



**Platypus
Press
February
2023**

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The most successful club was the Hobart Dolphins who won both the Club Trophy, and the New Norfolk Trophy. Hobart Dolphin Amanda Duggan took out the Female Swimmer of the Meet, while Maciej Slugocki of Tomatoes Swim Club was Male Swimmer of the Meet.

Summer Championships 2023

A great weekend’s swimming at the Hobart Aquatic Centre for the 38th Summer Long Course Championships. We saw a total of 76 swimmers competing, with a number of these coming from interstate clubs to test out the venue for the forthcoming Nationals in April.



Amanda Duggan and Maciej Slugocki - Swimmers of the Meet



MST President Megan Stronach presents the Club Award to Hobart Dolphins President Di Gregory

And there were 27 Individual and 2 relay Tasmanian Branch records broken, along with 5 National and 9 Victorian records. (For details, see p. 6)

Ref's Ramblings from 2023 Summer Championships

Hello everyone and thank you for your friendly cooperation throughout both days of the competition - despite the timing system's best efforts to introduce further rest breaks. Everyone seemed happy with self-marshalling and I don't know of anyone who missed their heat. The meet ran smoothly mainly due to efforts of the pool deck officials – Lorie, Nev, Tony, Alex, Mendelt, Victoria and Di, all of whom covered numerous roles over the two days and of course all the nice people who volunteered their time in the timekeeping role. The Swim Tas ladies (Susan and Glenise) and Pauline were the backbone of the organisation working away quietly in the recording room and putting up with/re booting with the misbehaving timing system.

A minor point to highlight for all swimmers – there was a little confusion as to what the ref's whistle signals mean:

- I use a number (about 4) short whistles to get people's attention after a short break and to get timekeepers/competitors in position for the next event.
- A long whistle is the signal to mount the blocks or position yourself on the pool deck if not using the blocks – once on the block or the pool deck you should ready yourself for starting with one foot at the front of the block or over the edge of the pool. For Backstroke events, the first whistle is the signal to enter the pool (pin drop/feet first entry), you will be given a second whistle to adopt the starting position. Once all the swimmers are in the ready position, the referee will hand control to the starter for the 'take your marks' command.
- At the completion of the event, two short whistles indicate that you are clear to exit the pool – without excessive delay. You should remain in your lane until you hear the whistle or advised by the referee to exit the pool. Do not climb over the touch pads.
- At the Nationals we may be starting 'over the top' – in this case, once you have finished your event, remain in your lane, move about 1 metre away from the wall and hold the lane rope. Once the next heat has started, you will be advised to exit the pool by the side ladders only – do not climb over - or touch - the touch pads.

Finally, please remember, we need more people to give up some of their time to help at the upcoming Nationals, with time keeping and many other roles.

Thank you everyone for the pleasant, friendly atmosphere at the Championships.

Regards, Ray Brien, Meet Referee.

Meet MSA National Championships Event Convenor and Meet Director – Phil Tyrell



I am the chair of the 2023 MSA National Championships committee. I was on the planning committee for 2015 Nationals in Hobart and have been to most Nationals as a swimmer since 2014 and feel privileged to be involved in planning Nationals in Hobart once again. For me, Nationals is about having fun, meeting up with familiar faces from interstate, and enjoying the racing.

We started planning for Nationals in Hobart back in 2019 when we put forward our bid to host in 2022. When 2020 and 2021 Nationals were cancelled due to COVID-19, we reset our planning to host in 2023.

Following the reset the committee has been meeting regularly since mid-2021 to plan the championships in detail. Fortunately, the committee includes veterans of previous Nationals, so there is a wealth of experience available for us to draw upon. The important early steps were to book the aquatic centre, work out the event schedule, and book the venue for the presentation dinner. Another key activity was to set up the website so that we could advertise the championships and be prepared to open online registration, which happened in December.

With three months to go until day one of swimming there are still many details to be finalised and the anxious watch as registrations come in. I will be happy if we have over 500 swimmers come to Hobart, and they take away fond memories of the championships.

MST Oceans Treble OWS Awards



MST Oceans Treble

In co-operation with Surf Life Saving Tasmania, MST members have enjoyed the Ocean Swim Series and our own miniseries, the MST Oceans Treble. This involved participating in any of five events in the series between New Year’s Eve and early February at events around the state.



Beautiful Kingston Beach attracted a big crowd.



But Bridport was not at its best.

These events also serve to showcase Masters swimmers to a wide audience. Over the whole miniseries we had 33 members who competed and of those, 11 completed the treble. In the Club competition Hobart Dolphins dominated with 325 points, with Hobart Aquatic on 124 points and Devonport Devils on 70.

Individual Winners

Women:

30-34 Jayde Richardson THB
 50-54 Jodie Bennett TAC
 60-64 Amanda Duggan THB
 70-74 Megan Stronach THB

Men:

25-29 James Belstead TVA
 45-49 Rick Homan TDP
 55-59 Joe Askey-Doran THB
 60-64 David Briggs TTL
 75-79 Tony Forman TAC

Congratulations to everyone who participated – see you next year.

MST/ST Dual Sanctioned Events

Congratulations to those swimmers who have competed in recent weeks in the Swimming Tasmania (MST dual sanctioned) events. These were ST Qualifying Trials at both Hobart and Launceston. This seems to be a win-win situation, and we are receiving very positive feedback from ST about the performances by Masters swimmers so far.

Having Masters swimmer competing at these events is one important way to enhance the profile of our organisation to appeal to a wide audience and showcase what masters swimming is all about. As well as that, some sizzling times and the following Branch records have been achieved.

Individual Records at Dual Sanctioned Meets		
BRENT WALKER	TAC	400m Free, 200m Back, 100 Back
MACIEJ SLUGOCKI	TTS	100m Back
CHRISTINE BROWN	TBU	400m Free, 100 Back

The entry processes for these events are outlined on our website. To see these [click here](#)

A word of advice from one swimmer is to leave yourself plenty of time between events as you will need to go through ST’s full marshalling procedures.

2023 Huon Valley Medal Meet



Australia’s Most Southern Swimming Club

Sat, 04/03/2023 to Sat, 04/03/2023

Warm up from 8:30am, first event at 9am

Huonville Pool, Heron St, Huonville

Entries via Swim Central: for details of the process to follow [click here](#)

Recent photos

A selection of recent photos can be found at the [MST website Photo Gallery](#).

From pool to ocean: how we released the Dolphins back into the ‘wild’

Most open water (OW) swimmers have a list of memorable swims, some memorable for their challenge, others for the sheer beauty of the conditions – skimming along in clear green water over marine life, or on a warm grey day with the rain sprinkling the surface into a million circles. The feeling (even in a wetsuit) of freedom and movement or floating on your back staring up at the sky – there are few things that match it. But that’s preaching to the converted, and first you have to get ‘religion’.

*“I’m not swimming in that – one word: critters!”,
 “What about the sharks?”, “I can’t swim anywhere I
 can’t see the bottom”, “I’d swim, but not by myself.”*

The ‘transition’ from pool to the open water for the Dolphins occurred in stages. Perhaps our experience could be interesting for other largely pool-based clubs for whom OW swimming activities are attractive. We began by finding a ‘friendly’, safe venue – Little Howrah Beach. It has easy accessibility and parking, a quiet spot to change into (and back out of) wetsuits, and above all a safe cove where swimmers were rarely more than 50m from the beach. A past member donated a large plastic fishing buoy that we painted fluorescent green and lettered with the name ‘SS Anne C’ and anchored with a couple of lead diving weights. Two old mooring buoys 250-300 m away plus the ‘Anne’ made a triangular 600m circuit so the experienced OWS could do extra laps but remain in contact with more recent OWS converts.



Dolphins with the Anne C. at Little Howrah Beach

Initially we’d pick a midweek day with the best weather forecast, and advertise the swim time/date on Facebook, but later WhatsApp proved more effective. Then a funny thing happened. Members who would previously only swim in dead flat, windless and warm conditions quickly adapted to swimming in wind and waves (several actually prefer it!).

Now everyone knows the swim is on at Bellerive Beach on Wednesdays at 7:30am, regardless of weather, which cuts out last-minute decision-making and communication (unless conditions are truly apocalyptic, or reduced water quality due to rain moves us to the more pelagic Lauderdale). A proud moment as coach and OW swimming evangelist was the completion of the challenging 2022 Bicheno Devil of a Swim by *every single* Dolphin entrant.



Dolphins in the water with the onshore support crew keeping watch.

Finally, the visibility of OW swimmers at Bellerive has had unexpected benefits, including attracting new members, and invitations for consultation on local beach facility upgrades. Perhaps this is starting to resemble a ‘virtuous’ cycle.

Steve Richards, Head Coach, Hobart Dolphins

Flashback Pics

Presentation Dinner - National Championships, Hobart, April 2015



Looks like a great night had by all!!

Don’t miss the party this year!!

2023 Annual General meeting: new Branch Committee

At our AGM on 15 February we farewelled Secretary Tony Forman and Treasurer Ray Brien, who have both completed four years in these roles, as well as Coordinator of Coaching and Education, Phil Tyrell, and Coordinator of Safety and Health, Rebecca Laletin, and thanked them for their valuable service. New to our Branch Committee are Donovan Castelyn (Treasurer), Rick Homan (Coordinator of Coaching and Education), and Ian Shuey (Coordinator of Safety and Health).



Donovan Castelyn (THB)



Rick Homan (TDP)



Ian Shuey (TAC)

The full Branch Committee is:

President	Megan Stronach
Treasurer	Donovan Castelyn
Secretary	Pauline Samson
Recorder	Pauline Samson
Coordinator of Coaching and Education	Rick Homan
Coordinator of Safety and Health	Ian Shuey
Registrar	Diane Gregory
Communications	Mendelt Tillema (Webmaster)
	Peter Tucker (Media)
Delegate to MSA	Megan Stronach
Technical Coordinator	Ray Brien
Public Officer	Ray Brien
Committee Members (Club Delegates)	to be advised

The Nationals are coming!



Masters Swimming Tasmania are proud to host the 2023 Masters Swimming Australia National Championships at the Doone Kennedy Hobart Aquatic Centre from 18 to 23 April 2023. Registrations are now open and will close on **Thursday 23 March 2023**.

"It don't mean a thing if you ain't got that swing"

2023 MSA National Championships Hobart Presentation Dinner

Let's get together and celebrate another great competition

Join us for a night of music and dancing in swinging style

Get your glad rags on and get ready for fun

Saturday 22nd April 6.30pm-11.30pm
Hobart Function Centre, 1 Elizabeth Street, Hobart
<https://www.hfcc.com.au/>

Tickets available only when you enter online for the competition
\$85 per person includes a delicious buffet
Make sure you get in early – tickets will sell quickly!

DON'T MISS OUT – BOOK YOUR DINNER TICKETS NOW!!

[CLICK HERE](#)



Have you thought about volunteering for the **National Masters Swimming Championships** in Hobart in April? We will need a big team of volunteers to help run the meet.

This includes:

- People to man the registration desks,
- Timekeepers,
- Warm up supervisors,
- Medal table,
- Information desk,
- Relay desk,
- Announcer,
- Catering for officials/volunteers,
- Runners,
- Set up and pack up.
- And much more!

If you can help out with any of these jobs - even just for a few hours - a **volunteer expression of interest form** can be found [here](#)

Records Broken at the 38th Summer Long Course Championships on 18/19 February

Individual Records			
BRENT WALKER	TAC	50 Bu, 100 Ba, 100 Fr, 50 Ba	
MACIEJ SLUGOCKI	TTS	100m Fr, 400 Fr	
CHRISTINE BROWN	TLC	200m Fr, 100 Fr, 400 Fr, 50 Ba	
JAMES BELSTEAD	THV	100 Br, 400 IM, 200 Br, 200 IM	
KATHERINE OSBORNE	THB	50 Br	
AMANDA DUGGAN	THB	50 Fr, 200 Fr, 100 Fr, 400 Fr	
TIMOTHY BELSTEAD	TVA	50 Fr, 100 Fr	
COSTAN MAGNUSSEN	TVA	200 Bu, 400 Bu	
ANDREW BROCKLESBY	TTS	50 Bu	
VICTORIA WILSON	THV	400 Ba	
NINA EDWARDS	TDP	400 Bu	
Relay Records			
Gabrielle Osborn, Penny Lucas, Diane Perndt, Jenny Lain		TAC	200-239 4x50 Fr
Jodie Bennett, Donna Rickwood, Gabrielle Osborn, Anne-Marie Lane		TAC	200-239 4x50 Medley

Rod Laurie Vic & National Records 200 IM, 50 Bu, 400 IM, Vic Records 400 FR, 200 Bu, 100 Bu, **Jenny Bucknell** Vic & National Records 200 Fr, 100 Fr, **Rosa Montague** Vic Record 400 Fr.

Upcoming Events 2023

- Swim Tas LC Qualifying Trial - MST dual sanctioned:** Hobart 25 Feb
- Huon Valley Aquatic Medal Meet:** Huonville 4 March
- MSA National Open Water Swimming Championships:** Perth, 4 March
- MSA National Coaches' Conference:** Perth, 3-5 March
- MSA National Championships:** Hobart 18-22 April
- Swim Tas SC Qualifying Trial - MST dual sanctioned:** Hobart 13 May
- Swim Tas SC Qualifying Trial - MST dual sanctioned:** Launceston 20 May
- Swim Tas SC Qualifying Trial - MST dual sanctioned:** Hobart 27 May
- GBR Masters Games:** Cairns 25-28 May
- Swim Tas SC Qualifying Trial - MST dual sanctioned:** Launceston 3 June
- MST SCLD Championships:** Launceston 10 June
- Swim Tas SC Qualifying Trial - MST dual sanctioned:** Hobart 22 July
- Swim Tas SC Qualifying Trial - MST dual sanctioned:** Launceston 30 July
- FINA World Masters Championships:** Fukuoka, Japan 2-11 August
- Swim Tas SC Qualifying Trial - MST dual sanctioned:** Hobart 5 August
- Swim Tas SC Qualifying Trial - MST dual sanctioned:** Launceston 12 August
- MST Winter Championships:** Launceston 19-20 August
- Swim Tas SC Qualifying Trial - MST dual sanctioned:** Launceston 26 August
- MST State-wide Forum:** Campbell Town 24 Sep t.b.c.
- Swim Tas LC Qualifying Trial - MST dual sanctioned:** Hobart 14 October
- Swim Tas LC Qualifying Trial - MST dual sanctioned:** Launceston 21 October
- Swim Tas LC Qualifying Trial - MST dual sanctioned:** Hobart 28 October
- Swim Tas LC Qualifying Trial - MST dual sanctioned:** Launceston 11 November
- MST LCLD Championships:** Hobart 18 November
- MST Christmas Meet:** Oatlands, 2 Dec 2023 t.b.c
- Swim Tas LC Qualifying Trial - MST dual sanctioned:** Hobart 9 December

Editors' Note: Thanks to everyone who contributed to this edition of Platypus Press, and we hope all our members have enjoyed reading about the activities of our busy Branch. We would love to hear from YOU too!!