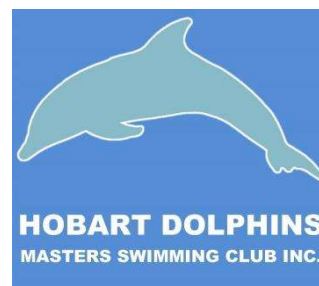


Hobart Dolphin-News



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/>

February, 2023

Get ready for a busy Swimming February!

Hi everyone,

WOWEE! This is a mammoth newsletter, with heaps of news and information. There is a lot happening over the next month for our Club, so please take note of upcoming events and dates.

Thank you to Katherine, Di, Steve, and Judi for all the Club news, and thank you to our Coaches' Trophy recipient Fiona, for an insight into her swimming history.

Welcome to new members Donovan Castelyn and Kirsten Brett. Kirsten was previously a member and has now rejoined the Dolphins, and Donovan is new to our Club.

Birthdays for February are: Joe, Jackie Brown, Di, Mark and Linda. Happy birthday and we hope to celebrate with you at Breakfast this coming Saturday.

Exciting times ahead for our Club, so read on and plan your involvement in the activities.

(By the way, you will need a large cuppa to get you through all the information.)

Love and kisses

Me

In this Dolphin-News

- From the President
- Social News
- Club Calendar
- Off the Blocks
- BBQ Breakfast
- Call for volunteers
- Member Profile
- Photo Gallery
- Notice of AGM
- Flyer for Summers
- 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

From the Presidential Suite

Yep, we're into February already and not sure if it is just me but there seems to be a lot going on! Thank you to all those who have re-registered, it's gratifying to see our re-registration rate is really high, we finished last year with 52 members and our numbers are already at 44 this year.

Attendance at training sessions have also been really good, particularly the Saturday morning session. Huge thank you to Steve and Megan who are working hard to provide focussed sessions in the lead up to Nationals. Attendance at the Sunday session has been a bit more unpredictable but hopefully numbers will settle down, if you are looking for a nice way to finish your weekend and set yourself up for the week, think about dropping in to the Clarence pool at 3.30 on Sunday.

Meanwhile the lovely weather has certainly encouraged people into the Ocean, the Wednesday morning session has seen good numbers and a quick check on WhatsApp will tell you how many ad hoc sessions happen during the week. It has been nice to see a few members trying out Open Water Swimming for the first time this year. Congratulations to the 14 swimmers who took part in the Kingston Beach Swim on Australia Day, well done to Jayde, Elisa, Amanda, Kathy and Auro for being among the placegetters but also to all the others who just challenged themselves to complete the swim. Pleasing to see we are also leading the club points in the MSA Oceans Treble Event.

Of course, the Summer Championships are creeping up on us this year. Due to the Nationals being held here this year, the Summers are being held early, on the 18/19 February. I have attached the flyer and please note entries close on **midday Friday 10th February**, not the usual Saturday. This has of course been a very successful meet for us over the past couple of years so it would be great to see a good turnout again this year. If you have not competed before but would like to try it, please talk to one of the coaches on deck this weekend, it's not as scary as it may sound.

The National Championships are of course looming and I know many of you are thinking about how you can be involved both in and out of the pool, this event only comes around in Tasmania once every seven years and it can be a lot of fun to be involved in, remember it is not just for the super fast swimmers, you will see that swimmers of all abilities enjoy the opportunity to meet and swim with people from throughout Australia, even at this early stage we already have entries from every State in Australia (except Tasmania ☺) with ages ranging from 24 -90.

A reminder that the AGM will be held on the 25 February, details are elsewhere in the Newsletter, please think about coming along, even if meetings are not your thing. AGMs are an opportunity to show some support to the committee who do a fabulous job of keeping the club running during the year, not to mention we provide a great morning tea!

I look forward to seeing many of you at the BBQ breakfast on Saturday 11th after training at the pool. Families are welcome, the club will provide the usual egg and bacon roll and fruit, you just need to buy your own tea or coffee from the pool kiosk.

Di

Social News

Saturday 4th February, 9:45- breakfast at Spencers in Lindisfarne

Saturday 11th February, straight after training, breakfast at the Clarence pool. Enjoy a bacon and egg muffin and fruit. Hope to see you there.

Judi

Club Calendar 2023



FEBRUARY

MST Open Water Mini Series Oceans Treble with details on MST Website

Saturday 11th: CLUB Breakfast BBQ at Clarence Aquatic Centre

Saturday/Sunday 18-19th: MST LC Summer Championships at the Hobart Aquatic Centre
Entries close FRIDAY 10th February at 12 noon.

Saturday 25th: CLUB AGM at 10-12pm at Rosny Library

Saturday 25th: Dual sanctioned LC Qualifying Time Trials 2-5.30pm at Hobart Aquatic Centre

MARCH

Saturday 4th: Dual sanctioned Huon Valley Medal Meet

APRIL

Tuesday 18-Saturday 22nd MSA National Championships at the Hobart Aquatic Centre

Saturday 22nd: MSA National Swim Presentation Dinner- hosted by Hobart Dolphins on behalf of MST. Tickets available now.

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

Suzuki Roshi

That's not a knife...

Event-specific training and regulating Training Stress (or Load)

One person's knife is another's letter opener, and a routine that might be ideal training for one swimmer might be a walk (swim) in the park for another. If you have a high level of aerobic fitness you might not swim fast but you can go forever, while someone who has swum squad since the age of 7 may be able to turn out a 1:10 100 free but be out of breath after 400m if they've not been swimming for a year. To give the same program to both individuals might result in overtraining in one or both of them (or have little training effect in either). In setting a training program to a group of people with varying swim efficiency we can at least make the assumption that most will have a *roughly* similar level of fitness (with a few exceptions) for the lane they're in, leaving just the problem of varying swim efficiency. To achieve a similar training load in *high* versus *medium* versus *low* swim efficiency (ie speed) individuals we usually vary the length of the program, such that the actual time spent swimming is similar. On average, at our club, a one hour training allows 2.2-2.4 km to be covered by the "fast lane", 2.0-2.2 for the middle lane, and ~1.5-1.7km for lane 3. There are additional compensations added for stroke competency (not everyone is comfortable with fly!), and programs are adjusted "on the fly" to compensate for injuries etc.

Where is all this coaching philosophy headed?

In professional training programs for cycling or running (such as "Training Peaks") the design of fixed-term or event-oriented training programs (or rather, multi-week schedules) is calculated mathematically to vary training load across the weeks leading up to competition. Up till now we have adopted a similar, although less 'quantitative' (and thus less objective) approach, aiming for a training cycle of "Easy week, Moderate week, Hard week, Recovery week, repeat", according to Masters Swimming Australia Coaching guidelines. It is challenging to apply to a group of swimmers that swim anywhere from 1 – 5 times per week, but has aimed at making the Saturday session adhere to the week we're in, and hoping that your other training complements your training for that week (and is slightly easier than Saturday!).

To refine the effectiveness of our training further, there are two problems to solve: firstly, what is a "hard" program or week? How do you ensure swimmers of different speeds get a similar physiological loading so we avoid undertraining and overtraining? Secondly, what is the best mix of programs within a week to get to the optimal load for improvement, as informed by the sports science literature, and that avoids injury and burnout?

A couple of years ago we started getting more consistent by specifying "zones" in our swimming, eg training to improve aerobic fitness involves swimming longer distances (200-1000 m) at CSS (critical swim speed) pace, or Zone 4. Training load can then be defined as intensity multiplied by time. This basically reflects the workload on your heart, which is – one of – the major systems that suffers from overtraining.

A reminder on Zone definitions:

- Zone 1 = floating, barely moving forward, heart rate ~50% of maximum (little training effect)
- Zone 2 = recovery pace, or pace you might use to swim the English channel (debatable – you might want to go closer to Z3 to avoid the shipping lanes out of Calais). If your head was above water you could converse normally.
- Zone 3 = Honest working pace – what you might set off to do an MS swimathon 30 or 60 min set at, without killing yourself. Breathing about every 4-5 strokes; conversation slightly broken (if you weren't underwater). Heart rate 60-70% max
- Zone 4 = 400 race pace (about); breathing every 2 strokes (after first 50); CSS pace, heart rate about 80% max; if you were above water, difficult to hold a conversation – blurting a few words every few breaths **[This represents maximum aerobic pace, raised but steady lactate levels, within what your mitochondria can handle]**. Best bang for buck is at this pace for distances 100 m +.
- Zone 5 = 100-200 race pace; out of breath, blood lactate is rising, sustainable for about 1-2 min max; in cycling this is called your "anaerobic power"

- Zone 6 = flat out over 25 m, sustainable for about 10-15 sec; in cycling this is called neuromuscular (for the biochemists - not even glycolysis can keep up)
- For any competition event >100 m you want aerobic training to be your base, 80% of your work. Zone 4 is your go to, with Zone 3 for "rests". For just 50 m events you're ok with sprint work at Zone 5-6, but you don't need lots of distance; about 20% of your training distance is needed for this, and it trains quickly, just a few weeks (unless you get serious and supplement with strength training etc).
- Even distance events need some Z5 however, but we won't go into the full reasons here.

One final note on Zones – you cannot hit another true zone 5 or 6 unless you have done some zone 2. Zone 2 allows you to recharge so you can hit those Z5 targets. Otherwise everything you do will just end up about Zone 4.2. And you won't improve your "fast".

How training load can be calculated ("TSS – Training Stress Score")

Zones only give us one half of the training picture. Recovery is the other half. Here's an equation I made up, but which reflects what 100 years of physiology research tells us:

$$\text{Load} = \text{recovery} + \text{adaptation (ie improvement)}$$

ie. do some exercise, and as a result, performance (or capacity) falls, but recovery restores that capacity, plus a bit extra (the improvement bit)

However, this relationship is not linear. Too little exercise (or training stress) and the adaptation doesn't occur; too much and there is no adaptation either, and less than full recovery (or it's much slower). Picking the "sweet spot" is the aim of training programs.

So how do we *consistently* apply a training load to hit the 'sweet spot', and gradually increase it over time as adaptation occurs (requiring progressively higher loads) to keep improving? We need to be able to quantify training load or stress. Enter the concept of TSS. It reflects the training "load" of a session.

TSS is *intensity* (speed, or HR required) × *time*. So doubling the length of a training session means a large increase in TSS, but also increases (recovery + adaptation) time. (The exact formula is disputed because the heart is not the only system recovering and adapting, and increased speed brings in additional damage-causing factors such as muscle and connective tissue microtears etc; some formulas use intensity cubed, but I'm using just intensity-not cubed because swimming is generally low impact).

TSS calculation details (go get a cup of tea and skip, unless interested)

Ideally we want to apply this calculation to a swim program to rate it as easy, moderate or hard (high load). But determining this TSS rating is challenging because different swimmers swim for different amounts of time. For eg a 2:30 FR swimmer will take 67% longer to do 100 m FR than a 1:30 FR swimmer (assuming they swim at the same zone 4 effort level or intensity). In the calculation for TSS below, we've used a CSS of 2 min /100m. The TSS score can then be individualised provided you know your CSS pace (eg if your 25 m CSS pace is 25 sec, you correct the TSS by multiplying by 25/30). Also, stroke matters: a km of FR at Zone 4 (eg at 2 min/100) would be manageable, but a km of BR at the same pace (2 min/100) would not be (or would at least make you go a bit pale). In the TSS calculation below, I've approximated Zone 4 swim speed differences to those used by the Vorgee E1000 program times for masters swimmers, and adjusted assuming a 2 min 100 FR CSS pace (eg BA= 2.5 min/100 m; BR 2.65. IM 2.5). It's not a perfect calculation, but it will reflect relative training loads:

$$\text{TSS} = \text{Intensity Factor} \times \text{swim time}$$

Where Intensity Factor (IF) is zone number divided by 4; so Z6 = an IF of 1.5

Swim time takes stroke into account; there is also an adjustment for IF (because swimming at higher intensity takes less time!). [Note that IF and swim time adjusted for IF do not cancel each other out in my calculation]

Examples:

(i) 3000 m at CSS pace (Zone 4): assuming standardised (2min/100) swim time = 60 min; IF = 4/4 = 1.0

Note: We adjust time to a *percentage of an hour*, so 60 min = 100% of an hour

Thus TSS for 3km at Zone 4 = $1.0 \times 100 = 100$

(ii) Another example: 400 m at Zone 4; TSS = 13.3

A training program consisting of 5 x 400s at Zone 2, 3, 4, 3 & 2 would give a total TSS of:

$TSS = 6.7 + 10 + 13.3 + 10 + 6.7 = 46.7$;

Note the average intensity (how fast you have to swim) is given by IF:

$IF = (0.5 + 0.75 + 1.0 + 0.75 + 0.5)/5 = 0.70$ (1.0 would be all Z4, while Z3 = 0.75 – cruisey!)

What do the numbers mean?

So what is a “hard” program? This is all relative, so it just means adopting a consistent scale so you know what to expect if you have done a program with a certain rating (it’s a bit like L/100 km fuel efficiency ratings, meaningless until you know your 2000 model Camry does 14 around town, and that’s VERY bad, while someone’s Corolla hybrid does 4 L/100 km)

For our purposes, the scale is Hard = >75, Moderate 65-74, and easy <65 (recovery should be <50).

[In the coming days we will be putting some popular past swim programs on our website along with their TSS scores (= “load” or how tired you’ll be) and IF’s (how fast they are; sprints closer to 1, aerobic up to 0.8 or so).]

What TSS should I aim for in a Hard week? An Easy week? And what sessions should I do?

This depends a little on how many sessions a week you do, but we’re going to assume 3 or more, for argument’s sake. (In order to improve 3/week is the tipping point).

3 sessions per week: 1xHard, 2xModerate or 1xM + 1xME (TSS 80+140 = 220 TSL – Training Stress Load)

4 per week: 1xHard, 2xModerate, 1xEasy (TSS 80+140+55 = 275)

5 per week: 1xHard, 3xModerate, 1xEasy (TSS 80+210+50 = 340)

This takes into account differing levels of aerobic base fitness, hence loads go up with what you’re used to in terms of sessions per week

What is a Hard week, or an Easy week, in terms of TSL?

For someone training 4x per week:

Easy = TSL 245 (70+65+60+50)

Moderate = TSL 275 (80+70+70+55)

Hard = TSL 300 (85+75+75+65)

Recovery = 190 (65+55+50)

Taper = 100 (50 + 35 + 25)

In a longer 12-week progression this sequence would build (so the Hard week totals would be increased each 4 week cycle).

But when you have just 3 weeks left until a state comp you need a Moderate week followed by a Taper week!

Here are a few programs to give you some idea of what Easy, Moderate, Hard and Recovery look like. ***Remember to multiply the TSS x (your CSS sec per 25 m) /30 to adjust the TSS to you personally.***

Steve out (for now)

Steve out

National SWIM 2023 Club Fundraising RAFFLE

Dear Dolphins,

As a FUNDRAISER for the Hobart Dolphins Masters Swim Club, your committee proposes to put together a few items to raffle at the 2023 MSA National Swim Meet in April.

A HAMPER of purely Tasmanian made products will be one of these items. Your donations would be gratefully accepted by any of the Committee members at the pool over the next couple of months.

Join us for a BBQ Breakfast

Saturday 11 Feb after Training
Families Welcome

Egg and Bacon Rolls, Fresh Fruit and Juice Provided

Buy your own Tea or Coffee

Special Welcome to New Members!



Call for Volunteers at the National Swim

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.

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.

We are particularly keen to encourage people who are not swimming at the meet to take on some of these roles so if you have family or friends that like to be involved in community activities, please encourage them to put their name down, training will be provided if required. Of course, if you are a swimmer and have a free afternoon or morning session, please also let us know. Rosters will be arranged in half day shifts. You can indicate availability through completing the form at:

<https://mastersswimmingtasmania.com.au/2023-national-championships/volunteers-officials/> Do not worry if you do not know the exact time you are available at this stage, we are keen to just get names.

Otherwise, as Megan and I are looking after volunteer management you can just send me (Di) an email, but please include an email contact if nominating someone other than yourself and also time available and/or job preference if you have one.

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!

Member Profile

I've followed that black line up and down the pool for many years but I never get tired of it. Swimming for me is many things - it can be a sanctuary, a challenge, a hill to climb and conquer, but soothing at the same time. A good time to chill and forget about any worries.

My swimming journey started at an early age (around six years of age). Because my twin sister and I suffered a lot from bronchitis, it was suggested to our parents that we take up swimming. I became a member of the Top of the World swim club and, for many years, trained up at the TOW pool in Dynnyrne, competing in their club championships, state championships and also interschool competitions. I treasure friendships I still have with people who I met way back then.

I became a bit of a "water baby," participating and competing in other water sports such as springboard diving and lifesaving (both of which I have represented Tassie in), waterskiing and even synchronised swimming.

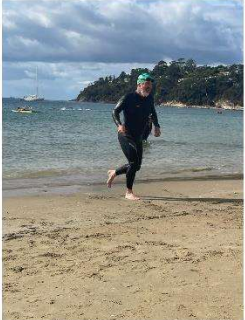
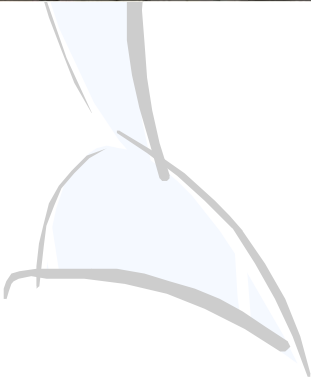
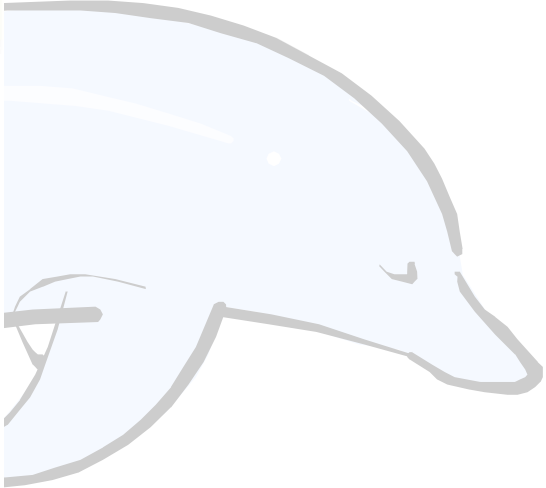
In more recent times, I can add ocean swimming to that list - something I thought I'd never really take to. COVID and the pools being closed during early 2020 was the reason for testing out the colder waters, and, once I'd overcome the anxiety and the initial face freeze, I quickly came to look forward to the dips at Bellerive and Lauderdale beaches. It's been wonderful to enjoy the company of other Dolphins in and out of the water. I'm so thankful that I joined the masters fraternity, especially the Dolphins Swim Club.

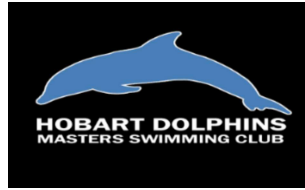
Now that I'm fully retired from teaching, I have plenty of time to follow other pursuits. I enjoy bike riding, walks, coffees and long lunches with family and friends and reading (I'm a bit of a crime fiction tragic but I also like to read autobiographies). I also adore babysitting my two gorgeous grandchildren. 2022 was a huge year for me personally as I met my birthmother's family for the first time. We are now in regular contact.

I guess I stay pretty active for a 60+ person and that's the way I like it. A huge thank you to this inclusive club for truly delivering on its mission: Fun, fitness and friendship.

Fiona

Photo Gallery, Kingston Beach 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



39th Summer Long Course Championships

Saturday 18 & Sunday 19 February 2023
Doone Kennedy Hobart Aquatic Centre

PROGRAMME OF EVENTS

Saturday 18 February	Sunday 19 February
1.30pm Warm Up 2.10pm Start	8.00am Warm Up 8.40am Start
1. Mixed 4x50m Medley Relay	11. Mixed 4x50m Freestyle Relay
2. 50m Freestyle	12. 200m Breaststroke
3. 50m Butterfly	13. 100 Freestyle
4. 100m Breaststroke	14. 200m Backstroke
10 min break	10 min break
5. 100m Backstroke	15. 200m Individual Medley
6. 400m Individual medley	16. 100m Butterfly
10 min break	10 min break
7. 200m Freestyle	17. 400m Freestyle
8. 200m Butterfly	18. 50m Breaststroke
10 min break	19. 50m Backstroke
9. Men's 4x50m Freestyle Relay	10 min break
10. Women's 4x50m Freestyle Relay	20. Women's 4x50m Medley Relay
	21. Men's 4x50m Medley Relay

CONDITIONS OF ENTRY

- Individuals may enter **a maximum of 5 individual events (excluding relays)**. The entry fee for individual registration is a fixed total of **\$50.00**.
- Age is as at **31 December 2023**. Minimum age is 18 years on the closing date for entries.
- Meet will be conducted under Masters Swimming Australia rules as at the close of entries.
- All competitors must be registered members of Masters Swimming Australia **for 2023 before** registering for these championships.
- Clubs may enter more than one relay team per age group, however only the nominated A team result will be counted towards Club Championship and Relay Championships points.
- The entry fee for each relay team is **\$7.50**. Fees for relays are to be paid at the time of entry online.
- There will be no alterations to events entered or refund of entry fees after the close of entries.

TIMEKEEPING

Electronic timekeeping will be used. Clubs are asked to provide backup timekeepers for the duration of the meet.

AWARDS

Individual:

- Medals will be awarded to first, second and third highest male and female **aggregate** point scorers in each age group. Medal points are awarded on a scale of 10 to 1 for placings per event.
- Male and Female Swimmer of the Meet trophies are awarded based on aggregate FINA points.

Club:

- Summer Championship Trophy (based on the total individual and relay points per club).
- New Norfolk Trophy (based on the total points per club divided by the number of registered members at the end of the previous year).

ENTRIES

Individuals

Individual online entries will open on **Monday 26 December 2022 at 11.59am** and will close at **11.59 pm Friday 10 February 2023**. The Masters Swimming Tasmania Club Assistant online entry system can be found on the Masters Swimming Tasmania website and via this link: [MST 39th Summer Long Course Championships \(2/18/2023-2/19/2023\) \(clubassistant.com\)](https://clubassistant.com)

Relays

Relay team entries will open on **Saturday 11 February at 11.59 am** and close at **11.59 am Tuesday 14 February**.

Relay team members names may be altered with the Recorder prior to the start of each session.

Late entries will not be accepted.

EVENT PROGRAMS

The individual draft event program with heat and lane allocations will be available online via the Masters Swimming Tasmania website by **Sunday 12 February** and via SwimPhone. The final program including relays will be available online via the Masters Swimming Tasmania website by **Wednesday 15 February** and via SwimPhone. A printed program can be ordered when registering for the event if required or downloaded and printed locally.

PRESENTATION LUNCH

The presentation lunch will be held on **Sunday 19 February** at The Old Woolstore, 1 Macquarie St Hobart (a 10-minute walk from Doone Kennedy Hobart Aquatic Centre) commencing at 12:00 noon. Cost of the lunch is \$25.50 per head to be paid online when registering for the event. Please note that people who have not pre-paid online will not be admitted to the presentation lunch.



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