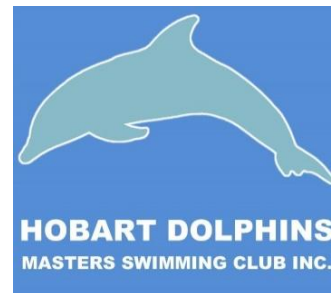


# Hobart Dolphins - News

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/>



June 2026

Hi Dolphins,

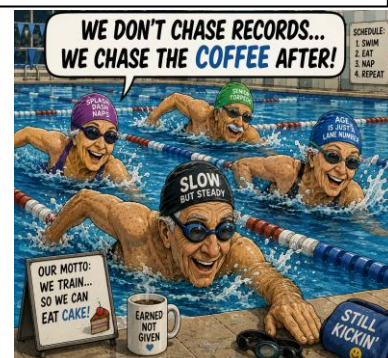
Welcome to the first Winter newsletter for 2026! While there are many swimmers tripping away to warmer climes at this time of the year, there are still good numbers turning up to training sessions each week. Many members have been looking forward to the Bunbury Challenge that has been on offer in previous years but is not being offered this year. So, as an incentive to keep up the good work, the club is offering a new Club Winter Pod Challenge to be completed during the month of July. Details and recording sheets are included in this newsletter – ask the coaches if the instructions aren't clear.

Good luck to everyone swimming in the winter championships, especially those competing in their first carnival – I will be cheering you on from Vietnam! I have taken the opportunity to add an “editorial” comment at the end of this newsletter.... Interesting reading!

Fiona

## In this Dolphin-News

- June Calendar
- President's Report
- Dolphins' Winter Challenge
- Coaches' Corner
- MST Winter Championships
- 2026 National Champs Report
- Winter Open Water Challenge
- MPIO Training
- Social Events
- Club Bathers
- Editorial Comment



**Don't forget Breakfast at Spencer's, Lindisfarne, following training on the first Saturday of each month (This Saturday 6<sup>th</sup> June)**

## 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!

Welcome to Winter!

## June Calendar



Wednesday 3 <sup>rd</sup> June Time??	Open Water Swim - Bellerive Beach (check WhatsApp)
Thursday 4 <sup>th</sup> June 6.30 pm	Clarence Pool
Friday 5 <sup>th</sup> June 8.30 am	Open Water Swim - Bellerive Beach
Saturday 6 <sup>th</sup> June 8.00 am	Clarence Pool
Sunday 7 <sup>th</sup> June 10.00 am	Clarence Pool
Wednesday 10 <sup>th</sup> June Time??	Open Water Swim - Bellerive Beach (check WhatsApp)
Thursday 11 <sup>th</sup> June 6.30 pm	Clarence Pool
Friday 12 <sup>th</sup> June 8.30 am	Open Water Swim - Bellerive Beach
Saturday 13 <sup>th</sup> June 8.00 am	Clarence Pool
<b>Saturday 13<sup>th</sup> June 1.30 pm</b>	<b>MST Winter Short Course Championships – L'ton</b>
<b>Club Dinner – Metz Restaurant, Launceston</b>	
<b>Sunday 14<sup>th</sup> June 8.00 am</b>	<b>MST Winter Short Course Championships – L'ton</b>
Wednesday 17 <sup>th</sup> June Time??	Open Water Swim - Bellerive Beach (check WhatsApp)
Thursday 18 <sup>th</sup> June 6.30 pm	Clarence Pool
Friday 19 <sup>th</sup> June 8.30 am	Open Water Swim - Bellerive Beach
Saturday 20 <sup>th</sup> June 8.00 am	Clarence Pool
Sunday 21 <sup>st</sup> June 10.00 am	Clarence Pool
Wednesday 24 <sup>nd</sup> June Time??	Open Water Swim - Bellerive Beach (check WhatsApp)
Thursday 25 <sup>th</sup> June 6.30 pm	Clarence Pool
Friday 26 <sup>th</sup> June 8.30 am	Open Water Swim - Bellerive Beach
Saturday 27 <sup>th</sup> June 8.00 am	Clarence Pool
Sunday 28 <sup>th</sup> June 10.00 am	Clarence Pool



## From the Presidential Suite

Dearest Pod,

Well June is here and I think winter may have arrived! What a wet and dark week it has been. But lucky for us Dolphins, at least we love water sports!

We will be looking forward to the shortest day of the year so we can get back to sunshine and longer days! For anyone doing the solstice swim, good luck and we are with you! I might be in a dressing gown with a cuppa, looking at the water....but I am still with you.

We have swimmers working hard at the Open Water Challenge. Keep warm in these cooler temperatures! Top job all of you!

We are yet to see a few more entries for the Launceston Short Course Winter Championships. Entries close on Saturday 6<sup>th</sup> June at 12.00 noon. Don't leave it right to the last minute to enter as the system can jam up in the last few hours. We would love you to join us in Launceston. It's always a fun time swimming and eating out together on Saturday night!

Congratulations to our all who competed at the Nationals in Brisbane. You have all done so well and it looks like you had a great time. We are super proud of your efforts and achievements.

So, for anyone who thinks they can't compete in something like our Winters Championships, I found a fab quote from Audrey Hepburn which I quite like. I think it applies to all of us.

***"Nothing is impossible. The words itself says, I'm possible"***

Enjoy our wonderful newsletter.

Take care and see you poolside.

Annaliese 😊

**"Fitness, friendship and a little friendly suffering."**



## THE DOLPHINS WINTER POD CHALLENGE 2026

- The **Hobart Dolphins Winter Pod Challenge** will run throughout July and is open to all club members. You will complete a total of 6 timed swims during the month.
- Swimmers may complete either a Classic or Modified ('ModPod') format at any time during the month — during training or in their own time, as follows:

### **1. CLASSIC POD CHALLENGE:**

200 each of Backstroke, Butterfly and Breaststroke PLUS 400 IM & Free, PLUS 800 Free

**OR**

### **2. 'MODPOD' CHALLENGE:**

200 Free PLUS 2 x 200 any Form, PLUS 400 Free & 400 any Form, PLUS 800 Free

- The Challenge is designed to encourage endurance, participation and personal achievement across all ability levels.
- Points will be awarded for all completed swims, with 200m swims earning 10 participation points and 400m/800m swims scored using E1000 points.
- Points are found at: [Point Score Sheets](#) - Click on the link, click on Scoring, select gender and age and click **Show**.
- Swimmers will record and submit their own swims to Di Gregory at the end of July, with final leaderboards and recognition announced in August
- The Challenge consists of **6 swims** at either level listed above

*Score sheets on next page.*



# THE DOLPHINS WINTER POD CHALLENGE 2026

## RECORDING SHEET - JULY 2026

Name:	
Age:	Year:

### CLASSIC POD CHALLENGE:

- 200 each of Backstroke, Butterfly and Breaststroke PLUS 400 IM & Free, PLUS 800 Free

### 'MODPOD' CHALLENGE:

- 200 Free PLUS 2 x 200 any Form, PLUS 400 Free & 400 any Form, PLUS 800 Free

*(Indicate which Challenge you will be attempting)*

Record your times in the table below:

Swim Number (Date)	1	2	3	4	5	6
Pool length (circle)	25m/50m	25m/50m	25m/50m	25m/50m	25m/50m	25m/50m
Stroke						
Distance						
Timekeeper*						
Points (if known)						
TOTAL POINTS						

- Indicate if time recorded on personal watch
- Submit completed Recording Sheet to Di Gregory [grediane@gmail.com](mailto:grediane@gmail.com) by end of July

# Coaches Corner:

## Don't zone out!



Effective training for different length swim events requires swimming at the right intensity during your training. For distances of 50 m and under you need high strength and power, which uses much more of the anaerobic (an = without, aerobic = oxygen using) systems in your muscles. For 1500 m you need to develop swim efficiency, and your aerobic and endurance power. A third trainable energy system involves the production (and removal) of lactic acid as a byproduct of running both systems at the same time – anaerobic + aerobic – as needed, for example, to swim a fast 400 m time.

Training these three systems is of course done by training at different speeds, and in the case of lactate tolerance, by also manipulating recovery times between sets. Speeds are divided up into 6 “zones”. This is why you’ll see us using instructions in our programs to swim a set at “Zone X”. We use a system of 6 speed Zones, explained in simple, easy to remember terms, in the table below:

Most of our training is at Zone 2-6 (boxed in section). When training endurance we’ll use Zone 2, 3 predominantly, and a little bit of Zone 4 (ie increased speed), while building aerobic fitness and lactate tolerance uses some Zone 3 but a higher proportion of Zone 4 sets. Sprint training in the last 3-4 weeks before competition moves into higher proportions of Zone 5, and even Zone 6 work. In between harder sets, we use Zone 2 to bring about full recovery. It is vital to note that for Zone 5 and Zone 6 sets to be effective, you have to TRULY adhere to Zone 2 (or even 1) when recovering so that you can get the best out of your Z5-6 pace. As coaches we see too commonly that all paces tend towards Zone 3-4! [In other disciplines, e.g. running or cycling, training only around Zone 3, or “tempo” pace is sometimes referred to as “junk miles” because of its ineffectiveness].

### Zone explanation: simple version

Zone 1	Recovery from injury
Zone 2	English Channel pace, “easy”
Zone 3	1500 race pace, “moderate”
Zone 4	400 race pace, CSS pace
Zone 5	50-100 race pace, “fast”
Zone 6	Max pace <10 sec, no breathing

Trying to train two or three energy systems at the same time is generally much less effective than “specialising” and focussing individual training sets on just one system, especially in the case of anaerobic or sprint training. Leading up to a competition the training sessions generally focus on (in order) building 1. Endurance 2. Aerobic fitness [3. Lactate “tolerance”] then 4. anaerobic power, usually in 3-4 week blocks as a minimum. The cellular adaptations required to develop endurance and aerobic power are slower, hence they’re started earlier, while sprint speed can be developed over just a few weeks. (Building actual muscle strength is a separate aspect of speed though, and takes much longer than just 3 weeks!).

### Example training progression in preparation for competition

Week	10	6	3	0
	Efficiency/ Endurance Zone 2-3	Aerobic Training Zone 3-4	Speed work Aerobic or Lactate Z5-6 or Z4-5	COMP

Note that an individual program will include sets performed at different speeds (Zones) e.g. warmup and cool-down include Zone 2 – 3 work  
But the Main Section of a program will predominantly focus on sets in the zones above

There are additional, more accurate ways of determining / defining training Zones, including heart rate, breathing rate, personal swim pace and RPE (rated perceived exertion). If you’d like me to go into more detail, let me know.

**Steve Out**



### And a note from Megan....

Our coaches have been fielding some questions about the training sessions in recent weeks (the “super-sets”), and why there has been a focus on different paces during a single lap of the pool... So, here is the answer:

*During a race you rarely swim at the same pace. You will have bursts of speed when you are passing other competitors and at the end of the race with your finishing effort. You may drop your pace slightly in the middle of the race or after a strong surge for recovery.*

*The purpose of compound super setting is to duplicate those types of race conditions.*

*An example of a compound set is:*

*3 x (25m +100 + 50m +25m). To perform this workout you start with 25 maxing out. You then slow to 200m pace for 100 meters before speeding up to 100m pace for 50m. Finish this super set with 25 meters at full pace. Take no recovery between the paces, but recover between each superset for 4 minutes (or thereabouts). Basically it's a 200m with varying pace. So fast lane could do 6 times through, middle lane 4 times, slow lane who knows?*



**A huge congratulations to James and Judy Graham who recently celebrated their 50<sup>th</sup> Wedding Anniversary.**

**Much love to you both from all the Dolphins.**

# MST Winter Short Course Championships

Launceston Aquatic and Leisure Centre, High Street, Launceston

Saturday 13<sup>th</sup> June - 1.30 pm start

Sunday 14<sup>th</sup> June - 8.00 am start

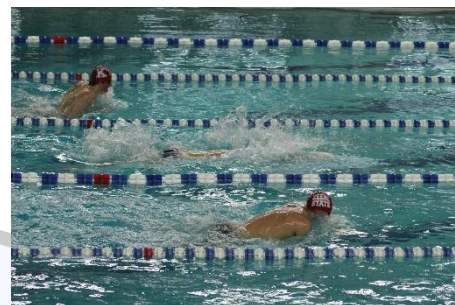
Don't miss out ... **Entries Close Saturday 6<sup>th</sup> June 11:59pm.** You can enter up to 7 events

Flyer available from

[https://mastersswimmingtasmania.com.au/wp-content/uploads/sites/16/2026/03/2026-Winter-Short-Course-Champs\\_Flyer-Final.pdf](https://mastersswimmingtasmania.com.au/wp-content/uploads/sites/16/2026/03/2026-Winter-Short-Course-Champs_Flyer-Final.pdf)

Link to the entry form:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2222&smid=22031](https://www.clubassistant.com/club/meet_information.cfm?c=2222&smid=22031)



## Program

### Saturday, 13<sup>th</sup> June

**1:30pm warm-up, 2:10 pm start**

1. 4 x 25 Mixed Freestyle Relay
2. 100m Freestyle
3. 200m Butterfly
4. 100m Breaststroke  
*5 minute break*
5. 25m Freestyle
6. 25m Backstroke  
*5 minute break*
7. 4 x 50 Women's Medley Relay
8. 4 x 25m Men's Freestyle Relay  
*5 minute break*
9. 200m Breaststroke
10. 100m Butterfly
11. 200m Backstroke
12. 50m Freestyle
13. 400m Ind Medley

### Sunday, 14<sup>th</sup> June

**8am warm-up, 8.40 am start**

- 14 4 x 25 Mixed Medley Relay
- 15 50m Breaststroke
- 16 200m Freestyle
- 17 50m Backstroke
- 18 200m I.M.  
*5 minute break*
- 19 25m Butterfly
- 20 25m Breaststroke  
*5 minute break*
- 21 4 x 50 Men's Medley Relay
- 22 4 x 25m Women's Freestyle Relay  
*5 minute break*
- 23 100m Backstroke
- 24 100m I.M.
- 25 50m Butterfly
- 26 400m Freestyle

**Details of accommodation and our club meal on next page**

For those looking for the chance to compete on the National Stage in Perth in 2027...



**2027 MASTERS SWIMMING AUSTRALIA  
NATIONAL CHAMPIONSHIPS**  
14 -18 April 2027  
Perth HPC, Stephenson Ave, Mt Claremont  
+ South Beach, Fremantle

**NEW:** State of Origin Relays – prizes to be won!  
Welcome Function – Tuesday 13 April, RLSSWA  
Presentation Function – Saturday 17 April, East Fremantle Yacht Club

Scan below to find out more:

NATIONAL CHAMPIONSHIPS 2027 PERTH N27  
or visit: [www.n27perth.org](http://www.n27perth.org)  
vorgee HPC



# 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://www.elphinserviceapartments.com.au>



We have booked for the 2 nights (Friday 12<sup>th</sup> & Saturday 13<sup>th</sup> 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 3rd of 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](mailto:katherinedaft@gmail.com) )

### Dinner at The Metz Saturday 13<sup>th</sup> 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. **RSVP by 5<sup>th</sup> June 2026.**

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

A shout out to FiZi's Uncle Kerry, (an old friend of Megan's and Fiona R's) .... Who recently put pen to paper:

There's snow on Mount Wellington. Hobart is damn cold  
Yet some medal-rich Dolphins - seem to forget they are old  
On a day more befitting a quiet cup of tea  
These swim-crazy Dolphins have gone down to the sea

Not down to the sea in ships or to dine  
But to Blackman's Bay to plunge into the brine  
Not down to the sea like the good King Canute  
But dressed in not much more than ye olde birthday suit

Splishing and splashing from Blackmans Bay to the Beach  
Kicking and clawing and despite shortening reach  
Eyes fixed on the goal, that long stretch of sand  
Where a few shivering Dolphins wait to give them a hand

Did they make it? Who knows! Did they shrivel and shriek?  
Are they tucked up in bed where they'll be for a week?  
But be they heroes or hooligans this brave Dolphin pack  
Can rejoice, having landed, knowing they don't have to swim back.



Kerry Braslin 11.4.26 (Kerry's rowing career was recently featured in the Mercury - another great sportsman!)

# 2026 National Championship Report:



## Hobart Dolphins Make a Splash at MSA National Championships

Six members of the Hobart Dolphins headed north to (not-so-sunny) Brisbane to compete at the Masters Swimming Australia National Championships—and what a meet it turned out to be. With exceptionally fast racing across the board, including several World Records, the atmosphere was electric. Spectators were even treated to a cameo from Cam McEvoy, who blazed through the 25m freestyle in an astonishing 9.26 seconds.

Not to be outdone, our Dolphins delivered a string of outstanding performances, achieving personal bests, club and state records, and plenty of podium finishes.

Leading the charge was Fiona Ziegeler, who set new state records in every event she contested—each one also a club record—while collecting an impressive haul of medals. Her standout swims included:

- 400m Individual Medley (7:08.54) – Silver medal, breaking the club 100m butterfly record along the way
- 50m Butterfly (41.58)
- 100m Butterfly (1:35.97) – Silver medal
- 200m Individual Medley (3:20.23) – Silver medal
- 400m Backstroke (7:10.54) – Bronze medal

Katherine Daft also delivered an exceptional campaign, earning a bronze medal in the 100m Breaststroke with a new club record time of 1:49.28. She backed this up with three personal bests in the 100m Backstroke, 100m Individual Medley, and 200m Freestyle.

Pia Peterson was in fine form, recording personal bests in every event she swam, with particularly strong improvements in the 100m, 200m, and 400m freestyle distances. She was also the only Dolphin to take on the open water event, producing another impressive swim.

Our “pocket rocket” Elisa McMillan faced tough competition in her age group but rose to the challenge. She set a new personal best and club record in the 200m Freestyle (2:30.94) and was just shy of the podium with a fourth-place finish in the 400m Freestyle.

Linda Walsham proved that a relaxed mindset can deliver great results, surprising herself with a personal best in the 200m Freestyle after focusing on simply enjoying the race.

Meanwhile, Leisl Wylie had a huge program, competing in 11 events. She set new club records in the 25m, 50m, 200m, 400m, and 800m freestyle, along with personal bests in the 400m and 800m events. She, too, finished just outside the medals with a strong fourth-place result in the 800m freestyle.

One of the highlights of the meet was the club relays. In the final relay event, the team of Elisa, Leisl, Fiona and Linda combined brilliantly to secure an impressive fifth place in the 4x25m medley relay (see picture).

All in all, it was a fantastic showing from the Hobart Dolphins, with great performances, team spirit, and plenty of reasons to celebrate.

## Photo Gallery and thanks AJ!



Conditions look perfect for the National Championships' Open Water event at Raby's Bay, Brisbane - well done Pia!



And doesn't it feel good when the racing is over, and you don't smell like chlorine any more!!



Our relay teams did us (and Tasmania) proud at the Nationals. Here are Fiona Z, Leisl, Linda and Elisa rightfully standing proud!

(And to the right.... Ya gotta love AI!!)



**TO SEE THE LATEST UPDATED HOBART DOLPHINS CLUB RECORDS – Go to...**  
<https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/dolphins-club-records/>

# REMINDER!!!



## The Dolphins Open Water Winter Challenge 2026

A great new winter challenge to test your resilience in cold waters and motivate open water swimming

**Eligibility:** Masters Swimmers and their friends.

**The Challenge:** Participants complete the challenge between 1<sup>st</sup> April 2026 and 30<sup>th</sup> September 2026.

All swims must be undertaken in open water (ocean, river or lake). At least 80% of the total distance must be swum in Tasmania.

This year the Challenge will be again based on a points system rather than distance alone

- Base points are awarded for the distance swum,
- Bonus points are awarded based on the variety of swim locations

**Minimum swim distance:** 500 per session.

**Distances options:**

- Port to Pub Rottneest Channel (WA) = 25 km      10 points
- Naples to Capri (Italy) = 35 km      20 points
- New Norfolk to Dennes Point (TAS) = 58 km      30 points

**Bonus points (Location variety)**

Earn bonus points by swimming in different environments:

2 different beaches    1 river    1 lake    1 lagoon      1 channel      1 island swim

**Bonus structure**

- 2 location types      +5 points
- 3 location types      +10 points
- 4 or more location types      +15 points

**Examples**

- Swim 25 km including 2 beaches + 1 river      10 + 5 = 15 points
- Swim 35 km including 2 beaches + river + lake + island      20 + 15 = 35 points
- Swim 58 km including beaches + river + island →      30 + 10 = 40 points

**Awards**

- 10+ points: Patch and year badge
- Additional awards for 25+ points and 35+ points

**How to Participate**

Record your swims (distance, date, location) using the log sheet:

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

Submit your completed log sheet to: [auro.almeyda@gmail.com](mailto:auro.almeyda@gmail.com)

**Deadline:** 10 October 2026

You are encouraged to submit as soon as you complete the challenge.

**Distance tracking:** We recognise that not everyone uses a GPS watch. Distances will be based on honesty. Many popular swim locations have known distances - please ask if you need guidance.



**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.



This has been copied from the MST website. Clearer details are available from [https://mastersswimmingtasmania.com.au/wp-content/uploads/sites/16/2026/04/winter-ocean-challenge-2026-flyer\\_f.pdf](https://mastersswimmingtasmania.com.au/wp-content/uploads/sites/16/2026/04/winter-ocean-challenge-2026-flyer_f.pdf)

Megan recently completed her "Channel Swim" down at Conningham Beach. We know that others are completing the challenges on offer.... Not too late to start!!!



## Member Protection Information Officer Training

Active Tasmania is hosting Member Protection Information Training during June.

If you think this is something that would interest you, there are still some vacancies for this training. MPIOs play an important role in supporting safe, inclusive and respectful sporting environments. They provide information and guidance to people who raise concerns or complaints, helping them understand their rights, responsibilities and available options (They do not investigate complaints or make decisions)

This training is suitable for Volunteers and committee members, coaches, officials and administrators from any sporting organisation. The training consists of 2 mandatory parts that must both be completed to become an accredited MPIO

Part 1 – eLearning: completed online, in your own time

Part 2 – Face-to-face workshop: an interactive session delivered in person

Workshops in the south are being conducted at Domain Athletics Centre, Upper Domain Road, Hobart

on Monday 1<sup>st</sup> June, 6.00- 8.30 pm

or Wednesday 3<sup>rd</sup> June 6.00 – 8.30

Once Part 1 is marked as complete in your SIA EDGE profile, you can register for your preferred face-to-face workshop.

### Enquiries

For further information or assistance with registration, contact Neil Connell via email at [neil.connell@active.tas.gov.au](mailto:neil.connell@active.tas.gov.au) or phone 03 6165 086.

Register for MPIO training via the SIA EDGE platform: [https://elearning.sportintegrity.gov.au/view\\_facetoface/15](https://elearning.sportintegrity.gov.au/view_facetoface/15)

*"Retired? Yes. Slowed down? Ask the people behind me."*



## Social events

**Mark these dates in your social calendar:**



**Sat 6<sup>th</sup> June** – Breakfast at Spencer's (Lindisfarne) after training

LET'S GET TOGETHER FOR A DOLPHINS

## Dinner and Dance

*Dress in the fashion of your favourite era  
1960s, 1970s or 1980s*



Saturday  
25th July 2026  
6-10pm

Shoreline Hotel  
10 Shoreline Dr, Howrah

*\$15 deposit payable to the Dolphins account to confirm your spot.  
One complimentary beer, wine or non-alcoholic drink on arrival.  
Purchase own dinner and drinks*



R.S.V.P by Friday 10<sup>th</sup> July to Judi 0418543691 or on the Dolphins Whatsapp

### Happy Birthday Wishes to:

- Claudia (Jenny) Alvarez – 9<sup>th</sup> June
- Helen Crossin – 2<sup>nd</sup> June
- Elisa McMillan – 22<sup>nd</sup> June
- Jayde Richardson – 15<sup>th</sup> June
- Leisl Wylie – 19<sup>th</sup> June



## CLUB BATHERS

If you are looking for club bathers for the Winter Championships, here are some suggestions for where some of us have purchased bathers. Funkita bathers arrive VERY QUICKLY (usually within 4-5 days). 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. Pia will let you know how to pay for these.

### 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/>



#### Engne

<https://engneswim.com/>



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



## EDITORIAL ADDITION – a look at the latest performance enhanced games!



*I thought some of you might be interested in an article that reflects on the latest “performance-enhanced” race meets, and the perceived relationship between this and Masters Swimming. The full article can be found at <https://www.torpedoswimtalk.com/news/the-enhanced-games-and-masters-swimming-what-are-we-really-chasing?>*

*I asked AI to summarise the article to give you the general gist, but the full article is worth reading.... It offers some more food for thought:*

The Enhanced Games have ignited debate across the sporting world by openly embracing performance-enhancing drugs, offering large financial rewards and positioning enhancement as a transparent alternative to traditional anti-doping systems. Their argument is that elite sport has never been entirely clean, and that athletes already rely heavily on science, technology and optimisation to improve performance. The Games therefore challenge the long-held belief that sport should have ethical boundaries around enhancement.

At the heart of the debate is a broader human fascination with pushing limits. For over a century, the Olympic ideal of “Faster, Higher, Stronger” has celebrated discipline, courage and human endeavour. The Enhanced Games question whether those achievements should remain tied to natural human capability or whether chemically enhanced performance should simply be accepted as the next stage of sporting evolution.

For Masters swimmers, however, the conversation feels very different. Masters swimming is rarely about perfection or defeating others. Instead, it is grounded in resilience, adaptation and persistence in the face of ageing. Older athletes understand intimately that recovery becomes harder, bodies change, and times often slow despite dedicated training. Yet this reality is precisely what gives Masters sport its meaning. Success

may come through a personal best, returning after injury, or simply continuing to compete despite physical decline.

The article argues that sport's value lies not in engineered perfection but in honestly confronting limitation. In a culture increasingly obsessed with optimisation, shortcuts and enhancement, sport remains one of the few spaces where effort does not always guarantee success. That unpredictability and vulnerability are central to its emotional power.

There are also concerns about how enhancement could affect Masters sport specifically. Many older athletes already feel pressure around ageing and declining performance, while modern wellness culture promotes the idea that ageing itself can be overcome through supplements, hormones or medical interventions. Once enhancement becomes normalised, athletes may feel forced to choose between remaining competitive and staying true to their values, fundamentally changing the moral structure of sport.

Ultimately, the article suggests that while the Enhanced Games may attract attention, they may also strengthen appreciation for authentic community sport. People connect not only to records and times, but to struggle, perseverance and honest effort. Masters swimming, with its emphasis on lifelong participation rather than perfection, may represent exactly the kind of humanity that increasingly engineered sport risks losing.

Cheers,

Fiona

## 2026 Dolphins Committee Members

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Secretary	Katherine Daft
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