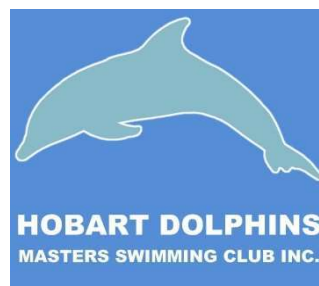


# Hobart Dolphins - News



HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

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January, 2024

*Happy New Year!*

Hello Everyone

Unwisely, someone has given me the “keys to the car” and is letting me take the newsletter for a spin (mercifully, just for January!). Rest assured, cooler heads will prevail in February and there is a new editor ready to take the reins, giving Sue Vincent a reprieve after an incredible 14 years and 168 newsletters. A club thrives because of the efforts of those behind the scenes who ensure a sense of community and welcome (and cake, when necessary). A regular and consistent newsletter is a key foundation stone for this. So, you can understand why we are immensely grateful for Sue’s work keeping us together and informed for so many years. Thank you also for the new editor, stepping into the big shoes.

December has been a big month of activities for the club, on top of what is already a packed month with work Xmas functions, public holidays, Xmas, New Year, pressies etc etc. So, we hope you enjoy a selection of photos from club events and a (hopefully) brief recap of goings-on under a new segment called “life’s a beach”.

We welcome a number of new members to the club: Jenny Ford, Jacqui Carson, Alice Godfrey and Ed Kay. Be sure to say hello to them (in between sets, of course!). Thank you to current members who have renewed their memberships (hint, hint, if you haven’t yet!).

Warm wishes also to the many members dealing with health issues and returning (or pushing to return to) swimming. I’m not sure what the Latin is for the opposite of “*annus horribilis*” but I’m hoping it will become better known in 2024! Happy birthday for January to some past members who still receive the newsletter (Leslie & Bonnie).

Steve

## Training times and venues (NB Excepting January – see below)

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.

## In this Dolphin-News

- From the President
- Club Calendar
- January training
- Club activities
- Photo gallery
- Open water swims
- January swim meets

## Upcoming events

- Breakfast (6 Jan)
- TOSS open water swims
- New Norfolk splash meet (14 Jan)
- Huon Valley medal meet (20 Jan)

## From the Presidential Suite

What a fabulous way to finish off the year, a fun day at Oatlands, a very enjoyable and relaxing presentation function and some more fun in the sun at Eggs and Bacon Bay. Thank you to all those that helped to make each of these events such a great success. I was particularly pleased to see so many new faces at Eggs and Bacon Bay and to see both Allan and James return to the Ocean after a difficult year, and I think it may have been Emma's first foray into the open water world.

Unfortunately, the Clarence Pool has thrown a spanner in the works for the start of 2024, being closed for January, but Steve has managed to secure some good space at the Aquatic Centre for Saturday training and with events at both New Norfolk and Huonville and the Open Water Series in full swing we look set up for a fun start to the year.

Don't forget the club's AGM will be held on 17 February, don't worry you won't get pressed ganged into taking on a role if you don't want to but I would encourage members to attend as a way of showing support to those that work hard in their committee positions. Of course, if you would like to get involved in running the club, there are many of the current committee who would be happy to take a break from their current role. Just talk to me or any of the other committee members if you are interested. I would be particularly keen to speak to somebody who is comfortable with spreadsheet, and can find their way around the results database, who may be interested in taking over keeping the club records up to date. It doesn't take a lot of time but does require a bit of attention to detail, I'm sure there's another spreadsheet nerd out there!!!

On a personal level I would like to thank everyone for the support I have received and continue to receive from club members, my involvement with swimming has definitely helped keep me sane (and relatively active) during what has been quite a difficult year, and I am very grateful.

Congratulations again to the winners of our perpetual trophies for 2023:

Club Person of the Year: Fiona Ziegeler  
Swimmer of the Year: Megan Stronach  
Coaches Trophy: Leisl Wylie  
Endurance Trophy: Megan Stronach and Steve Richards

Happy New Year to everyone and I hope to see you at the pool!

Di

PS. Don't forget membership fees for 2024 are now due.

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## CLUB CALENDAR 2024

FEBRUARY 17<sup>th</sup>: CLUB AGM at the Rosny Library

MARCH 23-24<sup>th</sup>: MST LC Summer Championships at Hobart Aquatic Centre

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

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## January training

With Clarence Aquatic Centre closing for urgent maintenance from 8 January until 5 February (nominally) there will be a few changes to our training schedule for the start of the New Year. Training days will be as follows:

- **One more week** at Clarence (as per normal) training Saturday & Sunday 6 & 7 January, will take place as normal
- **Four (4) weeks** at Hobart Aquatic (Doone Kennedy HAC), **Saturdays** 8:00 – 9:00 am (13 Jan – 3 Feb inclusive). We have 3x25 m lanes booked.
- **Four (4) weeks** Bellerive Beach, **Sundays** 9:00-10:00 am (14 Jan – 4 Feb inclusive). Open water swimming (OWS) training, including some pool-type “sets” around the buoys/pontoon! Bring your wetsuit (temperatures average 17-19 C). Meet at the car park next to the Fish Bar (corner Queen & Derwent Streets).
- **Resumption of normal training** times (Sat/Sund) and sessions at Clarence on **10 February**.
- See Table below for a full list of training dates, and more besides.

**Do not pay on entry for the Saturday sessions 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. We will have **open water swim sessions on Sundays at 9:00 am (ie in the water by 9:00 am) at Bellerive Beach**, along with the usual Wednesday 7:30 am sessions, for those able and interested. We are planning a degree of structure for these sessions to help with your open water swimming skills. While the weather may not always be perfectly warm and calm, becoming accustomed to varying conditions is an important aspect of OWS preparation.

Date	Day	Time	Where	Event
17-Dec-23	Sunday	10:00-11:00 am	Clarence Aq	Final 2023 training session, Clarence
27-Dec-23	Wednesday	9:15 am	Eggs & Bacon Bay	Club swim, casual
30-Dec-23	Saturday	12:00 noon	Bellerive Beach	TOSS race - Brooke Street Pier 1200**
6-Jan-24	Saturday	8:00 - 9:00 am	Clarence Aq	Training
7-Jan-24	Sunday	10:00-11:00 am	Clarence Aq	Training
10-Jan-24	Wednesday	7:30 am	Bellerive Beach	Club swim, casual
13-Jan-24	Saturday	8:00 - 9:00 am	Doone Kennedy Hob Aq	Training
13-Jan-24	Saturday	TBA	Bridport Old Pier	TOSS race - Bridport Swim the Pier**
14-Jan-24	Sunday	9:00 - 10:00 am	Bellerive Beach	Open water swim training
17-Jan-24	Wednesday	7:30 am	Bellerive Beach	Club swim, casual
20-Jan-24	Saturday	8:00 - 9:00 am	Doone Kennedy Hob Aq	Training
20-Jan-24	Saturday	TBA	Boat Harbour Beach	TOSS race - Boat Harbour
21-Jan-24	Sunday	9:00 - 10:00 am	Bellerive Beach	Open water swim training
21-Jan-24	Sunday	TBA	Port Sorell	TOSS race - Penguin Island
24-Jan-24	Wednesday	7:30 am	Bellerive Beach	Club swim, casual
26-Jan-24	Friday	TBA	Kingston Beach	TOSS race - Australia Day**
27-Jan-24	Saturday	8:00 - 9:00 am	Doone Kennedy Hob Aq	Training
28-Jan-24	Sunday	9:00 - 10:00 am	Bellerive Beach	Open water swim training
31-Jan-24	Wednesday	7:30 am	Bellerive Beach	Club swim, casual
3-Feb-24	Saturday	8:00 - 9:00 am	Doone Kennedy Hob Aq	Training
3-Feb-24	Saturday	TBA	Burnie	TOSS race - Burnie**
4-Feb-24	Sunday	9:00 - 10:00 am	Bellerive Beach	Open water swim training
7-Feb-24	Wednesday	7:30 am	Bellerive Beach	Club swim, casual
10-Feb-24	Saturday	8:00 - 9:00 am	Clarence Aq	Training
11-Feb-24	Sunday	10:00-11:00 am	Clarence Aq	Training
25-Feb-24	Sunday	TBA	Devonport	TOSS race - Devonport Pub to Club**

\*\*Oceans Treble - Tas Ocean Swim Series races

## Life's a Beach

Although sometimes it's also a pool, or even a reservoir like the Waterworks Reserve. We're referring to some of the club's many events in the last two months of 2023. After a busy November (with the Long Course Long Distance meet and Club Coach training day), December carried on the trend, including a splash meet on the 2<sup>nd</sup> of December at the lovely Oatlands Pool, the club Xmas party at the Waterworks Reserve (9 December) and two open water swims, at Eggs & Bacon Bay on 27 December, and the Tas Ocean Swim Series Brooke Street Pier 1200 swim on 30 December!

Twelve Dolphins competed at **Oatlands** (out of approximately 40 entrants) in a series of 50 m sprints, and a handicapped relay swim (4x50 FR). Our own Di Gregory did the handicapping based on times swum on the day: it could be argued this feat was the most impressive "event" at the meet. Congratulations to Emma Ikin for her first Masters swim meet, attacking her events with great gusto! A relaxed atmosphere followed by a BBQ and judging of the Xmas-themed dressing, and the lovely venue made the event a great success, one likely to be a regular calendar fixture in the future.



Oatlands meet 2 Dec 2023. L-R Annaliese, Leisl, Steve, Megan, Allan, Amanda, Elisa, Mary, Kath D, Annie G and Di (missing: Emma). Right: Di, deep in organising the handicapping 'on the fly' (but not the stroke!) while Elisa and Steve discuss strategy (which goes something like "swim really fast!").

The following week the **club Xmas party** looked like being washed out of the Waterworks Reserve by poor weather, but at the last minute the rain stopped, the sun came out and food and presentations followed seamlessly, thanks to the flawless organisation leading up to the day. The annual club awards went to:

*Mavis Fisher Club Contributor: Fiona Ziegeler*

*Coaches award for most improved swimmer: Leisl Wylie*

Several additional awards and achievements were also noted, including the flipper award (rewarding an "entertaining" contribution to a swim meet – i.e. an amusing stuff-up!), FINA top ten placings, two firsts in age category placings in the Bunbury swim, a gift pack from Vorgee for 7 million metres swum, and a gratifying number of Branch Record certificates.

Megan & Ken Stronach and Fiona & John Redgrove hosted the now virtually annual swim **at Eggs & Bacon Bay** south of Cygnet in glorious conditions (water temperature a "sub-tropical" 18.5°C!). This swim has become really popular and in addition to the 20-something Dolphins and family there were a few "guests" from other clubs, prompting one of the locals to ask whether it was a "special swim event". Conditions were excellent for what I think were the first open water swims by a few members (Cameron,

*Club Swimmer of the year: Megan Stronach*

*Endurance trophy: Megan Stronach & Steve Richards*



Xmas party: Annie G and Mary enjoying some Xmas spirit. Pete showing his award to Allan in the sunshine.

Jenny, Emma, at least in the “cold southern waters”), and a welcome return to OWS by 1 or 2 others (nice to see you back in James). Not sure if the fabulous spread afterwards, on Megan & Ken’s deck overlooking the water, was matched in terms of calories burnt by the swim, but nobody seemed too concerned!



Eggs & Bacon Bay: Auro talking to the “water safety” and third marker buoy/boy John R; post-Xmas & swim spread on the deck. And yes, there were eggs and bacon for breakfast!

**The final OWS (open water swim)** event for 2023, the somewhat confusingly *named-for-historical-reasons* ‘Brooke St Pier’ swim, was moved from Bellerive Beach to Seven Mile Beach in response to a poor weather forecast for Bellerive on the morning. It is reassuring to see Surf Life Saving Tas keeping swimmer safety at the forefront, although a planned handicapped 500 m swim after the main event (a 1200m swim) was a disappointing cancellation, as the wind and waves worsened. (But at least nobody got “dumped” ie by a wave...this year). Conditions at 7MB fit the “4 seasons in 1 day” motif, making it much more uncomfortable to be out of the 19.5oC water, especially for the Dolphins cheer squad of Mary, Di and Ken (sure I’ve missed someone!). While some needed encouragement to get in and race in the lumpy conditions, the flat calm conditions at the start and “tail wind” pushing everyone towards the finish made for a very enjoyable swim, and some terrific club performances. These included 3x firsts in category (Amanda, Jayde and Auro; Jayde also second female overall), 2x thirds in cat (Megan, Steve) and good placings in some very competitive age groupings (Elisa 4<sup>th</sup>, Leisl 6<sup>th</sup> – first OWS race?, and Pia 5<sup>th</sup>).



Happy finishers at Seven Mile Beach (the BSP1200 swim). Leisl sailing up to the finish line ahead of a competitor. You can just make out the ‘lumpy’ conditions in the background – or are they “opportunities for body surfing”?

## Photo Gallery



Plenty of Dolphins green caps at the start (L) and finish © of these races at Otlands in early December





Some (but not all) of the swimmers about to enjoy the warm, clear water of Eggs & Bacon Bay



7-MB swim (BSP1200) 30 Dec. 23. L-R, top-bottom): Jayde, always smiling; Elisa bringing it home; Megan striding across the line; gnarly conditions behind Pia as she exits the water.



## 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





## PROGRAM

Warm up 8.00am for 8.30am start. The event is scheduled to end at 10.00am

**EVENT 1** – 50 m [all strokes]

**EVENT 2** – 50 m [all Strokes]

**EVENT 3** – A variety of 25/50 m novelty heats including, double arm backstroke and dog paddle plus others unspecified! Bring your T shirt and thongs ! [Handicapping applied]

**EVENT 4** – 4 X 50 m interclub and visitor head-to-head medley relays [Handicapping applied]

Six swimmers per heat. All heats are mixed.

Heats graded and based on your **estimated 50m free style entry time** to promote racing practice.

No limit on the number of entries per swimmer per event.

## CONDITIONS OF ENTRY

There will be a starter, time keepers and marshals to organise swimmers into heats.

Coaches may be available to assist.

**Prior entries are not required as swimmers can present to the marshal when they are ready to have a swim.**

## ENTRY PROCEDURE

All swimmers to estimate their **50m freestyle entry time** by **10<sup>th</sup> January** via email to [ianshuey@outlook.com.au](mailto:ianshuey@outlook.com.au)

## ENTRY FEE

Masters members and friends - **\$20 per swimmer**, payable in advance to Hobart Aquatic Masters Inc. BSB 067 002 Account 10327279 by **10<sup>th</sup> January** [preferred and include your name], or cash on the day. Cost includes pool entry.

Competition swimming for those 18 years and over.

Regular patrons of the New Norfolk Aquatic Centre – standard pool entry charge only.

## SOCIAL

Tea/coffee, food available at the Kiosk following the swim. BBQ facility available, however bring your own food and utensiles. A time to relax and socialise.

**Enquiries:** Ian Shuey 0409 979 947 or email: [ianshuey@outlook.com.au](mailto:ianshuey@outlook.com.au)

# 2024 HVA Medal Meet

SATURDAY, JANUARY 20TH

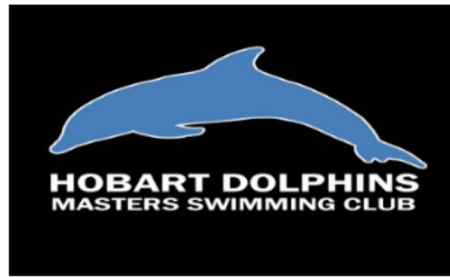
CO-SANCTIONED EVENT FOR  
SWIMMING TASMANIA AND MASTERS TASMANIA MEMBERS

ENTRIES CLOSE TUES, JAN 16TH  
ALL ENTRIES VIA SWIM CENTRAL

BBQ / SALMON / COLD DRINKS / QUE SERA SERA COFFEE VAN  
RAFFLE TICKETS AVAILABLE ON DAY - TONS OF GREAT LOCAL PRIZES

Tickets - 3 for \$5 or 1 for \$2 (cash only)





## 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