Regina Dolphins 2022 -2023



Recap End of 2021 - 2022

- Summer Stroke Camp
- ManSask:
 - Provincial Records,
 - ▶ High Point Winners,
 - New Qualifiers

► Nationals:

- ▶ 4 Swimmers,
- ► A & B Finals
- Canada Games:
 - ▶ 8 Swimmers,
 - ▶ 100 % Finalists,
 - Most points contributed to the team,
 - New Qualifiers



Competitive Staff

- Head Coach
 - Craig Nieuwstad
 - Elite & U of R Cougars
- Assistant Coaches
 - Mitchell Hebert (Junior Adv & Cougars)
 - Homayuon Haghighjidad (Elite & Cougars)
 - Breanna Foster (Junior)
 - Caitlin Danis (Prospect)
 - Jordan Rodgers (Pre-Comp)
 - Rec

- Strength & Conditioning Coach / Massage Therapist
 - Carmen Agar
- Team Manager
 - Julia Dickinson

Board

- President: Erin Harlos
- Vice President: Shenda Stewart
- Director of Finanace: Kathleen Eisler
- Secretary: Natasha Kolman
- Registrar: Julia Dickinson
- Director of Fundraising: Tracey Archer
- Directors at Large:
 - Tyler Koyl
 - Sandi Olfert
 - Amber Clark
- Past President: Jim Syrgiannis

Fall Meet Schedule

- Fall Breakout:
 - ▶ 21 Oct 23 Oct
 - Regina
- Goldfin Invite:
 - 4 Nov 6 Nov
 - Saskatoon
- ► Lasers (TBD):
 - ▶ 26 Nov
 - Saskatoon

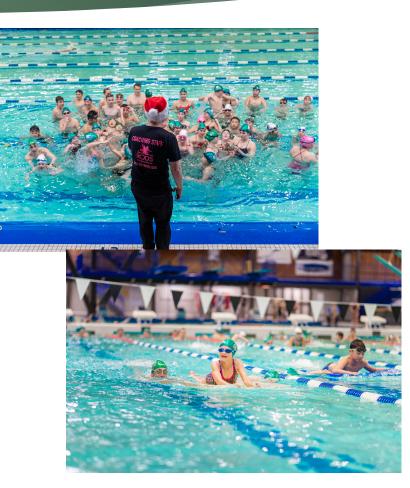
- ► OJI:
 - ▶ 16 Dec 18 Dec
 - ► Toronto
- ► PWI:
 - ▶ 14 Dec 18 Dec
 - Winnipeg
- Dolphins Christmas Meet
 - ▶ 17-18 Dec
 - Regina

- Prospect, Junior, Junior Adv. & Elite will automatically be signed up to the meet. Parents will need to decline.
- Pre-Comp parents will need to sign up their swimmer for a meet

Fall Event Schedule

- Team Building
 - ▶ 16th & 17th Sept.
- Terry Fox Run
 - ▶ 18th Sept.
- ► Photos:
 - ▶ 23rd Sept.
- Goal Setting Workshop:
 - ▶ 23rd Sept.
- Golden Gala
 - ▶ 15th Oct.

- Halloween Party
 - ▶ 28th Oct.
- Christmas Party
 - ▶ 21 Dec
- Local Training Camp:
 - ▶ 27 Dec 31 Dec
- ► Training Camp:
 - 28 Dec 7 Jan



Emails

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