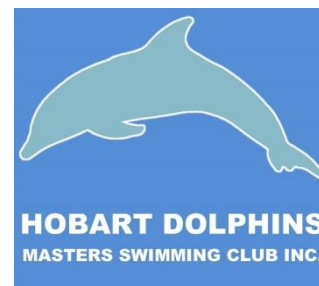


# Hobart Dolphin-News



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/>

April, 2023

*Good Luck for the Nationals!*

Hi everyone,

Well I think this may be the shortest newsletter I have ever produced! It's really only a post card this time. Thanks Di for your contribution, I am guessing everyone is busy training hard for the Nationals.

We welcome another new member this month, Natasha Adams, and we hope you enjoy being part of our Club.

Included with this newsletter is the information about the Open Water challenge for those keen ones who are brae enough to give it a go.

Birthdays for April are: Ruth and Richard. As there is no breakfast this month, we hope you can celebrate at the May breakfast.

Well that's it for April,

Love and kisses

Me

## In this Dolphin-News

- From the President
- Open Water Challenge

## 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

- Nationals
- Club Meeting
- Easter

## From the Presidential Suite

On the club front March has certainly been quieter than February but behind the scenes there is a lot of work going on by many club members in organising the National Championships. I have to say it has been a fantastic effort by the club, 22 members are swimming, about 35 members or family members are volunteering in some way and so far 30 have signed up for the dinner, great work all round, we can be very proud of our involvement!

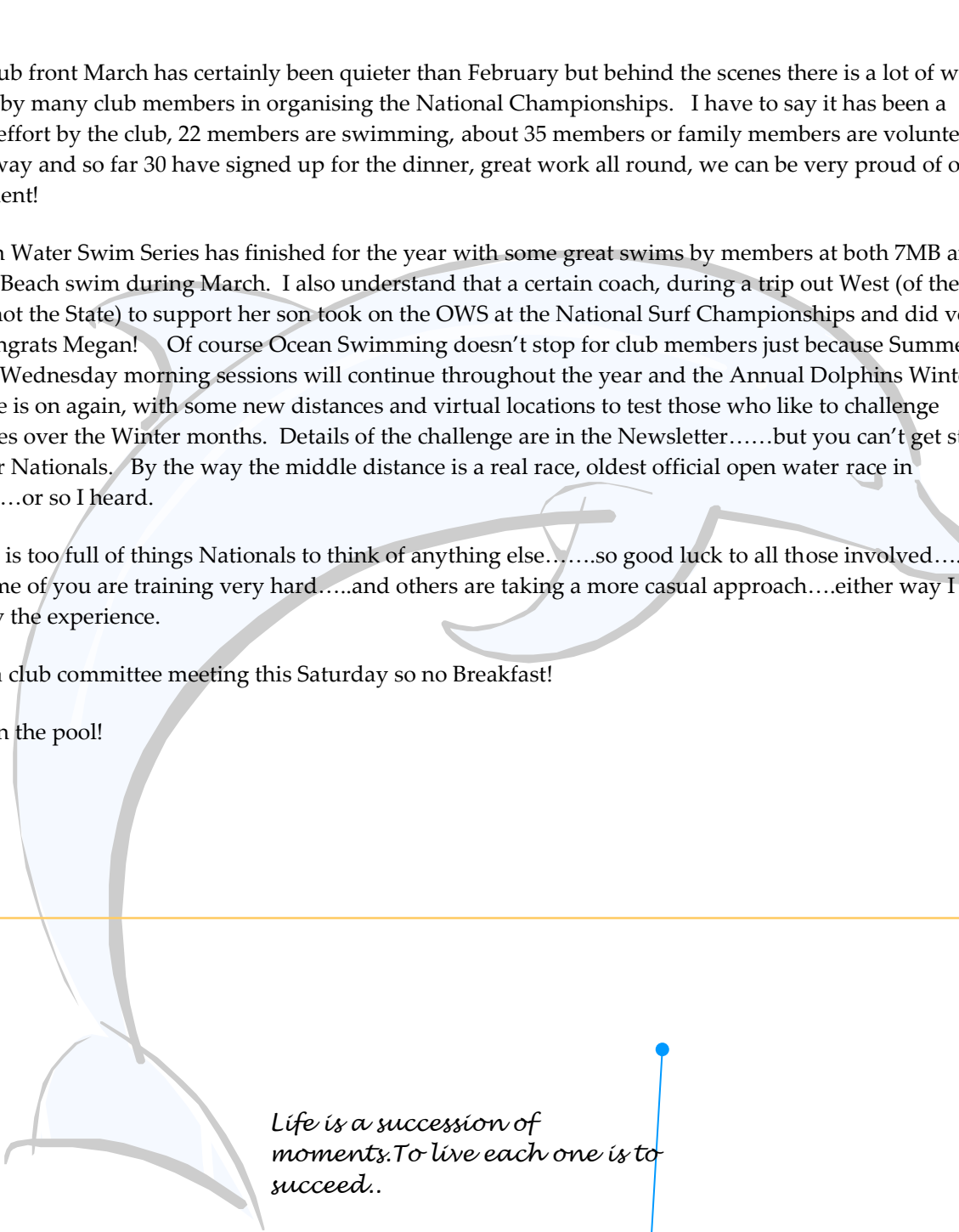
The Open Water Swim Series has finished for the year with some great swims by members at both 7MB and the Beach-to-Beach swim during March. I also understand that a certain coach, during a trip out West (of the country not the State) to support her son took on the OWS at the National Surf Championships and did very well. Congrats Megan! Of course Ocean Swimming doesn't stop for club members just because Summer is over, the Wednesday morning sessions will continue throughout the year and the Annual Dolphins Winter Challenge is on again, with some new distances and virtual locations to test those who like to challenge themselves over the Winter months. Details of the challenge are in the Newsletter.....but you can't get started until after Nationals. By the way the middle distance is a real race, oldest official open water race in history.....or so I heard.

My Brain is too full of things Nationals to think of anything else.....so good luck to all those involved....I know some of you are training very hard.....and others are taking a more casual approach....either way I hope you enjoy the experience.

There is a club committee meeting this Saturday so no Breakfast!

See you in the pool!

Di



*Life is a succession of moments. To live each one is to succeed..*

*Corita Kent.*



# The Dolphins Open Water Winter Challenge 2023

Great new winter swims to challenge your resilience in cold waters and to keep you fit.

**Eligibility:** Masters Swimmers and their friends!

**The Challenge:** Participants pick **ONE or more** of 3 swims to complete between 23 April 2023 and 30 September 2023. The swims must be undertaken in open water, that is in the ocean, in a river or in a lake. At least 80% of the distance claimed must be swum in Tasmania.

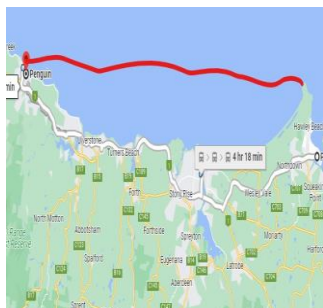
**How:** You will need to complete a log sheet to tally your swims including distance, date and place. You can find one at: <https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/events/>

**Claim:** the challenge by emailing your completed log form to [katherinedaft@gmail.com](mailto:katherinedaft@gmail.com) as soon as you have finished that distance. Completed log sheets must be received by 15 October 2023 but no need to hold off until then, send them in as soon as a challenge is completed. If you have any questions, please email [grediane@gmail.com](mailto:grediane@gmail.com) It would be great if you let us know when you start the challenge so we can check in from time to time.

**Distances:** As not everyone has a GPS watch for tracking the Ocean Swims, we will rely on honesty in claiming distances. Many common swimming sites have been measured so ask if you want an approximate distance for any location.

## Challenge 1.

Swim Penguin to Point Sorrell, 38 km



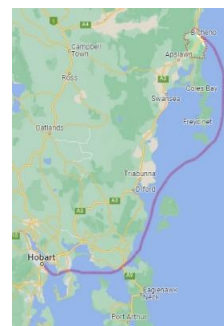
## Challenge 2.

Swim down the Ganges River from Jangipur to Berhampore in West Bengal, 81 km



## Challenge 3.

Swim Hobart to Bicheno via Lauderdale and Dunalley Channels, 173 km



**Awards:** Each swimmer who completes a challenge will be eligible to receive a certificate and a cloth badge to celebrate the achievement. If you wish to claim the challenge, please transfer \$10 to the club bank account 067-103 101215 when you send your log sheet.

More than one than one challenge may be undertaken but distances swum are **not** cumulative. If you claim one challenge you must start again on the next one.

For more information on the classic Indian Swim (Challenge No 2) see:

<https://sportstar.thehindu.com/magazine/age-old-competition-in-an-ageless-river/article24864513.ece>

**Disclaimer:** This challenge is not a sanctioned Masters Swimming Australia event. Swimmers are responsible for their own safety when taking on the challenge. Where possible swimmers should swim with another person or at a minimum have someone overseeing their swim. Be aware of ocean conditions and how your body reacts to cold water.