

# Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

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May, 2023

*Good Luck for the Nationals!*

Hi everyone,

Thank you to all our contributors for this month, I think it is a great read!

The Nationals are obviously the talk of the town for our Club, and I have selected just a few of the many photos I received that I think capture the happy and fun spirit of the meet.

Birthdays for May are: Beth and Steve. Hope you can go to Breakfast on Saturday to celebrate with some Dolphins.

Steve has some great reading about "Attaining a New Clench Mark". Intriguing eh? Read on and get your clench on!

Don't forget there is a new time for our training session on Sundays, 10:00 am. Hope to see you there.

There are a couple of Social events coming up, so mark the dates in your diary as well as the annual Bunbury Swim Challenge and the SCLD meet in Launceston in June.

Beth is our Member Profile this month, so thanks for sharing a little bit of your life with us.

Love and kisses

## In this Dolphin-News

- From the President
- Off the Blocks
- Social News
- Photo Gallery
- Member Profile
- Branch and Club records and Medals
- Bunbury Flyer

## Training times and venues

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

Sundays, 10:00 at Clarence, cost \$8-50, also with Club 10 pass card, all welcome.

## Upcoming events

- Breakfast X 2
- Bunbury Swims
- SCLD swim

## From the Presidential Suite

Wow what a month for many of us, in case you haven't heard, Nationals were a great success, the Presentation Dinner was a fabulous party and our club made a huge contribution to the running of the entire event. In addition to taking a big part in organising the event our swimmers did very well in the pool. We were never going to be a match for the big mainland clubs, especially as many members limited their number of swims in order to help out on pool deck, but nevertheless, there were a huge number of significant PBs done, in fact I didn't speak to anyone who was disappointed in how they swam. In all we broke 10 Individual and 2 Relay Branch Records and of the 20 members who took to the pool, 13 walked away with medals, in what was a very high-level Meet in which three World Records and 24 National Records were set. Forty-three new club records were also recorded. Details of medals won and records set are included in this newsletter.

I am reluctant to single out people to thank as there is such a long list of members, family members and friends who contributed, but I have to mention Annalise, Katherine D, Pia and Judi who worked with me for over a year to put together the Registration and Social events and Megan who was also member of the Event Organizing Committee and went 'over and above' during the Meet to ensure things ran smoothly. As a thank you the Committee would like to invite all members and family members to a BBQ breakfast after training on Saturday 13 May. The invitation is of course to all members, not just those that took part in Nationals. As usual no need to RSVP, just turn up, I look forward to seeing you there.

A few members decided to forego the Saturday night party and headed up to Bicheno for the Annual 5km Swim, Amanda and Jayde continued their form from the pool and finished 2<sup>nd</sup> and 3<sup>rd</sup> ladies across the line, Joe also completed the challenging swim.

While many are happy to chill out for a few weeks there are a number of upcoming events for those looking for an incentive to keep training. The annual SCLD event will take place in Launceston on 10 June, details are available on the Tasmanian Masters Website and entries are already open. We would also like to embrace the Bunbury Swim again this year, for those that are unfamiliar with this event the flier is attached. We haven't had time to work out how to incorporate the swims into the training schedule yet but you can do the swims in your own time and send your times to Katherine Daft who will coordinate the club entry. You have until the end of June to complete the 3 swims. We had 15 swimmers enter last year and it is fun to compare your results from one year to another.

For those who love the ocean, I know several members have already started the "Challenge." I have also had interest from another club. The details have been published before but if anyone needs information you can check them out on our page of the website or contact me.

We are still playing with the best option for the timing of our second training session, which is a little difficult given pool availability. As Steve advised the Sunday session will take place at 10.00am on Sunday for a trial period. Also, a reminder that the swim cards are now \$85.

See you at Breakfast!

Di



**BBQ BREAKFAST**  
Saturday 13 May  
After Training (approx., 9.30am)  
Members and Families Welcome

## Off the Blocks

### Attaining a new clench-mark

Today we'll go into a bit more depth about one or two aspects of correcting sinky legs: A) straightening your body out in the water (streamlining) using improved gluteal and lower back tone ("clenching" your cheeks), and B) using your kick to help keep your feet up rather than pushing you forwards (aka kick timing). If you are faster with a pull buoy focussing on these principles can help even out your non-pull buoy speed.

On Saturday we tried a new "drill" – ghost pull – in which we first swam with the pull buoy, focussing on keeping the back and legs aligned (buttocks tight – "clenched"), then removed the pull buoy and tried to maintain the same, streamlined body position without it. Of course, without a kick (or fortuitously distributed anatomical flotation), your legs will sink, but even with a kick you will create drag if you are bent at the hips rather than streamlined. i.e. this is a two-part solution!

**A.** How do we maintain a **good body position**? There are probably two main impactors:

1. Gluteal tone and core stability. You can improve this by "activating your glutes", a phrase I'm sure we all hear a lot. Gluteals are pretty lazy and sitting for long periods at work or in front of the TV / iPad / Phone tends to switch them off. Below are a few images of ways you can switch them back on before you swim (**Fig 1**).
2. Tight hip flexors. These can be tightened by – yes, again – sitting, and by cycling or running regularly. The twist stretch we sometimes do before our Saturday sessions is meant to help here, but there are a few others you can do in the privacy of your own (see **Fig 2** below).

**B. Kick timing and improvement** is something we have tried a few drills for, namely chorus-line drill, and more recently "brush big toes". In chorus line drill you focus on kicking down with your right foot as you left hand enters the water out in front for the catch (**Fig 3a**): another version of this is a single arm kick timing drill from Effortless Swimming that we might try next week. In the latter you swim with just one arm, allowing you to focus on kicking down on the same side as you are pulling (so left arm pulls as left foot kicks down – **Fig 3b**). Brush big toes is simply freestyle focussing on kicking slightly pigeon-toed and letting your big toes occasionally contact each other as you kick. This slight inward turn will give you a bigger range of motion and make you kick a little more effective. The other "drill" is to simply include 200 or more of just kicking (fins at first) – preferably rotated halfway to your side, or even all the way, so you practice kicking on the up-stroke as well as the down (keep the lower arm out in front, the other by your side).

Brenton Ford recently explores these and other issues in a timely video that you can find on YouTube at <https://www.youtube.com/watch?v=bSPp6uOXwVw&t=6s>.

You will not be alone in trying these exercises/ drills – I'm also notorious for leading the pull laps in the lane, but nothing else...

### Steve Out

Note: On the following 2 pages are the pictures (it doesn't mean a thing without pictures) to further demonstrate what Steve has said.



**Figure 1 Glute activation exercises**

Hip Bridge – hold 10-20 sec, lower slowly under control. Squat – ensure knees don't go in front of toes (keep hands out in front for balance). Lower slowly onto a seat or lower box. Stand a bit faster.

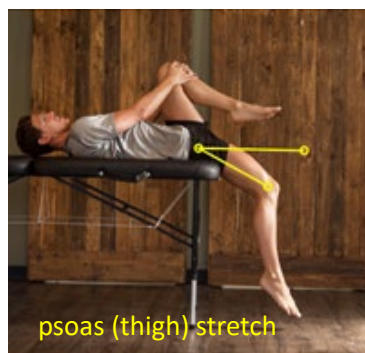


Back extension (mainly lower back-core, but lifting feet as well uses glutes) hold 10-20 sec, lower slowly under control. All fours pose raise opposite hand/foot, slowly, hold 10 sec, lower under control. Use a cushion or yoga mat to protect your knees! 3-5 reps is enough for most, 10 for squats. Try incorporating this type of squat (top right) each time you sit down – lowering slowly.

**Figure 2 Hip stretches**



Kneeling lunge (use a cushion or yoga mat for your knee). Push hip forward 10 sec, repeat 3-5x each side.



**Figure 3 Kick timing**



a) Chorus line drill – kick timing R foot kicking down as L hand enters the water.



b) Alternate version of chorus line: single-arm kick drill (Effortless Swimming), shown here without fins, but use fins initially. Swim single arm free (resting R arm out front pointing in picture). Kick down with left foot during pull with left arm. Then kick down R foot as L arm re-enters water (à la chorus line).

## Social News

I'm sure all who attended the Championship Dinner had a fabulous time.

Our next gathering is breakfast at Spencers after training this coming Saturday 6<sup>th</sup> May. If you haven't been to breakfast at this venue, give it a try. The hosts are most welcoming and the food fabulous.

The following weekend (Saturday 13<sup>th</sup> May) we are planning a BBQ breakfast after training. No need to bring anything as we'll be supplying muffins, bacon, eggs, fruit, pastries and juice. Coffee can be purchased at the pool. However, if you want to avoid the wait, consider bringing a thermos. This event is an opportunity to acknowledge the hard work of our club members at the recent nationals.

## Photo Gallery



## Hobart Dolphins Member Profile, Beth Mulligan



### How long have you been swimming with the Hobart Dolphins?

I started swimming with the Hobart Dolphins when I moved to Hobart in 2019. I had been pretty heavily involved in Rowing with North Esk Rowing Club in Launceston, and hadn't done a lot of swimming, but when I came down to Hobart I happened to be at Clarence one Saturday morning when the club was having a training session. And that was the start of it all!!

### What do you like about swimming?

I never actually considered myself a "swimmer" so never really understood what it was all about. But once I started training with the club, I began to appreciate what a complex skill it is to swim efficiently and even improve!! The thing I now love is the challenge of learning new skills, improving on the basis of feedback and applying that knowledge to get better.

### What do you NOT like in training?

I'm not sure I should say this—I'm sure it's not PC, but I begin to die a little inside when the word "breaststroke" comes up (hahahaha!)

### Favourite stroke?

Has to be freestyle since it's the only one I can really do with any degree of efficiency. That said, I'm beginning to like backstroke more and more -thanks Di!  
And I would love to learn butterfly—not to mention a proper breaststroke kick!

### Most memorable swim?

It would have to be the Devil of a Swim last year in Bicheno—my most memorable moment in that swim was actually crawling through the kelp to get to the finish.

### What book are you reading at the moment?

Recently enjoyed Li Cunxin's *Mao's Last Dancer*.

### Favourite book ever read?

Wow that's hard. I don't think I have an absolute favourite. I love different books for different reasons.

### Favourite movie?

I'm embarrassingly ignorant when it comes to movies. Hardly ever go and know NOTHING!

**What other hobbies/interests do you have?**

I love making my own music—I played clarinet when I was younger, and periodically go back to it for some fun. I spent a few years in a Community Band program playing oboe, and played viola in a community orchestra in Launceston. I haven't had a lot of time to pick these up again in Hobart, but I get them out from time to time just to remind myself how to finger middle 'C' and how to read the alto clef!!!

I also love choral singing,

Music is probably my most consistent interest and I know I'll get back to it some day

**Where would you like to go for a once in a lifetime holiday?**

Antarctica—it sounds amazing.

**What do you do for fun?**

Sing and play!

**Can you think of one thing in your life that is particularly special to you, that you would like to share with us?**

It sounds pretty corny, but the most special thing in my life is my family—children, grandchildren, my dear old dog, my sisters and brother. In the end, above all else, they are my top "speciality"—they are many of the reasons I do what I do.



## Medals won at Nationals

<u>800m Free</u>	<u>200m Fly</u>	<u>100m Back</u>	<u>100m BR</u>	<u>200m FR</u>	<u>400m IM</u>
<b>Gold</b> Jayde Richardson Amanda Duggan	<b>Gold</b> Elisa McMillan		<b>Gold</b> Kathryn Osborn	<b>Gold</b> Amanda Duggan	<b>Gold</b> Fiona Ziegeler
<b>Silver</b> Donovan Castelyn Elisa McMillan	<b>Silver</b> Donovan Castelyn	<b>Bronze</b> Donovan Castelyn	<b>Bronze</b> Fiona Redgrove	<b>Silver</b> Jayde Richardson	<b>Silver</b> Donovan Castelyn Jayde Richardson Fiona Redgrove
<u>50m Breaststroke</u>	<u>50m Fly</u>	<u>400m Free</u>	<u>200m Backstroke</u>	<u>100m Fly</u>	<u>200m IM</u>
<b>Gold</b> Jayde Richardson Kathryn Osborn	<b>Gold</b> Jayde Richardson	<b>Gold</b> Jayde Richardson Amanda Duggan	<b>Gold</b> Donovan Castelyn	<b>Gold</b> Jayde Richardson	<b>Gold</b> Jayde Richardson Amanda Duggan
	<b>Silver</b> Elisa McMillan	<b>Bronze</b> Elisa McMillan		<b>Silver</b> Donovan Castelyn Elisa McMillan Fiona Ziegeler	<b>Silver</b> Donovan Castelyn Elisa McMillan <b>Bronze</b> Fiona Ziegeler
<u>200m Breaststroke</u>	<u>50m Free</u>	<u>W 4x50m Medley</u>	<u>W 4x50m Freestyle</u>		
<b>Silver</b> Kirsten Brett Kathryn Osborn Fiona Redgrove	<b>Silver</b> Margie Clougher	<b>Gold</b> 160-199 Annaliese Cousins Leisl Wylie Elisa McMillan Jayde Richardson  240-279 Kathryn Osborn Katherine Daft Fiona Ziegeler Amanda Duggan	<b>Gold</b> 160-199 Jayde Richardson Elisa McMillan Kathryn Osborn Amanda Duggan		

Branch Records set at Nationals

<b>Donovan Castelyn</b>	<b>Men 30 - 34</b>	<b>Relays</b>	
400 IM	05:21.11	W240-279 Medley	02:44.36
200 Back	02:28.33	Kathy O	
		Katherine D	
<b>Amanda Duggan</b>	<b>Women 60 - 64</b>	Fiona Z	
400 Free	05:18.2	Amanda	
800 Free	10:59.39		
200 IM	03:01.44	W160-199 Free	02:11.04
		Jayde	
<b>Karhryn Osborn</b>	<b>Women 60 - 64</b>	Elisa	
50 Br	43.46	Kathy O	
200 Br	03:29.08	Amanda	
<b>Fiona Ziegler</b>	<b>Women 60 - 64</b>		
200 IM	03:19.58		
400 IM	07:02.70		
<b>Fiona Redgrove</b>	<b>Women 65 - 69</b>		
200 Br	03:59.00		

## Long Course Club Records Set at Nationals

### New Record

### Previous Record

### WOMEN

#### Age Group 30-34

50m Freestyle	JAYDE RICHARDSON	21.04.2023	30.57	NATIONALS	SARAH PEARSON	14.03.1998	31.38	Hobart
200m Freestyle	JAYDE RICHARDSON	19.04.2023	02:27.61	NATIONALS	JAYDE RICHARDSON	10.11.2022	02:28.73	PPMG
50m Butterfly	JAYDE RICHARDSON	20.4.2023	32.89	NATIONALS	JAYDE RICHARDSON	10.11.2022	33.86	PPMG
200m Butterfly	ELISA MCMILLAN	19.04.2023	02:58.92	NATIONALS	CLAUDI LOPEZ	03.04.2022	03:08.72	Tas State
200M Individual Medley	JAYDE RICHARDSON	19.04.2023	02:53.04	NATIONALS	JAYDE RICHARDSON	10.11.2022	02:53.79	PPMG
400m Individual Medley	JAYDE RICHARDSON	22.10.2022	06:13.75	NATIONALS	JAYDE RICHARDSON	22.10.2022	06:15.15	TMG

#### Age Group 45-49

200m Freestyle	MICHELLE SAMPSON	19.04.2023	03:10.35	NATIONALS	MICHELLE SAMPSON	14.03.2020	03:13.49	TAS State
400m Freestyle	MICHELLE SAMPSON	21.04.2023	06:38.60	TAS State	MICHELLE SAMPSON	14.03.2020	06:41.67	TAS State
50m Backstroke	ANNALIESE COUSINS	23.04.2023	43.62	TAS State	ANNALIESE COUSINS	03.04.2022	43.71	TAS State

#### Age Group 50-54

50m Freestyle	LIESL WYLIE	20.04.2023	36.51	NATIONALS	MARY COUSINS	03.03.2001	37.08	HOBART AQUATIC
100m Freestyle	LIESL WYLIE	20.04.2023	01:20.66	NATIONALS	LIESL WYLIE	14.02.1999	01:26.52	PPMG
200m Freestyle	LEISL WYLIE	21.04.2023	03:01.05	NATIONALS	LEISL WYLIE	19.02.2023	3:04.38	TAS State
400m Freestyle	LEISL WYLIE	21.02.2023	06:15.08	NATIONALS	LEISL WYLIE	10.11.2022	06:39.14	PPMG
800m Freestyle	LEISL WYLIE	18.04.2023	12:59.38	NATIONALS	LEISL WYLIE	19.02.2023	06:31.87	TAS State
100m Breaststroke	LEISL WYLIE	19.04.2023	01:45.21	NATIONALS	LEISL WYLIE	19.02.2023	01:45.25	TAS State

#### Age Group 60-64

400m Freestyle	AMANDA DUGGAN	21.04.2023	05:18.19	NATIONALS	AMANDA DUGGAN	19.02.2023	05:23.62	TAS State
800m Freestyle	AMANDA DUGGAN	18.04.23	10:59.39	NATIONALS	AMANDA DUGGAN	12.11.2022	11:11.07	LCLD
50m Backstroke	KATHRN OSBORN	20.04.23	42.27	NATIONALS	AMANDA DUGGAN	19.02.2923	43.43	TAS State
50m Breaststroke	KATHRYN OSBORN	20.04.2023	43.46	NATIONALS	KATHRYN OSBORN	19.02.2023	43.9	TAS STATE

200m Breaststroke	KATHRYN OSBORN	20.04.2023	03:29.08	NATIONALS	KATHRYN OSBORN	03.04.2022	03:32.46	TAS STATE
100m Butterfly	FIONA ZIEGELER	21.04.2023	01:34.12	NATIONALS	FIONA ZIEGELER	03.04.2022	01:41.63	TAS STATE
200m Individual Medley	FIONA ZIEGELER	22.04.2023	03:19.58	NATIONALS	KATHRYN OSBORN	03.04.2022	03:19.75	TAS STATE
200m Individual Medley	AMANDA DUGGAN	22.04.2023	03:01.44	NATIONALS	FIONA ZIEGELER	22.04.2023	03:19.58	NATIONALS
400m Individual Medley	FIONA ZIEGELER	20.04.2023	07:02.71	NATIONALS	FIONA ZIEGELER	20.03.2021	07:17.34	TAS State

#### **Age Group 65-69**

100m Breaststroke	FIONA REDGROVE	19.04.2023	01:51.48	NATIONALS	FIONA REDGROVE	03.04.2022	01:51.81	TAS STATE
200m Breaststroke	FIONA REDGROVE	22.04.2023	03:58.78	NATIONALS	FIONA REDGROVE	03.04.2022	04:00.89	TAS STATE
100m Butterfly	FIONA REDGROVE	20.04.2023	02:00.84	NATIONALS	TINA SMIT	16.04.1994	02:36.66	DEVONPORT

#### **Age Group 70-74**

200m Freestyle	MEGAN STRONACH	19.04.2023	03:26.63	NATIONALS	JAN CHEW	23.02.2008	04:25.69	TAS State
800m Freestyle	SUE MUIR	18.04.2023	16:44.36	NATIONALS	JAN CHEW	15.11.2008	19:49.99	TAS State
50m Backstroke	MEGAN STRONACH	22.04.2023	48.02	NATIONALS	MEGAN STRONACH	19.02.2023	50.31	TAS STATE
100m Backstroke	JUDITH ADAMS	19.04.2023	02:09.01	NATIONALS	JUDITH ADAMS	19.92.2023	02:12.4	TAS STATE
200m Backstroke	JUDITH ADAMS	21.04.2023	04:32.97	NATIONALS	JUDITH ADAMS	19.92.2023	04:33.59	TAS STATE

#### **Mens 30-34**

400M Freestyle	DONOVAN CASTELYN	18.04.2023	04:55.33	NATIONALS			NEW RECORD	
800M Freestyle	DONOVAN CASTELYN	18.04.2023	10:09.56	NATIONALS			NEW RECORD	
100m Backstroke	DONOVAN CASTELYN	19.04.2023	01:09.34	NATIONALS	DONOVAN CASTELYN	19.02.2023	01:13.00	TAS STATE
200m Backstroke	DONOVAN CASTELYN	21.04.2023	02:08.53	NATIONALS	DONOVAN CASTELYN	19.02.2023	02:39.86	TAS STATE
50M Butterfly	DONOVAN CASTELYN	19.02.2023	28.52	TAS STATE	CEDRIC HODGE	03.04.2022	42.03	TAS STATE
100m Butterfly	DONOVAN CASTELYN	21.04.2023	01:02.70	NATIONALS	DONOVAN CASTELYN	19.02.2023	01:04.60	TAS STATE
200m Butterfly	DONOVAN CASTELYN	19.04.2023	02:26.11	NATIONALS	DONOVAN CASTELYN	19.02.2023	02:34.00	TAS STATE
200M Individual Medley	DONOVAN CASTELYN	22.04.2023	02:28.68	NATIONALS			NEW RECORD	
400m Individual Medley	DONOVAN CASTELYN	19.02.2023	05:21.11	NATIONALS	DONOVAN CASTELYN	19.02.2023	05:26.75	TAS STATE



# Bunbury Stingers

## 2023 Winter 3 x 400m Postal Swim

Sanction PS 02/2023

### 3 x 400m Winter Postal Swim



Welcome to the 27<sup>th</sup> annual Bunbury Stingers Postal Swim.

If you are not a regular endurance swimmer, this Postal Swim may be the motivation you need to improve your fitness and/or swimming skills – with a little more to aim for than just doing laps!

It is an easy swim to undertake. All you need to do is swim 400m in 3 different styles over a two-month period. Each 400m swim can be Freestyle, Backstroke, Breaststroke, Butterfly or an Individual Medley. Encourage your club members to join you in improving your personal best times.

Competitors are required to be financial Masters Swimming Australia members or financial members of another country's official Masters Swimming National Body.

We look forward to hearing from you and happy swimming!

All results, certificates and medals will be forwarded to the nominated club address on the entry form within 8 weeks of the completion of the Postal Swim.

- Certificates are awarded to everyone who completes the swims.
- Medals (both females and male) to the most improved swimmers, the fastest overall swimmers and the fastest senior swimmers.
- Entries need to be on the nomination form and signed by the club event supervisor or preferably sent electronically in the Excel spreadsheet provided.
- Every competitor must sign the accompanying waiver form to show they accept the conditions of the postal swim.
- Age groups as per Masters Swimming Australia (age as at 31<sup>st</sup> December each year).
- Extra copies of the forms and the entry spreadsheet are available from our club website at <https://www.bunburymasters.asn.au/postal-swim/>

Please post your entry to the address below **before Friday 14<sup>th</sup> July, 2023**

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Postal Swim Coordinator - PO Box 273, Bunbury WA 6231  
or email : [secretary@bunburymasters.asn.au](mailto:secretary@bunburymasters.asn.au)