

Hobart Dolphins - News

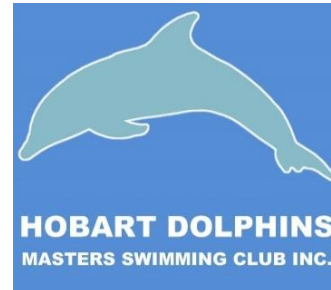
HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

Phone: 0438629160

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



July 2026

Hi Dolphins,

Despite a little jet lag, and a struggle to adapt to a climate that is 25 degrees cooler than it was last week, I have managed to cobble together this month's newsletter. I have also had to battle with technical issues, with my normal computer with the templates on it deciding to die completely while I was away, and refusing to turn on or even pretend to be a computer any more!! But hopefully there is enough to read in this month's edition!

Please remember to let Judi know if you are coming to the dance party on the 25th – she needs numbers before 10th to ensure there are enough people attending.

Sincere thanks to Megan for her contributions to the newsletter this month.... She kept the finger on the pulse while I enjoyed 3 weeks in Vietnam and Cambodia.

Cheers ... and good luck to everyone tackling the July Pod Winter Challenge. That should help keep us all warm ☺!

Fiona



In this Dolphin-News

- July Calendar
- President's Report
- MST Winter Championships
- Dolphins' Winter Pod Challenge
- Coaches' Corner
- Social Events
- Birthdays
- MST Planning Meeting
- Vale Janet French
- Freestyle Drills



Don't forget Breakfast at Spencer's, Lindisfame, following training on the first Saturday of each month

Next Breakfast: **Saturday 4th July**

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!

BRRRRRR.....

July Calendar



Thursday 2 nd July 6.30 pm	Clarence Pool
Friday 3 rd July 8.30 am	Open Water Swim - Bellerive Beach
Saturday 4 th July 8.00 am	Clarence Pool (<i>and Breakfast at Spencer's</i>)
Sunday 5 th July 10.00 am	Clarence Pool
Wednesday 8 th July Time??	Open Water Swim - Bellerive Beach (check WhatsApp)
Thursday 9 th July 6.30 pm	Clarence Pool
Friday 10 th July 8.30 am	Open Water Swim - Bellerive Beach
Saturday 11 th July 8.00 am	Clarence Pool
Sunday 12 th July 10.00 am	Clarence Pool
Wednesday 15 th July Time??	Open Water Swim - Bellerive Beach (check WhatsApp)
Thursday 16 th July 6.30 pm	Clarence Pool
Friday 17 th July 8.30 am	Open Water Swim - Bellerive Beach
Saturday 18 th July 8.00 am	Clarence Pool
Sunday 19 th July 10.00 am	Clarence Pool
Wednesday 22 nd July Time??	Open Water Swim - Bellerive Beach (check WhatsApp)
Thursday 23 rd July 6.30 pm	Clarence Pool
Friday 25 th July 8.30 am	Open Water Swim - Bellerive Beach
Saturday 25 th July 8.00 am	Clarence Pool

Saturday 25th July – 6.00 – 10.00 pm Shoreline Hotel

Dolphins 60s, 70s & 80s Dinner And Dance

Sunday 26 th July 10.00 am	Clarence Pool (Recovery swim!!! ☺)
Wednesday 29 th July Time??	Open Water Swim - Bellerive Beach (check WhatsApp)
Thursday 30 th July 6.30 pm	Clarence Pool
Friday 31 st July 8.30 am	Open Water Swim - Bellerive Beach

From the Presidential Suite



Dearest Pod,

Well winter has arrived, and June has been an exciting month!

Our Pod headed north for the Short Course Winter Championships at the Launceston Aquatic Centre on the 13th and 14th. For Lorna, Larna and Laura, this was their first northern competition, and they took it all in like seasoned competitors! Congratulations to all who competed over the weekend. There were plenty of PBs, records and the satisfying feeling of personal achievement.

Thanks to Di for the continued successful relay combinations and for assisting with the recording. Thanks to Steve for assisting with technical support and to Katherine, who organised accommodation, 2 lovely dinners and coffee for us over the weekend. It was a lovely time to socialise, wind down and rejuvenate our bodies with good food!

We also welcomed Josh Wylie to our pod, and his speed was inspiring. A special thanks to Leisl who had an injury and decided to prioritise the relays over her own swims so we could get the points for the club. What a trooper. As always, we had a great time together, swimming, laughing and supporting each other in our true Dolphin style!

There is also so much fun coming in July. We have our Open Water Challenge underway, The Dolphins Winter Pod Challenge (which is instead of the Bunbury Postal Swim) and the Dinner Dance. So, plenty to keep us all busy and keep those winter blues away.

My little note for this month, which I think is in line with the Club challenges we have running is:

"You never fail until you stop trying." - Albert Einstein

Take care *and see you poolside.*

Annaliese ☺



Hobart Dolphins Shine at Masters Swimming Tasmania Winter Championships

Leisl Wylie – Club Recorder

The Hobart Dolphins Masters Swim Club delivered an outstanding performance at the recent Masters Swimming Tasmania Winter Championships, showcasing depth, experience, and exceptional individual achievements across the meet. Alongside record-breaking swims, Dolphins athletes recorded a large number of personal bests, reflecting the club's strong preparation and commitment to improvement.

State Record Success

Dolphins swimmers broke an impressive four state records, highlighting the club's strength across multiple age groups and strokes:

- Fiona Ziegeler – 200m Butterfly
- Megan Stronach – 200m Backstroke
- Josh Wylie – 25m Freestyle
- Pete Tucker – 200m Butterfly

In addition, one relay state record was set by Katherine Daft, Mary Cousins, Megan Stronach and Anne Gillian (280-319) in the 4x50 Medley Relay.

Club Records Galore

An incredible 16 Hobart Dolphins club records were broken during the championships, reflecting both individual excellence and the strength and depth of the club:

- Lana Egan (35–39) – 200m Butterfly, 200m Individual Medley, 400m Individual Medley
- Fiona Ziegeler (65–69) – 25m Freestyle, 200m Butterfly
- Katherine Daft (65–69) – 100m Breaststroke, 200m Breaststroke
- Megan Stronach (70–74) – 200m Backstroke
- Josh Wylie (18–24) – 25m Freestyle, 25m Backstroke, 25m Butterfly, 100m Individual Medley
- Phil Venables (60–64) – 25m Breaststroke, 50m Freestyle, 100m Individual Medley
- Peter Tucker (70–74) – 200m Butterfly



The breadth of these results across strokes and age groups highlights the Dolphins' strong representation and depth of talent.

Dolphins Swimmer of the Meet

Elisa McMillan delivered some outstanding swims to finish with the club's highest World Aquatics points across five events. Her consistency and versatility across the meet made her a key contributor to the club's success.

Highest FINA Point Scorer

Well done Phil Venables who scored the highest individual FINA point score of 545 points in his 50 Freestyle (60-64 yrs) in 30.49 seconds) Well done Phil!



A Strong Club Showing

The Hobart Dolphins' performance at the Winter Championships was a testament to the club's commitment to training, teamwork, and supporting swimmers at every stage of their Masters journey. From state and club records to numerous personal bests, the Dolphins once again demonstrated why they are one of Tasmania's leading Master's clubs.

Congratulations to all Dolphins swimmers, coaches, and supporters on a fantastic championship!

Smiles all around from a small, but mighty pod of Dolphins!



Thanks to our members and friends who officiated over the weekend to make the championships run smoothly –and smiled throughout!!

**Opportunities provided at training
this month – come and be
challenged!!**

**But remember it is up to you to
complete the challenge in your
own time during July!**



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:

200each 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 by end of July

Coaches Corner:

Pressing matters

In freestyle we talk about “sinky legs” creating drag and slowing you down, but dropping the legs in the other strokes can also be a source of loss of speed. This might not seem obvious and is counterintuitive. When you think of butterfly, the legs are meant to move up and down. The concern about low legs is even harder to comprehend for breaststroke, where the kick has to drop the legs so the feet don’t break the surface! But both strokes have a propulsive-glide phase (pull-glide in fly, kick-glide in Br) where you want to reduce drag as much as possible.

Let me suggest the idea of the “**chest-press**” at the start of this propel-and-glide phase. In butterfly, you should try to press the chest down just as your arms are fully extended out in front at the “catch” phase of the stroke. So the sequence of the stroke is:

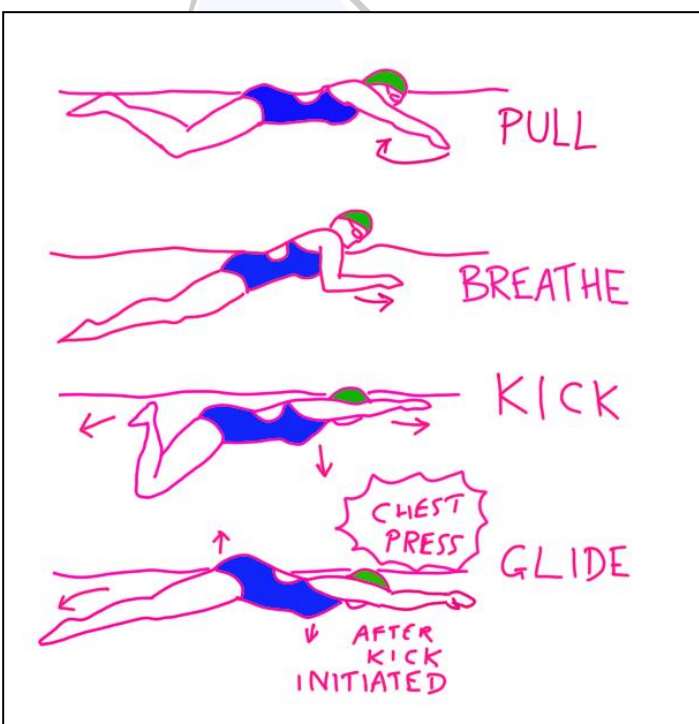
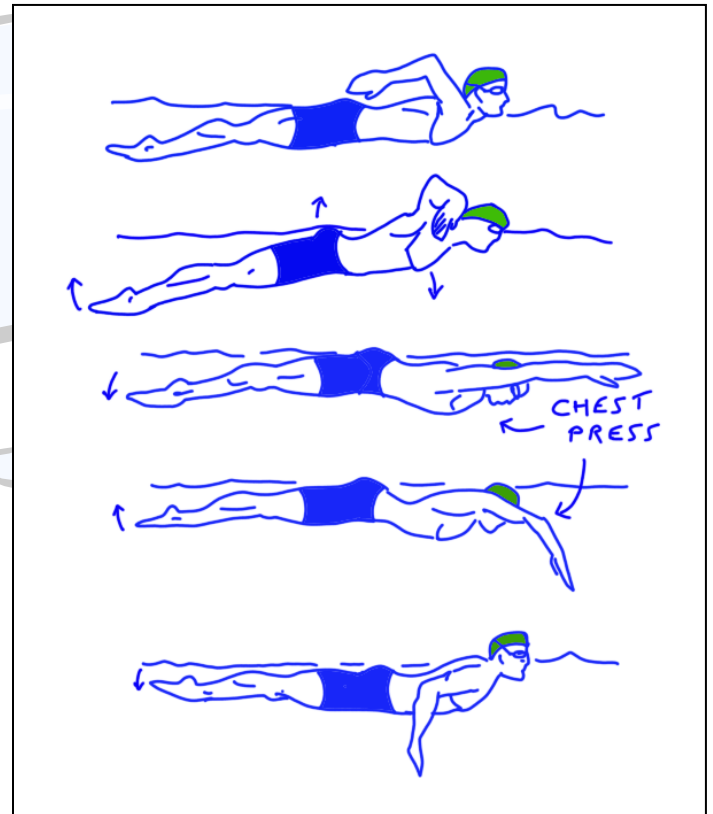
For butterfly

Return arms over the water – kick as the arms enter – press the chest down (while maintaining a high and extended hand-forearm catch position) – arm pull initiated

[This requires excellent shoulder flexibility, see image below. Note the hands don’t have to be together with arms forming an eleven or H, they can be wider, with the arms forming a “Y”].

For breaststroke

Arms sweep outwards – arm in-sweep – elbows “snap” inwards – hands extend forwards into streamline simultaneously with heels being drawn up to the buttocks – kick backwards – chest presses downwards while still in streamline (hands/arms stretched out forwards and high) just as the heels snap together at the end of the kick – next arm out-sweep etc



Pressing the chest down does NOT mean dropping the head or torso, but aims to get the armpits and pecs/upper chest lower relative to the hips/abdomen and head/arms/hands. In both strokes, executing a chest press at these precise points of the strokes will trigger a wave through your body bringing the hips and legs up higher in the water, reducing drag just prior to (or coincident with) the most propulsive part of the swimming cycle.

Now unless you have the spinal flexibility of a piece of wet spaghetti or a licorice strap, the appearance of your body may not resemble *exactly* the cartoon image you have in your head. But the trick here is to **visualise** the chest press each time you do it to help move your hips and legs up into a lower drag position!

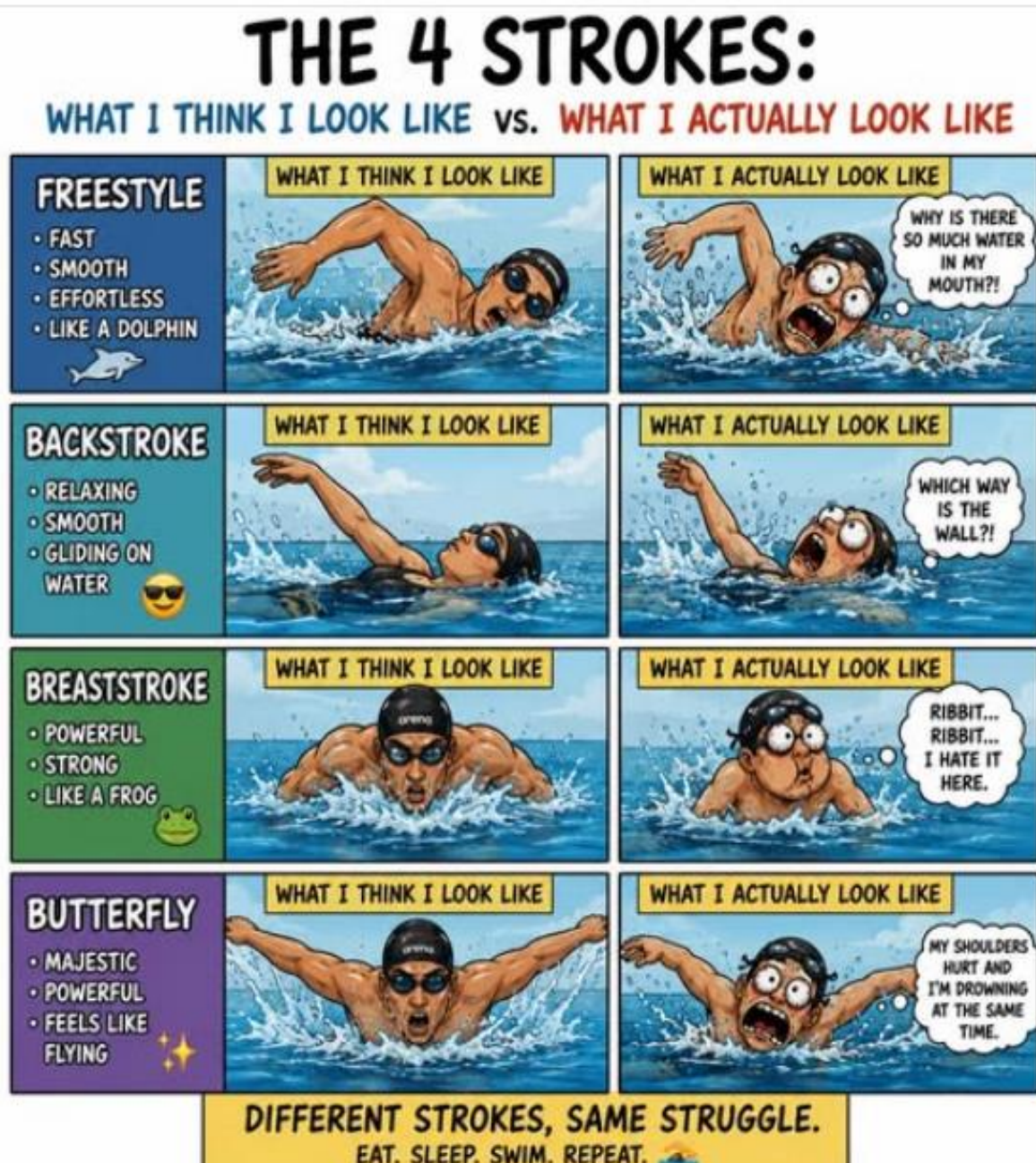
Note 1: If you have a “sprint-style” butterfly where the body undulation is less pronounced and kick is less

propulsive (eg if you can do a fast 25 or 50 but die doing 100), you probably have an arm-driven fly, rather than the more undulating “survival fly” style. The chest press is much easier in the slower style fly because you have more time, so it is much harder to do in fly sprints (unless you have the core strength of Usain Bolt!)

Note 2: Head position throughout the fly stroke should not undulate as much as the rest of your body. The temptation in focussing on the chest press is to exaggerate the dipping of the head when you re-enter the water as you swing your arms forwards. Aim instead to keep the head within a narrow vertical range, especially once you have mastered the undulation aspect of fly.

Press on!

Steve out



Coaches Corner (cont.)



Club coaches are at the heart of Masters Swimming. They inspire, motivate and support swimmers of all abilities to achieve their personal goals while creating fun, welcoming and inclusive club environments. Becoming an accredited Masters Swimming Club Coach is a rewarding opportunity to develop your coaching skills, build confidence on pool deck and make a real difference in the lives of Masters swimmers. As a Club Coach, you'll have the skills to:

- Lead better training sessions
- Help swimmers become happier and healthier
- Inspire others to achieve their potential
- Build stronger clubs and communities

Ready to make an impact?

Follow the link: <https://mastersswimming.org.au/club-coach-accreditation/> to find out how to become a Masters Swimming Club Coach today.

Dolphins on the Masters Swimming Tasmania State Committee

Did you know? Our club has the strongest representation on the Masters Swimming Tasmania State Committee of any club in the state!



Megan Stronach was recently re-appointed as President and also serves as Director of Coaching.



Lorna Barrett is the State Secretary,



while Di Gregory and Steve Richards are office bearers, serving as



Registrar and Chief Technical Coordinator respectively.



In addition, our two Club Delegates are Auro Almeida and Fiona Redgrove.



If you'd like to know more about what's happening at the state level or have ideas or suggestions for the future of Masters Swimming in Tasmania, don't hesitate to have a chat with any of them.

Social events

Mark these dates in your social calendar:



Sat 4th July – Breakfast at Spencer's (Lindisfarne) after training

REMEMBER: Book before 10th July for our night of nights -

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 10th July to Judi 0418543691 or on the
Dolphins Whatsapp

Happy Birthday Wishes to:



Lorna Barrett	20 th July
Margie Clougher	7 th July (turning 97!)
Anne Gillian	13 th July
Siska Hocking	15 th July
Sue Muir	1 st July (Happy Birthday Sue!)
Kathryn Osborne	22 nd July
Michelle Sampson	13 th July
David Wightman	5 th July

Help shape the future of Masters Swimming Tasmania



Have your say at our Future Directions Workshop on Sunday 26 July at The Grange, Campbell Town (10.30am–3.30pm).

No special expertise needed—just your ideas and enthusiasm!

NB: You will NOT be asked to go on a committee or take on any role. This is a day explore priorities and opportunities for the next three years.

- ***Enjoy lunch provided by MST***
- ***Connect with members from across Tasmania.***

We'd love to see representatives from all clubs and age groups for what promises to be a fun, constructive and inspiring day.

RSVP (including any dietary requirements) to mastersswimmingtasmania@gmail.com by 21 July.

Vale Janet French



We are saddened by the passing this week of long-time member and friend, Janet French.

Janet enjoyed a distinguished swimming career from a young age. She was a member of the Sandy Bay Club and is mentioned by that Club among a list of champion swimmers in the Fabulous Fifties and then again in the Sizzling Sixties. As a teenager in the late 1950s, she represented Tasmania at the Australian Championships, held multiple Tasmanian records and even earned selection for the Commonwealth Games.

Janet continued her love of swimming over the years, spending time with the Horsham Masters Club while living in Victoria. She joined Masters Swimming Tasmania in 1987, coming out of retirement to compete at the inaugural Australian Masters Games in Devonport. Over the years, she was a valued member of both Hobart Dolphins and Talays clubs.

A familiar face at state, national and international competitions, Janet's achievements in Masters swimming were outstanding. Between 1987 and 2012, she established an incredible 102 individual Tasmanian records – a testament to her talent, dedication and love of the sport.

More importantly, Janet was a friend to many throughout our Masters swimming family and will be fondly remembered by all who knew her.



Winning Relay Team, National AUSSI Masters Swimming Championships 1991:

Janet (left), Mary Cousins, Katherine Daft, Brigitte Potter of Hobart Masters Club (before we were known as the 'Dolphins')

How much did you enjoy those Freestyle Drills!!!!



For those who enjoyed the freestyle drills at last Saturday's training, here is the link to the YouTube video which explains them in detail:

https://www.youtube.com/watch?v=_NBO4Ar1asQ

Would you (or your partner/parents/neighbours/kids) like to become involved as an official??



Our swim meets simply couldn't run without the passion and dedication of our volunteer officials. Their contribution ensures that our meets are enjoyable, fair and open to all members, regardless of ability or competitive ambition.

The first step is becoming a qualified Timekeeper. Training is quick, easy and provides the essential skills to operate the timing devices that record swimmers' times. We encourage every competitor to complete this basic but vital course.

From there, there are plenty of opportunities to develop your skills by becoming a Chief Timekeeper, Marshal, Check Starter, Clerk of Course, Starter, Inspector of Turns, Judge of Stroke or, ultimately, a Referee.

Could you—or perhaps your partner, child, parent, friend or another family member—help at our meets? We'd love to hear from you. Please speak to a member of the committee and we'll be happy to arrange a training session.



And a big shout out to Amanda Teh from the Surge Aquatic Club.

Congratulations to Amanda Teh from Surge Aquatic (our neighbours at Saturday morning training), who was the guest presenter at last week's National Coaches Workshop. Amanda delivered an outstanding presentation and received excellent feedback from coaches across the country. For any of our coaches who missed the session, a recording is available in the Dita library.

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.)

