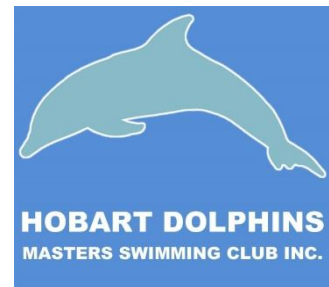


Hobart Dolphin-News



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/>

March, 2023

Happy Autumn everyone!

Hi everyone,

I thought the last newsletter was a whopper, but this one is a marathon! It is so long, you may want to schedule 2 sessions to read all of it, and leave a bookmark in it so you don't lose your place! I am sure you will find it an interesting read, and I hope entertaining. 😊

I would like to thank Di, Katherine, Annaleise, Steve, Megan and Amanda for their contributions. I have not included some photos and the new Club Records from the Summers, apologies for that. I will send them out separately after the newsletter.

We also have a new member, Susan Apted, so welcome Susan, and I hope you enjoy our Club swimming and activities.

Birthdays for March are: Bill, Katherine, Christine, and Darryl. Happy birthday and we hope to celebrate with you at Breakfast this coming Saturday.

This month, I invited Amanda to write about her swimming history, and I found it very enjoyable reading. We all have such diverse interests and history, and I like learning more about each person. Thank you, Amanda, for sharing.

Ok, that's all from me, so off you go and begin your first session of reading!

Love and kisses

Me

In this Dolphin-News

- From the President
- Social News
- Training Programmes
- Vorgee Endurance
- Off the Blocks
- Fee Increase
- Summers Wrap Up
- Photo Gallery
- New Committee
- Member Profile

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

Well what a great month, Summer Champs, New Norfolk Winners, Oceans Treble Club Champion as well as multiple individual medal winners, Oceans Treble Category Winners, Branch Records, FINA top 10 placings, club records, personal bests and many, many swims 'just to get points for the club'. Congratulations and thank you to all those who took part, be they swimmers, cheer leaders and/or timekeepers. It was a fabulous club effort!

The club AGM took place last Saturday and whilst the attendance wasn't quite as good as it was for the Summers or the previous week's BBQ ☺, we did have in excess of a Quorum. Thank you once again to all committee members for the work they have done over the past 12 months to make the club run seamlessly and for making themselves available again in 2023. I have attached the full list of 2023 Committee Members. I also distributed the club Annual Report by email during the week. I encourage everyone to take the time to read through the document as a lot of work was put in by committee members to put this report together.

The Branch AGM was also held last month and the club is well represented on the 2023 Branch Committee. Congratulations to Megan for taking on the President role once again, Donovan has taken on the Treasurer's responsibilities, Pete Publicity and I will again do the Registrar position, Steve and Kathy O are the club delegates. At the AGM Megan was rightfully acknowledged for her work and enthusiasm in introducing a number of new initiatives last year such as the co-sanctioned meets, the OWS event and the Oatlands Christmas meet.

The Nationals is of course the focus for the near future. The coaches are putting together focussed programs in the lead up to the event which they are making available through the club website, have a look and download, or copy, the ones that suit you best, we will also have a few hard copies of various programs available at the pool on Saturday. A reminder that entries for Nationals close on **23 March**, that's only 3 weeks away!

The response to requests for volunteers for Nationals from club members has been fabulous and its great to see so many members wanting to be involved. We are still in need of timekeepers in particular, so if you know anyone that may have a half day or more to spare, please give me their name with a contact email. We will be in touch with everyone closer to the date to confirm availability. There is no need to have any experience as we will try to pair the experienced with the inexperienced and it can be quite a nice social occasion. We are aiming for half day shifts.

The club OWS swim challenge will be run again this year, with a slightly later starting date, after Nationals, but also a later finishing date, giving you plenty of time to get those swims in. We are working on putting together some interesting and 'challenging' swims.

The decision to increase the training fee to \$8.50 from 1 April, (and hence the card to \$85) was not taken lightly, but fees were simply not covering lane hire costs. The training fee has been \$7.50 for many years and we have absorbed many lane hire price rises during that time, but unfortunately the situation was no longer tenable if we want to continue to have a financially healthy club.

Good like to those heading to the Huon Valley pool this weekend, for those not heading that way, remember Breakfast at Spencers is on again this weekend.

Di

Social News

There was a great turn out at our breakfast BBQ at the pool. Thank you to Pete Smith for setting up and cooking the delicious food. Thanks also to the committee for organising.

Thank you to Beth for organising a meal at Venezia in Geilston Bay on the Saturday night of the summer championships. I understand it was a great venue and the pizzas were wonderful.

Our next social outing is breakfast at Spencers in Lindisfarne this coming Saturday, March 4th at 9:45. I hope to see you there. The breakfast and service are fabulous.

I'm planning another visit to Zone Bowling followed by a meal. We've decided to wait until after the Nationals as they are fast approaching, and everyone seems so busy! Please let me know where you might like to go for a meal. All suggestions are appreciated.

Judi

Training Programmes

If you need some variety for your own training during the week, then you will be pleased to know that training programs have been added to our Club Page on the Masters Swimming Tasmania website.

There are easy, moderate and hard programmes for each of the Lanes 1, 2 and 3 (Saturday training).

Click on the following link to see these programmes <https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/dolphins-club-programmes/>

Saturday training programmes will also be added to this page shortly and an update will be provided on WhatsApp.

Kind regards,

Annaliese Cousins

What you are is what you have been, and what you will be is what you do now..

Buddha

The Vorgee Endurance 1000 Program

You may not have realised but all those long swims we did in training last year were to score points for the club in the **The Vorgee Endurance 1000 Program**. The coaching team recorded your times and they were then entered into the Endurance program portal and points applied.

At the end of the year, it turns out that - with not a lot of effort - we managed to score third place out of the nine Tasmanian clubs – not a bad effort for the first that we really thought about this. Scores for the top three Tasmanian clubs were:

Place	Club	Total Points	Average per Swimmer
1	Talays	8706	378.52
2	Launceston Lemmings	7524	74.50
3	Hobart Dolphins	3447	70.55

We would like to see more people getting involved in this program. We can schedule long swims into our training programs, but you can do them anywhere, anytime – as long as you have someone to time you and record your splits. To find out more about the different swims that are available, see the Vorgee Endurance 1000 on the MST website at <http://e1000.msarc.org.au/>

There are 62 available swims which can be done over the full twelve months. And yes, the 800 and 400 swims done at training last weekend are already entered, along with any 400s you may have done at Summer championships.

Megan

Off the Blocks

Suggested Training Plans for Nationals

With just 8 weeks left until Nationals there have been a few requests for training plans from members. In the absence of highly individualised programs I have put together a general training program below that aligns with our Annual Training Plan for the club, but adds details for what programs you can do on the other days you train, and where to find them on our website.

The plan works off assuming Saturday training is the hardest of your training days for the week, and caters for members swimming somewhere between 3-5 days per week. The general plan indicates whether you are doing a “Hard” or “Easy” week etc and directs you to a specific site where you can find programs rated accordingly, and appropriate to your particular lane.

[Note our website is a work in progress, so I have tried to explain our non-ideal nomenclature below, where relevant. A longer-term aim is to make this a bit easier to navigate, but in view of the limited training time left... we'll go with what we have so far.]

This first image is a cropped image from the Annual Training Plan showing the weeks between the Summers (“Competition 18-Feb-23”) and the Nationals, with the “Effort Cycle” for each week. It departs from the standard Easy-Moderate-Hard-Recovery 4-week cycle to accommodate the short time frame, and the fact the Summers is kind of part of your training!

	Training phase	Training Cycle		
Week		Effort Cycle	Saturday date	TSS
7		Competition*	18-Feb-23	65
8	Transition (recovery from comp)	Recovery (red intens)	25-Feb-23	
9		Easy (base load)	4-Mar-23	65
10	Preparation	Moderate (base load)	11-Mar-23	70
11	Preparation	Hard (base load)	18-Mar-23	80
12		Recovery (red intens)	25-Mar-23	55
13		Hard (inc vol)	1-Apr-23	85
14	Competition (moving into taper)	Moderate (maintain intensity decrease vol)	8-Apr-23	75
15		Taper (comp specific intensity)	15-Apr-23	60
16		Competition*	22-Apr-23	

The TSS numbers are a rating of how hard the training session for the Saturday is planned to be, and indicates how much recovery is needed afterwards. The Figure below indicates what difficulty each TSS or Training Stress Score corresponds to. [For a lengthier explanation see the Feb 2023 newsletter.]

Taper	TSS <50
50	
Recovery (red intens)	TSS <55
55	
Easy (base load)	TSS 55-64
65	
Moderate (base load)	TSS 65-74
75	
Hard (base load)	TSS 75+

Overall Training Plan

The table below outlines in simple H-M-Easy terms what you should do on each day. (You can of course move an individual training day a day either way as it suits your schedule.)

	Training Cycle		Training intensity for week following each Saturday (4 sesh/week)						
Week	Effort Cycle	Saturday date	Sund	Mon	Tu	Wed	Thu	Fri	
8	Recovery (red intens)	25-Feb-23		Easy/Recov		Easy			
9	Easy (base load)	4-Mar-23		Easy	Easy-Mod		Mod		
10	Moderate (base load)	11-Mar-23		Easy		Mod		Mod	
11	Hard (base load)	18-Mar-23		Mod-Hard		Mod	Easy-Mod		
12	Recovery (red intens)	25-Mar-23	Recov			Easy			
13	Hard (inc vol)	1-Apr-23		Mod-Hard		Hard	E-Mod		
14	Moderate (maintain intensity decrease)	8-Apr-23		Easy		Mod		E-Mod	
15	Taper (comp specific intensity)	15-Apr-23		Recov		L3 Easy or 500 FR Z3			
16	Competition*	22-Apr-23							

This table assumes the week starts with the Saturday training, then specifies how hard you should train each day during the following week. Adopting this is **Step 1**. You can simply do your own programs and use the above as a guide for each day/week.

Step 2

The next step is to go to the club's website on MST (<https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/>) and click on the "Programs" link to the right. [If the link doesn't work for you, google masters swimming tas, click on "Clubs" top right, Hobart Dolphins etc]. You may be able to go straight to the programs page via:

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

Once there, you'll see a list of programs for each lane:

Click on Easy, Moderate or Hard in any of the lanes for the programs		
Lane 1	Lane 2	Lane 3
Easy Programs	Easy Programs	Easy Programs
Moderate Programs	Moderate Programs	Moderate Programs
Hard Programs	Hard Programs	Hard Programs

Step 3 is to work out which lane you are most comfortable with. Lane 1 is the "fast lane", Lane 2 the middle lane, etc. Clicking on "Easy programs" under the Lane 1 heading will bring up a pdf document containing 4 different

programs. Each program has a TSS score written on it, to rate it's "difficulty" or load (how much work it is). If you want to get more precise, you can use TSS (see later in this article) rather than just "Easy" etc. You can mix up the programs a bit more by choosing a program from another lane: as a rough guide, a "Hard" program for Lane 2 = a "Moderate" program for Lane 1, and so on. [\[If any of the instructions in a program are unclear, email it to me for an explanation.\]](#)

Step 4 But what if you train 3d per week, or 5? Please add or omit a program according to the table below (same as previously, but with new, extra rows!).

Week	Training Cycle	Saturday date	Training intensity for week following each Saturday (4 sesh/week)							for 3 sesh	for 5 sesh
			Sund	Mon	Tu	Wed	Thu	Fri			
8	Recovery (red intens)	25-Feb-23		Easy/Recov		Easy				no change	no change
9	Easy (base load)	4-Mar-23		Easy	Easy-Mod			Mod		remove E-M	add 1x E Wed
10	Moderate (base load)	11-Mar-23		Easy		Mod			Mod	remove Mod Fri	add 1x Easy Thu
11	Hard (base load)	18-Mar-23		Mod-Hard		Mod		Easy-Mod		remove M-H	Add E Sun or Tu
12	Recovery (red intens)	25-Mar-23	Recov			Easy				same	Add E Thu
13	Hard (inc vol)	1-Apr-23		Mod-Hard		Hard		E-Mod		Remove Hard	Add E Sun or Tu
14	Moderate (maintain intensity decrease)	8-Apr-23		Easy		Mod			E-Mod	Remove E-Mod	add 1x E Tu
15	Taper (comp specific intensity)	15-Apr-23		Recov		L3 Easy or 500 FR Z3				no change	no change
16	Competition*	22-Apr-23									

Try to stick to the *order* of session difficulty if you move sessions for your schedule; the reason is that (for eg) 2x Hard sessions on consecutive days will have reduced training effect compared to the same 2 sessions separated by a recovery day.

Step 5 Hit the pool!

Further refinements

(If you are happy with the above, don't bother to read on. Below I refine the training plan for Lanes 1&2 and specify particular programs a bit more precisely. Lane 3 swimmers pls contact me if you'd like a "quantitative" version as well.)

The tables below have replaced Easy-Moderate-Hard with specific TSS numbers. This allows a couple of features to be added.

Firstly, you can see how each session contributes to the overall training load for that week (TSL or training stress load). You'll see there is some progression of this from the first Hard week to the second Hard week, 2 weeks later. It also allows you to choose an easy/recovery or taper session more accurately, so you truly taper and recover. This overcomes a limitation of having only a small range of programs on our website so far.

Secondly, the TSS score corresponds to a specific program: not the best way of identifying it, but ok for our purposes at the moment.

The first table is for Lane 1 swimmers, the second for Lane 2. There are also some small adjustments in program difficulty (TSS and TSL) to adhere to the overall difficulty for each week.

Lane 1 – with TSS and TSL scores

Lane 1 (fast lane)			Training intensity for week following each Saturday										total	
Week	Training Cycle	Saturday date	TSS	Sund	Mon	Tu	Wed	Thu	Fri	Total (TSL)	for 3 sesh	for 5 sesh	for 3 sesh	for 5 sesh
8	Recovery (red intens)	25-Feb-23	50		40		50			140			140	140
9	Easy (base load)	4-Mar-23	65		52	63		57		237	-63	52	174	289
10	Moderate (base load)	11-Mar-23	70		52		65			247	-60	57	187	304
11	Hard (base load)	18-Mar-23	80		81		70		60	296	-81	52	215	348
12	Recovery (red intens)	25-Mar-23	55	50			52			157		52	157	209
13	Hard (inc vol)	1-Apr-23	85		74		82	70		311	-82	63	229	374
14	Moderate (maintain intensity decrease)	8-Apr-23	75		52		73		63	263	-63	57	200	320
15	Taper (comp specific intensity)	15-Apr-23	60		40		30			130			130	130
16	Competition*	22-Apr-23												
				Numbers in red										
				30 L3 Easy TSS 49										
				40 L2 E TSS 55										
				50 L3 H TSS 75 or L2 E TSS 65										
				60 L2 H TSS 76										

The numbers in red indicate where we don't have a specific program with that TSS on the website. Suggested programs from other lanes with the TSS recalculated to match the score in red are given instead. For example

Note that for 3 sessions per week you'll need to omit the recommended program with that score (eg week 9 this is the "TSS 63" Easy lane 1 program. For 5 sessions a week you'll need to add one (usually on a Tuesday or Sunday) with the corresponding score from the Easy programs. At the moment this means repeating some programs. (Ask me how to adjust TSS scores from another lane's list if you're interested).

Lane 2 – with TSS and TSL scores

Lane 2 (middle lane)			Training intensity for week following each Saturday										total	
Week	Training Cycle	Saturday date	TSS	Sund	Mon	Tu	Wed	Thu	Fri	Total (TSL)	for 3 sesh	for 5 sesh	for 3 sesh	for 5 sesh
8	Recovery (red intens)	25-Feb-23	50		40		50			140			140	140
9	Easy (base load)	4-Mar-23	65		55	65		55		240	-65	50	175	290
10	Moderate (base load)	11-Mar-23	70		73		74		65	282	-65	55	217	337
11	Hard (base load)	18-Mar-23	80		76		72		68	296	-72	55	224	351
12	Recovery (red intens)	25-Mar-23	55	50			55			160		55	160	215
13	Hard (inc vol)	1-Apr-23	85		74		81	69		309	-81	65	228	374
14	Moderate (maintain intensity decrease)	8-Apr-23	75		55		73		55	258	-55	55	203	313
15	Taper (comp specific intensity)	15-Apr-23	60		40		30			130			130	130
16	Competition*	22-Apr-23												
				Numbers in red										
				30 500 FR Zone 3										
				40 L3 Easy TSS 49										
				50 L3 Easy TSS 63										

See table above for explanation of notations

Hopefully this will help you regulate your training load and thus training effect for best benefit over the coming weeks, and also help you avoid over-training.

Steve out.

Increase to Pool Entry

As Di has already mentioned in her report, The Committee have made the difficult decision to increase Pool Entry. The current cost of a 10 swim ticket will increase to \$85, starting on April 1st. This is an increase of \$1 per swim, and will help make up the short fall the Club has been absorbing for lane hire.

Thanks everyone.

MSTAS 39TH SUMMER LC CHAMPIONSHIPS: 18-19th February 2023

The Dolphins Masters Swim Club took out both the 2023 Tasmanian LC Championship shield with the highest number of total points of 1407 and the New Norfolk Trophy with the highest average points per swimmer with 28.7 points.

Final Club Scores: Hobart Dolphins: 1407, Hobart Aquatic: 616, Launceston Lemmings: 482, Talays: 405 and Huonville: 371.

Members in total competing= 25 with 7 Males and 18 Female. 76 Masters swimmers competed over the two sessions including interstate members from Victoria.

27 Individual Branch Records were broken and 2 Branch Relay records with 5 national Records and 9 Victorian Records.

Congratulations to Club member, Amanda Duggan awarded Female SWIMMER of the MEET with her best swim being the 200M Freestyle in 2:31.73 (FINA points=803). Amanda also achieved a number of 2022 FINA TOP TEN placings and was presented with certificates by Pauline Samson the Branch Recorder.

CLUB MEDAL WINNERS

WOMEN: Elisa Mc Millan 30-34Y GOLD, Claudia Lopez 30-34Y BRONZE. Annaliese Cousins 45-49Y GOLD, Michelle Sampson SILVER. Amanda Duggan 60-64Y GOLD, Kathryn Osborn 60-64Y SILVER. Fiona Redgrove 65-69Y GOLD Pia Peterson 65-69Y SILVER. Megan Stronach 70-74Y GOLD, Anne Speed 85-89Y GOLD

MEN: Donovan Castelyn 30-34Y GOLD. Cedric Hodges 35-39Y GOLD. Steve Richards 60-64Y GOLD, Auro Almeida 60-64Y BRONZE. Peter Tucker 65-69Y SILVER. Allan Nicholls 70-74Y SILVER.

BRANCH RECORDS

Amanda Duggan 60-64Y: 50M Free: 33.07, 100M Free 1:11.88, 200M Free 2:31.73, 400M Free 5:23.62. Amanda "shaved" 1-2 seconds off her previous records in all these swims.

Kathryn Osborn 60-64Y: 50M Breaststroke 43.90, broke her previous record in this event by 2 100ths of a second!

CLUB RECORDS: 29 individual new Club records were set.

Women: Leisl Wylie 50-54Y, Amanda Duggan, Fiona Ziegeler, Kathryn Osborn 60-64 Y, Megan Stronach & Judi Adams 70-74Y.

Men: New member, Donovan Castelyn set 5 new Club records in the 30-34Y, Cedric Hodges 35-39Y set a new record for 50M Backstroke: 46.66. Mark Van Ommen 60-64Y broke his own Club record for the 50M Backstroke: 48.49 and Steve Richards - 4 new records including a new Club record in the 200M Backstroke: 04:16.65. Allan Nichols 70-74Y broke an old club record set in 1998 for the 50M Freestyle: 35.98. **CLUB RECORDS- see separate sheet, attached.**

TIMEKEEPING-Thank you to Di Gregory, Ken Stronach, Pete Smith & James Graham (non-swimmers) and those members who assisted throughout the meet with Timekeeping.

Katherine Daft 26/02/23

Photo Gallery



Club Committee Members 2023

President	Diane Gregory
Vice President	Annaliese Cousins
Secretary	Kathryn Osborn
Treasurer	Pia Peterson
Recorder	Katherine Daft
Coaching Director	Steve Richards
Newsletter Editor	Sue Vincent
Safety Officer	Megan Stronach
Social Co-ordinator	Judi Adams
General Committee Members	Auro Almeida Peter Tucker
Club Delegate to Branch	Kathryn Osborn Steve Richards
Life Members	Katherine Daft Peter Tucker Mavis Fisher (dec.) Les Young (dec.) Ron Bloomfield (dec.) Peter Fisher (dec.)



Member Profile

Hi. I am Amanda Duggan and I began swimming with this fabulous club as a full member a short time ago.

I feel like swimming has been a part of my life for a very long time...chlorine in the veins some might say.

My swimming began way back when the old Hobart Pool was around. I was taught to swim by Glad Nichols as a Top of the World member. From there I began training with Margaret Nichols (later Neal) and then onto George Taylor and finally with Baz Adcock for a short time.

Throughout my early years I was fortunate enough to travel with various school and state teams all over Australia and New Zealand. All I knew was the airport, hotel, pool, hotel and back to the airport. Not much exploring done in those days.

I stopped swimming in my early twenties and moved onto water polo, still with TOW.

When I married and began a family, my swimming took a back seat. My sporting career changed to the dry land sports of netball and basketball. It was a long drive from Conningham to Hobart with a young family.

We moved closer to town with 4 children in tow. After hurting my back playing Netball, I decided it was time to return to my first love...swimming. This was around 2005.

Many things had changed. The old pool had been replaced by a fancy new complex, I was an adult with very different priorities and responsibilities, and I was teaching at a great school. It didn't take me long to find that my love of swimming was still very strong.

Since that time, I have swum at National and World meets, coming home with medals in my bag and the odd record. Again, swimming had taken me travelling but this time I was able to explore and really enjoy visiting far away countries.

My next exciting adventure in swimming came when I began open water swimming. In 2010 I swam as part of a duo in the Rottneest Channel swim. Such an experience! So many boats, paddlers and swimmers on the water.

From there, more ocean swims with the most amazing, welcoming and entertaining like-minded people. A huge highlight for me was placing 3rd in my first open water swim at the FINA World Masters in Hungary in 2017. Swimming through water that was like milk was very different to swimming in our Tassie water.

Here I am with 4 grown up children, 8 grandchildren, thinking seriously about retiring and still swimming. I have been fortunate to have travelled, met incredible people and been successful doing something I love. I have caught up with swimmers from my childhood who are also still doing what they love...swimming.

Thank you, Dolphins, for welcoming me into your pod. I have felt included from the very first time I became involved. Let's hope I will still be swimming as a Dolphin for many years to come.

