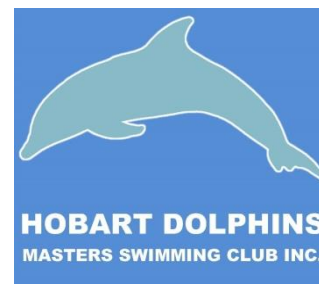


Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

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September, 2023

Spring is springing!

Hi everyone,

Well, what busy people we are! Di's report details our activities over the past month, Judy has some social events planned, Steve has a very timely and informative discussion (as always) about fluctuations in training regimes, complete with his usual scientific and sometimes humorous explanations, Katherine has a comprehensive report on all things recorded by the club, and Di has also provided Club records and a photo gallery. Phew! I'm worn out just talking about it all.

Birthdays for September are: Cameron and Amanda. Happy birthday to you both, and maybe see you at Breakfast on Saturday.

Thank you to all contributors.

I really hope I haven't forgotten anything this time, and that you all enjoy reading it.

Love and kisses

Me

In this Dolphin-News

- From the President
- Social News
- Off the Blocks
- Winters Sc Championships
- Photo Gallery
- Club Records

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.

Upcoming events

- Breakfast
- Barbecue, 7 October

From the Presidential Suite

What a huge month! Training, competing, lifesaving, coaching, officiating, eating, and drinking....it all happened! It was a great weekend in Launceston with some fabulous times swum and the lovely surprise of winning the Relay Trophy. We do try and make the Relay swims an important part of our club ethosbut perhaps Pete showed just a little too much enthusiasm in the men's relay event!!!! Katherine has provided a great summary of all the fantastic swimming that happened and the awards that were won but for me the continual amazing improvement in times by Leisl has to be applauded and seeing John swim so beautifully, after I'm told more than 20 years away from the pool, was very impressive.

Thanks to Katherine for again organising the accommodation and dinner on Saturday and for forgoing swimming this meet to work on acquiring her Chief Timekeeper, Check Starter qualifications. Thanks also to Mary for making the trip especially to help with the timekeeping. On a personal note, I really did appreciate all those who supported me during the weekend, it was my first overnight trip away since my operation, so I was a bit nervous! At one stage it did look like I was settling in to the pool for the night though, such was my comfort.

The club, and Tasmania were well represented by Jayde earlier in the month who made the trip to Fukuoka for the World Masters Championships. Jayde did particularly well in the Open Water Swim with a top 10 placing, what a fabulous experience.

Many of you will have seen a group of members on Saturday who have been completing the Bronze Medallion with the RLSS of Tasmania. Lots of new skills learnt and quite a bit of fun had I'm told. With so many swimmers taking to the ocean in small groups these days it is important that members have the knowledge to look after each other in times of trouble. Thanks to Megan for organising the course and for jumping in as a tutor/trainer when needed.

Our assistant coaches are working through the on-line coaching workshops to gain the qualifications required by MSA. So far Katherine Daft, Kathy Osborn and I have completed the course and I know Auro, Sue V and Pia have also signed up. We are very lucky to have so many members willing to put in that extra effort to keep the club going.

Away from the pool and in a slightly more sedate environment about 20 or so members gathered for High Tea last Saturday in the gorgeous setting of Judi's home. It does say something about the state of the club at the moment that Judi was required to create disabled parking bays in her driveway to allow for the number of members with mobility aids. Great food and lovely company were enjoyed and I was so pleased that Anne Speed and Margie were able to join us. Huge thanks to Judi and Col for opening up their home, who knows, may become an annual event.

Just in case you thought things might be slow down for the next month, think again. On the competition front we have the LCLD champs which will be held at the Aquatic Centre on November 18 and the super friendly Oatlands meet is planned for 2 December. Our newer members might like to consider this one as it is very low key and friendly....and it will be followed by a BBQ.

We will also host our annual Welcome Spring BBQ after training on Saturday October 7th, a great opportunity to catch up with everyone outside of the pool, no need to RSVP, or bring anything, just hang around after training for a free egg and bacon roll and some fresh fruit, BYO coffee. And of course, our Annual Quiz Night is planned for 14 October, we do intend to have a raffle again this year and am still working on which organisation will be the beneficiary of our fundraising.

In the meantime, see you at training and for breakfast this Saturday!

Di

Social News

By all accounts the High Tea was enjoyed by everyone. Approximately 20 attendees savoured delicious food, cups of tea and coffee, and a glass of wine.

Our next opportunity to catch up for a chat is breakfast at Spencers this coming Saturday (2nd September) at 9:45.

Saturday 7th October: BBQ breakfast at the pool, after training.

Bacon, egg, bread, and fruit supplied. Coffee and tea can be purchased at Clarence Pool, or you can bring a thermos.

Off the Blocks

What did I miss? (Missing training, and how consistency doesn't always have to mean what you think)

Most of us have heard that training consistently contributes to swimming improvement, and the general mantra of swim coaches is as follows:

- 1-2 days per week is sufficient if you want to maintain your swimming performance
- 3-4 days per week will see steady improvement
- >5 days per week will see greater improvement but needs to be worked up to gradually (over months), and the "ceiling" frequency should be reduced with increasing age (9x per week is ok in your teens-early 20s, but after 50, >7x per week may be pushing the limits of recovery).

BUT it's worth breaking down the concept to understand what aspects of swimming training load affects, why it works, and thus what is effective practice to achieve improvement or maintain fitness when the rest of your life tries to butt in on your 'grand plan'.

"Improved swimming". What does this mean? Think for a moment about what things (in your body and brain) need to occur to achieve this.

Swimming is a complex activity, so to consistently swim more efficiently or faster requires changes to a LOT of body systems. Not all of these systems respond to training at the same rates, or regress at the same rates between training sessions (whether training is absent for a day or a year). It's helpful to list these systems (or aspects of swimming) and how fast they respond to training and de-training, because it can tell us how often to train, what things we'll lose if we miss one or more sessions and *HOW we might vary* our training to minimise losses. Thinking about the last point, in particular, may provide a compromise alternative to missing training – for example, doing a shorter session when life gets busy, or different training when injury rears its unwelcome head.

Neural (brain, nervous system) adaptations (ie technique)

"Water feel" – if you don't know, those swimmers who move effortlessly through the water may have more of this: rather than 'ripping' their hand/arm through the water, they anchor it then move their body over the hand. Good "feel" requires coordinated actions of two sets of nerves – those picking up the pressure of the water on the hand, and those controlling the rate/strength of the stroke to maintain an even pressure on the hand (ie accelerating the stroke from front to back, as we've been focussing on in training recently). The brain has to try and match stroke strength to maintain an even hand pressure instantaneously – surprisingly hard to do!

Time taken to develop: 1-3 days

Time taken to lose it: 3-5 days (if you had it, of course!)

Drills to help develop/return it: long dog-paddle, sculling, swimming with finger paddles (increases the water pressure feedback via the hands), "fists" freestyle

Training compromise: you don't need to swim 3 k every session - just 500 m of easy swimming should be enough to tune it back in, especially if you include one or more of the above drills. But swimming every 1-2 days will keep you in the zone "feel-wise".

"Technique" eg timing and coordination of swim strokes. If you have swum squad since childhood, then you developed it back then and it's probably "hard-wired" by now so it will take >1 year to get 'a bit rusty'. But for those of us who are adult swimmers we are still at an intermediate stage of developing it. It requires conscious thinking about how to improve aspects of your stroke (and the best advice from your coach!), drills to help overcome any locked-in habits, and then, thousands of repetitions to rewire your brain and peripheral motor nerves to make it automatic.

Time to develop it: 25,000 repetitions(?) = 25 km or at least 5 weeks (assuming 2-3 sessions per week, 50 strokes per 50 m lap)!

Time to lose it: Depends on where you're at; probably >1 year if you've got it from childhood; but still quite slow (weeks-months) if still developing it. Long term consistency is clearly key, but you're "filling a bucket with a slow leak" rather than just building a house.

Drills to help develop/return it: drills, more drills; oddly, doing form strokes helps with your adaptability to change in swim technique. Probably something to do with brain 'plasticity'.

Training compromise: Don't sweat missing a session or a week, just take up where you left off, next time.

Metabolic and anatomic adaptations (swim speed and endurance):

Different swim speeds require different energy systems, and they take quite different amounts of time to develop, and lose.

Sprint speed (up to 25 - 100 m) – involves the expression of enzymes in the muscle to generate cellular energy (ATP, phosphocreatine) and increased contraction force, resulting from (i) better nerve firing ("recruitment) and (ii) increased muscle fibre size (growth). Of these, neural recruitment improves very quickly, and is lost quickly (2-10 days), as is enzyme expression to speed up energy production (1-4 days). Anatomical adaptations give bigger gains, but occur slower (1-2 months); loss of muscle fibre size (atrophy) reverses at about the same rate, depending on size, gender, and genetics.

Time to develop it: days to weeks *Time to lose it:* up to 1-2 weeks (tapering period needs some sprints to maintain)

Training to help develop/return it: 25 – 50 m sprints at zone 5-6; weights, speed/strength-based cross-training (if muscle specific)

Training compromise: Short, intense sessions can help maintain it (eg tapering, such as 500m, including 6x25 Z6 or 6x50 Z5); if missing a week, two short hard sessions followed by 1-2d recovery each should restore it; if longer (eg 1 month) it will take another 3-4 weeks to get back to peak. In short, you lose speed quickly but can get it back quickly too.

Aerobic endurance (400 – 1500 speed) – requires a range of metabolic adaptations (eg lactate processing for lactate tolerance), and anatomical ones (cardiac endurance, increases in endurance muscle fibre types, muscle capillary proliferation, increased mitochondrial numbers (for ATP generation from fat and sugar breakdown using oxygen)). Lactate tolerance takes weeks to months to develop, anatomical changes 2-6 months.

Time to develop it: 2-6 months

Time to lose it: noticeable loss after 3-4 weeks, but declines steadily over next 1-3 months, depending on how far you have to fall!

Training to help develop/return it: there is no substitute for volume of training here, but longer, easier sessions at low intensity (zone 3-4) should be the focus, but interspersed with time for recovery and sleep.

Training compromise: Don't sweat missing a session or a week or two, just take up where you left off, next time. Note that cross-training can maintain/build some aspects of this capacity: eg cardiac endurance and lactate tolerance can come from endurance running (even 2-5 km) or cycling (1h+ at heart rate 120-140 bpm) and greatly benefit both swimming longer events/distances, and backing up between events at a swim meet. Surprising since they use very different muscles to swimming, suggesting the relative importance of cardiac adaptation and lactate tolerance.

I'll finish on a final note that consistency does not mean doing the same thing day in, day out, but includes variation in intensity, total distance and training load from one session or one week to the next, as we aim for in the club's annual training plan. But consistency does mean getting in the water (or at least moving!) on a consistently regular basis if you're going to maintain or improve.

See you at the pool!

Steve

39th MST WINTER SHORT COURSE Championships 2023

The 2023 Winter SC Championships were held over the weekend of the 19/20th August and hosted by Launceston Lemmings.

100 entries were received from 18 Clubs including 16 Dolphins- 12 Women and 4 Men.

The Dolphins were represented in all Relay events, with special thanks to Allan, Peter T, Steve, and John Smith who swam 4 Relays swims each to maximize our relay points.

Congratulations to the POD!! Hobart Dolphins were awarded the CLUB RELAY Trophy for 2023. This is awarded to the combined relay scores from the LC Summer and SC Winter Meets.

Many thanks go out to Mary Cousins & Kathryn Osborn who represented our Club on deck with their timekeeping skills over the two sessions and to other club members who stepped into time keep throughout the meet in between their swims.

MEDAL WINNERS

- Elisa Mc Millan 30-34 Y GOLD
- Michelle Sampson 45-49 Y GOLD
- Georgina Pridmore 45-49 Y BRONZE
- Amanda Duggan 60-64 Y GOLD
- Fiona Ziegeler 60-64 Y BRONZE
- Pia Peterson 65-69 Y SILVER
- Megan Stronach 70-74 Y GOLD
- Steve Richards 60-64 Y SILVER
- Peter Tucker 65-69 Y BRONZE
- John Smith 80-84 Y GOLD

INDIVIDUAL BRANCH RECORDS

- Amanda Duggan 60-64 Y- 100M Freestyle 01:12.51 Beat her previous record of 01:12.89
- Megan Stronach 70-74 Y- 400M Freestyle 06:54.71 200M Backstroke 03:36.74 100M Individual Medley 01:42.99, 200M IM 03:45.31

1 **National Record** was set by Victorian Power Points (VPP) swimmer Darius Schultz 30-34 Yrs. in the 400M Freestyle in 4:08.97

SC CLUB TROPHY: Launceston Lemmings with 1886 pts, TAC 1242 pts & Dolphins 1092 points.

RELAY TROPHY: this is awarded to both combined relay scores from LC Summer and SC Winter Championships:
HOBART DOLPHINS

Congratulations to Amanda Duggan on being awarded **Female Swimmer of the Meet**

Male Swimmer of the Meet: Brent Walker (TAC)

2023 SC CLUB RECORDS

Elisa Mc Millan (30-34) made a clean sweep in her age group setting 5 New SC Club Records with 25,200 & 400M FR, and 25 & 200M FLY.

Leisl Wylie (50-54) beat her own records set in 2022 in the 100 FR 1:22.70, 200FR 2:51.57 & 400 FR in 5:57.54, then set 3 new SC Club records in the 50,100 & 200M BR which had held since 2013.

Amanda Duggan (60-64) set 3 new SC Club records with her swims in the 100, 200 & 400M FR. Amanda was awarded FEMALE Swimmer of the Meet.

Pia Peterson (65-69) swam a 7:28.81 in the 400M FR to beat a 2018 record.

Megan Stronach (70-74) set a sizzling 7 new Club SC records in the FR, BK, and IM events. Some of those records had been held since 2008.

Steve Richards (60-64) having gone up an age group, set 5 individual SC club records in the 200M BK, 100M & 200M FLY and in the 200M & 400M IM.

Allan Nichols (70-74) also smashed old records set in 1997 and 2008 with his 25M FR, & 50M BR and set 2 new club records in the 25M BR 20.73 & 25M FLY 18.65.

John Smith (80-84) who recently rejoined (member 2009) the DOLHINS competed alongside his daughter Georgina Pridmore and proved that he still could do it! New records in 400M Freestyle 9:17.35 (previous record 10.14, held since 2009) & 25M FLY 37.06 (previous 44.55 held since 2007).

A full updated set of Club records are in this Newsletter and are available on the Club website via MST website.

2023 WORLD AQUATICS MASTERS CHAMPIONSHIPS -FUKUOKA

Well done and Congratulations!! Hobart Dolphin JAYDE RICHARDSON. Jayde competed in the August Championships in Japan in August.

The highlight for Jayde was a placing of 9th in the TOP TEN in the 3Klm Open Water Swim

Outstanding Results: 100M FR: 1:07.94, 400M FR 5:14.71 & 50M FLY 33.55.

CLUB CALENDAR

SEPTEMBER 9th: Club Committee Meeting at Rosny Library, commencing 0945hrs.

End of SEPTEMBER: Close of the OWS WINTER Challenge

OCTOBER 7th: Club Poolside SPRING BREAKFAST BBQ

OCTOBER 14th: QUIZ Night at the Black Buffalo Hotel

NOVEMBER 18th: MST LCLD SWIM at Hobart Aquatic 11-2.30PM

DECEMBER 2nd: XMAQS Friendly TIME TRIALS at Oatlands Aquatic 1-4PM

DECEMBER 9th: Club Christmas Presentation Lunch at Hobart Waterworks 11.30-3.30PM.

2024

MARCH 23-24th: MST LC Summer Championships at Hobart Aquatic Centre

Katherine Daft, Club Recorder 2023

Photo Gallery





Long Course Club Records 2023 at World Championships

New Records

Previous Record Holder Records

Age Group 30-34

Event	Name	Date	Time	Competition	Name	Date	Time	Location
100m Freestyle	JAYDE RICHARDSON	11.08.2023	01:07.94	WORLD CHAMPIONSHIPS	KATHY HAWKES	26.02.1995	01:09.41	Glenrochy
400m Freestyle	JAYDE RICHARDSON	11.08.2023	05:14.71	WORLD CHAMPIONSHIPS	JAYDE RICHARDSON	10.11.2022	05:16.83	PPMG
50m Butterfly	JAYDE RICHARDSON	11.08.2023	33.55	WORLD CHAMPIONSHIPS	JAYDE RICHARDSON	10.11.2022	33.86	PPMG

Short Course Club Records set in 2023

WOMEN 30-34yrs

Event	Name	Date	Time	Location	Record Status
25M Freestyle	ELISA MCMILLAN	20.08.2023	14.87	LAUNCESTON	NEW RECORD
200M Freestyle	ELISA MCMILLAN	20.08.2023	02:39.54	LAUNCESTON	NEW RECORD
400m Freestyle	ELISA MCMILLAN	20.08.2023	5.29.06	LAUNCESTON	NEW RECORD
25M Butterfly	ELISA MCMILLAN	20.08.2023	15.64	LAUNCESTON	NEW RECORD
200M Butterfly	ELISA MCMILLAN	20.08.2023	02:54.22	LAUNCESTON	NEW RECORD

Womens 50-55yrs

Event	Name	Date	Time	Location	Name	Date	Time	Location
100m Freestyle	LIESL WYLIE	19.08.2023	01:22.70	TAS STATE	LIESL WYLIE	20.08.2022	01:28.72	TAS STATE
200m Freestyle	LIESL WYLIE	10.06.2023	03:06.44	LCLD	LIESL WYLIE	20.08.2022	03:14.20	TAS STATE
200m Freestyle	LIESL WYLIE	20.8.2023	02:51.57	TAS STATE	LIESL WYLIE	10.06.2023	03:06.44	SCLD
400m Freestyle	LIESL WYLIE	10.06.2023	06:23.29	LCLD	PIA PETERSON	31.08.2008	07:02.93	TAS STATE
400m Freestyle	LIESL WYLIE	20.8.2023	05:57.54	TAS STATE	LIESL WYLIE	10.06.2023	06:23.29	SCLD
800m Freestyle	LIESL WYLIE	10.06.2023	13:00.03	LCLD	PIA WOODHAM	21.05.2005	14:47.17	TAS STATE
1500M Freestyle	LIESL WYLIE	10.06.2023	24:44.32	LCLD			NEW RECORD	
50m Breaststroke	LIESL WYLIE	20.8.2023	45.86	TAS STATE	KATHERINE DAFT	24.08.2013	48.83	TAS STATE
100m Breaststroke	LIESL WYLIE	20.8.2023	01:38.10	TAS STATE	KATHERINE DAFT	24.08.2013	01:44.84	TAS STATE

200m Breaststroke	LIESL WYLIE	20.8.2023	03:39.39	TAS STATE	KATHERINE DAFT	24.08.2013	03:42.88	TAS STATE
400M Breaststroke	LIESL WYLIE	10.06.2023	07:57.38	LCLD		NEW RECORD		

Womens 60-64 yrs

100m Freestyle	AMANDA DUGGAN	20.08.2023	01:12.51	TAS STATE	AMANDA DUGGAN	04.06.2022	01:14.89	TAS STATE
200m Freestyle	AMANDA DUGGAN	20.08.2023	02:34.03	TAS STATE	AMANDA DUGGAN	04.06.2022	02:34.89	TAS STATE
400m Freestyle	AMANDA DUGGAN	20.08.2023	05:16.76	TAS STATE	AMANDA DUGGAN	04.06.2022	05:17.74	TAS STATE
400m Backstroke	FIONA ZIEGELER	10.06.2023	07:03.02	LCLD	EDNA MURPHY	29.06.2002	09:25.06	AQUATIC

Womens 65- yrs

400m Freestyle	PIA PETERSON	20.08.2023	07:28.81	TAS STATE	SUE MUIR	18.08.2018	07:35.52	TAS STATE
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Womens 70-74yrs

100m Freestyle	MEGAN STRANOCH	20.08.2023	01:37.68	TAS STATE	JAN CHEW	31.08.2008	02:01.48	TAS STATE
200m Freestyle	MEGAN STRANOCH	20.08.2023	03:22.98	TAS STATE	JAN CHEW	29.08.2009	04:25.89	TAS STATE
400m Freestyle	MEGAN STRANOCH	20.08.2023	06:54.71	TAS STATE	JAN CHEW	29.08.2009	09:15.81	TAS STATE
25m Backstroke	MEGAN STRANOCH	20.08.2023	22.36	TAS STATE	MARY COUSINS	25.08.2019	29.66	TAS STATE
200M Backstroke	MEGAN STRANOCH	20.08.2023	03:36.74	TAS STATE	NEW RECORD			
400m Backstroke	JUDI ADAMS	10.06,2023	09:14.64	LCLD		NEW RECORD		
100m Medley	MEGAN STRANOCH	20.08.2023	01:42.98	TAS STATE	MEGAN STRANOCH	22.08.2022	01:43.15	TAS STATE
200m Medley	MEGAN STRANOCH	20.08.2023	03:45.31	TAS STATE	MEGAN STRANOCH	22.08.2022	03:51.12	TAS STATE
400m Medley	MEGAN STRONACH	10.06.2023	08:05.2	LCLD	MEGAN STRONACH	04.06.2022	08.08.01	LAUNCESTON

Mens 60-64yrs

400m Breaststroke	STEVE RICHARDS	10.06.2023	08:17.83	LCLD		NEW RECORD		
800m Breaststroke	STEVE RICHARDS	10.06.2023	16:50.21	LCLD		NEW RECORD		
1500m Breaststroke	STEVE RICHARDS	10.06.2023	32:20.15	LCLD		NEW RECORD		
200m Backstroke	STEVE RICHARDS	20.08.2023	03:59.36	TAS STATE	MICHAEL BELLIS	24.08.2019	04:05.99	TAS STATE

100m Butterfly	STEVE RICHARDS	10.06.2023	02:06.03	LCLD	PETER TUCKER	19.08.2017	02:06.83	TAS STATE
100m Butterfly	STEVE RICHARDS	20.08.2023	01:55.90	TAS STATE	STEVE RICHARDS	10.06.2023	02:06.03	SCLD
200m Butterfly	STEVE RICHARDS	10.06.2023	04:22.51	LCLD	PETER TUCKER	19.08.2017	04:27.91	TAS STATE
200m Butterfly	STEVE RICHARDS	20.08.2023	04:08.95	TAS STATE	STEVE RICHARDS	10.06.2023	04:22.51	SCLD
400m Butterfly	STEVE RICHARDS	10.06.2023	08:59.61	LCLD			NEW RECORD	
800m Butterfly	STEVE RICHARDS	10.06.2023	18:13.98	LCLD			NEW RECORD	
200m Medley	PETER TUCKER	20.08.2023	03:42.09	TAS STATE	PETER TUCKER	19.08.2017	04:06.99	TAS STATE
400m Medley	STEVE RICHARDS	20.08.2023	07:54.83	TAS STATE	PETER TUCKER	20.08.2017	09:15.55	TAS STATE

Mens 70-74yrs

25m Freestyle	ALLAN NICHOLS	20.08.2023	16.69	TAS STATE	PETER FISHER	31.08.2008	20.04	TAS STATE
25m Breaststroke	ALLAN NICHOLS	23.08.2023	20.73	TAS STATE			NEW RECORD	
50m Breaststroke	ALLAN NICHOLS	23.08.2023	46.35	TAS STATE	PETER BOURJAU	09.08.1997	49.1	LAUNCESTON
25m Butterfly	ALLAN NICHOLS	23.08.2023	18.65	TAS STATE			NEW RECORD	

Age Group 80-84

400m Freestyle	JOHN SMITH	20.08.2023	09:17.35	TAS STATE	PETER BOURJAU	29.08.2009	10:14.0	TAS STATE
25m Butterfly	JOHN SMITH	20.08.2023	37.06	TAS STATE	LES YOUNG	25.08.2007	44.55	TAS STATE