

Hobart Dolphins - News

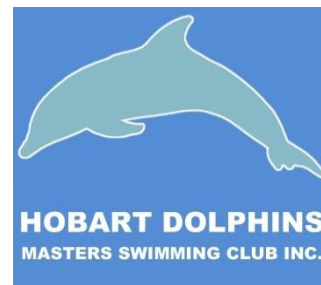
HOBART DOLPHINS MASTERS SWIMMING CLUB INC

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



May 2026



As we send out our May Newsletter, we are being represented by 6 swimmers at the National Championships in Brisbane. There are always many pictures of our team members in their bathers and green caps, but there was clearly a time for glamour prior to hitting the pool this week!

You can read about the fabulous performances of our 6 swimmers later in the newsletter, but from those of us back here – well done Fiona Z, Katherine, Leisl, Elise Pia, and Linda – you are doing us proud (and hopefully having fun)!! Some fantastic individual performances, medals, state and club records and PBs, and great team efforts in the relay events!

(Sorry... not sure who the interloper in this picture is, but our four ladies have scrubbed up well!)

Hope you enjoy another busy newsletter....

Cheers

Fiona R.

In this Dolphin-News

- June Calendar
- President's Report
- Coach's Corner
- National Championships
- SC Winter Champs
- Open Water Series
- Social Events
- Birthdays
- Uniforms
- Editor's Addition

Upcoming events

- Breakfast at Spencer's, Lindisfarne – Sat 2nd May
- Short Course Winter Champs June 13-14
- Back to the 602, 70s and 80's – July 25th

Training times and venues

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

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

WEDNESDAYS – 7.00 (for 7.30 start) early morning open water swims – Bellerive Beach

THURSDAYS 6.30 – 7.30 pm at Clarence pool (general admission fees apply)

FRIDAYS 8.00 (for 8.30 start) early morning open water swim – Bellerive Beach

NOTE: Many swimmers arrange additional swimming times with other club members at Sandy Bay, Lauderdale, Friends Health and Fitness, or Clarence Pool during the week. If you are looking for someone to train with outside these designated club times, ask one of the coaches about other "non-official" options.

REMEMBER: Please arrive in time to have your Pass Card clipped by the committee member on duty. Also – come early on Saturdays so you have time to stretch and warm up!

Happy May

MAY Calendar



Saturday 2nd May 8.00 am Clarence Pool

Breakfast at Spencer's, Lindisfarne – 9.45 am

Sunday 3rd May 10.00 am Clarence Pool

Wednesday 6th May Time?? Open Water Swim - Bellerive Beach (check WhatsApp)

Thursday 7th May 6.30 pm Clarence Pool

Friday 8th May 8.30 am Open Water Swim - Bellerive Beach

Saturday 9th May 8.00 am Clarence Pool

Sunday 10th May 10.00 am Clarence Pool

Wednesday 13th May Time?? Open Water Swim - Bellerive Beach (check WhatsApp)

Thursday 14th May 6.30 pm Clarence Pool

Friday 15th May 8.30 am Open Water Swim - Bellerive Beach

Saturday 16th May 8.00 am Clarence Pool

Sunday 17th May 10.00 am Clarence Pool

Wednesday 20th May Time?? Open Water Swim - Bellerive Beach (check WhatsApp)

Thursday 21st May 6.30 pm Clarence Pool

Friday 22nd May 8.30 am Open Water Swim - Bellerive Beach

Saturday 23rd May 8.00 am Clarence Pool

Sunday 24th May 10.00 am Clarence Pool

Wednesday 25th May Time?? Open Water Swim - Bellerive Beach (check WhatsApp)

Thursday 26th May 6.30 pm Clarence Pool

Friday 29th May 8.30 am Open Water Swim - Bellerive Beach

Saturday 30th May 8.00 am Clarence Pool

Sunday 31st May 10.00 am Clarence Pool

From the Presidential Suite



Dearest Pod,

Can you believe that we are already in May? While we thought we would use April as a time to recover from an exciting March, we seem to have been as busy as ever!

Our Open Water Challenge is underway, and I commend all those brave souls who are continuing to get out there in the “not so balmy” temperatures. You are an impressive group! Don’t forget to go to our Club page on the Masters Swimming Tasmania website to check out the details of the challenge and print a log sheet. It’s not too late to get started! The following link will take you there <https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/events/>. There are some great variables in this challenge, so make sure to check out the bonus point options.

We were very lucky with the weather for our BBQ breakfast after Saturday training on the 11th, which brought sunshine to enjoy our bacon and eggs. This allowed us time to catch up, and it also provides an opportunity to meet swimmers from the other lanes. We don’t usually have time to do this in training, and I must admit I’m using all my energy early on a Saturday to concentrate and breathe 😊! You don’t have to rsvp for this one and you don’t have to stay long but we would love to see you next time we organise this.

A heartfelt thankyou goes out to all the volunteers that presented themselves at dawn, “sparrows fart”, to help at the Hobart Marathon on Sunday 12th April. We had a fantastic representation from the Dolphins and their families, and this also provided a financial benefit to the club. There are more details in this newsletter about this one, but we really appreciate all the time dedicated to this event.

The next upcoming event in our swimming calendar is the Short Course Winter Championships in Launceston. This will be held on Saturday 13th and Sunday 14th of June. It’s earlier than last year, so something to start thinking about now. Entries are open and will close on Saturday 6th June. This is one of my favourite competitions and it is simply because it has all the 25m races. I LOVE THEM!!! Now as much as my teammates have been winding me up for years about this, I’d just like to note that the National Masters Championships in Brisbane, that quite a few of our swimmers are at right now, has these races, so I think that still makes me a hard-core athlete! 😊. The maximum number of individual events you can go in is 7, but that is because you can do all the 25m if you want to. So, it’s not as bad as it sounds. I have been known to do all 4 x 25m.....actually I do it every year. All the 50m, 100m, 200m and 400m races are still available and you need to swim 5 individual races to be a contender for a medal in your age group. Also, there are 4x25m relays and relays really are the best fun! So, if you are keen and need more information, please talk to one of the coaches and they can help get you started. After such a great result by our club from the summer championships, there’s no reason we can’t give the other clubs a run for their money and have fun together while we are at it! To look at the event flyer go to: <https://mastersswimmingtasmania.com.au/event/2025-mst-sc-winter-championships/>

Lastly, as I sign off, we wish our 6 swimmers the very best of luck in the Brisbane Nationals; Katherine D, Liesl, Elisa, Pia, Linda and Fiona Z. Keep us updated with all the highlights of the competition on WhatsApp – we love it! Also, while you are at it, we wouldn’t mind a picture of you with some swimming royalty if it’s possible. Have a great competition and we hope you all swim well! For the rest of us, take a look at the website <https://nats2026.mastersswimmingqld.org.au/>, as we can watch our team mates compete. Day 1 is up and ready to view. What a great way to be able to look at your own dive, style and turns! So, my little quote for this month is:

“You’ve got to be in it to win it.”

Take care and see you poolside.

Annaliese 😊



Coaches Corner:

MAXIMISING THE BENEFITS OF YOUR WORKOUTS: HOW TO MONITOR YOUR RECOVERY

It's not the exercise that improves your swimming performance, it's the recovery.

Huh? Let that sink in for a moment. Put your hand up if you monitor your recovery as often as you measure your performance? No hands up? No surprise, perhaps. In short, if you don't recover, the benefits of ANOTHER workout are minimal, or even counterproductive!

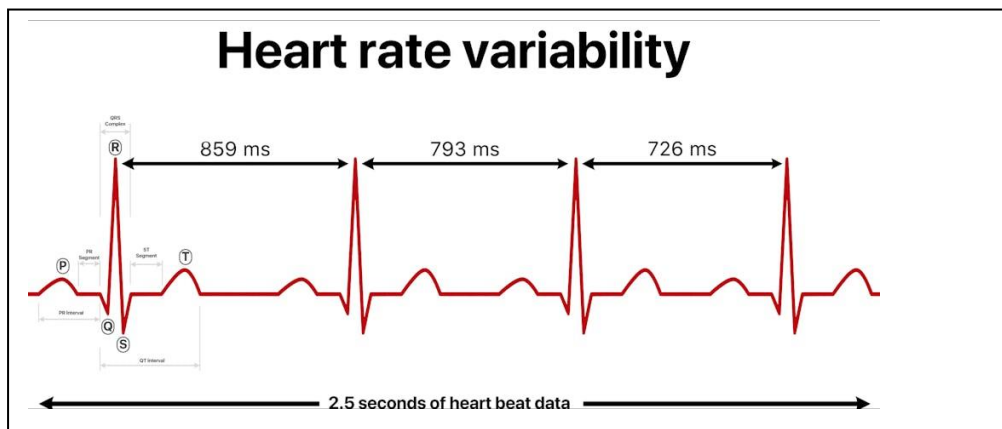
Short- and long-term effects of inadequate recovery. If you are training in the weeks leading up to a competition and you increase your workload too quickly, exceeding your capacity to recover, you will reduce your performances during training, and likely the competition. Let's call this a "short-term" effect. It's a concept most of us already understand, even if we may not always take heed of it... But another way of looking at the effects of an imbalance between recovery and training load is to think of the pattern over the longer term, eg months or years, and how that can affect your improvement from one year to the next.

A focus on recovery equals huge performance gains. In the last few years recovery has become recognised by elite athletes to be as important to "work" at and get right, as the workouts themselves. It is given equal importance in a training program and is why fewer athletes get sick during major sporting competitions or races nowadays. What you may not be aware of is that having a "professional" approach to recovery has increased and extended the gains from training to almost unbelievable levels. Professional cyclists are a great example. While performances in the cycling grand tours sort of plateaued during the early to mid-2000's we are now seeing average speeds over the SAME courses increasing significantly each year to the next. For example, the average speed of Liege-Bastion-Liege in Belgium this year was over 2 km/h faster in 2026 (44.426 km/h) than in 2025 (41.983) over a hilly 250 km course. Events that were simply survived in the past, such as ultra runs of 100 miles or full iron man races have seen similar, hard to fathom improvements. While a substantial proportion of this comes down to vastly improved in-race fuelling with gels, and much better management of electrolyte and fluid losses, performance gains for shorter events seem to relate more to the revolution in recovery management. For these elite athletes, recovering better and/or more quickly allows them to train to higher intensities and/or more frequently, seeing greater performance gains over the year or season.

Why? What do we mean by recovery management? There are two levels of recovery to be aware of. The first is recovery from day to day, while the second is a more long-term measure. But how do you know when you have recovered sufficiently after a workout, and when we can train again, and how hard? Or that you haven't recovered sufficiently, and may be putting yourself at risk of injury or illness if you don't ease up a bit? It has become crucial to monitor or measure recovery.

Measures of recovery (eg daily). Most have probably heard about heart rate variability (HRV), and know it has something to do with health, or maybe you are aware it might indicate recovery or training status. Several smart devices like watches (eg Garmin or Apple watches) or rings such as that from Oura monitor HRV from continuous measurements of your pulse over the day and night, and incorporate it (and other factors, such as training loads, sleep etc) into measures such as "body battery" (Garmin), Readiness score (Oura) or "Vitals" (Apple) to estimate your energy levels and capacity for an exercise or training session. These generally decline during the day and reset to a higher number, after a night's sleep, although to a varying extent based on how well you slept, morning HRV etc. If you use this measure of day-to-day readiness for strenuous activity, you'll have to compare your performance (eg swimming times) to your starting values to get a feel for what the watch numbers mean. The fact they decline during the day would generally discourage strenuous sessions in the afternoon or evening, a recommendation I am dubious about! Also, these measures also don't really indicate how your body is adapting (ie improving, hopefully) to the training you've been doing over the longer term about! Also, these measures also don't really indicate how your body is adapting (ie improving, hopefully) to the training you've been doing over the longer term. For that, looking at your HRV is more useful

HRV – a simple measure of how hard you should train. HRV is a number or calculation that quantifies the variability in beat-to-beat intervals in your heart. So if you have a heart rate of 60 beats per minute, you'd expect there to be exactly 1.00 seconds between beats, but in reality there is a *variable amount of variation* in beat intervals. If you are well-rested this variation in beat-to-beat time (or HRV) is likely to be large, while low variability, ie a very consistent heart rate indicates you are tired, or stressed, or both. Furthermore, your HRV number when fully recovered can vary with your fitness level, and is higher when you are fitter, so it indicates long-term adaptation to training.



This is somewhat the opposite of what happens to your *baseline* heart rate (HR), or heart rate at rest (eg sitting quietly for 5-10 minutes), as you are probably aware. A raised heart rate usually indicates stress, or lack of fitness, while exercise training (particularly aerobic exercise) lowers your basal heart rate. However, basal heart rate is a much less sensitive measure of training and stress, because the changes are quite small, and heart rate of course is affected by variations during the day in response to standing, walking, exercise, emotional or physiological stress, eating etc.

When can I measure HRV? However, at rest, for example first thing in the morning when you wake up, many of these acute, extraneous factors are usually absent (notwithstanding illness, or alcohol intake the previous night!). This is the best time to measure both your basal HR and HRV. Most smart watches these days measure HR continuously, although they are famously subject to movement artifacts, and not always accurate. [If you see your HR reaching 180-200 beats per minute you can be fairly certain your watch is not measuring accurately! Notwithstanding atrial fibrillation or other arrhythmias].

OK, enough blah-blah, how do I measure HRV? A lot of smart watches purport to measure HRV, and often do so continuously, but since accurate beat-to-beat time measurements are in milliseconds, and incredibly sensitive to movement of the arm (if using optical sensors – those little green lights), getting accurate numbers is fraught. There are two *more* accurate methods (both require apps, described below):

1. Placing your finger over the light and camera on the back of your phone and holding very still for a minute or so
2. A good quality heart rate strap (Garmin, Polar, Suunto etc sell these for around \$100) – these are NOT affected by movement and so give much more accurate data.

The Apps I've tested and used for some years now are:

HRV4Training From scientist Marco Altini, uses either method above; free version is fine, but the data are more "raw" so you have to know how to interpret them; I've used it for 5+years

Morpheus Not free, and does not plot your long-term changes, but much easier to interpret; I've used it for ~1 year now.

But of course there may be others. Both apps require 2-4 weeks of measures to determine your normal HRV range before predicting your recovery and fitness levels.

If you decide to go down this particular rabbit hole with me, let me know, and I can help you interpret the data and use it to improve not just short-term training, but boost your longer-term fitness improvements.

Steve Out

National Championships are underway in Brisbane as we go to print...



CONGRATULATIONS TO FIONA ZIEGELER – Our first medalist at the National Championships in Brisbane this week. Fiona will be bringing home the silver medal for the 400 Individual Medley in a time of 7.08.54 that took nearly one minute off the previous Tasmanian SC record. Fiona also claimed a second Tasmanian record in the 50m Butterfly on day two. Then on Day 3 Fizi backed up to win another two medals – silver in the 200 IM, and bronze in the 400 Back – two tough events! In all, Fizi has so far broken four Tasmanian records... or maybe “smashed” is a better word to describe these new times! A great meet so far... and it’s not over yet!



CONGRATULATIONS ALSO TO KATHERINE DAFT, Day 2 winner of the bronze medal in the 100 Breaststroke! Great swim Katherine!



Liesl is showing her class in the pool, just missing medals by tiny margins, and setting new PBs in

Our mighty relay teams are doing us proud!! Thanks for representing us so well, Pia, Liesl, Linda and Katherine... and Fi Zi and Elisa. Between our 6 representatives, Di has been able to ensure everyone is able to enjoy competing in the national relay events on multiple occasions... and we are competing well. **Thanks Di!!!**



Our “pocket rocket”, Elisa, is performing well in her individual events – narrowly missing the bronze in the 400 Freestyle on Day 2. Watch this space though... there are many more events to come!! Elisa is narrowly missing the medals in the tough 30-34 age group by mere 100ths of seconds.. a mighty performance



Ever the professional athlete, Pia shows us how to stretch behind the blocks in preparation for a strong performances! Pia swam a massive 7 second PB in the 100 Free and another PB in the 400 Fr,,,, an amazing effort that is testament to all her hard work

And it is worth noting that our ladies are sharing the limelight with none other than Cam McEvoy and his teammates who set a new world record on night one in the 4x 50 freestyle relay. This is a “class” event!!!



THERE WILL BE A FULL REPORT OF ALL PERFORMANCES OF OUR TEAM IN THE JUNE NEWSLETTER....

Many thanks to our hardy gang of volunteers...

Our club was invited by Amanda (who was coordinating this event) to become part of the band of volunteers to help out at the Hobart Marathon Festival on Sunday 12th April. This was quite an undertaking, with a police briefing during the week prior to the event, and mighty organisational skills from our "leader of the pack", Steve, who ensured we knew where to be and when... and most importantly, where our nearest toilets could be located. He armed us with our own "What's App" page for easing communication prior to and during the event so that we could compare how cold, hungry, or windswept we were feeling!! The spin off was a generous donation to the club – We have an extra \$780 in our bank for the efforts! Sincere thanks have to be given to this hardy bunch who battled freezing conditions from the very early hours of Sunday (12/04) morning. Strangely, at the end of nearly 7 hours of brisk morning air, these crazy volunteers were still smiling.... And even suggesting (well some at least), that we'd do it again if we were asked. So...many thanks to Pia and Garry, Michelle, Beth, Steve, Linda and Chris, Katherine, Jenny, Mary, Fiona and John and well done!!!!



Didn't know I was the tour guide!



What do you mean, cold?



This is so much fun... can we do it again next week?



Can you guess where we've hidden our hand warmers?



Yes dear, of course I'm having fun!

Oh yes.... There were a few funny moments! Some of us were mistaken for council workers in our Hi-Viz tops, and were reminded to pull out the weeds from the median strips instead of standing around "doing nothing"!! There were moments of abuse as a few drunkards were wending their way home at 5.30 in the morning and figured we had deliberately blocked off their roads as an act of sabotage!! Michelle was directing a few night owls to Maccas in the city at 6.35 in the morning! And all the while we smiled!!!!



SC WINTER CHAMPIONSHIPS

13-14th JUNE 2026



Accommodation

As we have done over the past few years, the club has booked a number of 2/3 bedroom apartments in Launceston for those who

would like to share accommodation.

This year we are again using the Elphin Serviced Apartments.

<https://elphinservicedapartments.com.au/>

We have booked for the 2 nights (Friday 12th & Saturday 13th June), and the cost is expected to be between approximately \$75 and \$100 per night, depending on how many elect to stay with us. You may be required to share a room.



If you do ask for a bed and then change your mind, please let us know **NO later than the 4th June** or you may have to still pay for your share of the accommodation.

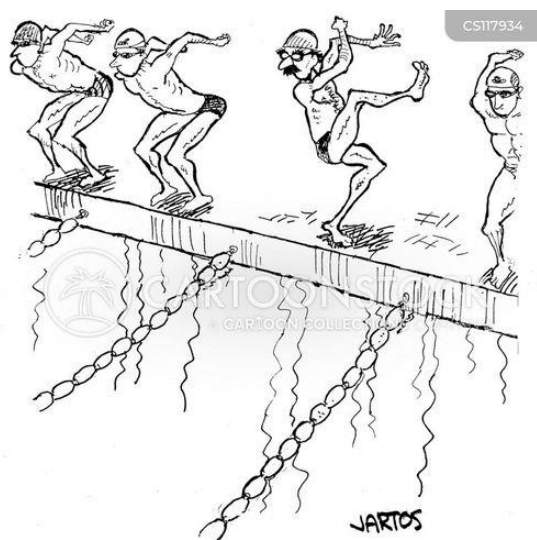
If you would like to be included in the shared accommodation (together with the number of nights) please let Katherine Daft know by email.

katherinedaft@gmail.com

Dinner at The Metz Saturday 13th June

A table (s) has also been booked at the Metz Restaurant for Saturday night dinner. If you would like to join us, please let Katherine know together with your Menu choice.

<https://www.themetzlaunceston.com.au>



And remember - if you are competing, and would like some help with the starts, turns, or relay changeovers, we will be focussing on the technical details on Saturday mornings in the weeks leading up to the winter championships. See you at the pool!

Tasmania Open Water Swimming Series 2025/26



Another successful year of the Open Water Swim Series

By Auro Almeida

This year 9 races were planned but only 7 occurred covering different regions of the state. These races are very well organised by the local Surf lifesaving and with main priority on safety of the swimmers.

The planned races are shown here:

The series is becoming more popular every year. This year there were a total of 347 swimmers participating in the series, 158 female and 189 males divided in 6 age categories for each gender as follows

Date	Race Name	SLSC
SAT 22 NOV	CLEARWATER CLASSIC	CARLTON PARK SLSC
SAT 27 DEC	7MB 1200	CARLTON PARK SLSC
SAT 3 JAN	PUB 2 CLUB	DEVONPORT SLSC
SUN 4 JAN	SWIM THE PIER	BRIDPORT SLSC
MON 26 JAN	KINGSTON BEACH SUMMER SWIM	KINGSTON BEACH SLSC
SUN 8 FEB	PENGUIN ISLAND SWIM	PORT SORELL SLSC
SAT 7 MAR	TEAM CHALLENGE	CARLTON PARK SLSC
SUN 8 MAR	DEEP SOUTH CLIFF SWIM	CLIFTON BEACH SLSC
SUN 12 APR	BEACH 2 BEACH	KINGSTON BEACH SLSC

Category	Age group (years)	Swimmers
Junior female	12 - 16	22
Junior male	12 - 16	27
Open female	17 - 29	28
Open male	17 - 29	27
Masters female	30 - 44	40
Masters male	30 - 44	40
Senior masters female	45 - 59	50
Senior masters male	45 - 59	49
Legends female	60 - 69	13
Legends male	60 - 69	39
Tridents female	70+	5
Tridents male	70+	7
Total		347

The winner of each category is shown in the Table below (Dolphins highlighted in blue)

Category	Leader	Leading score	Racers
Female			
Junior Female	AIREY, Isabella	64	22
Legends Female	DUGGAN, Amanda	72	13
Masters Female	RICHARDSON, Jayde	60	40
Open Female	WARNER, Isabelle	36	28
Senior Masters Female	SARGENT, Anna	43	50
True Tridents Female	STRONACH, Megan	60	5
Male			
Junior Male	REID, James	64	27
Legends Male	ALMEIDA, Auro	75	39
Masters Male	STRONACH, Finian	24	40
Open Male	BAILEY, Xavier	56	27
Senior Masters Male	CHAMBERLAIN, Paul	42	49
True Tridents Male	Multiple winners	48	7

The editor thinks we can claim Fin as one of ours... even if he is a "fly-in, fly-out"

Dolphins had a total of 14 swimmers participating in the series. The full and detailed results of each race of the series can be found at the Webscorer website and download individual races at the download standings

<https://www.webscorer.com/seriesresult?seriesid=419336>

The last race of the series occurred on the 12th of April from Blackmans Bay to Kingston beach with the participation of 4 Dolphins (Megan, Amanda, Jayde and Auro).

The full results can be found at <https://www.webscorer.com/race?raceid=428107>



Celebrating the Series category winners with individual trophies (Jayde, Megan, Amanda and Auro)

Social events



Sincere thanks to Peter and Garry for their culinary expertise at our Breakfast Barbecue on the 11th April. The weather might have been chilly, but the food went down a treat! Thanks gentlemen - you sure looked the part!! Thanks also to Judi and everyone who helped make this a great morning!

Mark these dates in your social calendar:



Saturday 2nd May – Breakfast at Spencer’s (Lindisfarne) after training



25th July – Let’s rock on back to the 60s, 70s and 80s!! How is your costume design coming along??? Here are some ideas for inspiration ...



Shoreline Hotel – more details later.... We will share an evening meal and drinks.. and try to remember what we were doing in these decades – you have a choice to dress in the style of any of these times!

Happy Birthday Wishes to:

Astrid Bernal	15 th May
Bex Dunn	12 th May
Emma Ikin	12 th May
Beth Mulligan	22 nd May
Steve Richards	15 th May
Susan Terhorst	12 th May

CLUB UNIFORMS

You would have all received an email from Annaliese recently, but this is another reminder, that with the Short Course Winter Championships coming up in June, we will be placing an order for Club uniform next week.

This is a good opportunity for new members to get started with our club kit and others to update if needed. Please find below the updated price list with pictures and sizes.

Please send your orders to Pia by email to piap2212@gmail.com.

Note: if anyone wants one of the round neck colourful t-shirts - you can still do so, but these will not be available in time for the winter championships. However, you can order now, and they will be available by our summer race meets,

We can extend the deadline for all orders to **Monday 4th May.** Please get your orders to Pia by Monday!!

Please make sure you provide Pia with the following details:

Style:

Round neck t-shirt

Polo shirt

Jumper or

Jacket

Cap (one size)

Size

Quantity

If you have any queries about sizing contact Pia or Annaliese.

At the bottom of the pricelist are some suggestions for where some of us have purchased bathers. We have chosen Royal Blue as the colour for our club bathers, so it makes it easier for everyone to find a style that works for them. Brand and style does not matter, as this is a personal choice.

Note that we have lots of swimming caps and these can be purchased any time from now.

We will let you know when payment needs to be made to the club account.

Bathers

The colour for our club bathers is plain royal blue. Swimmers order their own bathers but here are a few suggestions that our members may wear.

Funkita

<https://www.funkita.com/>



Engine





<https://engineswim.com/>



<https://www.swimmer.com.au/>



Hobart Dolphins Uniform Price List

Clothing Item	Price	Womens Sizing										Mens Sizing											
Round Neck Tshirt "Just Keep Swimming" 	\$56.00	SIZE CM	6	8	10	12	14	16	18	20	SIZE CM	XS	S	M	L	XL	2XL	3XL	-	5XL			
		HALF CHEST	41.0	43.5	46.0	48.5	51.0	53.5	56.5	59.5	HALF CHEST	-	53	56	58	61	63	68	-	73			
Polo Shirt - Black /Teal 	\$40.00	SIZE CM	6	8	10	12	14	16	18	20	22	24	26	SIZE CM	XS	S	M	L	XL	2XL	3XL	-	5XL
		HALF CHEST	43	45	48	50	53	55	58	60	65	69	74	HALF CHEST	-	53	56	58	61	63	68	-	73
		LENGTH	59	61	63	65	67	69	71	73	75	77	79	LENGTH	-	69	71	73	75	77	79	-	81
Half Zip Black Fleece Jumper 	\$55.00	SIZE CM	6	8	10	12	14	16	18	20	22			SIZE CM	XS	S	M	L	XL	2XL	3XL	4XL	5XL
		HALF CHEST	-	48	51	54	56	59	62	65	68			HALF CHEST	-	56	58	61	63	66	68	71	73
		LENGTH	-	62	64	66	68	70	71	72	72			LENGTH	-	69	71	73	75	77	79	80	81
Geneva Soft shell Jacket Black / Cyan 	\$86.00	SIZE CM	S	M	L	XL	2XL	SIZE CM	XS	S	M	L	XL	2XL	3XL	-	5XL						
		HALF CHEST	49	53	58	60	63	HALF CHEST	-	57	59	61	63	65	70	-	78						
Sun Cap	\$20.00											Swimming Caps	\$10.00										

CS281078

MAFIA LITE



"And you know what happens to people who don't please us?
They swim with the dolphins..."

Editor's Addition!!

In case anyone else is interested, I recently came across an article published last year. If you would like to read more, the full article is available from <https://www.ewacmedical.com/wp-content/uploads/2025/04/Sumartana-2025-The-physical-and-mental-health-benefits-of-swimming-Enhancing-fitness-relaxation-endurance-and-overall-well-being.pdf>. This was published in the Journal of Interdisciplinary and Multidisciplinary Studies in April last year.

The article is called "*The physical and mental health benefits of swimming: Enhancing fitness, relaxation, endurance, and overall well-being*" and was written by I Made Sumartana and Yusuf Setiaji. It possibly simply consolidates all that we already know about swimming, but I thought it might be of interest to others:

Abstract - This study explores the role of swimming in promoting psychological well-being and physical health, emphasizing its dual benefits as both exercise and recreation. The research aims to highlight swimming's impact on mental health, stress reduction, and overall quality of life while also examining its physiological advantages. Using a qualitative approach, this study reviews existing literature on swimming's therapeutic effects, analysing its influence on mental health, cardiovascular endurance, and musculoskeletal fitness. The analysis focuses on how swimming engages major muscle groups, enhances flexibility, and improves lung capacity while being a low-impact activity suitable for individuals of all ages, including those recovering from injuries or managing joint conditions. Psychologically, swimming is linked to stress relief, mood enhancement, and cognitive improvements. Immersion in water stimulates the release of endorphins and reduces cortisol levels, fostering relaxation and mental clarity. Additionally, the rhythmic, meditative nature of swimming, combined with the sensory experience of water, has been associated with improved emotional regulation and anxiety reduction. Social aspects, such as participation in group swimming or aquatic fitness classes, further contribute to a sense of belonging and emotional well-being. The findings underscore the accessibility and adaptability of swimming as a health enhancing hobby suitable for diverse populations. By synthesizing scientific insights, this study reinforces swimming as a valuable activity for improving physical fitness and mental health. Encouraging broader adoption of swimming can contribute to healthier lifestyles and improved psychological resilience.

No wonder we all took up this fabulous sport!!



2026 Dolphins Committee Members



President
Vice President
Secretary
Treasurer
Recorder
Coaching Director
Newsletter Editor
Safety Officer
Social Co-ordinator
General Committee Members

Annaliese Cousins
Diane Gregory
Katherine Daft
Pia Peterson
Leisl Wylie
Steve Richards
Fiona Redgrove
Beth Mulligan
Judi Adams
Auro Almeida
Megan Stronach

Club Delegates to Branch

Auro Almeida
Fiona Redgrove

Life Members

Diane Gregory
Katherine Daft
Peter Tucker
Mavis Fisher (dec.)
Les Young (dec.)
Ron Bloomfield (dec.)
Peter Fisher (dec.)