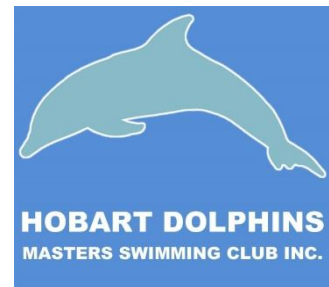


Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

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<https://www.facebook.com/hobartdolphins>

<https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/>

November, 2023

Good Luck everyone for the LCLD swims!

Hi everyone,

Welcome to the November Dolphin News. As usual, thanks to everyone who has contributed. I am sure you will all find some interesting reading about our Club and its doings.

I only have 1 birthday for November, and the lucky winner is Eldon. Happy birthday Eldon, and maybe we will see you at breakfast on Saturday. If I have missed nay birthdays, it is because I don't have your details, so could you please send me your birth date so we can all celebrate with you?

During a chat with Annalise a few weeks ago, she mentioned how excited she was to be back swimming, and she was celebrating the fact that she can now do 2 arm freestyle again! This was a significant milestone in her recovery! Yahoo! I love that we have so many talented swimmers who are achieving such high results, but Annalise's celebration gave new meaning to what we can celebrate with each other in our Club. I am going to "theme" the December newsletter with the word "CELEBRATE" to round off a year of hard work and determination in the club. I would love it if you could all think of a seemingly small achievement you have made during the year, and email it to me. Together we can share a list of great successes, however small. I also heard from another member that they were really excited to have swum 25m of butterfly for the first time! That is worth celebrating! Please send me a little anecdote that you feel is worth celebrating, however insignificant it might seem.

Thank you in anticipation.

Love and kisses

Me

In this Dolphin-News

- From the President
- Off the Blocks
- Social News
- Club Calendar
- **SAVE this DATE**
- Photo Gallery
- Ocean Swims
- Coaches Workshop
- Xmas Invitation

Upcoming events

- Breakfast
- LCLD
- Ocean swims
- Xmas party

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.

From the Presidential Suite

For me the highlight of last month was undoubtedly the fabulous Trivia Night at the Black Buffalo Hotel (and not just because my team won ☺.) Thank you again to Judi for her fabulous organising skills, to Kerry and Pete for doing such a great job of hosting the evening, to the Black Buffalo (Kalis Hospitality Group) for donating the room and some great prizes and to the many, many generous club members and family who donated raffle prizes.....we ended up having 17 to give away!!!

In the water, huge props to Amanda and Jayde (and Fin) who successfully took part in the Coolangatta Gold event as members of the Carlton Beach Surf Lifesaving Club. Meanwhile Elisa made her debut in the Swimming Tas co sanctioned events, pitting her skills very admirably amongst the younger folks. It also seems our travelling members have been successful in the National Swim series with Megan and Liesl topping their age groups and Elisa, Amanda and Margie finishing as runners up. Well done all.

I was reminded during the month that there are lots of members facing personal hardship in one way or another at the moment, each working their way through personal challenges that don't necessarily get public acknowledgement. If that is you, take time to celebrate each little win, we are cheering you on!

We may be approaching the end of the year but there is still lots happening. Make sure you save 9th December for our Christmas/Presentation function. Details are in the Newsletter but lots of good food, good company, awards, fun and prizes to be had. We are returning to the Waterworks Reserve for this year so finger's crossed for good weather, remember we love to see families at our social events.

The Long Course Long Distance Championships are being held on 18 November at the Aquatic Centre. A great opportunity to put all that training to good use and test yourself over the longer distances. If you would like to enter but don't have an entry time, please speak to one of the coaches. Entries close on 11 November at: <https://mastersswimmingtasmania.com.au/event/2023-mst-long-course-long-distance-championships/>.

A more casual event is being held at Oatlands on 2 December at the Oatlands Pool. A fun half day meet featuring short events followed by a BBQ. Information is on the Branch Website at: <https://mastersswimmingtasmania.com.au/wp-content/uploads/sites/16/2023/09/Christmas-Friendly-Flyer-2023.pdf>

For those interested in improving their knowledge around stroke development and swimming efficiency the Branch is bringing two former MSA Coaches of the Year to Hobart for a couple of sessions on stroke techniques and drills. While coaches were initially given priority to these workshops they have now been opened to all members. The sessions will be held on the weekend of the LCLD meet (starting after the LCLD champs) at the Friends pool. Details are attached, these workshops include in and out of water sessions and are aimed at swimmers of all levels. The presenters; Greg and Anne, often deliver workshops as a team and are very experienced in delivering information to Masters Swimmers.

As summer approaches the open water swimming season will soon commence, the first race will take place on 18 November at Carlton Beach, yes, it is the same day as the LCLD meet but I understand the super keen can make both!! The full program of OWS events is attached. Don't forget we are the reigning Oceans Treble champion club! For more information on this event see: <https://mastersswimmingtasmania.com.au/mst-oceans-treble-2023-2/> I have it on good authority that the water is warming up and Bellerive Beach at 7.30am on Wednesday is calling!

See some of you at Breakfast on Saturday!

Di

Staying the distance – secrets of long-distance swimming

The upcoming long-distance meet (November 18) includes swims of 400m and upwards (800, 1500). Faced with the prospect of a long-distance race many swimmers have a subconscious alarm reaction. Perhaps the brain pairs the thought of a race (hard, all-out effort) with the thought of keeping that up for more than 4x further. But, of course, longer events are swum at a more sustainable pace. To all but a beginner, 400 m swum at a medium (comfortable) pace is a normal part of training, and for some, is even relaxing!

With the Long Course Long Distance meet on 18 November, and the more sustained efforts required by open water swimming over the coming summer, it's helpful to now focus our training less on sprint training and more on aerobic / endurance. The main differences from swimming shorter distance events include:

- **A greater awareness of pace and adjusting it at different stages during the race**
- **Maintaining mental focus**
- **Breathing – avoiding getting out of breath**
- **Effective and energy-efficient turns**
- **Technique adjustments to conserve energy (stroke rate, 2-beat rather than 4- or 6-beat kicking)**

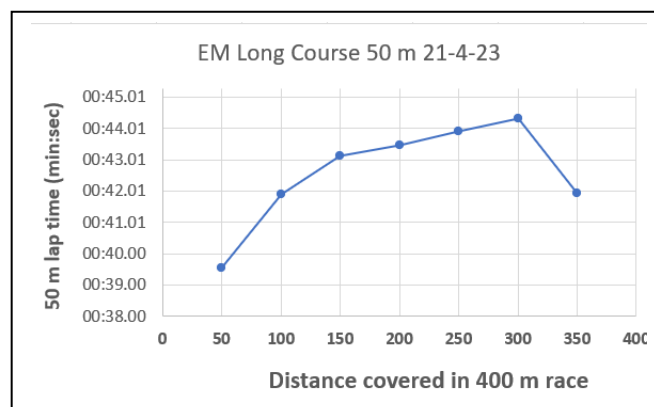
Pacing. My advice to swimmers not regularly racing the longer events is to start at a moderate or moderately fast pace for the first 50 m, to allow you to get into a rhythm, overcome nerves, see how you feel etc, then lift the pace (build-style) thereafter, avoiding going “into the red” until the final 50-100 m. Starting too fast, or chasing down the swimmer in the next lane, and then dying after only a lap or two can be quite demotivating!

With practice you'll have a good idea of how your current physiology responds to the distance and changes in pace, and thus how to pace the middle section of the race. Tempo timers set to beep on an interval every 25 m around your CSS (Critical Swim Speed, or maximum aerobic pace) can teach you how a sustainable race pace “feels” in terms of effort. With this established, you can make small variations in pace on the tempo timer and learn what is and isn't sustainable, and also push yourself in training. Try altering the sec per 25 m up and down by 0.25-0.5 sec (1-2 sec per 100) and swim a distance at that pace. 200 m is far enough to judge how small pacing adjustments around CSS feel and being out of breath after 150 m may be a cue to drop the pace a little. Breathing rate at CSS or max aerobic pace (your go to pace for most of the swim) *to be* 2 strokes per breath (ie breathing to but more on that below. It's worth finding spot between increasing pace/effort and being short of breath, particularly if you maintain maximum benefit/distance from (see also **below**).

If we look at a typical pace profile for a 400 see the first and last laps are generally faster middle ones. The first lap benefits from slightly above aerobic pace, since there's yet, and because being fresh usually allows faster for the same or less effort. The final lap is deliberately faster, because you can afford to go into the red and catch your breath once you've finished.

If you are well trained and have plenty of endurance, then your mid-race pace will be similar between 400 and 1500 m events – ie your max aerobic pace. If, however, you're not regularly doing 400+ m swims in training, you'll likely accumulate some fatigue and this pace will drop off gradually after the first 2-300 m, meaning you'll have to pace it a little slower in the last 100 m.

Training. Swim the distance in training, initially to see if you can survive it, then again next session to see how it feels with some pace. This will not only build your confidence and lower your anxiety on race day but will help you work out what part of the race to speed up or reduce pace a little. For example, going out too fast and/or dying 400 m into



should *need* same side) – the sweet avoiding want to your turns

m race, you'll than the being at little lactate us to swim

an 800 is effective for teaching you the importance of good pacing. But it's much better to learn this during training than on race day!

Mental focus. It is easy to "drift off", both mentally, and in terms of pace, during a long-distance race. Keeping track of laps is thankfully less of a challenge now that most meets have lap counters at the end of the lane, but having a method of counting laps mentally can help focus you on each phase of the race and adjust pace /motivate yourself – e.g. "only 200 to go, lift pace". For example, you could try breaking up an 800 into

1. the first 200 (mod-fast 50, build to CSS over next 3 x 50s),
2. middle 400 "in the zone" (count off each 100 up to 400), and
3. last 200 (check length of stroke, body position while maintaining or slightly lifting speed for 150, then empty the tank for the last 50 m).

Find whatever works for you. Repeating the distance in training a few times will give you an opportunity to figure out what works for you mentally and prevents you from forgetting what stage of your race you're at.

Breathing. It follows that for an aerobic swim that we

1. need to breathe effectively, and
2. breathe as often as required.

Some swimmers are habituated to breathing bilaterally (ie every 3 strokes, not 2), or hold their breath between strokes. This can cause breathlessness and/or early fatigue, raise stress levels, and limit performance. Bilateral breathing is good in training for ensuring you don't start rotating unevenly, but it's unnecessary, even harmful, during racing.

Learning good breathing habits – especially breathing out *fully* underwater – helps not just with getting enough air intake in the brief moment your face turns to the side, but also prevents over-rotation, and associated technique changes that can slow your swimming.

Breathing drills include bubble-bubble to ensure full underwater exhalation, 6-1-6 and 6-3-6 and "bicep kiss-chasey" to help with early exhalation-inhalation, and 3,5,7 breathing to help with controlling your breathing rate. Dry-land exercises such as learning abdominal breathing can help you avoid getting short of breath during a race, and yoga breathing such as inhale for 5, hold for 5, exhale for 5 can help calm your nerves immediately before a race.

How much should you breathe? Long-distance events involve swimming mostly at your maximum aerobic pace, or slightly above it. Going over this pace will cause blood lactate to increase, and part of pacing is judging the rate of lactate accumulation to reach maximum tolerable by the very end of the race. The CSS (critical swim speed) or Zone 4 pace we use in training with the Tempo Timers corresponds to the max aerobic pace – it's the maximum speed you can sustain for longer distances (300+ m). At this pace you should need to breathe every 2nd stroke, just on the edge of getting out of breath. Zone 4b corresponds to the pace you'd swim towards the end and can be as little as 0.5 sec/25m (2 sec per lap) faster, and won't be sustainable >50-100m. Of course, this will vary between swimmers, due to speed and fitness differences. *[You can find articles in previous Newsletters about the benefits of training at your CSS pace.]*

Turns and "free speed". The fastest part of a lap is when you kick off the wall and glide underwater in a streamlined position. Done right it can also use the least amount of energy, and with so many turns in a long-distance event (29 in a long course 1500) it's a no-brainer that optimising these aspects of your turns will give you the biggest bang for buck in reducing your swim/lap times. You don't even need to tumble turn to get this benefit, but you DO need to practice getting maximum distance and streamlining optimally off EVERY turn during training, so it becomes automatic. *You should aim for hitting the surface level with the flags, as a minimum.* This often means getting used to kicking off the wall deeper than you are currently used to, ie be fully under the surface for maximum speed/distance. With practice you'll judge the depth, and not hitting the bottom, so you don't get "stranded" underwater. I only recommend adding a kick at the end if you have a good fly kick in your repertoire. Kicking during the streamline off the wall can even slow you down, by creating drag, so if you do add a kick, do it *just before* you start to lose speed. Another simple but effective change is to lock your elbows out during the streamline, and keep your biceps close to your ears. (Note you don't need to have your hands touching each other – this can cause your forearms to bend and produce resistance).

Note that effective and efficient breathing during the race may have a significant impact distance achieved in your turns, and I prefer not to sprint into the wall, so that I have a bit of breath in reserve to lengthen what is the fastest part of my lap – kicking off the wall.

Stroke rate and kicking. A high kick rate (eg 4 or 6 beat kick, ie 6 kicks per 2 arm strokes) takes a lot of energy, so 2-beat kicks are more common in distance events. A kick is generally still required though, because it does more than

propel you (although for some it doesn't, at least directly). Well-timed kicking "balances" the arm strokes, promoting better streamlining and generating of stretch through the core that helps execute the pull phase of the arm stroke more efficiently.

Some coaches advocate a slightly lower stroke rate to conserve energy, aiming for longer, more efficient strokes, but in practice I think it's a very individual thing. Maximising stroke length is an effective goal for training, but trying to lengthen your stroke during a race may result in a lower stroke rate and compromise speed. Many swimmers lose stroke length when they race because an increased stroke rate (ie strokes per minute) cuts off the start and end part of the stroke. If this loss of length is only small, swim speed still increases because there are more strokes per minute! Increasing stroke rate can come at a significant energy cost though, and the RPE (rate of perceived exertion) or heart rate can easily tip you over "into the red" and cause you to "blow up".

Social News

The quiz night at the Black Buffalo Hotel proved to be an enjoyable evening.

Thank you to: Peter and Kerry Tucker for organising the Quiz; members, friends and family for donating raffle prizes, Kathryn and Pia for assembling the donations, and Pia for making the cumquat jam.

Save the following dates for your diary:

Saturday 4th November: 9:45: Breakfast at Spencers in Lindisfarne.

Saturday 9th December: Christmas Function at Waterworks Reserve Hut 9

When you RSVP let me know if you would like to bring a salad or sweet to share. Please see the attached Invitation for more information.

Judi

CLUB CALENDAR 2023/2024

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

DECEMBER 1st: Club Membership Registrations open for 2024.

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

DECEMBER 9th: Club Christmas Presentation Lunch at Hobart Waterworks 1200 -3.30PM.

2024

FEBRUARY 17th: CLUB AGM at the Rosny Library

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

MAY 3-7th: MSA 47th National Swim Meet in Darwin. Program includes OWS.

SAVE THE DATE

CLUB AGM on Saturday 17th February 2024 at the Rosny Library commencing at 10 am. Agenda and more details to follow.

Photo Gallery





TASMANIAN OCEAN SWIM SERIES

2023/24 RACE CALENDAR

DATE	HOST CLUB	EVENT
NOVEMBER 18	CARLTON PARK SLSC	CLEARWATER CLASSIC
DECEMBER 30	CARLTON PARK SLSC	BSP1200@BELLERIVE
JANUARY 13	BRIDPORT SLSC	SWIM THE PIER
JANUARY 20	BOAT HARBOUR BEACH SLSC	OCEAN SWIM
JANUARY 21	PORT SORELL SLSC	PENGUIN ISLAND SWIM
JANUARY 26	KINGSTON BEACH SLSC	OCEAN SWIM
FEBRUARY 3	BURNIE SLSC	OCEAN SWIM
FEBRUARY 25	DEVONPORT SLSC	PUB 2 CLUB
MARCH 30	CARLTON PARK SLSC	TEAM CHALLENGE
MARCH 31	KINGSTON BEACH SLSC	BEACH 2 BEACH

 ENGINE



Tasmania

MASTERS COACHES PROFESSIONAL DEVELOPMENT WORKSHOPS

SATURDAY 18 / SUNDAY 19 NOVEMBER



The workshops will be presented by Anne Smyth, MSNSW Branch Coaching Director, MSA Coach of the Year 2014, and Greg Gourley, MSA Coach of the Year 2019/2020.

SATURDAY 18 NOVEMBER, FRIENDS HEALTH AND FITNESS

2.45PM – 5.45PM

Increasing Freestyle Efficiency.

The three-hour workshop will include Freestyle Drill Progression, with instruction on Stroke Filming and analysis.

SUNDAY 19 NOVEMBER, FRIENDS HEALTH AND FITNESS

9.00AM – 11.00AM

Fabulous Formstrokes.

This session will mainly focus on excellent ideas and drills to advance Breaststroke. Shorter sessions will cover Backstroke and Butterfly. This provides a wonderful opportunity for coaches to assist their swimmers in improving technique in all formstrokes.

Coaches can earn 2 PD points per session for reaccreditation.

Cost:

Session 1: \$30

Session 2: \$20

Numbers are limited and ALL participants will be current members of MST.

- Priority 1: Currently accredited Club Coaches, and Assistant Coaches.
- Priority 2: Trainee coaches currently undertaking MSA Coach training.
- Priority 3: Club coaches with lapsed qualifications who wish to reaccredit.
- Priority 4: MST members intending to undertake masters coach training programs in the future.
- Priority 4: Any unallocated spaces will be made available to swimmers on a first-in-first-served basis.

Please indicate whether you intend to be in the water or on deck. Payment on registration through our website at [Merchandise \(clubassistant.com\)](http://Merchandise.clubassistant.com)

Bring your swim equipment - fins, paddles, snorkel, tempo trainer (if you have them)

GUEST COACHES

Anne Smyth

Masters Swimming NSW Coaching Director

Anne is MSNSW Branch Coaching Director, a member of the Masters Swimming Australia Coaching Committee, Head Coach of Tuggeranong Masters and was NSW and National Coach of the Year in 2014.

Anne has been involved in Masters Swimming for over 15 years and is a keen competitor in pool and open water competitions.

Anne has been a swimming instructor for over 40 years with AUSTSWIM and as a Primary PE teacher. Anne is passionate about developing coaches' knowledge and improving swimmers' stroke efficiency.



Greg Gourley

Masters Swimming NSW Coach and Tuggeranong Club Coach

Greg has been and qualified and active coach at Tuggeranong Masters Swimming Club since 2013 and was National Coach of the year in 2019 and 2020. Over recent years Greg has delivered coaching clinics for clubs and or coaches on behalf of Masters Swimming NSW.

Greg coaching focus is on improving each individual swimmers' style and increasing their swimming fitness and performance whilst still having fun. Greg's toolkit includes the underwater camera, through which Greg believes one can achieve the quickest swimmer stroke improvements.





YOU ARE INVITED TO

THE DOLPHINS CHRISTMAS PARTY AND PRESENTATION DAY

Waterworks Reserve Hut 9
Saturday 9th December; 12:00-3:00pm

**Enter the festive spirit and add red and green
to your outfit. Prizes for best dressed.**

Meat and soft drinks provided.
Please bring a salad or sweet to share.
BYO beer, wine and hot drinks.

Adults \$10, Children \$5 (payable to club)

RSVP to Judi A.S.A.P. or no later than November 29th
judiadams155@gmail.com or 0418543691 or on
WhatsApp.

Lots of fun for all the family