

# Hobart Dolphins Newsletter

## CLUB TRAINING TIMES

SAT. 8-10am Clarence  
 SUN. 8.30-9.30pm Collegiate  
 MON. 7.30-8.30pm Collegiate  
 THURS. 7.30-8.30pm Collegiate

## CLUB COACHES

Chief Coach - Peter Fisher  
 Level 1M accredited  
 Les Young  
 Level 1M Accredited  
 Robyn Mounster  
 AUSTRALIAN Teacher

## DATE LIST

1st May Long Distance Short Course Swim at Mowbray  
 11-15th May National AUSSI Swim in Darwin  
 14-15th Aug. State Winter Short Course Championships at Mowbray  
 25 Sept-3rd Oct. Aust. Masters Games in Adelaide  
 15-23rd Oct. 7th Pan Pacific Masters Swim Championships in Perth

## FOR SALE

### CLUB BATHERS

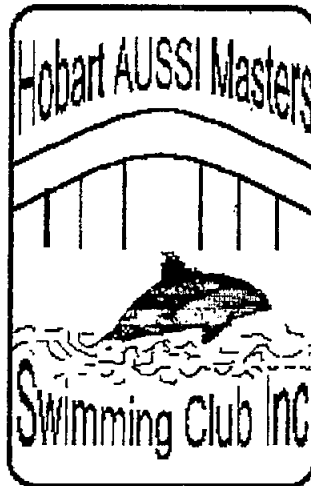
Womens- \$50  
 Mens-, \$30

### CLUB CAPS \$3

see Mavis Fisher

## LIBRARY

Latest publications including results, The Masters Athlete, Coaching Newsletter, and the National Newsletter available poolside.



## STROKE DRILLS Part 1

by Peter Fisher (chief coach)

You scoff at stroke drills because they take up too much of your precious workout time. Most swimmers would rather get into the mileage than tinker with technique.

Consider this: Fitness benefits are measured not in metres but in time spent with your heart in the aerobic training zone. Whether you swim 2500m in one hour or 200m of drills in the same time, your cardiovascular system gets the same workout, provided your drill practice pushes your heart rate up to the same rate. Swimming depends on at least 70% stroke efficiency and 30% fitness. Stroke drills can perfect your stroke better than anything else.

## RESULTS

### 1998/1999 Oceania Masters Swimming One Hour Postal Championships

Sarah Pearson	THB 33 3700
Margaret Clougher	THB 70 2025
Tina Smit	THB 74 1900
Rod McGregor	THB 48 4020
Peter Bourjau	THB 72 2650
Les Young	THB 73 2175
Douglas Job	THB 80 1900

## Items Of Interest

### Congratulations.

👉 Amanda & Wesley Robertson baby girl Hannah Amy born 30th March 99.  
 🏊 Mike Temple-Smith & Ruth Roberts tied the knot on the 17th April 99.

### Good Luck

👉 Tina Smit - for a smooth recovery from surgery for a broken hip.  
 🚲 Steve Percival ( firefighter)- participating in an epic fund raising bike ride from Hobart to Darwin for the burns unit at the Royal Darwin Hospital.

👉 Sandra Harvey- Coach of a Masters Rowing team for the Championships.

### Welcome

New Member- Annette Perry.  
 Club Social Coordinator- 🏊 Helen Smith

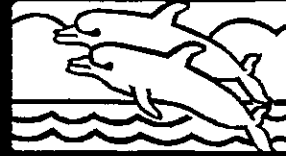
### Entries

L.D. Swim in Launceston on the 1st May close on the 24th April cost \$10 for 1500m or 800m stroke of choice.

### Useful Websites

Aus. Sports Commissions Mature Age Sport  
<http://www.ausport.gov.partic/mathome.html>  
 7th Australian Masters Games  
<http://www.ausmasters99.org.au>  
 Commonwealth Gov. International Year of Older Persons <http://iyop.health.gov.au>  
 Australian Coalition '99  
<http://avoca.vicnet.au/~ac99/index.html>

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Volume 6  
Issue 10

Nov. 1999

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Collegiate

## Club Coaches

Peter Fisher - Level I  
Accredited

Les Young - Level I  
Accredited



## REMINDER

Aerobic Swims to  
be finished by  
11th Dec.99

## Committee Meeting

8th Dec.99  
7.30pm held at  
the Rosny Library

## AGM

9th Feb.2000  
7.30 pm held at  
the Rosny Library

## Drill Deep Part 7 by Peter Fisher (Head Coach) KEEP IT SHORT

Stick to short repeats and sets of drills for the greatest benefit. Repeats of 25m to 50m with 15sec to 30sec between for rest reflection and adjustment are most effective. Every rep should feel a bit smoother and more relaxed, a bit more precise and economical. If not have a friend watch as you practice, go on back to the previous drill and polish that before returning to the drill that's giving you trouble.

## Date List

27 Nov 1999 800m Swim 30minute time trial  
Tattersalls entries close 5pm 19 Nov 99

3-4 Dec.1999 Fin Swim Championships  
commencing Fri 6.30pm and Sat 5.30pm  
swimmers and timekeepers required

5-13 Feb 2000 New Zealand Masters Games

18-19 March 2000 Summer Championships at  
Tattersall's Aquatic Centre  
cost: \$10 entry plus \$4 per event  
\$5 per relay team

21- 24 April 2000 Aussie Masters Swimming  
National Swim meet- Gladstone, Queensland  
Website address: [www.selcon.com.au/~aussiweb](http://www.selcon.com.au/~aussiweb)

July/Aug 2000 8th World Masters Swim in  
Munich, Germany

March/April 2001 AUSSI National Swim in  
Melbourne, Victoria

Welcome New Members

## Club

### Subscriptions

due to a National  
Fee increase our  
annual subs are  
rising from \$50 -  
\$55

### Social Event

Twilight BBQ - 11th Dec  
5pm held at Peter & Kerry  
Tucker's, 774 Sandy Bay Rd,  
Sandy Bay. \$5.00 (salads,  
bread) BYO- meat, drinks.



## For Sale

Aussi Hobart Masters Jacket  
(past design) and White  
Pants - Size Large see  
Katherine - to make an offer

Club Bathers - Women \$50  
Men \$30

Club Caps - \$3

VIDEOS for HIRE.

\$2 per week See Mavis