

Hobart Dolphins - News

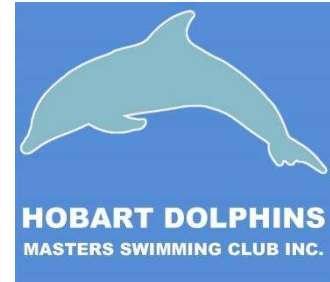
HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

Phone: 0438629160

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

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



May 2024

Hi Folks,

It seems we are fast approaching winter, so this edition of the Dolphins offers some challenges to take up over the next few months both out in the cooler waters of the ocean, or in the pool.



PLEASE JOIN US FOR THE
BREAKFAST THIS WEEK,
AND THE BBQ NEXT WEEK!
SEE DETAILS IN SOCIAL
NEWS

The pictures that pop up on your newsletters from time to time are courtesy of the Art for Swimmers Facebook page – this features some fabulous works of art and many clever ideas for gifts if you are ever looking for unique presents for the committed swimmer! Keep warm.... and consider taking on a new challenge to keep yourself motivated this winter!
Cheers, Fiona

In this Dolphin-News

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- Bunbury Challenge
- Dolphin's Open Water Challenge
- Club Calender
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- Photo Gallery (Stop Press!)
- MST Short Course Long Distance Championships

Sometimes swimmers simply love putting their legs in the air!!



Training times and venues

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.

From the Presidential Suite

The past month has been a little quieter than usual although Megan, Elisa, Leisl and Jayde have been flying around the country competing very successfully in MSA and Surf Lifesaving events, congratulations to them all. Over the next month or so things will busy up a little.

We wish the eight club members heading up to the Nationals in Darwin lots of luck....and lots of fun we can't wait to hear the stories on their return.

The new Club Open Water Challenge has been launched for 2024, the flier is attached. We have tried to make the distances just a little more achievable this year, remember there is a very fancy cloth patch awaiting those who conquer the distances. The regular Wednesday morning group would be very happy for others to join them.

The Bunbury Swim will also start in May, it will be the tenth year we have entered the event. Information is included in this newsletter but essentially involves swimming 3x400m in different strokes during May and June. There will be some scope during training to do some swims. Many members have found this event a great way to track their improvement (or otherwise ☺) over the years. And, of course, the Long Course Short Distance will be held on May 18 in Launceston. The information for this meet is at [Events for April 2024 \(mastersswimmingtasmania.com.au\)](https://mastersswimmingtasmania.com.au).

Our coaching pool continues to increase in number with Auro finishing his club coach qualification last month and intending to continue to obtain the full coaching accreditation. Joe has also completed his full MSA coaching qualification through working with Tomatoes and the HC swim club. Congratulations to both of them, we are very lucky to have the depth in coaching that we do.

Don't forget we have a club post training breakfast on Saturday May 11th at Clarence Pool, no need to RSVP and families very welcome.

See you in the pool!
Di



Megan, Elise and Leisl brought home a swag of medals from the Masters Swimming Victoria Championships on the 7th April – clearly quality over quantity

Then one week later, Megan and Jayde shone at the Australian Surf Life Saving Championships held at Moolooloba, Qld, Megan scoring a silver in her age group, and Jayde bringing home the gold! Well done ladies!



Oh... and then a few days later Megan went on to the Queensland Masters Championships and picked up another swag of medals and Tasmanian records... doesn't she have a home to go to!!!!

COACHES CORNER

Well, it seems our Head Coach has flown to Mexico (check out his current swim Centre!)..... so this month, instead of words of wisdom, we're inviting our males club members to let us know their thoughts: (and in the interest of impartiality, women – feel free to add your comments!)



THE GREAT DEBATE

Waxing or shaving – which is better for Masters swimmers?



Swimmers – mostly blokes - shave before big meets not just to remove hair but also to remove the top layer of skin. This makes them “feel” the water better and it's supposed to be an amazing feeling, almost superhuman. But what if an even better feeling exists? Many women swear by waxing, claiming it's better than shaving.

OK boys - here's your chance to join the debate: **Waxing or shaving – which is better for Masters swimmers?**

Please let us know what you see as the pros and cons of both methods. For example, shaving is said to be pretty painless – unless your hand slips (ouch!) - whereas waxing **HURTS. A. LOT.** Shaving is easy to do yourself whereas waxing needs an assistant. Well, both need an assistant if you have a hairy back. Shaving is dirt cheap whereas waxing is expensive and time-consuming.

So, which is better - wax or shave?

Let us know and we will compile your thoughts into some sort of high-level research paper! Put your thoughts onto a piece of paper (you can be anonymous if you choose) and pass it to Megan or Fiona R. and we will share your thoughts in the next newsletter.



Waxing or shaving – which makes you feel like you're flying!!



Annie's Road to Darwin:

Annie Gillian is off to Darwin this week to compete as part of the Dolphins contingent at the AUSSI Masters National Championships. She doesn't go with expectations of medals, but regardless, she is excited about the fun she is anticipating for these 5 days of competition!

Water has always featured in Annie's life, but competing in swimming events is a new experience. Annie has memories of learning to swim with the Virgiliannes Swimming Club in her childhood, and for some time was also an active member of a springboard diving club. A lover of the water, she regularly swam at the Oceana pool during the years when she lived at Lauderdale, as well as running a Dive Shop in Hobart with her partner for a number of years.

Annie has been swimming with the Hobart Dolphins now since 2021, and this is not her first time swimming with the club. She was first encouraged to have a go at swimming with a club a number of years ago by our social director, Judi, but the first membership didn't last too long. In more recent time, Judi encouraged Annie back to the Dolphins again, and this time she has stuck with it for over 3 years – and the progress is clear to all! Starting initially to come back to swimming as a means of overcoming some stress in her life, she is now on the cusp of taking off to compete in both the pool, and the Open Water event in the National Championships! She would also welcome the chance to represent our club in relays if our numbers permit (and it looks like they will)!



Annie (at 8 years) featured in the Mercury receiving her certificate of proficiency from Brother M. Godfrey from the Virgiliannes Swimming Club's learn-to-swim campaign in 1979

When asked what inspired her to make the "shift" from swimming for health and friendship to the challenges of taking the plunge into competition, Annie identified that she had first come along to some race meets to cheer on those she had met in the club, and that the fun she had as a spectator in the stands made her "feel young again"! This then led to a decision to have a go at racing herself, and so she took the leap into the National Championships held in Hobart last April, entering four (4) races in all. Having enjoyed the experience, she then took the plunge again in the Oatlands Christmas Swim Meet, and then more recently was part of our highly successful Dolphins team at the Tasmanian Summer Championships. It must have been a positive experience, as she is now venturing to Darwin to compete in a very busy program – taking on the 50m, 200m, 400m and 800m Freestyle, a 50m and 200 Backstroke and an Open Water swim (1600m). Her first aim is to not pike out on any event!



Last year, as part of her training regime, Annie took up the challenge of the Bunbury Postal Swims and walked away with a medal for being the most improved swimmer over the three 400m swims!! She is pictured here with her medal along with the Bunbury Swim certificate that takes pride of place on the fridge in her kitchen. Annie has also become a regular open water swimmer, adding regular weekly cold water swims in the great outdoors to her training regime! Annie is certainly rising to the challenges offered to Masters swimmers. We wish her well in Darwin, and hope racing continues to be heaps of fun! Go Annie!

And talking about the Bunbury swim..... Take Annie's lead:



ARE YOU UP FOR A CHALLENGE?

Guarantee there are no critters involved!

The BUNBURY STINGERS Swim Club

3x400 POSTAL SWIM 2024

If you are not a regular endurance swimmer, this Postal swim may be the motivation you need to improve your fitness and/or swimming skills- with a little more to aim for than just doing laps.

It's a great way to keep track of improvements in form strokes from one year to the next. IM & FLY are possible 400's for those looking for a challenge.

There will be some scope to do the swims during training sessions.

All you need to do is swim 400M in 3 different styles over a two-month period- 1st May till 30th June 2024, and submit the best time of each stroke to Club Recorder, Katherine

Certificates to all participants with medals (both male and female) to the most improved swimmers, the fastest overall swimmers, and the fastest senior swimmers.

Entry Fee: \$12 & payable to the Club. Every competitor must sign the Waiver to show they accept the conditions of the postal swim. Swim times to be submitted to the Club Recorder- Katherine Deff

Please see on deck Coaches if you are interested in participating & to sign the waiver.



Starts 1st May. Ends 30th June 2024





The Dolphins Open Water Winter Challenge 2024

Great new winter swims to challenge your resilience in cold waters and to keep you fit.

Eligibility: Masters Swimmers and their friends!

The Challenge: Participants pick **ONE or more** of 3 swims to complete between 20 April 2024 and 30 September 2024. The swims must be undertaken in open water, that is in the ocean, in a river or in a lake. At least 80% of the distance claimed must be swum in Tasmania.

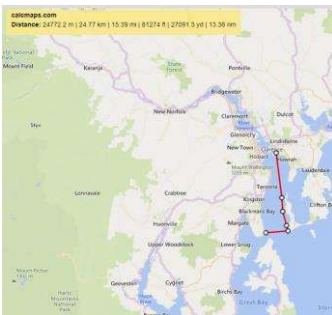
How: You will need to complete a log sheet to tally your swims including distance, date and place. You can find one at: <https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/events/>

Claim: the challenge by emailing your completed log form to katherinedaft@gmail.com as soon as you have finished that distance. Completed log sheets must be received by 15 October 2024 but no need to hold off until then, send them in as soon as a challenge is completed. If you have any questions, please email grediane@gmail.com It would be great if you let us know when you start the challenge so we can check in from time to time.

Distances: As not everyone has a GPS watch for tracking the Ocean Swims, we will rely on honesty in claiming distances. Many common swimming sites have been measured so ask if you want an approximate distance for any location.

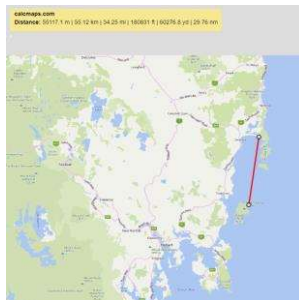
Challenge 1.

Bellerive to Tinder Box, via
South Arm 25 km



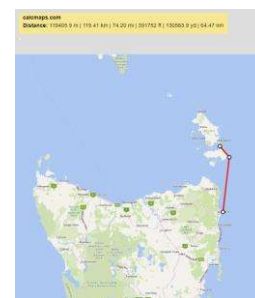
Challenge 2.

Maria Island to Coles Bay
55 km



Challenge 3.

St Helens to Vansittart
Island 120kms



Awards: Each swimmer who completes a challenge will be eligible to receive a certificate and a cloth badge to celebrate the achievement.

More than one than one challenge may be undertaken but distances swum are **not** cumulative. If you claim one challenge you must start again on the next one.

Disclaimer: This challenge is not a sanctioned Masters Swimming Australia event. Swimmers are responsible for their own safety when taking on the challenge. Where possible swimmers should swim with another person or at a minimum have someone overseeing their swim. Be aware of ocean conditions and how your body reacts to cold water.

29th SHORT COURSE LONG DISTANCE CHAMPIONSHIPS

Saturday, 18 May 2024

Launceston Aquatic Centre

High St Launceston TAS 7250



Program

Warm up at 1:30 am for 2:00pm start; scheduled to finish by 5:30pm.

Event 1	1500 Metre Freestyle
Event 2	800 Metre Freestyle
Event 3	400 Metre Freestyle
Event 4	400 Metre Individual Medley

Electronic timing will be used, and warm up/swim down lanes will be available.

Entry Fee

\$15 registration plus \$5.00 per event (includes pool entry)

Conditions of entry

- Competitors may enter **two** individual events, however you may only enter **one** 400m event.
- Form strokes may be swum – please indicate this in the **Notes Section** on the online entry form.
- 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 in this situation.
- Event will be heat seeded slowest to fastest.
- Age as 31 December 2024.
- Rules of MSA as at the closing date of entries apply.
- All competitors must be registered with MSA at the time of entry.
- No changes to entries or refund of entry fees after the close of entries, except at the discretion of the Meet Director.
- **Note to Clubs.** Participating clubs are requested to provide timekeepers and lap counters.
- Lap counter flip boards will be provided. Swimmers may provide their own person to count laps.

Entry Procedures

Entries will open via Club Assistant (link on website) on Monday 25 March at 11:59am and close on Saturday 11 May at 11:59pm.

The program will be available on the MST website and on SwimPhone from Tuesday 14 May.

PARKING AT POOL

Memorial Hall / Bowls Club, \$2.00 per 3 hours, \$4.00 per 6 hours, Monday to Sunday 9am- 5pm
Leisure and Aquatic Centre, \$1.00 per 90 minutes (90-minute limit), Monday to Sunday 9am - 5pm
High Street off-street parking spaces, FREE parking: Saturday, Sunday

ENTRY TO POOL

Entry to the pool is via the gate entrance at the Western end of the pool complex adjacent to the Windmill Hill Memorial Hall - Signs will be in place to guide you.

CLUB CALENDAR 2024



MAY

FRIDAY 3rd - TUESDAY 7th : DARWIN - MSA 47th NATIONAL Championships

SATURDAY 4th - Breakfast at Spencer's in Lindisfarne

SATURDAY 11TH – BBQ BREAKFAST – Following training on Saturday morning

SATURDAY 18th : LAUNCESTON – MST Short Course Long Distance Championships

(Entries close 11th May)

AUGUST:

SAT – SUN 17th – 18th: LAUNCESTON – MST Winter Short Course Championships

OCTOBER:

SATURDAY 5th - LAUNCESTON – Tasmanian Masters Games

Date to be confirmed" HOBART – MST Long Course Long Distance Championships

NOVEMBER:

SAT 30th Nov -OATLANDS MST Christmas Friendly Race Meet (to be confirmed)

HOBART DOLPHINS MASTERS SWIMMING CLUB

Committee 2024

President
Vice President
Secretary
Treasurer
Recorder
Coaching Director
Newsletter Editor

Safety Officer
Social Co-ordinator
General Committee Members

Club Delegate to Branch

Diane Gregory
Annaliese Cousins
Kathryn Osborn
Pia Peterson
Katherine Daft
Steve Richards
Fiona Redgrove

Beth Mulligan
Judi Adams
Auro Almeida
Megan Stronach

Kathryn Osborn
Steve Richards



Mark these on your calendar now!



Social events:



Saturday 4th May: **Breakfast at Spencer's** in Lindisfarne



Saturday May 11th; 9:30 **BBQ breakfast** at the Clarence Pool (not the 4th as stated last month). Look forward to bacon, eggs, fruit and juice, all provided by the club. BYO hot drinks or purchase at the pool.

Saturday June 29th 7:15 **Bush dance**, St James Hall, New Town.



I've spoken to the organisers of the monthly Bush Dances and the details for this event have not been finalised. However, the cost is \$22 pp and there is an expectation that all participants bring a plate of finger food to share. The cost includes hall hire, an experienced band and a dance caller.

I'll keep you up to date when I know more details.

Please indicate your interest to Judi via Whatsapp, email or message 0418543691

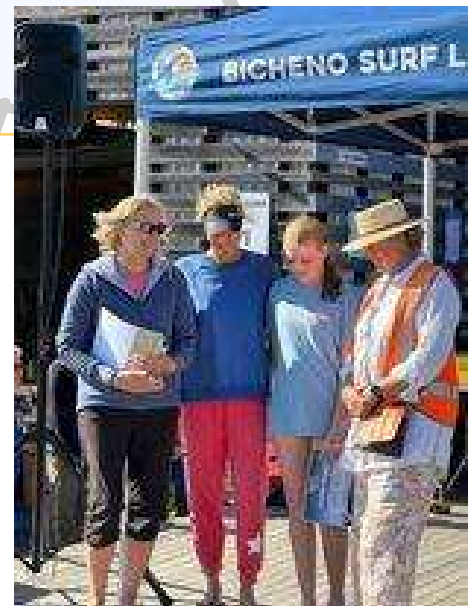
Judi Adams Social Convener

STOP PRESS!!

Photo Gallery

Hot off the press from Saturday 27th April's Bicheno Devil of a Swim at Diamond Island!! We had three swimmers who enjoyed idyllic conditions to complete 1 km (James), 2km (Amanda) and 5 km (Auro). Amanda was victorious in the 2km event and is pictured receiving her prize here from Shane Gould. Auro and James both did extremely well in their events also - well done men!! Certainly looks like the place to have been enjoying the weather!

Amanda sprints to the finish line to take out the honours in the 2km event



Great job James and Auro

