MEMBERSHIP RENEWAL DUE NOW

Hopefully by now everyone has reset their passwords and logged into the new Swim Central system. If you haven't, just go to <https://swimcentral.swimming.org.au/> and use the 'forgot password' prompt to set a password.

- Once you login select 'store' from the list on the left.
- Select "memberships" from the 4 options provided.
- Type in Hobart Dolphins where it says "find a club" and select your name under "who are you purchasing for?"
- You will be shown two membership options, select the one for \$123.60 unless you are a life member (that would be Katherine or Peter.) Unfortunately, the system added 3% processing fees to the \$120 previously advised.
- Follow the process as for any internet purchase.

If you have any problems let me know and I will talk you through it. Current Membership and hence insurance cover ran out on 31 December.

*Everything is perfect, it just
needs a little improvement.*

Suzuki Roshi

Sinking legs? What a drag!

January 2023

Swimming speed depends on 3 key factors:

1. resistance or drag (wetted surface area, frontal cross-sectional area)
2. propulsive force (from the arm-strokes and the kick)
3. and inertia (body mass-dependent).

We can't do a lot about #3 body mass from one day to the next, although reducing it clearly will allow you to drag yourself forwards more effectively (so while we might float better overall with weight on, generally getting lighter will mean going faster). The amount of propulsive force (#2) is down to the shape of the catch and pull, and if you have an effective kick (unlike me) ankle flexibility and leg fitness. We've looked at the catch and pull in an earlier article (October 2022), and there's plenty of information on how to improve it on the internet. But this time let's look at #1 because it can be reduced with minimal muscular effort (although quite a few drills). If you go faster with a pull buoy, it indicates that sinking legs may be an issue for you.

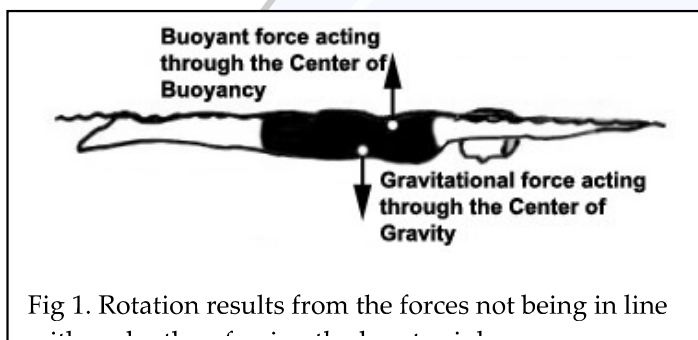


Fig 1. Rotation results from the forces not being in line

As experienced swimmers most of us can adopt a reasonable streamline position for a few seconds, but reducing the angle of the body to the surface of the water is perhaps the biggest challenge as we age, and there are a number of reasons for this increase in what's called "form drag". Even with enough core and back strength to maintain a straight position (arms extended, floating face down – Fig 1) how "level" with the surface you'll stay depends on where your centre of buoyancy is relative to your centre of gravity (Fig 1). The centre of

buoyancy is generally somewhere in the lower chest region, but is affected by anatomy and body makeup, while the centre of gravity is around the umbilicus (belly button). If they are separated there is a constant rotational force,

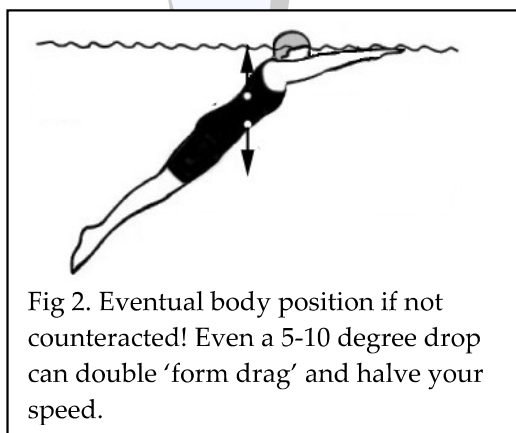


Fig 2. Eventual body position if not counteracted! Even a 5-10 degree drop can double 'form drag' and halve your speed.

dropping the legs towards the bottom, in most adult swimmers. Adipose tissue distribution is important here, because it fat floats (density 0.9 g/cc) while muscle (1.06) and bone (1.75) sink in fresh pool water (density 1.00 g/cc). Women generally have less of this rotational force than men due to a greater ratio of adipose to muscle in the lower half of the body, although there is a wide variation between individuals in adipose/muscle distribution, *and these change markedly with ageing*. Kids (who have short legs) find it easier to maintain a good position in the water (ie parallel to the surface), at least until their teenage years when their legs lengthen and gain muscle. Once the CoF and CoG separate you need to kick a bit more. In masters swimmers two main factors in sinking legs are a loss of adipose tissue in the legs and butt and a reduction in leg strength, reducing the kick effectiveness and gluteal

tone (see below). Using a pull buoy or wearing neoprene shorts (or a wetsuit) can counteract this longitudinal rotation, although abdominal adiposity enhances it. This is why we may swim slower as we gain fat, despite floating better!

Normally this rotational force can be counteracted by kicking in a well-timed manner, but there are a number of additional factors that can act against your efforts to keep your legs up.

Top 10 reasons for sinking legs (listed in order of ease of fixing – easiest first):

1. **Lifting the head to breathe.** [Why this causes the drop in the legs can be disputed, and some claim it is because the head is heavy, but I think it's simply that we lift the head by pressing down on the water, and the legs go down to balance the movement.] Watching videos of some of our swimmers recently it's remarkable how effective this is for dropping the hips – raising the head 10 cm causes a similar drop in the hips, and even more for the legs, creating drag while they are lowered. The hips often come back up when the head is lowered and the swimmer kicks.

Fix: Eye-spy freestyle drill, or focus on rotating the head between looking at the pool bottom and breathing “on the shoulder”.

2. **Looking too far forward.** Instead of down to the bottom of the pool. This only raises the head by 5 cm or so, but is more constant than lifting to breathe, and probably as a similar effect to #1.
Fix: Aside from just moving your gaze, 6-1-6 drill while watching the pool bottom, breathing after the stroke
3. **Not front-quarter swimming.** Not so much a “don’t do” as a “should do”. Swimming catchup keeps both arms forward of the shoulders for a greater proportion of the time and shifts the centre of gravity head-wards and closer to the centre of flotation.
Fix: Catchup freestyle (working towards ~75% catchup for your normal freestyle)
4. **Breath-holding.** More air in the chest moves your centre of flotation away (head-wards) from the centre of gravity, increasing the rotation of the lower half of the body downwards. Clearly you need to breathe, but you don’t need to hold it in your chest all the time.
Fix: Bubble-bubble (or ‘bull-shit’) drill. Breathe your air out as soon as your face returns to the water.
5. **Kicking from the knees.** This one doesn’t lower your legs but it does create form-drag, by dropping the knees into the stream of flow.
Fix: kicking on your back with a kick board over the knees. Kick with minimal knee bend, like you’re flicking your socks off.
6. **Limited hip flexibility – possible cause of #5.** Common in runners, cyclists and people with desk jobs (sitting all day). Kicking down with the whole leg requires the foot to start above the line of the body if it is to angle the instep backwards rather than forwards – which is impossible if the hip is too tight!
Fix: Chorus line free drill with fins; stretches - for the front of the hip (eg stand facing the wall, place right hand high up on wall, step back one pace with right, while R hand slides down a bit to keep contact with the wall – stretch felt in front of right hip. Alt – drop to right knee onto a cushion, vertically under R hip, with L leg forward and bent 90o – tuck tail bone under with upright back till front of hip stretches).
7. **Not kicking enough.** Kicking, even if ankle flexibility is insufficient to provide horizontal propulsion, will still raise your legs (and hips) in the water. It is even more effective if you kick down on the same side as you pull through with your stroke on that side.
Fix: kicking with a board, fast with fins, more medium pace without; chorus line drill (fins or no fins); slow free arms with fast kick (recall: kicking can help even if you don’t get any forward motion directly from it!)
8. **Absence of gluteal activation.** Gluteal tone is what holds your legs up when you’re on your stomach, swimming FR! It declines with age, sitting, sarcopenia etc. Without it your legs sink further.
Fix: Squeeze those cheeks! Also glut raises (lie on your back, bring heels to bum, lift hips and hold; more advanced – extend one leg from start position holding 15 cm off floor and lift hips; every time you sit down, lean forward, stick your bum out, and lower very slowly and under control (ideally knees above or behind toes), stand up same position but faster). Swimming with a pull buoy can help but you need to squeeze the cheeks at the same time!
9. **Pressing down vertically in first half of the stroke.** This has a direct opposite rotation effect on the legs, pushing them down. See also #10 EVF. Worst situation is if the elbow is “dropped” during the stroke – ie the elbow is below the line drawn between the shoulder and the wrist at any time in the first half of the stroke, so that the forearm is pressing down on the water rather than back horizontally. Causes are complicated – see below.
Fix: EVF
10. **Lack of EVF – early vertical forearm during the arm stroke/pull.** Ideally if you push water back horizontally with your forearm you’ll go forwards and not press down on the water to lower your legs. But this requires moving from a flat arm position (max extent of catch) to EVF without substantial pressing downwards. The quickest way is to pull slightly inwards after the catch – like you’re pressing downwards on the top of a head high shelf or wardrobe. You’ll notice your elbow remains high, but it inwardly rotates your shoulders a bit, so you need reasonable shoulder flexibility (and absence of injury). This is easiest from a particular body position in the water – shoulders equidistant from the pool floor – ie rotated back to almost flat. If you’re still on your side after the catch phase of the pull, you won’t be able to keep your elbow high as you start pulling. So rapid rotation back to flat is key. So only rotation to about 30-40 degrees on breathing. Breath-holding or late exhalation delays inhalation, delaying rotation back to an ideal pull position, causing the forearm to be too flat and press down on the water. So breathing out early is the first “domino” in the sequence to an EVF.
Fix: Complicated, as it depends which “domino” is the root cause of EHF (early horizontal forearm). Filming can identify which step needs attention, but aiming for your face being back in the water after inhalation before the returning arm is halfway back (ie elbow directly above the shoulder) should be the general aim. The rest can then follow.
11. **Proprioception (or lack of it).** I know I said 10 reasons, but this last one is perhaps the most subtle and least mentioned. We don’t know where our feet are until we are filmed, although if you can feel your feet breaking

the surface and splashing every 2-4 kicks (without excessive knee-bend) then you are on the right track. If you've trained at swimming continuously from childhood this probably isn't an issue for you – your brain already knows what feels right. But learning/"feeling" where your feet should be is the first step towards working out how to get them there!

Fix: ER with pull-buoy or fins, focussing on "getting air" for your feet as much as possible. And a lot of visualization...

If you're unsure what the source of your sinky legs is, ask the coaches, or better yet, ask to be filmed.

Steve out

Volunteering at National Swim 2023

As the new year rolls in, the organising committee for the National Swim needs to firm up the team of volunteers to help run the meet.

As previously mentioned, there are two options for volunteering. As our club is organising the social events, including the Registration/Welcome Function and the Presentation Dinner we will be needing some assistance to make these great events, at this point we have identified:

Registration/Welcome Function (note the 800m will be swum on this day so may not suit people entering this event)

- People to help set up the Room at the Woolstore late morning on Tuesday 18 April, including possibly a bit of heavy lifting.
- People to man the registration desk from midday to 8pm on Tuesday 18 April at the Woolstore.
- People to help pack up on Tuesday evening and help set up the registration desk on Wednesday at the Pool, including transporting heavy boxes.
- People to run the Registration Desk at the pool on Wednesday 19 April.

Presentation Evening:

- Some help on Saturday afternoon to help with decorating the room (non swimmers)
- Probably half a dozen helpers to check off tickets on the night and to meet and greet and show guests to their tables on the night. These people will need to purchase a ticket to the dinner and we would like them to dress to the theme (Big Band/Swing Dance).
- There may also be a need for assistance prior to the date in putting together the decorations for the evening.

If you are interested in helping out with any of the above, can you let Di know at grediane@gmail.com

In addition:

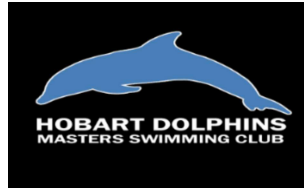
And particularly for those not swimming, there are many jobs that need to be carried out during the championships, these include timekeepers, warm up supervisors, medal table, information desk, relay desk, announcer, catering for officials/volunteers, runners, set up and pack up. If you are interested in helping out with any of these jobs a *volunteer expression of interest form* can be found at:

<https://mastersswimmingtasmania.com.au/2023-national-championships/volunteers-officials/>

Volunteering at these events can be a lot of fun. There could be up to 600 interstate swimmers coming to Hobart for this event, there is usually a great atmosphere and an opportunity to meet many new, like-minded people. Please think about lending a hand!

Photo Gallery, Xmas Presentations and Egg and Bacon Bay Swim





NOTICE

2022 ANNUAL GENERAL MEETING

Saturday 25th February 2023

Room 5, Rosny Library

46 Bligh Street, Rosny, Tasmania

Commencing at 10:00

AGENDA

1. Welcome by the President
2. Apologies
3. Minutes of the 2021 Annual General Meeting held on 15 February 2022.
4. COMMITTEE MEMBERS' REPORTS: including the Presentation of the 2022 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 2023

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

Appointed Positions: Safety Officer, Branch delegates