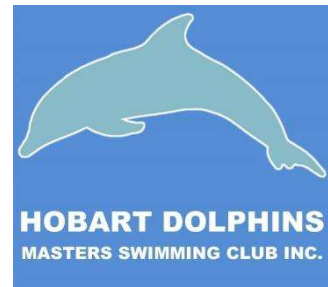


Hobart Dolphin-News

HOBART DOLPHINS MASTERS SWIMMING CLUB INC
Swimming together since October, 1985
Phone: 0438629160

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

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



December, 2023

Happy Christmas everyone!

Hi everyone,

Well, this is the last newsletter for 2023, and I can't believe how the year has flown by!

This will also be my last newsletter which is a bit sad for me, but something I need to do. I have thoroughly enjoyed my 14 years producing this little package each month, and if I do the Maths, I can tell you that I have made 168 newsletters in total. I hope you have enjoyed reading them.

Thank you to all contributors this month, there is some interesting reading in store for you all. Make sure you check out the AGM invitation, the Nomination form for the AGM and an invitation to our annual Eggs and Bacon Bay swim on 27 December.

Welcome to new members Jenny Ford and Jacqui Carson. I hope you enjoy being part of the Dolphins Club.

Birthdays for December are: Judy, James, Pia, Fiona R, Anne and Kerry. (I hope I haven't missed anyone) Happy birthday to you all, and I hope you can celebrate with us at breakfast this coming Saturday.

I have nothing left to say here, except to wish you all a very Merry Christmas, spent relaxing with family and friends!

Love and kisses, over and out, and Happy Swimming!

Me

Training times and venues

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

Sundays, 10-00am at Clarence, cost \$8-50, also with Club 10 pass..



From the Presidential Suite

Congratulations on some very impressive swimming at both the LCLD meet and the Carlton Beach OWS. Details of Branch Records broken by Fiona, Megan and Steve at the long distance meet are detailed in the Recorder's report. A list of new club records set is also attached. In updating the club records, I realised I hadn't done this after Nationals (whoops) so have now caught up, the attached list is for all new Club Long Course Records set this year.

Coaches and swimmers also attended a fabulous coaching clinic presented by two of my ex club mates from Canberra; Greg Gourley and Anne Smyth who also happen to be ex MSA Coaches of the Year, I think the workshop was perfectly pitched at MSA club level and not only affirmed that many of the things we are currently doing are on track but also presented us with new information and 'tools of the trade.' Many thanks to the Branch for organising the workshop.

Membership renewal for 2024 opens on 1 December through Swim Central, fees will remain the same as last year at \$120 and I will send out an email with instructions after I have tested the process. Out of interest, of the \$120 annual fee, \$57 goes to the National office of MSA, \$27 goes to the Tasmanian Branch of MSA and \$36 is retained by the club.

I hope those who are going up to Oatlands this weekend enjoy the meet, so far 13 have entered from the club and great to see Emma finally getting a chance to swim at a competition, should be lots of fun and I will try to get that handicapping right on the final relay, fingers crossed.

Of course, the Christmas party is the big event for this month, we have great numbers so far but it's not too late if you want to join us, just let Judi know. For those wanting further encouragement to swim in the ocean, Megan and Fiona are again hosting a swim/breakfast at Eggs and Bacon Bay on 27 December and the 2nd Open Water Swim Series event for the summer will be held at Bellerive Beach. The last training session for the year will be on Sunday 17 December and the coaches will take a well earned break until Saturday 6 January.

At the last committee we decided that the club would donate \$500 from the profits of the Trivia night to Speak up Stay Chatty in line with MSA's commitment to supporting Mental Health initiatives. We had previously canvassed supporting a more swimming focussed program but had some difficulties identifying a suitable organisation. Thanks to the generosity of club members the quiz night and raffle raised a total of \$750, the remaining \$250 will be retained by the club to help fund ongoing activities.

Hope to see some of you at Oatlands and many more at the Waterworks on 9 December!

Di



Social News

Hi fellow Dolphins, our next social gathering is a BBQ Christmas celebration and presentation function. Thank you to everyone that has replied and offered to bring a salad, sweet, chips, bread, etc. Your contributions coupled with meat, ham (prepared by Peter Tucker) and soft drink should guarantee a feast! Please BYO alcohol and hot drinks.

There is parking available at hut 9 but it is limited so car-pooling is recommended. Seating is also limited, so you may want to pack a fold out chair or picnic blanket.

I have suggested that attendees dress with a 'nod to Christmas', in red or green. However, if you have the desire to dress up more 'flamboyantly', there is a prize for the best dressed.

Please pay \$10 for adults and \$5 for children into the club account.

I have not made a booking for breakfast on December 2nd due to the meet at Oatlands

Club Calendar

CLUB CALENDAR 2023/2024

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.

DECEMBER 17th: Last Club Training at Clarence for 2023

DECEMBER 27th: EGGS & BACON BAY Swim

DECEMBER 30th: OCEAN SWIM Series Event at Bellerive Beach

2024

JANUARY 6th: Club Training resumes at Clarence for 2024

JANUARY 20th: HUON VALLEY Medal Meet

FEBRUARY 17th: The 2023 CLUB AGM at the Rosny Library commencing at 10am.

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

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

*If you have a happy mind,
your face and body will reflect
that happiness.*

Sri Swami Satchidananda



RECORDERS REPORT

MST LCLD SWIM MEET 18/11/23

The Long Course Long Distance Championships were held on the 18th of November 2023 at the Doone Kennedy Hobart Aquatic Centre. The Championships consist of 400,800 and 1500M events with members being able to enter up to two events. The format allows swimmers to break multiple records within a single event and /or swim a predesignated form stroke other than Freestyle.

8 Dolphins entered and 10 BRANCH RECORDS were set and included Club members-
***Steve Richards 60-64 yrs- 800M FLY 18:21.71 with new Branch record at 400M 9:00.56

And 1500M BREASTSTROKE 33:17.30 with new Branch record at 800M 17:26.89

***Fiona Zeigler 60-64 yrs -800M BACK 14:55.05

***Megan Stronach 70-74 yrs -1500M BACK 29:21.51 with new Branch records at 200M 03:39.79, 400M 07:35.29, and 800M 15:28.08

INDIVIDUAL RESULTS & CLUB RECORDS

Elisa McMillan 30-34 yrs 400M FREE 5:31.34 and 800M FREE 11:37.31

Bill Cohen 45-49 yrs 800M FREE 17:29.84

Siska Hocking 60-64 yrs 1500M FR 31:07.74

***NEW CLUB RECORD Leisl Wylie 50-54 yrs- 1500M FREE 24:14.70 with Leisl beating her previous Club records at 200M & 400M and setting a new Club record at 800M and 1500M.

Leisl's 400M BREASTSTROKE- 7:57.34

**** NEW CLUB RECORD Steve Richards 60-64 yrs- 800M FLY 18:21.71 with Steve beating his own previous club record at 200M and setting new Club records at 400M and 800M.

**** NEW CLUB RECORD Steve's 1500M BR 33:17.30 with 400M breaking a previous Club record and the 800M & 1500M being NEW Club Records.

*** NEW CLUB RECORD Fiona Zeigler 60-64 yrs 800M BACK 14:55.05 beating a previous record set in 2021.

**** NEW CLUB RECORD Pia Peterson 65-69 yrs 1500M FR 29:09.13 beating a previous record set in 2019.

**** NEW CLUB RECORD Megan Stronach 70-74 yrs -1500M BA 29:21.51 beating a previous record at 200M and beating her own previous records at 400M & 800M both of which were set in 2022. Megan swam on to set a new Club record in her 1500M Backstroke.

A full List of CLUB LONG COURSE Records set this year is attached to this Newsletter.

Katherine Daft

Club Recorder 2023

Photo Gallery



Open water swim – Eggs and Bacon Bay – 27 December 2023

Come and join us again this year at the annual Eggs and Bacon Bay Open Water Swim and Breakfast, on Wednesday 27 December. As usual, meet at the Eggs and Bacon Bay foreshore at 9.15am. We will swim for about an hour and water patrols will be provided by a few local identities in kayaks. There are spare kayaks available for partners/kids or anyone who would prefer to stay dry-ish.

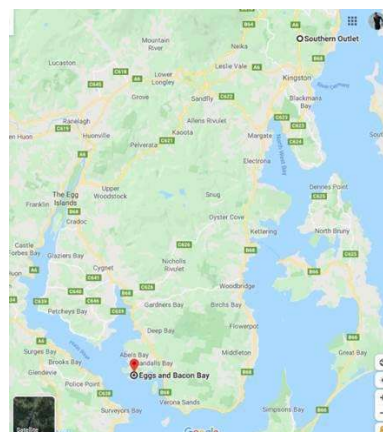
The area is about a 1-hour drive from Hobart, or 10-mins drive south of Cygnet. Bring your wetsuits, the family, something to drink and food for a BBQ breakfast at Fiona's or Megan's. Shack showers are available - BYO towels.

For more information or if you get lost on the journey south, contact Megan on 0417 338 113 See you there!!



Scenes from last year's E&B Bay Swim.

Eggs & Bacon Bay





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



NOTICE

2023 ANNUAL GENERAL MEETING
Saturday 17th February 2024
Room 5, Rosny Library
46 Bligh Street, Rosny, Tasmania
Commencing at 10:00

AGENDA

1. Welcome by the President
2. Apologies
3. Minutes of the 2022 Annual General Meeting held on 25th February 2023.
4. **COMMITTEE MEMBERS' REPORTS:** including the Presentation of the 2023 Financial Statements
5. Election of **OFFICE BEARERS:** President, Vice President, Secretary, Treasurer
6. Election of **COMMITTEE MEMBERS:** Coaching Director, Social Coordinator, Recorder, Newsletter Editor, 2 General Committee members.
7. **APPOINTED POSITIONS:** Safety Officer, Branch Delegates
8. Close of the AGM

Light Refreshments will be provided.

ALL WELCOME

Note: a brief Committee Meeting will be held after the AGM



Nomination for Committee Position 2024

Position:

Name:

Nominated by:

Seconded by:

I agree to accept this nomination:

Signed

Date

Positions for Election

Office Bearers: President, Vice President, Secretary, Treasurer

Committee Members: Coaching Director, Social Co-Ordinator, Recorder, Newsletter Editor,
2 General Committee members

Appointed Positions: Safety Officer, Branch delegates