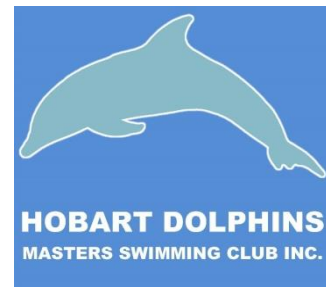


# Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

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August, 2023

*Good Luck everyone for the Winters in Launceston!*

Hi everyone,

This is the latest information and news from The Dolphins swim club. There is lots to read about, think about and plan for!

Welcome to all the new members we have, we hope you enjoy being part of our pod and participating in Club sessions and activities!

Birthdays for August are: Auro and Mary. Happy birthday to you both, and maybe see you at Breakfast on Saturday.

The coaches (Megan and Steve) have a couple of interesting contributions, one being a request for your thoughts on how swimming contributes to your Mental Health. This is an opportunity to share some inspiring stories from swimmers as well as some of the struggles we have in maintaining our commitment to swimming. Judi has some Social events planned, Pia is offering Club caps and Polo shirts for sale, Di has information about Technical training available and there is an invitation to a High Tea.

Thank you to all contributors.

Love and kisses

Me

## Training times and venues

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

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

## In this Dolphin-News

- From the President
- Social News
- Message from Coaches
- Club Uniforms
- Mental Health Awareness
- Photo Gallery
- Technical training
- High Tea Invitation

## Upcoming events

- Breakfast
- Bunbury Swims
- Winters

## From the Presidential Suite

Firstly, a huge welcome to all our new members, we have had 7 people join since 1 July, taking our total membership to 59, the largest in a long, long time. I hope you all enjoy your time with the club.

While many members have been training hard in the pool this month to prepare for the Winter Championships, hence all the exhausted faces in the pool on Saturday ☺☺, there has also been quite a lot of activity out of the water.

Twelve members are currently undertaking their Bronze Medallion through the RLSS. The course, organised by Megan, is a great opportunity to learn some new skills but also means we are all just a little bit safer, particularly in the Open Water environment.

The National Body of MSA has indicated that it would like everyone who provides coaching advice during official training sessions to be qualified from 1 January next year. Consequently, a number of the people who you frequently see on deck as assistant coaches are currently undertaking an online course through MSA to give them a level of qualification recognised by MSA and its Insurers. Last I heard there were five of us doing this course, how lucky are we to have so many members stepping up to do this study. At this time, Steve and Megan will remain the only fully qualified coaches and will set the programs for the sessions but the others on deck providing advice will also be MSA qualified.

You will all have seen the email I sent out during the month regarding some online Technical Officer training through MSNSW. I know a few members are going to take up this opportunity, if you are still thinking about it, I have attached an information sheet to this newsletter.

Just because it shouldn't be all work and no play Judi is putting together some great social events. I hope to see lots of you at the afternoon tea on the Saturday following the Winter Champs, she has a lovely house and acreage at the back of Old Beach which will make a perfect setting, a special invitation to our new members, it is not just for those who go up to Winters but rather a great opportunity to get to know each other outside of the pool environment.

For a variety of reasons, the club committee has decided that we will not be putting in a team to the MS Mega swim this year. It has been an important event on our calendar for a few years now but we have decided to have different focus to our fundraising activities this year. The Quiz night, to be held in October, is our major fundraising event, we have not yet decided which organisation we will support this year, so if you have one that you think would be good fit for the club to support, please let me, or another member of the committee know by the next club committee meeting to be held on August 12th. Of course, if you would still like to take part in the MS Mega Swim there will be many teams looking for swimmers, in particular Huon Vally Masters is likely to welcome offers to fill their roster.

And.....don't forget to register for the Winter Championships by Friday 11 August and let Katherine know your transport, accommodation and dinner requirements. If you are new to the club and not sure what the Winters are all about, please grab somebody on deck to have a chat, if nothing else it's usually a fun weekend away!

Lastly, Good Luck to Jayde, who with Maciej is representing Tasmania at the World Masters Games in Fukuoka starting on 5 August. Swim well Jayde and let us know how your go!

Hope to see some of you at Breakfast!

Di

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## Social News

Hi fellow Dolphins, a couple of dates for your diary:

This coming Saturday; August 5<sup>th</sup>, breakfast at Spencers in Lindisfarne, 9:45

August 26<sup>th</sup>; High Tea to celebrate our achievements at the Winter Championships. Please see attached invitation.

October 14<sup>th</sup>; Quiz Night.

Judi Adams

## A thank you from Coaches re Pool deck safety.



The coaches would just like to say thank you to swimmers for taking extra care of equipment in recent weeks.

With the current high numbers of swimmers who attend Saturday morning sessions we were experiencing a problem with equipment scattered around the ends of the pool. This was creating a very real trip hazard for your coaches on deck. As a couple of coaches and helpers have some mobility issues at the moment, this was a risk we couldn't afford.

So, we ask you please to continue to set up your equipment (including your drink bottle) on the wall above your lane, where it can be easily and quickly accessed – with all other equipment, including bags, left on the seats behind us.

Thank you!

## Club uniform items for Sale

Pia would like to inform us all that she has plenty of swim caps for sale if you need one for the upcoming Winters competition. As well as caps, she also has a few polo tops available as follows: 2 in size 14, and 1 in size 16 (all Women's) and 1 Men's size Small.

Please contact Pia for prices and delivery.

Thanks PIA.

## Mental Health Awareness

October is Mental Health Awareness Month. This year we'd like to think about the Dolphins' mental health and well-being! Does swimming, for example, do anything to support your mental health and well-being? Why are you drawn to the water? Why do we choose to spend much of our time wet, sometimes cold, often smelling of chlorine, and have our clotheslines adorned with towels, bathers, wetsuits, booties, gloves etc? What do we get from this crazy pursuit?

Tasmanians are surrounded by water, and growing up, our homes or shacks were often close to the beaches, the rivers, the lakes, or many may have lived on a farm with dams and creeks traversing their properties. Is this why we find ourselves drawn to swimming? We would like to hear your story. What drives your desire to find yourself in the pool, or the beach, or wherever you choose to swim?

In a few words (300-500 perhaps) can you try to think about why you swim and how – or if – it impacts your mental health. What does your relationship with water provide you in terms of either physical, emotional, psychological, mental or social wellbeing? Can any of these be isolated or are they somehow related?

Has there been a time you could not swim and how did that make you feel?

So ... you might like to write from the heart, or simply answer a few questions such as:

- Why do you swim?
- What benefits do you get from swimming (with a mental health and well-being focus)?
- What differences do you notice if you can't swim for some time?
- Are there any benefits from swimming with others and what might these be?

If you are a "reluctant writer", Megan or Fiona R. would be happy to jot down a few notes if you could find a spare 30 minutes to chat about this.

Our aim is initially to put together a small publication/article to illustrate how swimming may support our mental health and wellbeing. Of course, any contributions would be kept strictly anonymous.

Thanks Dolphins!

*Only those who risk going too far can possibly find out how far one can go.*

*T.S.Eliot.*



# BRONZE MEDALLION



# CPR TRAINING



The team supporting Beth get through her 400m swim.



Filling in time with a bit of artistic swimming.





High Tea; August 26, 2:00

Let's celebrate our achievements at the Winter Championships

Venue: Judi and Col Adams home 155 Gunners Quoin Rd. Old Beach

Please contribute to the afternoon with your favourite cake, slice or sandwiches ready to share on a fancy plate.

Tea, coffee and scones supplied.

RSVP Monday 21<sup>st</sup> August to Judi, via email or 0418543691.



## Masters Swimming Tasmania: Memo 6 July 2023

### Technical Officer Training in conjunction with Masters Swimming NSW

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Masters Swimming Tasmania is pleased to announce a collaboration with Masters Swimming NSW to enable additional Technical Officer training opportunities for MST members. As a result of this new arrangement, the following Technical Officer Training Courses provided by MSNSW are available to MST members through the Zoom platform.

Date	Course Details	Time
Wednesday 9 August	Check Starter/ Clerk of Course	7.30 pm
Saturday 30 September	Chief Timekeeper	10.00 am
Thursday 26 October	Starter	7.30 pm
Tuesday 14 November	Inspector of Turns	7.30 pm

Further information is available at Masters Swimming NSW:  
[admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au) or register using this form:  
<https://forms.gle/Lmm9HXSg2XNnCQvX6>

MST members are reminded that the practical components of these courses can be undertaken at MST (club or branch) events AND/OR Swimming Tasmania events. If you wish to do some or all your practical training at ST events, please be familiar with the MST/ST Memorandum of Understanding between our two organisations:  
<https://mastersswimmingtasmania.com.au/wp-content/uploads/sites/16/2023/07/MOU-MST-ST-TOs.-Final-2023.pdf>

Please also ensure that our Chief Technical Officer Ray Brien is informed of arrangements made for your training: [rayonray64@icloud.com](mailto:rayonray64@icloud.com).

*Megan Stronach*

President MST