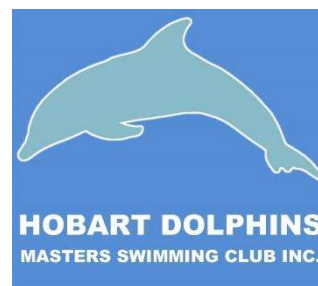


Hobart Dolphins - News



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/>

February 2024

Hi Everyone

I have been given a very large pair of shoes to try to fill. Taking over the newsletter from Sue after 14 years is a little daunting... so wish me luck!

The new year started a little differently to other years with the temporary closure of the Clarence pool offering some lateral thinking by our coaching team, and the opportunity for more members to enjoy the experience of open water swimming. Sounds like we could have a couple of new members of the squad – Hector the grumpy stingray turned up a few times, albeit somewhat irregularly! Then in more recent swims, the group has been accompanied by a seal! We should be able to add that to our claims of being a diverse and inclusive club!



Happy Birthday wishes to those with birthdays in February:

Joe Askey-Doren (2nd); Jackie Brown (17th); Di Gregory (23rd); David May (22nd); Mark Van Ommen (15th); Linda Walsham (12th) (And a belated Happy Birthday to Kirsten Brett whose birthday was on Australia Day)

Please note the upcoming AGM on Sat 17th Feb – Agenda and Nomination Forms are attached at the end of this newsletter.

So here goes.... The first newsletter from the new editor... still wearing her "L" plates!!

Happy swimming. Fiona (Editor in training!)

Training times and venues (Starting again from 10th February)

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

SUNDAYS, 10:00am at Clarence, cost \$8-50, also with Club 10-pass card, all welcome.

WEDNESDAY 7th and 14th Feb: OWS Casual session at Bellerive Beach. Start 0730 hrs.

In this Dolphin-News

- From the President
- Vale Anne Speed
- Off the Blocks
- Club Calendar
- Social Events
- February training
- Photo Gallery
- TOSS Open water swims

Upcoming events

- BBQ – Bellerive Beach (4 Feb)
- Training recommences at Clarence Sat 10th Feb.
- Club Annual General Meeting 10.00 Rosny Library Sat 17th

From the Presidential Suite

Welcome to 2024! I hope everyone had a great New Year and is continuing to enjoy summer, wherever you may be.

We were of course very sad to hear of Anne Speed's passing during last month, she will surely be missed. Her family was very grateful for the support given to Anne during her final months and it was so lovely to see the great turnout from club members (I counted 13) at her celebration of life, even our dolphin mascot had a part to play. As often happens, you learn so much more about a person, and the huge legacy they leave, at their funeral, which is such a shame.

Whilst the closure of the Clarence pool was a bit annoying, it actually has had some benefits; training in a 25m pool has meant the coaches can concentrate more easily on drills and stroke correction and the Sunday Open Water Sessions have proved a real hit. So much so that we have organised a club BBQ for after the final session on Sunday 4 February at Bellerive Beach, all club members and families are welcome. As far as we know we will be returning to Clarence on Saturday 10 February.

Meanwhile there have been lots of other opportunities to 'get wet' and practice some racing skills during January. In the pool, members have taken part in meets at New Norfolk, Huonville and with Swimming Tasmania at the HAC. In the Ocean, there have been the Ocean Swim Series events with big member involvement in the Hobart based swims at Bellerive and Kingston Beaches. I have some insider knowledge that we are again doing well in the MST's Ocean Treble event! (The point scores can be found on the MST website, but take some hunting, and are subject to change following each event)

It is fabulous to see that 45 of our members have re-registered to date. Just a reminder that insurance cover ran out on 31 December so can members please try and re-register before attending training. Also, remember the club AGM is on February 17 at the Rosny Library following training. It will be followed by a committee meeting which of course everyone is welcome to attend. The AGM is a short and sharp meeting and all members are encouraged to attend as a show of support for the club committee members. Morning tea will be available.

The Summer Championships will be held this year on 23 and 24 March at the Hobart Aquatic Centre, entries close on 15 March. Please note entries are still through Club Assistant, not Swim Central, so if you are unfamiliar with this process, please follow the link below to see the flier (with the program) and to register. If you still have questions, please ask.

<https://mastersswimmingtasmania.com.au/event/2024-mst-summer-championships/>

Swimming in any competition is of course entirely optional but most members will tell you our events are very low key, a lot of fun, and provide some motivation to training. Again, 'no pressure' but we have won the championship trophy for the last three years and it would be great to go for a fourth! If you are a bit unsure about competing but might like to give it a try, speak to one of the more experienced members or of course any of the coaches.

And lastly, a huge thank you to Fiona for taking on the job of Newsletter Editor, we think it is an important communication tool and are so glad it can continue.

Q. What do a dentist and a swim coach have in common?

A. They both use drills.

Remember: Sometimes, swimming is a challenge but sometimes it's simple. It deep-ends.



Vale

Anne Speed



We were so sad to hear of the passing of Anne Speed during the month. Anne was a delight to everyone who knew her, generous to a fault and an incredibly loyal club member who always wanted to contribute, no matter what the activity. Such was her swimming prowess and mental clarity that we often forgot her 88 years, as we suspect, did she.

Anne had a long association with swimming in Tasmania with many members sharing fond memories of being at the pool together with their children. She joined Masters later in life but was an avid competitor right from the start, over her career she broke 20 individual state records and currently holds all the 85-89 years Tasmanian backstroke records, except one, and is a member of 6 record holding relay teams. She was so proud to obtain 5 individual and 3 relay FINA top 10 times during 2020 and 2021. Her willingness to swim in relays was a huge gift to the club, I can attest that an 88 year old who can swim all four strokes well is gold to a relay selector. Despite these successes Anne never stopped wanting to learn.

Notwithstanding her swimming prowess, Anne's biggest contribution to the club was her delightful personality and ability to engage with everybody, with the news of Anne's passing the most common comment has been "I will so miss her chats". We think that goes for all who knew her.

Our thoughts are with her family at this difficult time.

Rest in Peace Anne.

Off the Blocks

Cutting corners

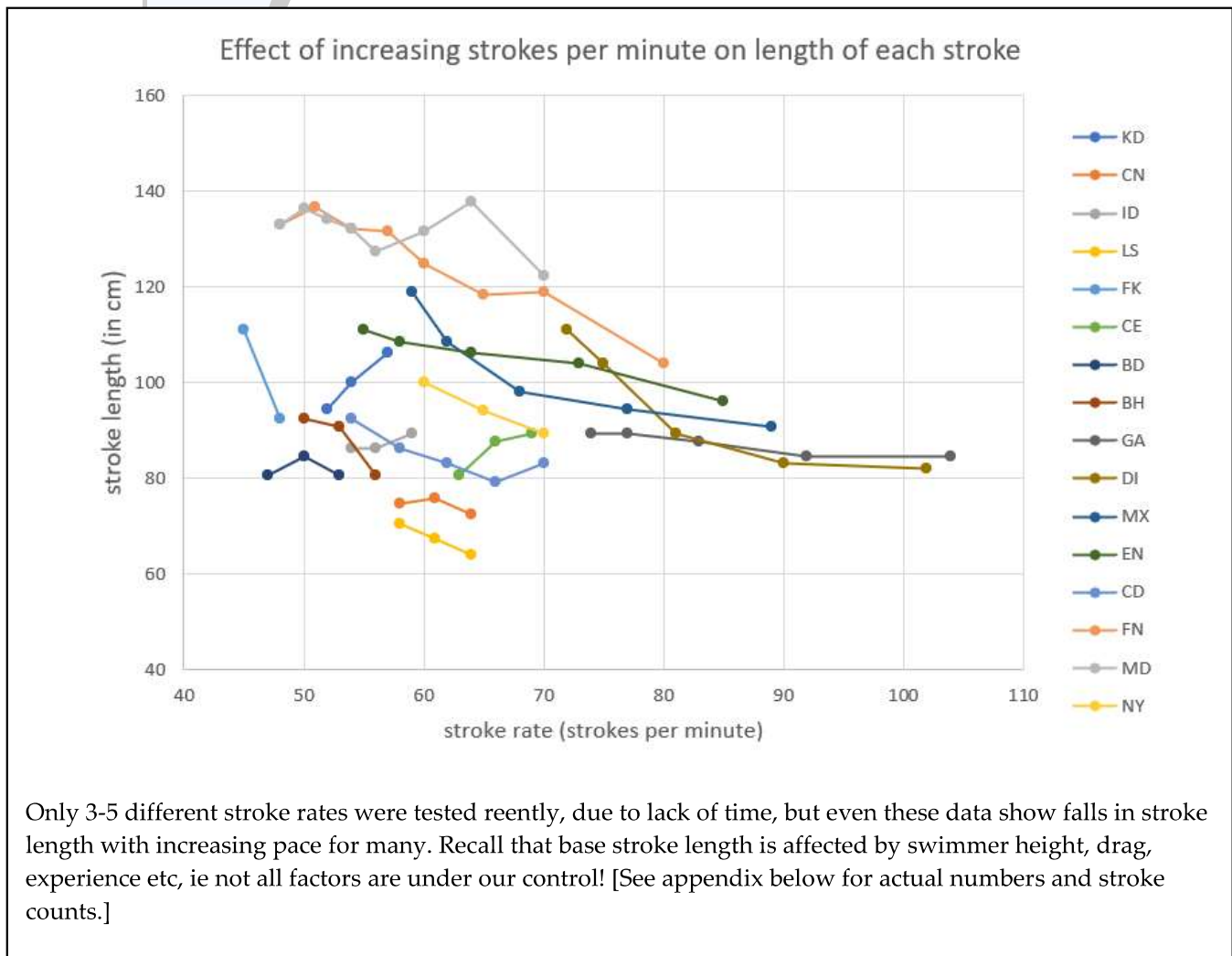
In a recent training session we once again visited the exercise of stroke rate ladders. This involves filling in a table like the one below, to see what happens to our speed, effort and stroke count per lap as we vary

Name	Add to base stroke rate	stroke rate (strokes/min)	stroke count per lap	sec/lap	perceived effort out of 10	Stroke length (cm per stroke)
Steve	0	59	<i>50</i>	<i>51</i>	<i>3</i>	100
	3	62	<i>50</i>	<i>48</i>	<i>3</i>	100
	6	65	<i>51</i>	<i>47</i>	<i>4</i>	98
	9	68	<i>52</i>	<i>46</i>	<i>5</i>	96
	12	71	<i>53</i>	<i>45</i>	<i>6</i>	94

Numbers in italics are measured values; stroke length (SL) is calculated from stroke count per 50m lap.

stroke rate, or strokes per minute.

It can be used for a number of purposes, such as finding your best pace for effort balance, but today I want to look at stroke length (SL), and how shortening it as we go faster can “rob” us of some of the speed gains.



Only 3-5 different stroke rates were tested recently, due to lack of time, but even these data show falls in stroke length with increasing pace for many. Recall that base stroke length is affected by swimmer height, drag, experience etc, ie not all factors are under our control! [See appendix below for actual numbers and stroke counts.]

The graph above shows different stroke rates and what happens to stroke length for each swimmer (note: initials have been codified for anonymity, but those involved can probably work out my "code"). The first thing to note is that we all differ in our **preferred (base) stroke rate**: in races Olympic sprinters are usually 100-120 spm (strokes per minute), and even distance athletes like Grant Hackett are around 75, while recently, our club members vary from 45 - 74 spm (Auro is probably our fastest, at around 100!).

The second thing to note is that baseline **stroke length** varied widely, from 70cm up to 119cm, between most individuals, although older data included from two highly experience swimmers show base SL's over 135cm. SL is a function of arm length (related to height), "feel" for the water and stroke efficiency, drag, and experience. Anything around a meter (100 cm) or more is pretty decent, for a person of average height.

You'll notice that the most common pattern was to lose stroke length as stroke rate increased, while others seemed to maintain it, at least part-way, and a couple of people even increased SL as SR increased.

Increasing stroke length at higher pace is unusual and can indicate (1) that their efficiency is better when going faster, eg by kicking more, or improved kick/stroke timing and (2) that they may be better off adopting a higher stroke rate in their normal training, provided the effort level is not too high.

If you can **maintaining stroke length as speed increases - well done**: it means as you stroke faster, you go faster! It can be a sign of high swim efficiency and/or experience.

For those losing a bit of SL as SR increases, you'll likely be gaining some speed, but not as much as if you can maintain more SL. You probably notice that you may not be extending your arm as far, or may be shortening the finish of your stroke, or losing your "grip" on the water, as the SR becomes a bit frantic!

How can you retain stroke length as your speed increases? Logically your arm & hand *have* to move through the water faster and *return* faster, but this alone can result in 'losing your grip' on the water. During the stroke /pull phase it is best to start the stroke slowly (grab the water), then accelerate it as you go, "ripping" the second half of the stroke, but without losing your "grip" on the water, and exiting fast, for a fast arm return. You'll need to maintain this speed profile during your stroke to maintain SL.

Sounds easy, but to train this needs practice. **Try using a wetronome (in mode 3, beeps per minute) set to, say, 3 beeps per minute higher than your normal, and then trying to maintain the same stroke count per pool length as you were doing at the lower setting.** If this is too difficult, then perhaps try it more gradually, eg go from 60 spm to 61 spm and try to maintain stroke count.

If you decide to repeat the ladder exercise for yourself, it is helpful to keep a couple of additional measurements in mind (see table above). Firstly, look at your lap time - if you are maintaining SL as SR increases, then of course your lap times will drop - it's just maths! More importantly, rate your perceived effort level (out of 10) as your SR increases: it is not always a linear increase, and some individuals find that they can increase their speed for only a minor increase in effort (what some call "easy fast"). If this is you, then I'd suggest adopting the higher SR as your "baseline" for training. For most of us though, we'd be happy to increase our effort for the maximum return, ie by maintaining stroke length.

Steve out (with apologies to those who've heard all this before!)

Appendix

	stroke rate (strokes/min)	stroke count	Stroke length (cm per stroke)
KD	52	53	94
	54	50	100
	57	47	106
CN	58	67	75
	61	66	76
	64	69	72
ID	54	58	86
	56	58	86
	59	56	89
LS	58	71	70
	61	74	68
	64	78	64
FK	45	45	111
	48	54	93
CE	63	62	81
	66	57	88
	69	56	89
BD	47	62	81
	50	59	85
	53	62	81

	stroke rate (strokes/min)	stroke count	Stroke length (cm per stroke)
BH	50	54	93
	53	55	91
	56	62	81
GA	74	56	89
	77	56	89
	83	57	88
	92	59	85
	104	59	85
DI	72	45	111
	75	48	104
	81	56	89
	90	60	83
	102	61	82
MX	59	42	119
	62	46	109
	68	51	98
	77	53	94
	89	55	91
EN	55	45	111
	58	46	109
	64	47	106
	73	48	104
	85	52	96

	stroke rate (strokes/min)	stroke count	Stroke length (cm per stroke)
CD	54	54	93
	58	58	86
	62	60	83
	66	63	79
	70	60	83
FN	48	38	133
	51	37	137
	54	38	132
	57	38	132
	60	40	125
	65	42	118
	70	42	119
	80	48	104
MD	48	38	133
	50	37	136
	52	37	134
	54	38	132
	56	39	128
	60	38	132
	64	36	138
	70	41	122
NY	60	50	100
	65	53	94
	70	56	89

And from Megan:



Backstroke – a most misunderstood stroke!

Backstroke is the only stroke that is swum on the back and while it is one of the easiest strokes to learn, it is also said to be one of the most difficult to master. There are some essential elements and key concepts of backstroke that swimmers need to perfect if they want to swim an efficient and fast backstroke. But with backstroke swimming only defined as being on the back – are we making this stroke too difficult for masters swimmers? Why is it so sadly misunderstood?



There are many good reasons to do backstroke.

1. Backstroke Provides a Whole-Body Workout: Backstroke provides you with a whole-body workout that's especially beneficial to the latissimus dorsi muscle (also known as the "lats") in your back. It also works out your chest, arms, legs, glutes, and core. Consistent swimming on your back will help these major muscle groups grow stronger. You're also likely to notice that your muscles will become attractively toned as your strength increases. Now THAT'S a benefit!!

2. Back Pain Relief: Swimming backstroke can sometimes provide pain relief for people who suffer with back pain. There are back pains that the backstroke can help to relieve, and others that it cannot (if you have back pain, do check with your GP first). Swimming on your back could be a helpful part of your pain relief therapy. When swimming backstroke a swimmer isn't as prone to hyperextension as with other strokes.

3. Correct Rounded Shoulders and Improve Posture: Backstroke can help to improve the posture problem of rounded shoulders. When it is executed correctly, backstroke can be therapeutic for posture because it helps to return the shoulders to their proper alignment. At the same time, it helps to enable the strengthening of other muscle groups that give support to the spine and shoulders.

If you've been coming to Dolphins' sessions regularly you will already be familiar with the stroke and some common drills – single dip L-drill, double dip, 6-3-6, T-drill, Y-drill and many more - the list is endless. But you might have noticed that some masters swimmers prefer a double-arm backstroke for competition swimming. And why not? Remember the rule of backstroke – you must stay on your back. That's it! (OK, there are a couple more rules about turns and starts, but basically stay on your back and you'll be fine.)

For some people who cannot master the regular alternating arm backstroke, the double arm backstroke is a great alternative – and can be done at great speed and intensity, after a bit of practice. It can be done with a flutter kick, breaststroke kick or dolphin kick – or a combination of any two or three of these.



Double arm backstroke can also be used as a drill to develop the standard backstroke pull and body position. The muscle employment is identical to standard backstroke, which is to say, pretty much all major skeletal motor muscles are being recruited.

To do this drill you need to work both arms together. This requires good flexibility on the shoulders but has numerous benefits. It is an excellent drill for preventing overreaching because if you overreach while working both arms together, your arms will overlap. This drill also works on the kicking action which is essential for keeping the body afloat and in the correct position.

Just be careful when doing this drill – one risk could be potential interference with other swimmers trying to share your lane. Not only are you blind to oncoming traffic, but because of the width of your stroke you could contact others.

CLUB CALENDAR 2024

FEBRUARY/MARCH

SATURDAY 3rd: Club Training at Doone Kennedy Hobart Aquatic Centre. Time: 0800-0900 hrs, 3x25M lanes booked. Pay by Club swim card.

SATURDAY 3rd: TAS OCEAN SWIM SERIES (TOSS) **CANCELLED** Burrie

SUNDAY 4th: OWS Club session at Bellerive Beach 0900-1000 hrs. Be prepared to be in water at 0900hrs.

SUNDAY 4th Breakfast Beachside BBQ following OWS session. Details elsewhere in this newsletter.

WEDNESDAY 7th: OWS Casual session at Bellerive Beach. Start 0730 hrs.

SATURDAY 10th and SUNDAY 11th: CLUB Training resumes at Clarence Aquatic Centre. Time: Usual times. Pay by Swim Card.

WEDNESDAY 14th: OWS Casual session at Bellerive Beach. Start 0730 hrs.

SATURDAY 17th: 2023 CLUB AGM: Presentation of Reports and Financial Statements. To commence at 10 am at the Rosny Library. All members welcome. Agenda and Nomination forms are attached to this newsletter.

SUNDAY 25th: TOSS **CANCELLED** Devonport

MARCH

FRIDAY 15th: CLOSE of ENTRIES for the MST LC Championships.

SATURDAY/SUNDAY 23-24th: MST 40th Summer LC Championships at Doone Kennedy Hobart Aquatic Centre. Saturday Warm up: 1.30 pm.

MAY

FRIDAY 3rd: DARWIN-MSA 47th NATIONAL Championships commence. Concludes Tuesday 7th MAY following the Open Water Swim.

Remember: Do not pay on entry for the Saturday session at Hobart Aquatic (DKHAC), just tell the desk you are training with the Dolphins Masters Swimming club in their reserved lanes. But please bring your swim cards for us to punch as we are paying for lane hire. Remember the open water swim sessions on Sunday 4th Feb at 9:00 am (ie in the water by 9:00 am) at Bellerive Beach, followed by a Club BBQ (BYO Coffee – see below)

Social events: (from Judi)

Club BBQ

Hi fellow Dolphins. Our next social gathering is a BBQ after the last scheduled Sunday training at Bellerive Beach (**February 4th**). Commencement time is at **10.00 am**. The club will provide bacon, eggs, fruit and fruit juice. Please BYO coffee and tea, or purchase from the Hurricanes Café.

Dolphins and family are invited.

Our regular breakfast at Spencers in Lindisfarne will recommence when we return to Clarence.



Photo Gallery

Huonville Club Medal Meet



Kingston Beach – Australia Day



Amanda wins at Bridport!



Bex at 7 Mile Beach

Jayde – as fast on sand as in the water!



New Norfolk – a thong challenge!

Breakfast at Bellerive

Seven Mile Beach



Bellerive Beach – a training warm-up

Happy times – happy faces at New Norfolk and Huonville

Here are a few more pictures of our intrepid open water swimmers competing in the Tasmanian Ocean Swim Series at various beaches around the state - 7 Mile Beach, Bridport. Sorry if some have been published in previous editions... blame the new editor!

There are more opportunities to try your hand at open water racing mark the dates for the Carlton Park and Kingston Beach events in March



Now only 2 more swims in this season's Ocean Swim Series – Carlton Park and Kingston Beach!

TASMANIAN OCEAN SWIM SERIES

2023/24 RACE CALENDAR

DATE	HOST CLUB	EVENT
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



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