

# Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

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June, 2023

*Winter is almost upon us, so keep warm everyone!*

Hi everyone,

Once again I am appreciative of all our contributions for this month's newsletter. It is interesting reading, and there are some interesting events coming up.

I am sure I am speaking on behalf of all Dolphins when I wish everyone who has struggled with illness this last month, a sure and steady recovery. We are all hoping to see you back in the water soon, when you get the all clear.

Birthdays for June are: Helen, Duncan, Cedric, Elisa, Allan, Jayde, and Leisl. Hope you can go to Breakfast on Saturday to celebrate with some Dolphins.

Welcome to 2 former Dolphins and 1 new Dolphin who have joined our pod in the last month. In case you see 3 new faces and don't know who they are, we welcome John Smith, Alison and Liz.

Michelle is our Member Profile this month, and has shared some interesting history about her swimming and personal life. Thank you Michelle.

Mark the dates in your diary for the social events coming up this month and also the Bunbury swims and Bronze Medallion course. Wow busy month.

Love and kisses

Me

## In this Dolphin-News

- From the President
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## 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
- Bunbury Swims
- SCLD swim

## From the Presidential Suite

Goodness gracious, what a month, every time I looked at my phone it seemed like somebody else had been admitted to hospital or was recovering from an accident or illness. Our thoughts are with all our members who are struggling with health issues at the moment, whether it be you or your family, hang in there!

Having said that, how gorgeous is baby Savannah, huge congratulations to Nadia and Zane, it is lovely to welcome a new baby to the Dolphin family.

There have been a few new faces at the pool, welcome to John and Alison who have returned to training after a long and not so long break from swimming. Also, to Jacky and Ally from Huon Valley who will join us for some sessions while the Huonville pool is closed for winter and to new member Liz. We hope you all enjoy what the club has to offer.

While the last few weeks has been a time for regrouping for many of us, Megan took the opportunity for some sunshine and stress-free competition at the Great Barrier Reef Masters Games in Cairns. Result...7 gold medals, 2 new Branch Records for the 200m/400m Medley and 5 new club records from the seven events, congratulations Megan!

A few members have registered for the SCLD meet on 10 June in Launceston, Entries are open until Friday however if you are looking for a day up north but are not up to racing the longer distances, Ray Brien is putting on a Technical Officer training session from 11am to 1pm just before the meet. More details are on the MST website and if you would like take part, please let Ray Brien know that you will be attending his contact is [RayonRay64@icloud.com](mailto:RayonRay64@icloud.com).

Committee members are busy organising a diverse range of activities for members over the next month or so, including a Bronze Medallion Course, a Ten Pin Bowling/Dinner evening and the Bunbury Postal Swim. Scarily the Winter Championships are also only 2 months away so time to think about the events you would like to take on.

Let's keep up the great numbers at training!

See some of you at Breakfast!

Di

*Happiness is made to be shared.*

*Pierre Corneille.*

## Social News

I hope everyone enjoyed the BBQ breakfast after training. Thank you to Peter Tucker who cooked a tasty breakfast.

Dates for your diary: **Saturday 3<sup>rd</sup> June 9:45-** breakfast at Spencers in Lindisfarne.

**Friday 25<sup>th</sup> June 5:30-** 10 pin bowling at Zone Bowling in Moonah followed by a meal at the refurbished Moonah Hotel. (6:30-6:45) you may opt for one or the other.

I need people to RSVP for both the bowling and meal. Currently I have 6 lanes booked with 6 people per lane. I need to pay a deposit by the end of the week for bowling, so let me know ASAP if you would like to join the fun. Family and friends are welcome. The cost for bowling is \$19.50 pp. Unfortunately, the venue did not offer me a discount for children.

You can RSVP in 3 ways:

- Email; judiadams155@gmail.com
- ring or message on 0418543691
- message on the club app

## Bronze Medallion Course for Dolphins



### Ever thought of updating your Bronze Medallion? Well, here is your chance!

In response to several people who have expressed an interest in updating their water safety knowledge, Megan has been talking to Royal Life Saving Society Tasmania and they have offered to put on a Bronze Medallion course especially for Dolphins club members.

It is intended that the course would start on **15 July and go for four Saturdays** for an hour, immediately following training. There is some on-line course work to do before the pool sessions and there will be an assessment which must be passed in order to be awarded the Bronze Medallion. Cost will be **\$120 per person**. CPR instruction is included.

If you are interested in taking advantage of this opportunity, please complete the participation forms sent to your email on 24 May and send to RLSS; instructions are in the documents. Please let Megan know by **Saturday 3 June if you intend to take part**. We need at least 10 people for the course to go ahead, so, if we do not have enough takers from within our club, we will invite members of other clubs to take part. Do not pay the fee yet, we will organise this through the club.

## Member Profile- The indefatigable Michelle!

I think I started with the Dolphins in 2011. Helen Crossin invited me to swim with the group on a Saturday morning and I haven't left yet.

What I like about swimming - it's fun, and great for fitness. Also, the amazing people I have met in our club and at competitions. Everyone is very supportive and enthusiastic.

What do I not like - Backstroke, Backstroke Drills, actually just the very thought of backstroke. Also the expectation that you should have more than one speed, and be able to move between speeds in the same lap.

Favourite stroke - is pull and paddles a stroke? If not, it should be.

Memorable swim - Elisa and I have swim 12 Trans Derwent swims together which is pretty special. I also love the long distance events, and really enjoyed the 800m at this years Nationals. I'll probably never forget the 400 as well, but for different reasons! 🏊‍♀️

Book - working my way through the pile of trashy magazines from my recent hospital stay.

Favourite book - Can You Keep A Secret? By Sophie Kinsella

Fav Movie - a classic - "The Castle" love the Kerrigans!

Hobbies - given I spend most of my spare time watching junior tennis, footy and soccer, I have to love all them! And walking the dog.

Dream Holiday - Finland to visit the reindeer!

To have fun - spend time with the family and my beautiful dog, Hugo Edward Charles Sampson the 1st.

Something special - taking up lap swimming was my 1995 New Years Resolution, and the only one I've ever kept. My mum and I started swimming together and both kept at it. In 2014, she got sick and the doctors diagnosed mesothelioma, with a large tumour in her right lung. Basically her left lung had been strong enough to do the work of two lungs which is why the tumour was undetected for so long. The doctors credited swimming and cardio fitness for giving her such strong lungs. That's my motivation to keep swimming. I'm not the fastest nor the fittest, but I'm healthy.

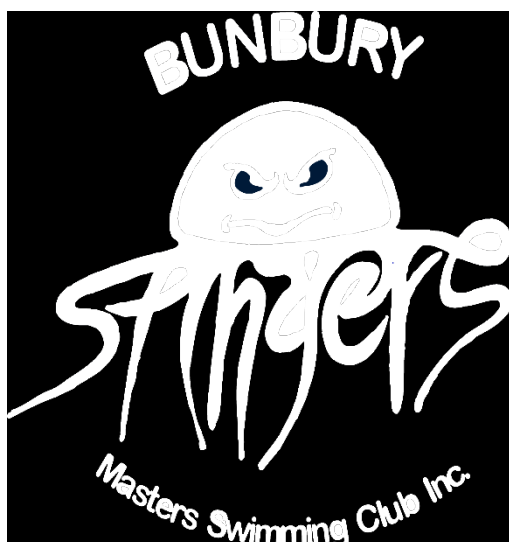
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### Photo Gallery



Not much in the Photo Gallery this time, except for these 2 handsome old blokes!

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## **ARE YOU UP FOR A CHALLENGE?**

**Guarantee there are no critters involved!**

**The BUNBURY STINGERS Swim Club**

**3x400 POSTAL SWIM 2023**

**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.**

**All you need to do is swim 400M in 3 different styles over a two-month period- 1<sup>st</sup> May till 30<sup>th</sup> June 2023, and submit the best time of each stroke to Club Recorder, Katherine.**

**There will be some scope to do the swims during training sessions.**

**Certificates to all participants with medals (both male and female) to the most improved swimmers, the fastest overall swimmers, and the fastest senior swimmers.**

**Entry Fee: \$12 & payable to the Club. Every competitor must sign the Waiver to show they accept the conditions of the postal swim. Swim times to be submitted to the Club Recorder- Katherine Daft**



**Please see on deck Coaches if you are interested in participating & to sign the waiver.**

**Starts 1<sup>st</sup> May. Ends 30<sup>th</sup> June 2023**