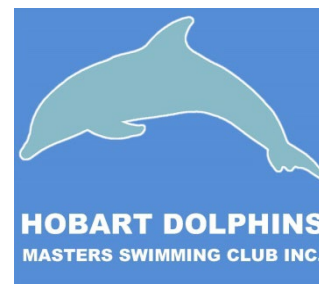


Hobart Dolphin-News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

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October, 2023

Windy October is here!

Hi everyone,

Here is another packed newsletter, with information about lots of upcoming events, some tips about stretches before swimming (complete with pictures), some amazing members' swims and records made, and the sad news of Shirley Storey passing away during the month.

I have included Shirley's Member Profile which she wrote and which appeared in the December 2010 newsletter. From her profile, I can tell you that Shirley joined the Club in around 2000, and her husband Pete had joined 15 years before that. They were Club stalwarts with Pete competing fiercely and Shirley time keeping. Shirley did not often compete, but enjoyed training sessions. The profile also reveals that Shirley could only do breaststroke until she was 70, so Wow! Because she says Freestyle became her favourite stroke. The whole profile makes interesting reading, and shows what an active and interesting life she led. Some photos of Shirley are featured in the Photo Gallery.

Birthdays for October are: Annalise, Megan, Peter Tucker, and Fiona Zeigler. Happy birthday to you all, and maybe see you at the Breakfast Barbecue on Saturday.

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
- Off the Blocks
- Club Records
- Photo Gallery
- Member Profile
- Quiz Night Flyer
- LCLD Swim

Upcoming events

- Barbecue, 7 October
- Quiz Night

From the Presidential Suite

September was a quieter time on the swimming front, although we do continue to get good turn outs to training sessions. Megan, Leisl, and Elisa took themselves off to Melbourne for a day of competition at the Victorian State Championships last weekend and returned home with 4 State Records (Megan) and many club records and personal bests. They all said it was a fun meet so maybe one to think about for future years. The open water swimmers, at least some of them, strived to finish one of the Winter Challenge swims with Beth displaying an innovative way to finishing a swim while nursing a ruptured ear drum.

On a sadder note, September saw the passing of one of our older, long time member Shirley Storey. Shirley made a great contribution to the club, initially with her husband Pete who joined us in the 90s. In later times she confined her training sessions to the Friends Pool but loved a chat and could often be seen at BBQs and other social events. A wake will be held for her this Sunday (9th October), I have the details if anyone wishes to attend.

Locally the next event will be the Long Distance Meet on 18 November at the Hobart Aquatic Centre. Entries are currently open, and we have attached a copy of the flyer. This meet provides a great opportunity to get a time for those longer swims and is a very low key and casual meet. On December 2 there will be the Christmas Event at Oatlands. This meet is designed to be fun and a chance to socialise with members from other clubs with short events, a handicap relay, and a BBQ to follow, keep it in mind! It may feel like this year's event has just finished but entries for next year's National Championships, to be held in Darwin, will open soon. I know there is some interest in attending so if you think you might like a trip up north make yourself known on WhatsApp or at training. I can vouch for the fact that it is a fantastic time to be visiting Northern Australia.

Remember we will be hosting a BBQ this Saturday after training, stick around for an egg and bacon roll and some fresh fruit, the club will provide everything, it's a great opportunity for a chat with those you only normally see in the pool, families welcome. Also, don't forget to RSVP to Judi for the Trivia night on 14 October, Pete is teasing us with his daily quiz questions on WhatsApp and we have had some fabulous donations for the raffle prize once again. As members have been so generous with donating prizes we will have raffle tickets available for sale at the BBQ this weekend (\$2 each, 3 for \$5, 6 for \$10.) so bring along some cash, particularly if you aren't able to attend the Trivia Night. The flyer with all the details of the Trivia night is attached, friends and family also welcome.

See you at the BBQ!

Di

Social News

This coming Saturday, 7th October, there will be a post training barbecue breakfast at Clarence pool.

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

The Trivia night will be held on Saturday 14 October, see details on the attached flyer.

Off the Blocks

WHY WE STRETCH BEFORE WE SWIM

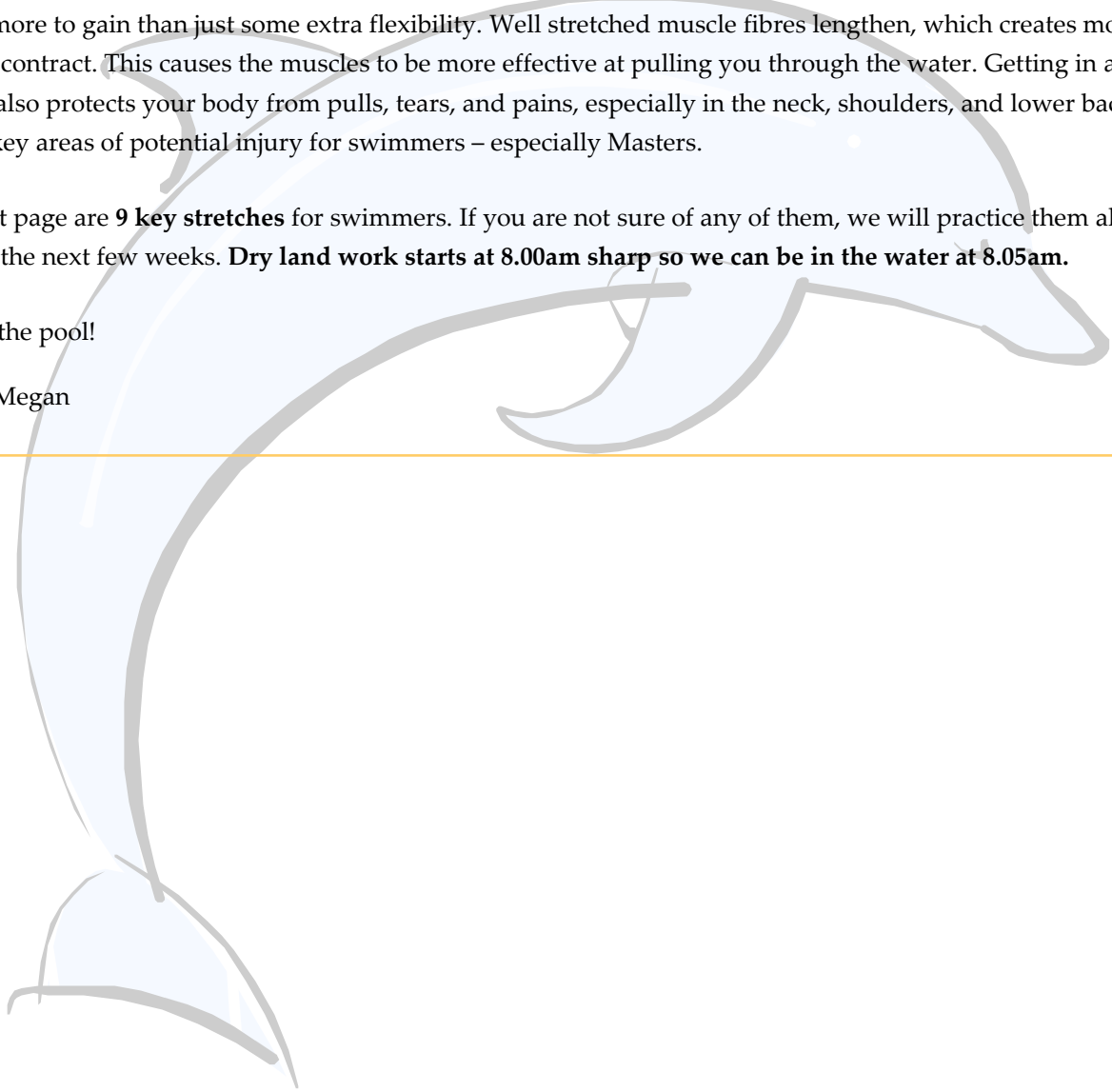
Stretching before swimming is a vital part of a training program. Great warm-up stretches loosen up the muscles and get the blood flowing throughout the body. Stretches are designed to increase flexibility and mobility in your shoulders, hips, chest, and legs. Working to stretch and warm up these key areas of the body will allow you to be more efficient in the water.

It adds some extra time to your workout, but incorporating stretching into your swimming routine is worth the effort. You have more to gain than just some extra flexibility. Well stretched muscle fibres lengthen, which creates more force when they contract. This causes the muscles to be more effective at pulling you through the water. Getting in a warm-up stretch also protects your body from pulls, tears, and pains, especially in the neck, shoulders, and lower back. These are key areas of potential injury for swimmers – especially Masters.

On the next page are **9 key stretches** for swimmers. If you are not sure of any of them, we will practice them all at training in the next few weeks. **Dry land work starts at 8.00am sharp so we can be in the water at 8.05am.**

See you at the pool!

Steve and Megan



9 Important Warm Up Stretches for Masters Swimmers

1. Wall Press – Chest Stretch



2. Goal Post Squeeze



3. Goal Post Rotation



4. Straight Arm Swing



5. Hamstring Streamline Stretch



6. High Hurdle Streamline Stretch



7. Cat – Cow



8. Child's Pose



9. Thoracic Spine Rotation



Club Records

RECORDS SET & MEDALS WON AT THE VICTORIAN STATE SC CHAMPIONSHIPS

On 24th September 2023

CONGRATULATIONS & WELL DONE to the Girls – Elisa, Linda, Leisl and Megan -on their *blistering* performances at SC Victorian Championships Meet. Their RELAY TEAM in the 200-239 Yrs. 4x50M FREE & MEDLEY achieved SILVER in both events and all the girls came home with a swag of medals and huge smiles!

MEDALS WON

Elisa Mc Millan: 3 GOLD for 100M FR,200M Free & 50M FLY, SILVER for 25M FLY with a BRONZE for 25 & 50M FR.

Leisl Wylie: 4 GOLD for 50 FR,50 BR,100M & 200M BR. SILVER for 25M & 100M FR

Linda Walsham: SILVER 50M BR with 57.43 & BRONZE 50M FR with 43.65

Megan Stronach: 5 GOLD 100M,200M FR, 25M BK ,50M BK & 100M BK. SILVER 50M FR

NEW BRANCH RECORDS

Megan Stronach (70-74 Yrs) 50M FR 40.57, 200M FR 03:17.14, 50M BACK 46.96 and smashing the 100M BACK in 01:40.12 by 7 seconds!

NEW CLUB RECORDS

Elisa (30-34 Yrs) beat her previous times in the 25M FR 14.50, 200M FR 02:31.93 & 25M FLY 15.47 and beat a previous record set by Dolphin, Jayde Richardson with 33.44.

Leisl (50-54 Yrs) beat her previous 4 club records in the 25M FR 16.11, 50M FR 35.72 by 2 seconds 100M FR 01:20.49 by 2 seconds, & 50M BR 44.52

Megan (70-74 Yrs) beat some old Club records with her 50M FR 40.57 taking 5 seconds off Jan Chew's 2011 previous record. The 100M BACK in 1:40.12, smashed Anne Speed's 2006 record by over 1 minute. The 50M BACK swam in 46.96 took off 7 seconds off Justine Bamford's 1997 record. Megan proceeded to beat her own records set in August '23 MST SC Meet with her 100M FR 1:30.68 ***smashed it by 7 seconds****, 200M FR 03:17.14 **** by an impressive 5 seconds*** and 25M BACK 22.36.

Katherine

Club Recorder 2023

2023 DOLHINS OPEN WATER WINTER CHALLENGE

Have you swum from *Penguin to Port Sorell*? That's 38 Klms. How about the swim *Down the Ganges*, 81Klms? Or have you kept it local and swum from *Hobart to Bicheno via the Lauderdale and Dunalley Channels*- 173 Klms?

IF YOU HAVE- CONGRATULATIONS!!!!

Entries close with Katherine at katherinedaft@gmail.com by the 15th October 2023

Photo Gallery



Rex and Shirley enjoying a Saturday barbecue breakfast.



Left to Right: Jan Chew, Wilma Attrill, Margie Clougher and Shirley Storey.

Hobart Dolphins Member Profile, Shirley Storey



How long have you been swimming with the Hobart Dolphins?

I finally plucked up the courage to swim with the club approx. ten years ago, which was 4 or 5 years after Pete Storey joined (fifteen years ago).

What do you like about swimming?

Pure joy of moving through the water, and swimming with friends, of course.

What do you NOT like in training?

Using flippers - causes cramp!

Favourite stroke?

Freestyle (could swim only breaststroke until age 70)

Most memorable swim?

Fifty metres freestyle in relay, Darwin Nationals, 2007, first competitive swim EVER!

What book are you reading at the moment?

Educating Rita by Willy Russell

Favourite book ever read?

Dirt Music by Tim Winton.

Favourite movie?

The Bridges of Madison County, Meryl Streep & Clint Eastwood

What other hobbies/interests do you have?

Writing (particularly novels and poetry - not that good at 'sticking to the truth')

Bushwalking, camping, kayaking

Reading, spinning, knitting, piano, drawing, listening to music, watching DVDs or TV drama

Where would you like to go for a once in a lifetime holiday?

Walk Overland Track once again, but with 'Cradle Huts' so that I need only carry light pack

What do you do for fun?

All of the above, plus spending time with family and friends.

Can you think of one thing in your life that is particularly special to you, that you would like to share with us?

How lucky to have met Pete 55yrs ago - to have opportunity to come to Aust in '63 (ten-pound Poms), to decide (1978) to pack-in stressful Melb city jobs in order to start new lives in an 'alternative/sustainable' community on Tas. Peninsula and to be able to work as unpaid conservation volunteers instead, whilst discovering the joys of bushwalking in Tas. wilderness, as well as in mainland National Parks. How lucky to have had such richness of experience, and to have gained so many precious friends along the way - including Hob. Dolphins!



Saturday October 14th 6:00pm, Black Buffalo Hotel

Quiz Masters, Peter and Kerry Tucker.

\$10.00 entry plus the cost of a counter meal.

Proceeds of the evening will go to a community program, we are still working through the details.

Raffle to be drawn with lots of great prizes.

Dolphin members and families, friends welcome.

R.S.V.P. by October 8th to Judi Adams.

Email, phone, message (0418543691), or WhatsApp and make payment to club bank account.

28th LONG COURSE LONG DISTANCE CHAMPIONSHIPS

Saturday, 18th November 2023

Doone Kennedy Hobart Aquatic Centre
1 Davies Ave Hobart TAS 7000



Program

Warm up 10.30 am for 11.00 am start. The meet is scheduled to end by 2.00 pm.

- Event 1 400 Metre Freestyle
- Event 2 800 Metre Freestyle
- Event 3 1500 Metre Freestyle

Warm up/swim down lanes will be available in the dive pool.

Entry Fee

\$5.00 registration plus \$10.00 per event (includes pool entry)

Conditions of entry

- Competitors may enter **two** individual events.
- Form strokes or medley strokes may be swum – please indicate this in the **Notes Section** on the entry form when registering online.
- Swimmers registered for two events may be limited to one event on the day at the discretion of the Meet Director due to time constraints. Refunds will apply.
- Event heats will be heat-seeded slowest to fastest.
- Age as of 31 December 2023.
- Rules of MSA as at the closing date of entries apply.
- All competitors must be registered with MSA at the time of entry. *No guests allowed.*
- No changes to entries or refund of entry fees after the close of entries, except at the discretion of the Meet Director.
- Swimmers are to provide their own person to count laps if required. Lap counter flip boards will be provided.
- Electronic timing will be used.
- **Note to Clubs.** Participating clubs are requested to provide timekeepers to operate the electronic semi-automatic timing backup system as well as manual timing with one watch.

Entry Procedures

Individual entries are via online Club Assistant only. Entries will open on **Saturday 30 September at 11.59am** and will close **11.59 pm on Saturday 11 November**.

2023 HOBART DOLPHINS SPRING RAFFLE



GREAT PRIZES to be WON !

Including:

- **Seafood Straight from the Ocean Floor**
- **Voucher to a leading Tasmanian Tourist Attraction**
- **Tickets to the State Cinema**
- **Voucher for Dinner at the Black Buffalo**
- **and many more.....**

Tickets \$2 each, 3 for \$5, 6 for \$10

**Can be purchased at the club BBQ on 7
October and at the Quiz Night on 24
October. Raffle drawn at the quiz night.**

